

Potters Bar
& Brookmans Park
United Synagogue

Pesach Newsletter

5780 - 2020

And Now for Something Completely Different

COVID-19

Rabbi Adam S Hill

Community and this means that we are there to care for each other.

My challenge this year has been when to stop collating information and when to send out.

We have tried to provide both information and some good reading material in this Newsletter. Please be aware that most articles were submitted before the scope of this pandemic was known.

Knowing that we have several members who do not have email or WhatsApp, some information already sent out is being repeated here.

If you have email/WhatsApp and have not heard from me then please message me with your contact details. I have been slowed down by lack of information on the shul database system.

You are not alone

As a Shul and as part of the United Synagogue we have a commitment to help each of our members if at all possible. No-one of our Kehillah should feel alone or lonely. We are a

If you would like someone to call to say hello then let us know. We will be doing regular call rounds as well – but just as we don't know if a member is ill unless they tell us we can't respond to your needs without you letting us know.

The fairy tale of news being spread in the ether wasn't true then and wouldn't be now.

General Provisions

If you need shopping, prescriptions delivered, a regular phone call or the like then please let us know. We have created a special email address care@pottersbarshul.org.uk or call Rabbi Hill on 01707 656202 - mobile/WhatsApp 07970 558307.

If you could help the community by delivering shopping or being part of our phone-around group then also please let me know.

During these times of isolation it can be very difficult, especially if you live by yourself. We are having regular "get-togethers" on Zoom so that there are friendly faces that we can talk to. These are advertised via the Potters Bar Shul WhatsApp Broadcast or email.

Shul

Shul is closed due to the need for physical separation. If you would like a copy of the Green siddur or your own Tallit then contact Rabbi Hill.

There are many streamed services online so that you can virtually join in with others.

Individual prayer is a founding block of Judaism – whilst gathering together is important – staying safe and saving lives is paramount.

Pesach Provisions

In order to get Pesach provisions we are happy to place a joint order for:

- Meat
- Greengrocery
- Kosher Store items

Please send separate named lists by Thursday 2 April by email, phone or WhatsApp or to 78 Sunnybank Road, Potters Bar EN6 2NF

Funerals, Shivas and Stonesettings

All United Synagogue Cemeteries are closed at present. Funerals will be held with only the closest family allowed to attend. We will try to broadcast via Facebook Live where possible.

Shiva, as ever, lasts for the seven days from the burial. However, due to the physical distancing policies there is no visiting a shiva house nor are there prayer services.

All Stone Settings are postponed presently.

Further information will be shared as/when there are changes.

Yahrzeit

Since Shuls are not gathering at present and so there is no opportunity to say Kaddish. Rabbi Hill can arrange for this to be said by a Minyan in Jerusalem gathering under Israel's restriction laws. The Yahrzeit candle should be lit and a memorial prayer said – please contact Rabbi Hill for details if you have not received a Yahrzeit reminder with this information.

If you cannot get hold of a yahrzeit candle then let Rabbi Hill know.

Rabbi Hill will be saying the memorial prayer each week for all those on the Communal List – if you wish a name to be added to this list then also please make contact.

Chief Rabbi's Prayer for these times

Please see later on in this Newsletter that there is a prayer for these troubled days written by our Chief Rabbi Mirvis.

We have a religious duty (apart from general good manners) to thank those who are working to contain and treat this virus and plan for our safety.

Pesach 5780

This year, whilst different in so many ways, still calls for our regular (or enhanced) commitment to Pesach rules.

Our situation might be uncomfortable but it is not impossible. On many occasions in our history it has been dangerous to keep Mitsvot due to persecution. Here we have the chance to plan and to keep Pesach freely – we might need some outside help depending on the individual circumstance.

Kosher for Pesach Foods

Within the Newsletter you will find KLBD guidelines on what foods can be used if you are unable to get Kosher LePesach items. These have been carefully reviewed to make sure that those living outside of areas where there are Kosher shops, such as our shul membership, should be able to get hold of foods known to conform with Pesach laws. This does not change our general custom of buying specific for Pesach items – it merely takes into account the specific circumstances of this year.

Sale of Chamets

Please complete the form by Friday 3 May 12.00 at www.kosher.org.uk/category/sell-my-chametz

If you do not have internet access then please call Rabbi Hill for advice.

Disposing of Chamets

Having searched for Chamets on Tuesday night (after 8.28 pm), any Chamets needs to be nullified

and declared ownerless on the Wednesday morning (by 11.56am).

There is the paragraph in the Haggadah which is said each year – I would also recommend having in mind that any Chamets in your Wheelie Bins is now ownerless and not your property.

Preparing for Yom Tov

Yom Tov is meant to be enjoyable – this year is no different. However, we will not have our normal family, friends and visitors around us.

We need to strip back to basics so that we can enjoy and not be overwhelmed by these differences.

Make sure that these days are positively different – have your table set properly, light candles at the correct times, wear Yom Tov clothes.

Can we use Zoom/WhatsApp at Seder?

There was an unfortunate news piece that seemed to allow families to join each other by Zoom etc on Seder nights. This is not to be relied on.

My advice is to be ready for your small Seder especially early this year – Seder should start after nightfall at 8.35 pm. To give the opportunity to join together and share some stories, songs, good wishes and the like have a joint call or Zoom meeting at 6.00 pm with your table set and wearing Yom Tov clothes. Enjoy time with family and friends before Yom Tov and then be ready to light candles before 7.31 pm.

There will be plenty of occasions this year when we wish that things would be more “normal”. Let us turn those wishes into prayers – and remember those who need more help, solace, health than do we. It is an opportunity to make sure that we press the reset button and ensure that our perspective is one of caring and wanting a better world.

Yizkor

I hope to have a Zoom Yizkor on Tuesday 14 April before the 7th Day starts. However Yizkor should be said on 8th Day of Pesach as usual.

Together with Shosh and family, I wish everyone a beautiful, meaningful and liberating Pesach.

We pray not only “Next Year in Jerusalem” but also that we should have health and healing imminently and that our world which is in turmoil will become a better place.

Rabbi Adam S Hill

07970 558307 rabbi@pottersbarshul.org.uk

The Chief Rabbi's Pesach Message 5780

The Seder

Give yourself time beforehand to look at the Haggadah and ensure that you have all the items for the Seder Plate as well and Matsot, wine and/or grape juice and a tasty meal.

We are told that even if you are sitting by yourself that you should ask Mah Nishtana – who knew? This year many will be by themselves and so this comes into play!!

A recent BBC News item reported that more than a quarter of people engage in monthly domestic disputes about which types of plastic can be recycled. Research carried out in London last year found that nearly 90% of drivers were still grappling with what the new Ultra Low Emissions Zone would mean for them. A report issued in January by a cross-party Parliamentary group suggested that, in efforts to reduce plastic waste, many are using materials which can actually cause

greater damage to the environment. When it comes to responding to climate change, I fear that too many of us are failing to see the wood for the trees.

It is told of the apocryphal ‘wise elders of Chelm’ that they were becoming increasingly concerned about the town’s only bridge. A small cavity in the bridge quickly became a dangerous gap. Every day brought more incidents of people falling into the valley below and injuring themselves. An emergency meeting of the elders was called. After a full day of intense discussion and debate, the unanimous solution was finally announced: they would urgently build a hospital in the valley below!

I wonder what the reaction of the elders of Chelm would be to the problem of climate change and, indeed, whether it would be different at all to the way many people actually view the issue today.

On Pesach, we recall how Aaron, not Moses, was instructed to instigate the first three of the ten plagues – blood and frogs, which emerged from water, and lice, which emerged from the earth. Rashi explains that Moses owed both water and the earth a personal debt of gratitude. The waters of the Nile had protected his life when, as a baby, he was set afloat in a basket, while the earth provided the hiding place for the body of the Egyptian taskmaster whom Moses had killed in order to save a Hebrew slave.

This anthropomorphism is surprising. Can one really feel a sense of respect or deference for a river or the earth?

I believe that there is a powerful message here about our attitude to the environment. We tend to measure the impact of climate change by sea level, temperature increase or the amount of carbon in the air. These are of course all crucial

in their own right but what if we measured the impact of climate change by the number of human lives it has already destroyed? Might that help focus our minds?

Accurate figures would be difficult to produce, but there is no question that millions of lives are lost every year to air pollution, natural disasters, pandemics and extreme water or food shortages related to climate change.

More than anything, Pesach is about responsibility. Slaves are merely an instrument, acting purely upon instruction. As we celebrate our freedom from Egypt and its accompanying responsibility – to Torah, to Hashem and to living in His service – we must not forget our responsibility to protect the fragile world that He created for us.

Consequently, our response to climate change should not only be about this type of plastic or that; this type of car or that. It should be a far more fundamental shift in the way that we think about the natural environment. Planet earth has sustained humanity for millennia just as it sustained Moses in Egypt. In return, we are failing to offer it the respect that it deserves.

Valerie and I wish you a Chag Kasher Vesameach.

Chief Rabbi Ephraim Mirvis

March 2020 • Nisan 5780

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Community News – Pesach 5780 – 2020

Births:

- Mazal Tov to Rabbi Adam & Shosh on the birth of a granddaughter, Adalie Freya, to Shira & Aharon in Jerusalem

Special Birthday:

- Mazal Tov on their special birthdays to:
Joe, Mark, Anne and Alan S

Wedding Anniversaries:

- Mazal Tov to Elaine & Joe on their Ruby Wedding Anniversary
- Mazal Tov to Michelle & Simon on their Silver Wedding Anniversary
- Mazal Tov to Irene & Albert on their 65th Wedding Anniversary

Wedding:

- Mazal Tov to Ruth & Howard on the marriage of their granddaughter Dvorah to Rafael

Mazal Tov:

- Mazal Tov to Linda & Alan on the Bat Mitzvah of granddaughter Ariella
- Mazal Tov to Susan on the Bar Mitzvah of her grandson Leon

Condolence:

- Condolences to Alan on the sad loss of his father Manuel
- Condolences to Michael on the sad loss of his father Cyril
- Condolences to Elise on the sad loss of her mother Renee

- Condolences to Rosanne on the sad loss of her father Ian
- Condolences to Laurence on the sad loss of his mother Louise
-

Stone Setting:

Before the COVID-19 Social Distancing restrictions were put in force the following Stone Settings were arranged. Presently no Stone Settings are taking place and hence these are all subject to postponement.

Renee	Sunday 21 June 2020	12 noon	Waltham Abbey
Manuel	Sunday 28 June 2020	4:30 pm	Bushey New
Cyril	Monday 27 July 2020	11:30 am	Bushey New
Louise	Sunday 20 December 2020	12 noon	Bushey Old

Presently we are unable to meet as a community to celebrate birthdays, anniversaries or the like with Kiddushim.

If you have any reason to celebrate please:

- 1 share it so that we can have positive news during these times
- 2 resolve to sponsor a Shul Kiddush in the future so that we can celebrate together – hopefully very soon
- 3 still sponsor a Kiddush HaShem now – Rabbi Hill will take snacks, drinks and the like to one of our local hospitals or ambulance stations on your behalf to thank all hospital staff for the lifesaving work that they are involved with for us.



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Dates to Remember

2020

JANUARY	FEBRUARY	MARCH	APRIL
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SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
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these

might happen or may be postponed keep in touch

- ~~Wednesday 13 May 2020 at 8.00 pm Shul AGM~~
- Shabbat 11 July 2020 A special Kiddush sponsored by the United Synagogue celebrating 150 years
- Sunday 12 July 2020 at 7.30 pm Horticultural Talk with Anne L
- Shabbat 18th July 2020 Aufruf for Richard, son of Leesa -

A GIFT OF GRATITUDE TO SIR MOSES MONTEFIORE

I have written before that I host the Potters Bar U3A Antiques & Collectables Group and so I am always on the look-out for interesting material and topics to be introduced at our meetings.

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Whilst browsing vintage books on eBay I came across single CDs for sale that contained 94 different books from the mid-1850s relating only to the Great Exhibition of 1851. For the surprisingly low sum of £4, including postage, one can view all the digitised books, page by page in their entirety, many of them great tomes that had until recently been lying on the dusty bookshelves of university libraries throughout the world.

To a visitor of the Crystal Palace Exhibition, nothing previously could come near to the extravagance displayed by this occasion. All sections of Industry and the Arts from all over the world were represented: Tapestries, Sculptures, Jewels, Furniture, Artefacts from museums, products from Europe, Russia, the Orient and the Colonies. Most of the books gave detailed descriptions of the exhibits and were copiously illustrated.

All this is wonderful material in enabling me to research say, for example, an exhibited sculpture and subsequently trace its provenance to the present time and use it as a possible topic for discussion at our meetings.

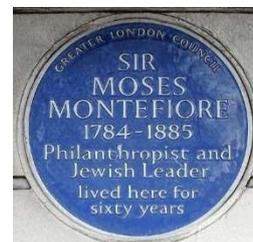
There was one area of the Exhibition dedicated to works of art in silver and within it was a collection of silverware made by prestigious London silversmiths of the time, Messrs. Hunt & Roskell. It appeared that they organised the

gathering of their most prized creations back from those current owners who agreed to part with them for the duration of their display at the Exhibition.

One such owner was Sir Moses Montefiore, the most venerated Jew of his day, and his display piece was sensational.

A passage from one of the books of the time reads: -

“Messrs Hunt & Roskell who we have before observed., made a grand and magnificent show. Their show was worthy of a palace and was a source of great attraction in the central south gallery, where works in gold and silver of enormous value were deposited. There was placed the testimonial in silver designed by Sir George Hayter, and modelled under the direction of Mr. E.H. Bailey, R.A., presented a short time since to Sir Moses Montefiore by members of the Jewish persuasion, as a mark of respect for his exertions on behalf of the persecuted Jews of Damascus.



The group consisted of sphinxes – indicative of the captivity of Israel in Egypt – with a figure of Moses supporting the tables of the law, and of Ezra reading a scroll upon which was inscribed the 22nd verse of the 8th chapter of his book.

There were also two Jews of Damascus, one loaded with chains and the other released, overshadowed by the vine and the figtree. The group on the summit is a representation of David rescuing a lamb from the jaws of a lion. In the bassi relievi, were portrayed the Israelites crossing the Red Sea, and the destruction of Pharaoh's host; the landing of Sir Moses and Lady Montefiore at Alexandria; Sir Moses obtaining the firman from the Sultan; the persecuted Jews of Damascus returning thanks for their deliverance; and the thanksgiving in the synagogue by Sir Moses on his return. Under the latter was inscribed the 124th psalm.”

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I researched further information about Montefiore's 'exertions on behalf of the persecuted Jews of Damascus'. The background to the

'Damascus Affair', as it became known, was over the disappearance of a Christian friar and his servant who vanished without trace in 1840. At that time there was a complicated relationship between the three religious groups in Syria: Muslims, Christians and Jews. The Christian minority were beginning to gain more ascendancy in Syria and it was some influential French cleric, resident in the country, that pointed to the Jews as the murderers and convinced their Muslim masters of the veracity behind the blood ritual nonsense.



A similar situation occurred earlier in the year on the island of Rhodes when a boy went missing and the Jews were again blamed and confessed under torture. Sir Moses Montefiore led a delegation including British and French politicians to emphasise the innocence of the prisoners, something that was already gaining some credence in Syria.

Firstly they went to Alexandria (at that time the Ottoman Empire governed Egypt) and negotiated the release of the nine prisoners still remaining alive, out of the original thirteen. Because the blood libel conspiracy had gained hold throughout the Ottoman Empire, the delegation continued to a meeting with the Sultan in Constantinople who was wonderfully sympathetic and issued an edict (firman) denouncing the blood libel accusations against the Jews as an illegal act.

Sir Moses, having gained the release of prisoners, returned to London triumphant. At this time he was President of the Board of Deputies. His fellow members, as a measure of their gratitude, raised the money to get the best silversmiths in London to create the wondrous silver display measuring 42 inches tall (107 cms) and weighing in at 1319 oz (37.4 kilos).

Sir Moses acquired many mementos and gifts during his travels and owned many items of silver, much of it categorised as 'ritual silver' which can be viewed on the Montefiore Endowment website. Most of the items are held in the Montefiore private museum, but the display shown above is on long term loan to the Victoria & Albert Museum.

Sir Moses was blessed with riches and excellent health. He lived from 1784 till 1884 – an extraordinary achievement for somebody born in the 18th century to attain 100 years of age!

Aubrey

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Message from the President of the United Synagogue

What is freedom? In February I was invited to Rwanda to participate in a study trip run by OLAM, a shared platform to promote global Jewish international development. The trip was designed to inspire Jewish community conversations about shared responsibility towards vulnerable populations in the developing world.

This was the first time that I had spent meaningful time in a developing world country. I saw the enormous personal challenges that confront people every day.

Rwanda experienced genocide just 25 years ago and is coming to terms with the reality that a million people were slaughtered by their neighbours. In our globalised world, development is relevant to all of us. I believe it is the fundamental issue facing the human race in the 21st century. There is much to celebrate about the world's development in the last 40 years. Poverty has been radically reduced. Illiteracy rates are falling, as is infant mortality. Fewer people are dying from malnutrition and more have access to clean drinking water and sanitation.

But the United Nations still estimates that 21% of the world's population lives in poverty with just \$1.25 or less to spend a day. That's 1.6 billion people. Poverty enslaves. It denies freedom. Why am I telling you this? It is clear from my conversations with our younger members that more and more of them feel a responsibility to the developing world.

In many places the Torah teaches us not to wrong a stranger, not to mistreat a widow or orphan. We are commanded to support financially both Jews and non-Jews in need. The Talmud (Bava Metzia 71a) debates how to prioritising giving, ruling that the poor of your city take precedence. But the Rabbis note that if the poor of your city have at least the basics to live, we must support the poor of another city as the neediest take precedence. Today, this might mean helping people in need anywhere on the planet.

We can all play a part. We all have a voice. We should make ours heard. The Chief Rabbi has led the way on issues including the plight of refugees and the environment. As we have seen with Tribe's visit to Rwanda and the Chief Rabbi's Ben Azai programme, there is a role for us to play in volunteering.

I have been extremely proud of the growing areas in which the United Synagogue has been involved in supporting asylum seekers, feeding and sheltering the homeless and making wishes come true for terminally ill people, both Jewish and non-Jewish. We will continue to support vulnerable United Synagogue families who are struggling, particularly at Pesach.

We should be unashamed that this work is not a one-way street. These acts help us all grow but they also give us another avenue for the unaffiliated to find a way to engage.

As we celebrate the 150th anniversary of our wonderful organisation this year, this is another way we can ensure the United Synagogue remains proudly orthodox, modern and welcoming to all.

Have a wonderful Pesach. Chag kasher v'sameach.

Michael Goldstein
President, United Synagogue

President: Michael Goldstein

Treasurer: Maxwell Nisner

Trustees: Andrew Eder, Claire Lerner, Fleurise Lewis, Nicola Rosenfelder, Barry Shaw, Saul Taylor, Jacqui Zinkin

Chief Executive: Steven Wilson



The US

RUTH'S CHILDHOOD EXPERIENCES DURING WWII



It was the Summer of 1940, and the Church Street Primary School hall was packed with children. My 8-year-old brother Irvin and myself (5 years old) were amongst them.

My most vivid memory of this time was the Headteacher, Mrs Saunders, heading straight for me with a ferocious expression and brandishing a ruler in her hand. She hit the child behind me. Terrified, I did not have the courage to turn around to comfort him. From then on, I disliked anyone I knew with the name of Saunders. It was an unforgivable act considering we were young children, being separated from our parents. To put it mildly, some adults had an odd idea of childcare!!!

We were then transferred from the School to a busy railway station with hundreds of other children, all labelled, with gas masks and holding their small possessions. I had a backpack made from a pillow. I remembered it being large, but years later I came across this pillow and, in reality, it was quite small. My Mother wanted to give me a knitted doll, but this was, for some unknown reason, not allowed. I found the experience exciting, an adventure – I reckon I wasn't very bright.

Our destination was to be Letchworth and we were billeted with a very kind couple, the husband had given me a dolls house. We weren't there for very long, and then unbeknown to my parents both Irvin and myself were transferred to a Convent. The nuns were very strict and instructed me to clean under my bed daily. My Mother told me that they had no idea where we were and it had taken some time to locate us. A Convent wasn't an ideal home for two Jewish children. Needless to say, we came home post-haste.

Back home I attended Oldfield Road Primary School, Stoke Newington. (Following the Phoney War from September 1939 to May 1940, nothing happened and parents started bringing their children home). But then bombing started and once again we were on our way, this time in a coach and the destination was Somerset. I was not with my brother, as he was ill in a London hospital.

Children were dropped off at various points, until there were only about five of us left. Our last port of call was a small hamlet called Hockworthy, where a very excited group of children were deposited in a small church school hall, making a lot of noise lifting up and banging down desk tops, and where a small group of locals were awaiting us, including the Justice of the Peace (Mr Harold Newman) who had first choice of the child he wanted – and low and behold he chose me.

On holding his hand, I had my first sight of Hockworthy House, which was to be my new home for the next 2 ½ years. It was an imposing 6 bedroom house, with turrets, and gardens. I remember telling him that “where I came from, all the houses were stuck together”. For me, this house was something out of a fairy tale.

The house consisted of two gardeners and a small staff, a butler and a maid (Mr & Mrs Bond) (who I later came to know as Uncle Jack and Aunty Nellie).



They not only looked after me, they loved me. To this day I remember them with great affection.

My brother joined me about three months later and was billeted to another hamlet half a mile away, called “Up Chimney Down”, with the local butcher and his wife and two sons, one older and one younger than my brother. Also, very caring decent people.

Unfortunately “Aunty Nellie” became very ill and her services were dispensed with. The aristocratic owner (Nora Newman), who had no children of her own, couldn’t cope with a young girl.

I have a clear memory of having head lice, my hair being washed and being pulled (not unkindly) along by my hair. Sitting on her lap, whilst she tried to locate the lice in my hair, and my young eyes spotting lice on her ample bosom. Remember, this was a lady who had never even boiled an egg. Poor woman, this must have been an ordeal for her. Needless, to say I was despatched home, together with my brother – I don’t believe the lice came home with me!!!

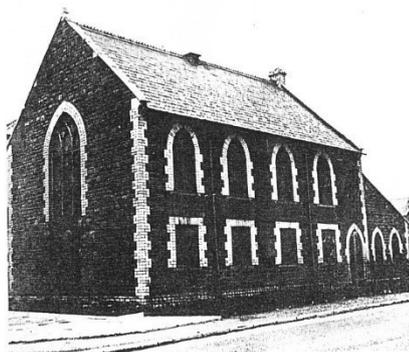
My parents also wanted us home, my schooling was non-existent, consisting of raffia work (it was perceived that farmers’ children needed only a very basic education). My brother cycled to and from a school in Taunton, also he was nearing his Bar Mitzvah age. Years later, I was told that a dog fit between a Spitfire and a German plane took place above Hockworthy House shortly after I had returned to London. Bullets pierced the roof and penetrated the bed where I had slept. Recently I googled the current price of Hockworthy House, and it was valued at £2,500,000.

We were home for about six months (1944) when Hitler decided to launch an attack with the dreaded VI rockets on London. At the time our home was full, my Booba and Zada, my Mother and Father, my Brother and an Aunty and Uncle and their very young baby. My Uncle had his legs in plaster, having been invalided out of the war.



My parents and my brother were at the top of the house and heard the VI rocket stop directly above their heads. I was OK as I was sleeping in a downstairs room and awoke covered in glass but unhurt. My Mother appeared looking very frightened as to what she would see and carried me out of the room. The whole back of the house was demolished. My Zada’s bedroom walls had disappeared, but his bed rested on the only remaining part of the floor. By a miracle none of us were hurt. Sadly, eight people in nearby houses were not so lucky. A church, very close by had a direct hit, with the VI rocket protruding from its roof. The church was due to have held a service with a large contingent of servicemen – if the rocket had hit the church 2 hrs later, many more lives would have been lost.

At 6.00 am we, and our surviving neighbours, were outside in our nightclothes. I don’t remember being frightened as my parents didn’t overreact in times of crisis. Later that day, my brother and I were on our way to Llanelly, South Wales, to stay with family. My Father stayed in the very badly damaged house, in order to prevent looting of our home. And so started the remaining period of the war, ie 1944/1945.



The Llanelly Shul was located in a very small brick building (now a Mosque) surrounded by metal fencing. One Shabbat, when us children should have been in Shul, we were running about in the small grass area at the back of the Shul. As far as I can remember, I was being chased by a boy and attempted to climb over the metal fencing, tearing a hole

in my skirt. This was catastrophic for me as my Aunt, who was an amazing dressmaker, had made the suit I was wearing.

In a state of much trepidation I told my Booba my problem. She told me not to tell anyone, and that she would repair the tear. It was needless to say, a very good repair and to my surprise nothing more was said.



My Booba also gave my brother and I money to see a season of Dianna Durbin films (a very well-known film star of that time, with a beautiful operatic voice). A different Dianna Durbin film was showing each night; we went every night (except Friday).

Great joy as the end of the war was declared, August 1945. Irvin and I were in Swansea where fireworks were being lit with dancing and much excitement. Someone wickedly placed a lit firework in my brother's suit pocket. Fortunately, a quick-thinking onlooker snatched his jacket off his shoulders and saved the day.

We were back home once again, in a requisitioned house as our own home was unliveable.

A light-hearted end to my saga, was the memory of my Father rushing into my bedroom, waking me up with a bunch of bananas being waved under my nose, shouting "bananas, bananas". The war was truly over!!!!

Ruth

Community Afternoon Coffee and Chat

These gatherings continue to be popular. We are very informal and meet in people's homes about once a month for a drink and a natter. Anyone who is around is most welcome to pop in there are no age restrictions. Friends of friends are also welcome.

We can arrange lifts for local people who are housebound or without transport.

The occasional speakers that have come to the meeting have been most interesting and I would like to arrange for more to inform or entertain us.

Please let me know if you have an idea or contact of someone who will speak for free and is not selling anything.

I am no longer sending out a flyer for each month.

Check the Chairman's weekly email briefing for information. For more information please contact me on 01707 651801



Helena



United Synagogue set to celebrate its 150th anniversary



All future event dates subject to change!!

2020 will mark an important milestone for the United Synagogue as the organisation celebrates its 150th anniversary.

The United Synagogue (US) was founded in 1870 by an Act of Parliament when five central London synagogues united. The US remains the only Jewish religious body to be established by Parliament.

The organisation has grown today to some 60 communities across England. While most are concentrated in Greater London, recent shuls to have joined the US include Birmingham Central and Sheffield with a number of regional communities exploring how they can too. Communities in new areas of Jewish growth are also being seeded by the organisation, with Mill Hill East the latest to join the United Synagogue, just two years after the community was formed.

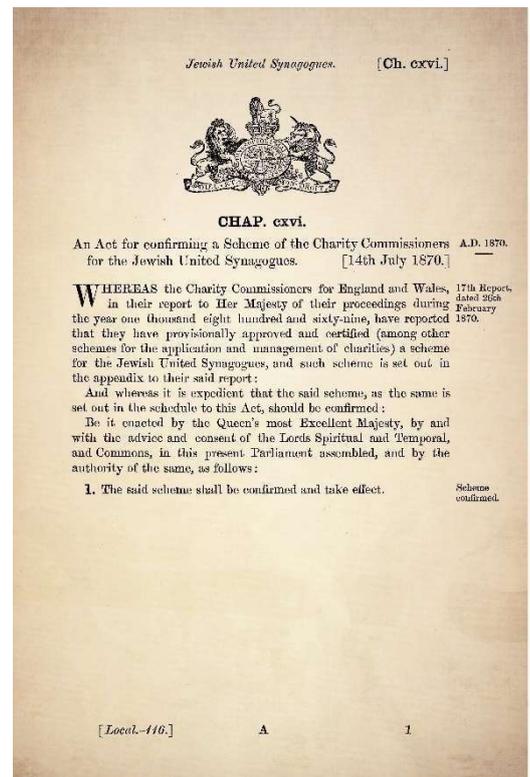
New members are invited to join the organisation at a highly reduced cost. Membership can be at any of the US' participating shuls and, to celebrate the 150th anniversary, will cost just £150 for the first year, regardless of location. The offer is open until June this year.

Michael Goldstein, President of the United Synagogue, said:

“In 1870, five London synagogues merged to form The United Synagogue and said “we’re stronger together”. We still operate on the same principle and today there are some 60 communities and growing.

“There are very few organisations – never mind Jewish ones – which reach such a significant milestone and I acknowledge the foresight of our forebears and the leaders before me who worked so hard to ensure we would have a strong and proud Jewish community today. It is a responsibility which I feel keenly on my shoulders every day.

“Our 150th anniversary is a tremendously exciting opportunity to celebrate our past and ensure a golden future through our warm and welcoming communities, our inspiring work with young people and our talented and dedicated Rabbis, Rebbetzins, staff and lay leaders. I look forward to celebrating with everyone this year.”



Celebrating our past, Ensuring a golden future

A rich calendar of events has been put together with a focus on individuals, on shuls and on the whole US and wider community. Highlights include:

Humans of the US

Humans of the US (www.theus.org.uk/humans) is a new initiative inspired by the popular Facebook group, Humans of New York. Humans of the US invites people to share their United Synagogue story – perhaps the synagogue your grandparents belonged to, or your own childhood memories of your Rabbi and community or a story about the current shul you belong to.

The US is looking to create a collection of personal stories accompanied by beautiful photos that share how and when the United Synagogue has been part of family life.

All stories will be published online, accompanied by personal photos or specially taken professional portrait photographs.

Shabbat 150

All US shuls are being invited to take part in Shabbat 150 – a Shabbat of their choice in June or July to celebrate the organisation’s anniversary (July 14, 2020). The US will be providing a range of commemorative items for communities to mark the occasion.



Time capsule

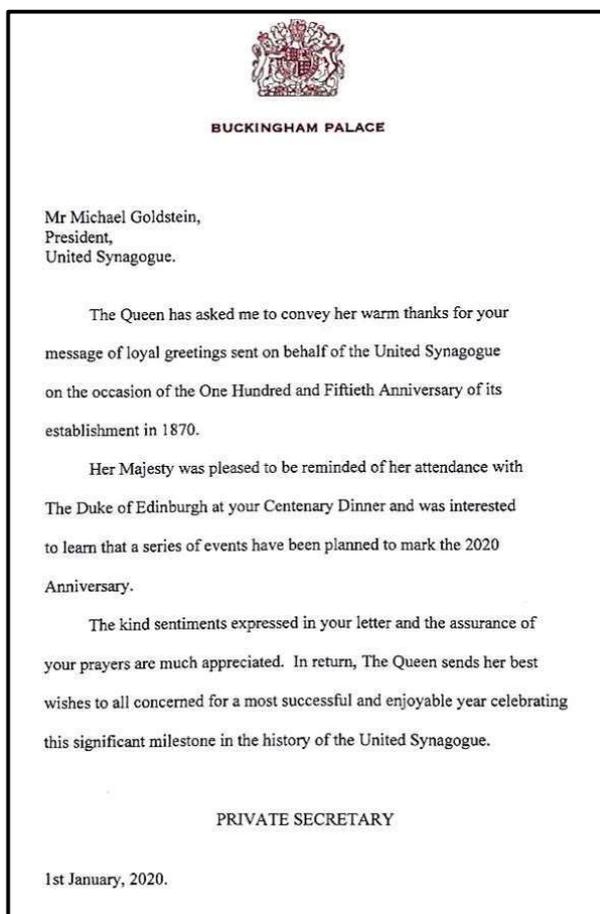
Jewish primary schools will be invited to bury a time capsule late in 2020. Pupils will be asked to select items which showcase what being a “United Synagogue Jew” means to them. Objects will be buried then dug up in 2370 – 150 years later.

US 150 Gala dinner

A flagship and historic Gala dinner is set for summer 2020 at a historic venue and with VIPs and VVIPs. Money raised from the dinner will ensure the next generation of British Jews continue to be engaged and inspired by their Judaism.

All the fun of the fair

The community is invited to join Tribe’s Family Fun Day in May 2020 where the US’ young people’s department will create a giant fun fair with rides and activities for all ages.



Siyum Hashas

The first event in the 150 calendar was the US' Siyum Hashas last month where the organisation invited the community to a very unusual evening which comes round just once every seven and a half years... To mark the end of the current Daf Yom Talmud cycle, the Chief Rabbi and special guest speakers led the celebrations with food, music and dancing at Hampstead Garden Suburb United Synagogue.

Grand opening of Willesden Jewish Cemetery's House of Life

The National Lottery-funded "House of Life" project will open in spring 2020, helping to create greater public access at one of London's most remarkable cemeteries and to engage new visitors with the stories of people buried there since Victorian times. A new lodge will house a permanent exhibition and regular tours will be provided for visitors from all backgrounds.

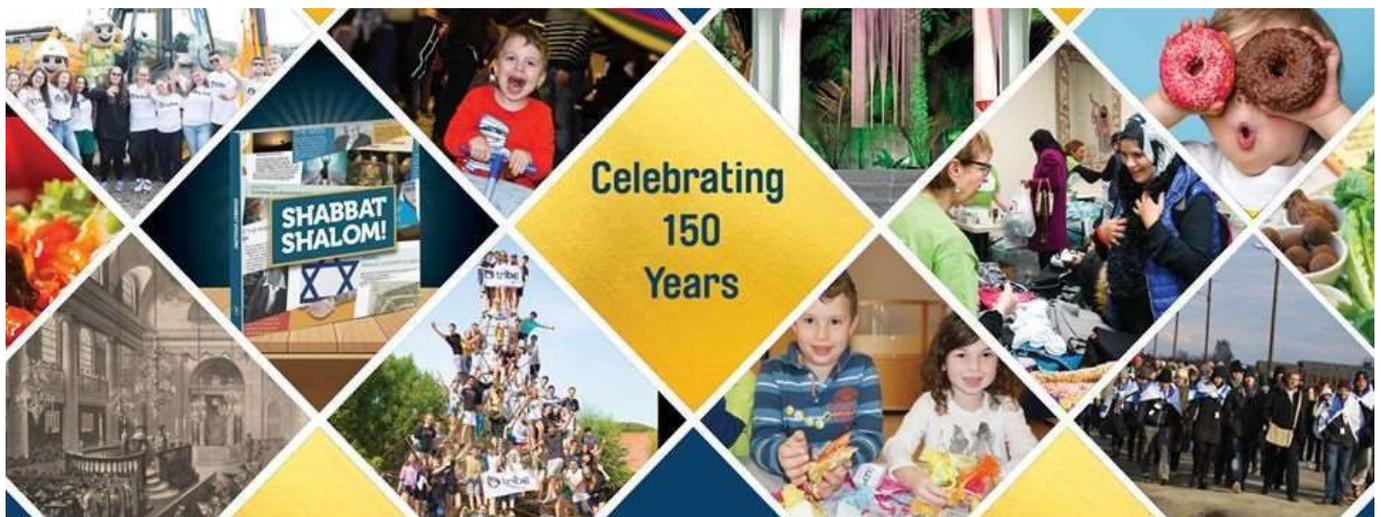


United Synagogue

3 March at 14:24 · 🌐



We have just been on a fascinating tour of **Willesden Jewish Cemetery**, learning about the lives of some of the people who are buried there. Did you know that Jack Cohen (founder of Tesco), Harriet Samuel (founder of H. Samuel) and Kurt Geiger are buried there?



Back In The 1960s

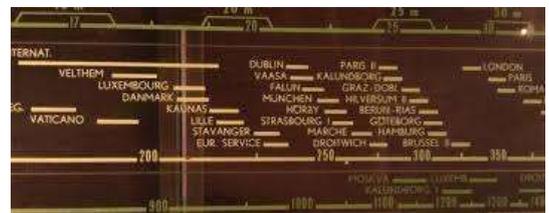
Older readers will know what I am talking about.

Young 'uns will maybe be puzzled and amused.

In no particular order here are my reminiscences:

Radio Luxembourg

The BBC at the time only really played classical music or had talk programmes so we had to hear our pops on our crackly transistor radios beamed from Europe. The reception faded out regularly but it was possible to enjoy all the top pop hits from the comfort of one's bedroom.



Horace Bachelor

One of Radio Lux's advertisers. He would daily advertise his "infra draw" method to win at the football pools. Council Loo Roll

This was similar to Izal. It was a kind of greaseproof paper with no absorbency whatsoever. You would almost skid off it. I think the authorities loved it because it was cheap and perhaps lasted a long time (because people carried their own Andrex?).



The Stylophone

This monstrosity, which was endorsed by [REDACTED] on T.V. adverts was a little electronic box with a keyboard marked out and you "played" it by passing the attached wand over the piano style keys.

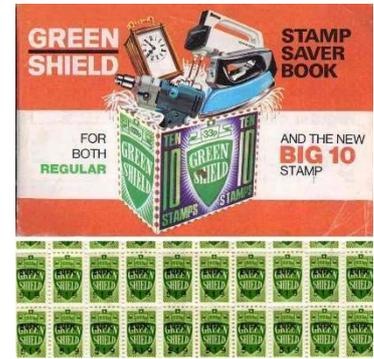
The tone was a horrible buzzy one and of course it was only possible to play single notes. Slurring was effortless.

T.V. Hire Shops

These places such as D.E.R. existed because at the time T.V. sets were very expensive and most people rented their set.

Green Shield stamps

An early loyalty scheme copied from America. Retailers including Tesco gave these stamps away with purchases. You would stick them in a book and when one had several full books they could be exchanged for goods in Green Shield showrooms which were quite like Argos in their scope.



78 R.P.M. records

Before vinyl records were made from brittle shellac. A number of my favourite discs shattered when dropped on a hard floor and it was inevitable that they would break if dropped.

Ice Cream Flavours



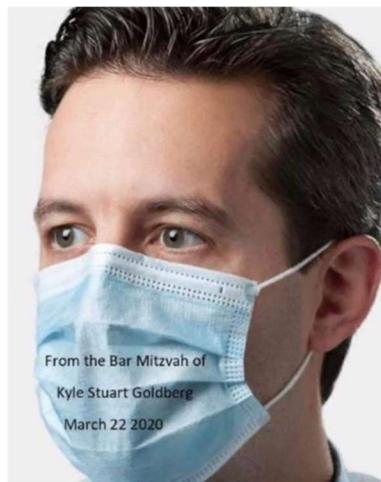
They were of course good old chocolate strawberry and vanilla. The cheaper brands had the colour but unconvincing flavours. For someone who could not make their mind up there was the Neopolitan brick – a family size block which was one third chocolate, one third strawberry and one third vanilla. If you found somewhere that had lemon that was very exotic.

Joe



Molly Tolsky
@mollytolsky

Pro-tip for couples suddenly working from home together: Get yourselves an imaginary coworker to blame things on. In our apartment, Cheryl keeps leaving her dirty water cups all over the place and we really don't know what to do about her.



From the Bar Mitzvah of
Kyle Stuart Goldberg
March 22 2020

Well I finally lost it!!!!

Was just in Walgreens and seen dude whose cart was FULL to the brim with hand sanitizers, baby wipes, soaps, everything that people need!! I called him selfish and gave him a low down about the elderly, moms, and people who need these types of things. Told him he should be ashamed of himself! He said: "Are you done? Cause I really need to get back to restocking the shelves now!!!"



Tu BiShevat Fruit Party

Sunday 9th
February



Tu BiShevat, the new year for fruit trees, is a brilliant reason for throwing a party & this year's was great fun.

R Adam gave a quick "fruity" intro & then he & Shosh did their Cahoot quiz where we answered multiple choice questions on our mobiles! Congrats to Helena for winning that.

We then watched a YouTube video on how to carve fruit & tried out newly acquired creative skills on some unsuspecting apples & pears. You can see the fab results in the photos.

Meanwhile, the children were busy with an array of arts & crafts to take home (note the fruity head boppers!).

Tea was lovely - fruit platters & sustainable tableware overflowing with all kinds of fruit (including olives & avocado), Grodz fruit-filled Danish pastries & fruity sweets.

A lovely, friendly atmosphere as usual, thanks to Shosh & R Adam for the use of their living room, especially as it was also Tsiona's 21st birthday! Mazel Tov Tsiona :)

Hope to see you soon!

Your Events Committee



Wishing for a day out

In Rotterdam in 2006, a delay in transferring a dying patient led to a paramedic called Kees Veldoer asking the patient what he would like to do whilst waiting. The patient, a former sailor, asked if he could be taken to the Vlaardingen canal so that he could say once last goodbye to the sea. Borrowing an ambulance on his day off and begging a favour from one of the local captains, Kees took the old sea captain to the ship and granted his wish.

Kees saw what a difference this made to the dying man and gave up his job to set up the Ambulance Wish Foundation in Holland, which now owns 7 ambulances and staffs them from volunteers, in order to fulfil the last wish of the terminally ill who can only travel on a stretcher. The idea has spread to about 16 countries world-wide and the United Synagogue has supported the charity in the UK by training about 40 volunteers. The wishes have ranged from taking someone from a hospice to spend some hours at home to taking a lady to her grandchild's wedding and even a fish and chips meal by the seaside!



Each wish is researched and planned (we now know that the awning at the front of the North London hospice is not as high as the top of the ambulance) to make the special day run as smoothly as possible

In mid-December, I was part of the 3 man team that drove the ambulance to Bristol, to take a lovely lady who wanted to go to her favourite shopping mall and have a last Xmas meal at the café in Marks & Spencer. I'll leave you to imagine what it felt like when I arrived to take her out and she told me that she hadn't left her bed for over a year!

We took her to the Mall, which was beautifully illuminated for Xmas, and found that Marks & Spencer had provided a free lunch (turkey and all the trimmings) for Mrs. Fussell, her daughters and even for the three of us. At that moment and without any warning to us, our researcher or the staff at Marks & Spencer, about 8 or 10 of the extended family appeared from nowhere, even down to a great granddaughter. The free lunch was rapidly redistributed amongst the family and the volunteers had to settle for a sandwich and a drink.

Marks & Spencer presented some flowers and shopping vouchers before we took Mrs. Fussell on the stretcher round the mall to see how beautifully decorated it was, and to buy a jumper.

The story was on the front page of the Daily Mirror (see www.tinyurl.com/awfalan), where you can see some of



This Wish Ambulance was donated by

the family who appeared to make this day very special for Rebbetzen Freda Kaplan who was at Mrs. Fussell, and how she shopped in style. Hampstead Garden Suburb United Synagogue

in memory of her parents – she even undertook a skydive to raise the funds!

Alan

**COURT OF THE CHIEF RABBI
BETH DIN, LONDON**
בית דין צדק דק"ק לונדון והמדינה

Dayan Ch. Ehrentreu,
Emeritus & Consultant Dayan
Dayan M. Gelley Rosh Beth Din
Dayan I. Binstock
Dayan S. Simons

KASHRUT DIVISION
Rabbi J.D. Conway Director

Pesach 5780-2020 / Covid 19: Product Guidelines "in-extremis":

It is a longstanding *minhag* going back to the beginning of commercial food manufacture in the 15th Century that products for Pesach should be manufactured under special Passover supervision.

The Guidelines below, allowing the use of some regular products, are intended specifically during this time of crisis, when regular supervised products are not available or if people are in isolation and unable to go shopping themselves or have Pesach products delivered to their home.

(Key: **Y**=Yes. Can be approved. **N**= No. To be avoided. **Y/N** = Check Note.)

Products:	Status	Comment:
Baking Powder	Y/N	Pure Sodium Bicarbonate would be fine but brands which have Cornflour or Maltodextrin added should be avoided
Butter	Y/N	Pure Butter, Plain and Salted, can be allowed. Lactic Butter (which will list Lactic Culture in the Ingredients) should be avoided
Cocoa Powder	Y	Pure 100% Cocoa Powder. NOT Drinking Chocolate
Coffee Instant	Y	Nescafe Gold & Red Label Reg and Nescafe Decaf all certified KLBD-P
Coffee Roasted	Y	Pre roasted Ground Coffee can be allowed. Decaffeinated should be avoided
Desiccated Coconut	Y	
Dried Apple	Y	Pure Apple with Preservative Sulphur Dioxide can be allowed.
Eggs	Y	Regular Hen eggs, both white and brown, are permitted. There is no concern regarding the ink-stamp. (Brown eggs have a higher incidence of bloodspots.)
Frozen fish	Y	Frozen fish, whole or filleted, is permitted, provided that no other ingredients have been added. It should be rinsed thoroughly before use
Frozen fruit	Y	Provided no ascorbic or citric acid is listed as an anti-oxidant
Frozen Veg	Y	Provided no ascorbic or citric acid is listed as an anti-oxidant
Fruit Juice Drinks	Y/N	Pure Fruit Juices without any added anti-oxidants listed on the ingredients, can be allowed. Apple juice often has Citric or Ascorbic Acid added which could be Kitniyot or possibly Chametz.
Hand Sanitisers	Y	
Honey	Y	Pure Honey from a reputable brand can be allowed
Icing Sugar	Y/N	Silverspoon Icing Sugar with Tri Calcium Phosphate as anti-caking agent can be allowed. Other brands using Cornflour should preferably be avoided. NB Fondant or Royal Icing Sugar are not approved.
Jams	N	Often contains Glucose, Citric Acid, Sodium citrate which can be Chametz
Kitniyos (Rice Peas Beans etc)	N	These pulses are forbidden for Ashkenazim. In an emergency situation, Rabbinic advice should be sought.
Low Sodium Salt	Y	LoSalt Low sodium Salt is permitted
Milk : (Regular non-supervised)	Y	
Nuts Ground	Y	
Nuts Whole	Y	Only raw or blanched, not roasted
Oil: Coconut Oil	Y	Extra Virgin Coconut Oil can be allowed
Oil: Olive Oil	Y	Extra Virgin Olive Oil can be allowed. Refined or Pomace Oils should be avoided

Oil: Pure Sunflower Oil	Y	Ideally Supermarkets own brand pure Sunflower Oil. If any additives are listed on the Ingredients (EG Flora "With Vitamin E") the product should be avoided.
Olives	N	Even plain pitted Olives in Brine generally use Lactic Acid (which could be Chametz) as an Acidity Regulator, as well as Preservatives Citric or Ascorbic Acid.
Pepper	Y	Both Black or white
Pickled Cucumbers	N	Usually in Spirit Vinegar which could be of Chametz origin
Potato Starch	Y	
Prunes	N	Dried Prunes generally use preservative Potassium Sorbate which can be of Chametz origin
Quinoa	Y	It is questionable whether Quinoa is to be considered as Kitniyot. In case of need it can be allowed.
Raisins	Y	Sun Maid raisins are approved. If they are not available other brands of plain Raisins with no additional ingredients other than Sunflower Oil would be permitted
Raw (kosher) Meat without a KLP status	Y	Raw (kosher) meat (not pickled) and unprocessed raw Chicken can be permitted even without a KLP label
Salt	Y	Saxa has been approved. Any other brand could be used if Saxa is not available including Sea Salt.
Soft Drinks / Cola	N	Soft Drinks typically contain Flavourings and anti-oxidants derived from Chametz. The Caramel in in Cola drinks is generally made from Glucose of wheat. (The Kosher I'Pesach colas utilise a specially manufactured KFP Caramel.)
Spices: Garlic, Onion, Ginger, Cinnamon	Y	This refers to pure spice powder or granules. Spice Salts such as Garlic Salt or Onion Salt should be avoided.
Sugar	Y	Currently certify Tate & Lyle Granulated Caster and Demerara, but Silver Spoon and other brands could also be used if T&L is not available
Sweeteners:	Y/N	Hermesetas Mini is approved as well as Xylitol when pure or using only Silicon Dioxide as free flow agent.
Tapioca starch	Y	Tapioca Starch from Doves Farm is KLBD certified. Other brands can be allowed as well.
Tea	Y	KLBD currently certify all Taylors of Harrogate Yorkshire tea. Other brands of regular Black Tea could also be allowed if necessary
Tinned Potatoes	N	Often contains Ascorbic Acid
Tinned Salmon	Y	Plain in oil, water or brine, without sauces or flavours
Tinned Sardines	Y	Plain in oil water or brine, without sauces or flavours
Tinned Tomatoes	N	Generally, contains Citric acid
Tinned Tuna	Y	Tinned Tuna in Sunflower Oil, Brine or Water can be allowed
Tomato Puree	Y/N	100% Tomato can be allowed. Those containing Citric Acid should be avoided
Toothpaste	Y	Where a KLP product is not available, regular toothpaste is permitted.
Washing up liquid	Y	Fairy Liquid is certified for Pesach but other brands can also be allowed. (Ecover limited edition which is derived from beer should be avoided.)
Water Bottled	Y	All still bottled water and naturally sparkling water is fine. Artificially carbonated water may be carbonated with CO2 from the brewing industry, but many brands have been checked and approved. See passover.isitkosher.uk
Yoghurts	Y	Plain natural unflavoured Yoghurt only

***This list is not exclusive and may be added to over the coming days**

Page 2 of 2

חג כשר ושמה

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 Tel: +44 (0)20 8343 6255 Fax: +44 (0)20 8343 6254
 Email: info@klbdkosher.org Web: www.kosher.org.uk



Pesach 5780 – 2020 Timetable

There are no Shul Services until further notice – however it is better for us all to try to pray at the same time even though we must be in our own homes

Shabbat Parashat Tsav - Shabbat HaGadol

	Friday 3 April	Light candles	by 7.22 pm	Mincha and Kabbalat Shabbat	at 7.20 pm
Saturday 4 April	Shacharit				at 9.30 am
	Shabbat concludes				at 8.27 pm

Erev Pesach

Tuesday 7 April	Search for Chamets				after 8.28 pm
Wednesday 8 April	Latest time for eating Chamets				by 10.49 am
	Latest time for burning Chamets				by 11.56 am

1st Day Pesach

	Eruv Tavshilin - Light candles				before 7.31 pm
	Mincha & Ma'ariv				at 7.30 pm
	Start Seder				after 8.35 pm
Thursday 9 April	Shacharit				at 9.30 am
	Mincha and Ma'ariv				at 7.30 pm

2nd Day Pesach

	Light candles and Second Seder				after 8.36 pm
Friday 10 April	Shacharit				at 9.30 am

Shabbat Chol HaMoed Pesach

	Light candles				before 7.34 pm
Saturday 11 April	Shacharit				at 9.30 am
	Yom Tov concludes				at 8.40 pm

7th Day Pesach

Tuesday 14 April	Light candles				before 7.41 pm
	Mincha and Ma'ariv				at 7.40 pm
Wednesday 15 April	Shacharit				at 9.30 am
	Mincha and Ma'ariv				at 7.30 pm

8th Day Pesach

	Light candles				after 8.47 pm
Thursday 16 April	Shacharit including Yizkor				at 9.30 am
	Pesach concludes				at 8.49 pm

At the conclusion of Pesach it is advisable to wait 20 minutes before eating any sold chamets

Shabbat Parashat Shemini

Friday 17 April	Light candles				by 7.46 pm
	Mincha and Kabbalat Shabbat				at 7.45 pm
Saturday 18 April	Shacharit				at 9.30 am
	Shabbat concludes				at 8.53 pm

The Chief Rabbi's Prayer 20th March 2020/24th Adar 5780

The Chief Rabbi has composed this special prayer which can be recited at home at a time of your choosing. In addition, Psalms 91, 121 and 130 (Green Siddur pages 582, 510 and 516) can be added.

אָבִינוּ שְׁבַשְׁמִים

Heavenly Father,

We turn to You at this time of deep global concern, to bestow Your mercy upon all the inhabitants of our vulnerable world, which is now so seriously afflicted.

Almighty God, who sustains the living with lovingkindness, supports the fallen and heals the sick, grant consolation to the bereaved families and send a speedy and complete recovery to all who have contracted the virus, as the Prophet Jeremiah declared:

כִּי אֶעֱלֶה אֲרֻכָּה לָךְ וּמִמְכֹּתֶיךָ אֲרַפְּאֶךָ, נְאֻם ה'.

“For I will restore health unto you, and I will heal you of your wounds, says the Lord”.

Bless with strength those who are suffering. Bless with resilience those in isolation. Bless with hope those who are despondent. Bless with wisdom all those who seek a cure and bless with compassion all those who offer comfort.

Bless the leaders of our nations. Give them and their advisors knowledge and foresight to act with wisdom and sincerity for the wellbeing of all whom they serve.

Bless the doctors, nurses, all healthcare professionals and key workers who tirelessly seek to heal and help those affected, while in so doing put themselves at risk.

Open our hearts in prayer and our hands in generosity to guarantee that the physical distance this virus creates between us will be bridged through compassion and kindness.

Almighty God of healing and hope, at this time of heightened global awareness of our mutual interdependence, enable all of humankind to appreciate the strength that comes from being united in concern and love, rather than divided with hate and prejudice. As we look to the future, may You endow all people with the capacity to build and sustain societies of unity, tolerance, harmony and peace.

O Lord, our Rock and Salvation, lead us speedily from despair to hope, from fear to trust and from the dread of death to the celebration of life.

וְאֵנִי תַפְלִיתִי-לָךְ הַשֵּׁם, עַת רְצוֹן

May this prayer of mine come before You at a propitious time.

יְיָ רְצוֹן

And may this be Your will,

Amen.





UNITED SYNAGOGUE CORONAVIRUS HELPLINE 020 8343 5696

The United Synagogue has set up a dedicated helpline for all those seeking support, advice or if you are simply struggling to cope.

We can point you in the right direction for:



Practical support

if you need help with things like shopping or cooking



Spiritual support

if you need Rabbinic advice or religious guidance



Emotional support

if you just need somebody to chat to

Call us on
020 8343 5696

Email us at
helpline@theus.org.uk

Our Helpline will be available from Monday to Thursday 9am–5pm and Friday 9am–1pm. (Outside of these hours you will be able to leave us a message and somebody will get back to you.)

Please note: Our helpline is run by community volunteers and US staff. We are unable to offer medical, legal or financial assistance but we will do our best to point you in the right direction, including to your local community care group or to the charity GIFT. If you are feeling unwell please follow the current government guidelines.

If you would like to speak to us about volunteering or offering any other assistance during this challenging time, please email

Yael Peleg on helpline@theus.org.uk

