

THE NW LONDON LOCAL NEWS

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31 July 2025 • פרשת דברים-שבת חוון תשפ"ה
22:00 לר"ת | 21:49 שבת | 20:33 גרות נדלקת

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TISHA B'AV 5785

END OF SHABBAT 2 AUGUST 2025

Mincha 6:15pm
Fast begins 8:46pm
Shabbat Ends 9:49pm
Maariv (with Eichah) 10:10pm

SUNDAY 3 AUGUST

Shacharit 8:00am
(selected Kinot with Introductions
and Explanations)
Halakhic midday: 1:05pm



6:30pm

Project Inspire Film: **REBOUND**

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7:30pm Mincha

Followed by Chofetz Chaim Heritage
Foundation Video Presentation:

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Ma'ariv 9:20pm followed by
refreshments
Fast ends 9:35pm

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Isaac Feiner, Managing Director
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Daniel Rubin

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Sunday 7th of Sept
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MONDAY 4TH AUGUST
1 - 5PM**

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SUMMER HOLIDAYS

OPENING TIMES:

Tuesday 5th - Thursday 7th August **11 - 4**

Friday 8th August **11 - 1**

Sunday 10th - Friday 22nd August **11 - 2.30**

Sunday 24th - Thursday 28th **11 - 5**

Friday 29th August **11 - 2**

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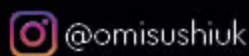
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We advise our customers to stock up in advance to avoid disappointment



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Project Lily is all about improving the Jewish community's wellbeing. Why? Because wellbeing is inextricably linked to physical and mental health. We're encouraging people to give their wellbeing a hug with good self-care. For each day of August, we've suggested a self-care idea that's really quick and simple.

Look out for one of our free **Awesome August Hug!** posters in shops and papers.

Can't find one? Just email us at info@projectlily.org.uk and we'll send you a free PDF copy.

This August, give your wellbeing a hug - one small act of self-care at a time.



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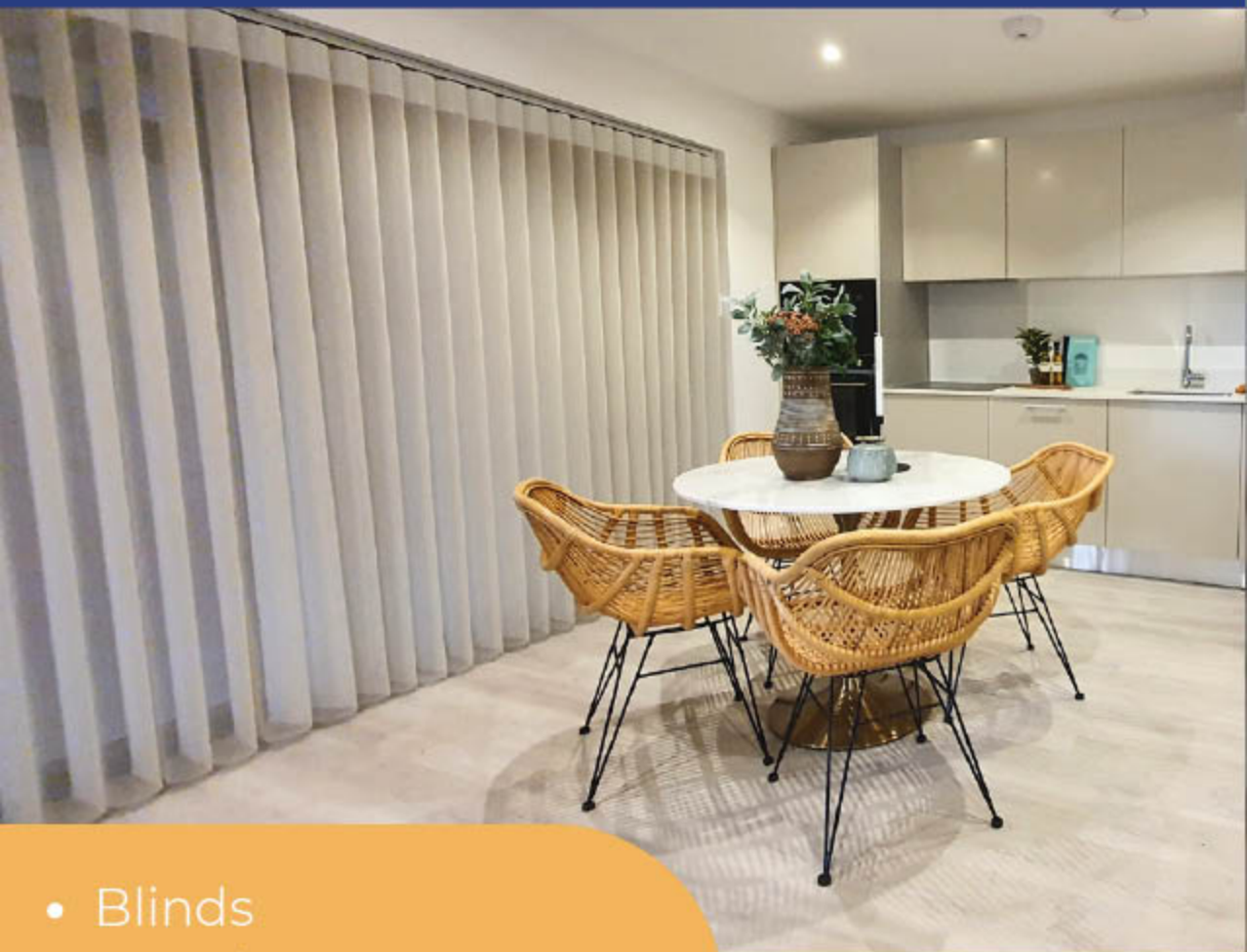
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STARTING THURSDAY

4

SEPTEMBER

TIME

09:00 - 10:30

DAILY

MON- FRI

LOCATION



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TISHA B'AV

5785

SHABBAT 2ND AUGUST

- 20:47 **FAST BEGINS**
- 21:00 **FROM GALUT TO GEULAH**
- Dayan Posen
- 21:49 **SHABBAT ENDS**
- 22:00 **MINCHA & EICHA**
- 23:00 **SONGS OF YEARNING**
Kumzitz

SUNDAY 3RD AUGUST

- 08:45 **SHACHARIS & EXPLAINED KINNOs**
- 11:45 **MEGILLAT EICHA**
- 12:15 **THE JEWS PROFILE IN EXILE**
- Rabbi A Hersh
**TISHA B'AV THROUGH THE EYES OF
THE TALMUD DOOR (TEXTUAL)**
- Rabbi M Brandels
- 13:07 **CHATZOT**
- 18:00 **TISHA B'AV VIDEO PRESENTATION:
SURVIVORS**
- 19:15 **FROM THE ASHES**
A father's account of the October 7th Massacre
- 20:00 **MINCHA**
With tefillin
- 20:45 **YEARNING FOR A SOULFUL CITY**
- Rabbi A Nemeth
- 21:20 **MAARN**
- 21:35 **FAST ENDS**

AUGUST

2-3

MEN & WOMEN



JLE



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Cllr Dean Cohen, Chairman of the Jewish Conservative Alliance
Conservative Councillor Golders Green Ward



Councillors work with residents and community groups to progress and support.

- For schools State Aid applications, planning applications, funding for expansion, locating temporary/permanent premises
- Other communal projects through planning applications, funding, highways, locating land etc
- Housing projects that are for the benefit of the local community
- The community on other vital services that serve the community be it in crime prevention, security, health.
- Supporting the community at the time of festivals such as pesach collection, parking provision, highways support
- General support on roads, pavements, pot-holes, parks, lighting, bin collections and street cleansing

Now, we need your voice at the table. 🗣️ If you're passionate about community and ready to make a difference — step forward.

Join the Jewish Conservative Alliance and represent your community in council.

Contact us on the below:

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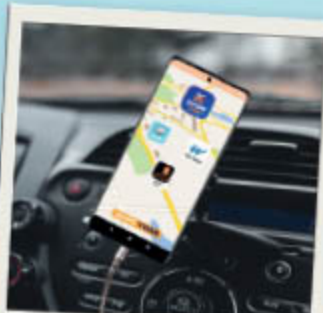
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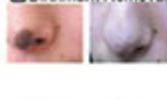
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MOTZEI SHABBAT 2 AUG

- 20:47 FAST STARTS
 21:44 SHABBAT ENDS
 22:15 MAARIV & EXPLANATORY KINNOT FOLLOWED BY: **בכה תבכה בלילה** - FEELING THE CHURBAN THROUGH SLOW SONGS AND STORIES



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- 22:15 HEARTFELT INSIGHTS FOR WOMEN WITH REBBETZINS NEWMAN, ROODYN, STROM AND GEFFEN
 23:30 EXPERIENCE THE CHURBAN THROUGH STORIES WITH RABBIS ROODYN, GEFFEN AND GARSON

SUNDAY 3 AUG

- 08:30 SHACHARIT & EXPLANATORY KINNOT
 13:06 CHATZOT

- 18:00 NEW AWARD-WINNING EDITION SCREENING OF THE SURVIVOR'S REVENGE
THE REMARKABLE HOLOCAUST SURVIVOR AND NAZI-HUNTER, JOSEF LEWKOWICZ Z"L WHO CAPTURED THE BUTCHER OF PLASZOW

- 19:30 MINCHA

- 20:00 SCREENING 'MANFRED' MBE
MANFRED GOLDBERG MBE'S INCREDIBLE STORY OF SURVIVAL, RESILIENCE AND QUIET HEROISM

- 21:00 OUT OF THE ASHES WITH RABBI NAFTALI SCHIFF
 21:25 MAARIV
 21:36 HAVDALAH & FAST ENDS



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No Shiur Monday 11th August / 17 Av

התחלה

התחלה

התחלה

TUES	05 AUG	11 AV	הלכות תלמוד תורה	The only Commodity נדבת ר' אברהם ברקוביץ הי"ו	
WEDS	06 AUG	12 AV	הלכות פועלים	Just plain Malpractice לעי"נ הר"ר אהרון מנחם מנדל בן הר"ר משה ביוז ד"ל	
THURS	07 AUG	13 AV	מילתא בדיחותא	Jewish wit, chops and riddles נדבת ר' שאול באדנער הי"ו לעי"נ הילד ישראל צבי ד"ל ביבדלחטי"א הר"ר שאול הי"ו	
שבת	09 AUG	15 AV	מלחמה שאלות	Halachic questions from the war in א"י נדבת ר' ברוך יהודה באדנער הי"ו לעי"נ הר"ר אברהם מנחם בן שאול ד"ל וזוגתו מרת רבקה בת הר"ר יוסף הלוי ע"ה לעי"נ הר"ר שלמה זלמן בן הר"ר ישראל הלוי ד"ל וזוגתו מרת איטא בת הר"ר נתן ע"ה	MINCHA 6PM SHIUR 6.25PM
SUN	10 AUG	16 AV	הלכות EVERYTHING!	Contemporary people שאלות need to know נדבת הר"ר חיים שלום לאסט לעי"נ הר"ר דוד בן הר"ר חיים משה ד"ל וזוגתו מרת לאה בת הר"ר משה יהודה ע"ה	SHIUR TODAY: 10.00AM
NO SHIUR MONDAY 11TH AUGUST / 17 AV					
TUE	12 AUG	18 AV	SHABBOS MINI SERIES	הלכות חמור: Nice and Smooth נדבת ר' אליעזר פרענקעל הי"ו לעי"נ הר"ר חיים אפרים בן הר"ר יעקב שלמה ד"ל	
WED	13 AUG	19 AV	SHABBOS MINI SERIES	הלכות דש: Like 2 peas in a pod נדבת ר' משה וויס הי"ו לעי"נ הבחור ישראל צבי ביבדלחטי"א הר"ר משה הי"ו	
THU	14 AUG	20 AV	SHABBOS MINI SERIES	Fascinating new בורר cases נדבת ר' אפרים פרענקעל הי"ו	
שבת	16 AUG	22 AV	SHABBOS MINI SERIES	Shabbos & Moshiach: Egg Salad, the food to bring Moshiach שבת קדש נדבת ר' שלמה זלמן שטימלער הי"ו לעי"נ הר"ר ישראל זאב בן הר"ר צבי אשר ד"ל וזוגתו מרת סערל בת הר"ר שלמה זלמן ע"ה	MINCHA 6PM SHIUR 6.25PM
SUN	17 AUG	23 AV	פרנסה	When Halacha meets Hashkafa נדבת ר' יוסף ישעיהו הכהן שפרינגער לעי"נ הר"ר אריה לייב בן הר"ר זאב הכהן ד"ל	SHIUR TODAY: 10.00AM
MON	18 AUG	24 AV	הלכות צדקה	Money tips! נדבת החפץ בעילום שם	
TUES	19 AUG	25 AV	הלכות תשובה	But it's not my fault! נדבת ר' שלום לרנר הי"ו לעי"נ מרת טובא רחל בת הר"ר שמואל שמעלקא ע"ה	

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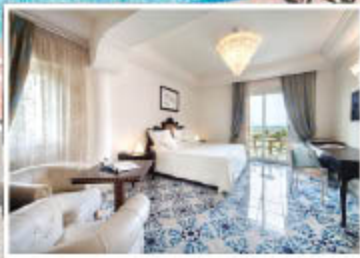
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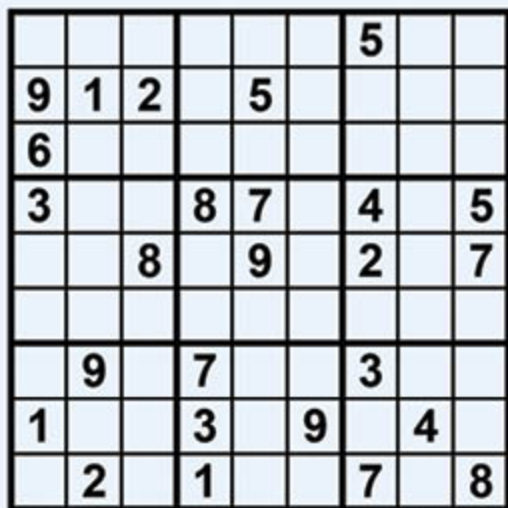
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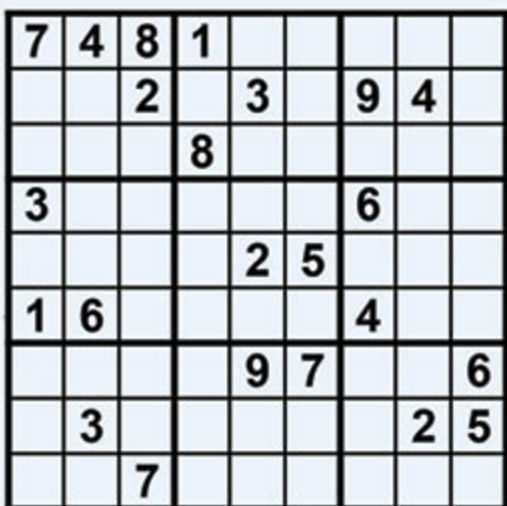


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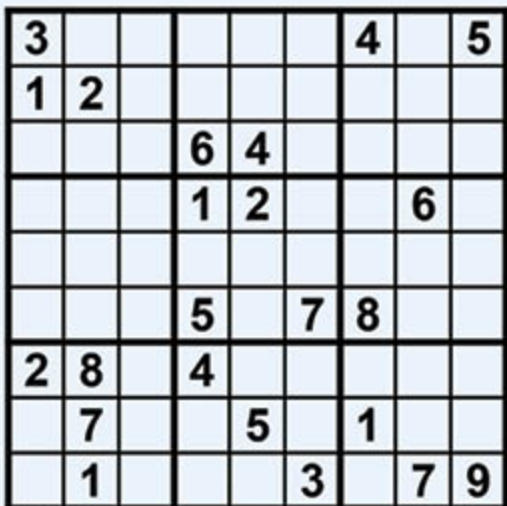
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Salmon Skewers

INGREDIENTS

- 1 pound skinless salmon cubes
- 2 tablespoons brown sugar
- 4 cloves garlic, minced or 4 cubes Gefen Frozen Garlic
- 1 tablespoon ginger, grated or 3 cubes Gefen Frozen Ginger
- 1 tablespoon olive oil
- 1/2 cup Glucks Soy Sauce (or gluten free soy sauce)
- skewers

DIRECTIONS

Combine the brown sugar, garlic, ginger, olive oil, and soy sauce in a large ziplock bag. Add the salmon and marinate for 15 minutes.

Preheat the Betty and add parchment paper for easier cleanup. If not using parchment, spray the pizza maker with cooking spray.

Place the salmon skewers on the Betty and cook with the cover open for two to three minutes on each side.



Recipe by Sara and Yossi Goldstein - Kosher.com



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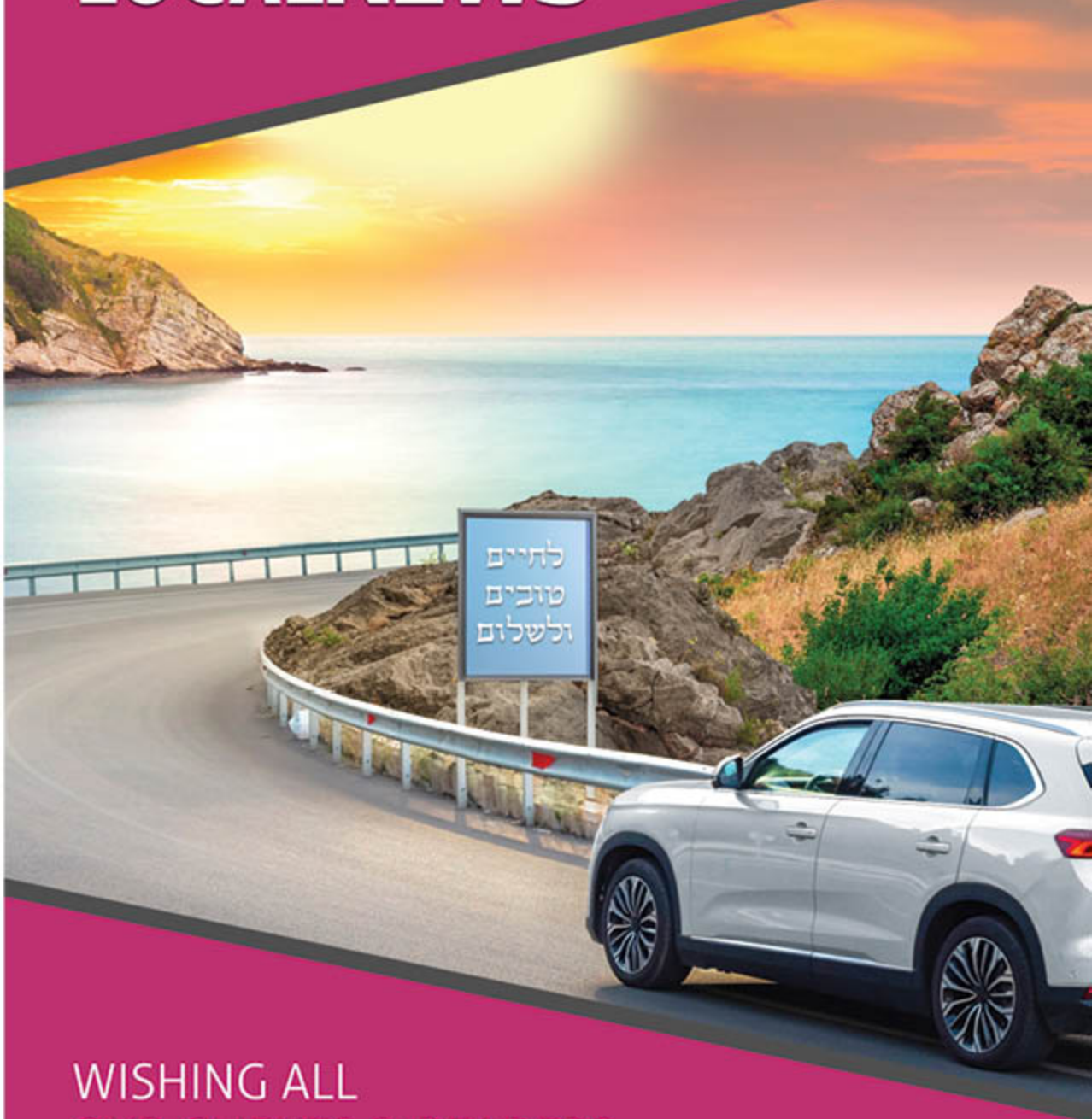
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Part-time

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- The ability to inspire staff and pupils alike

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בית ישכר דוב	6.00
קי אהל משה	6.50
בית ישכר דוב, בית ישראל	7.00
דאנסטן רד, עץ חיים	7.30
SAGE	7.30
בית ישכר דוב	8.10
ברידוש ליון, היכל מנחם	8.00
23 Green Walk	8.15
אור חדש, אמרי שפר, בית שמואל	8.15
ביג ביה, הענדאן עדת	8.15
טחוקי חתני, סיני	8.15
נשמת ישראל, תפי ישראל	8.15
ווידיטשקא	8.15

שחרית

שחרית

בית ישכר דוב	4.59
ברידוש ליון	7.00
ביג ביה	7.40
סיני	7.55
בית ישראל, דאנסטן רד	8.00
הענדאן עדת, קי אהל משה	8.15
בית ישכר דוב, נשי ישראל	8.15
אור חדש, אמרי שפר	8.30
ווידיטשקא, מחזיקי הדת	8.30
עץ חיים, תורת חיים	8.30
תפארת ישראל SAGE	8.30
בית שמואל, ברידוש ליון	9.00
23 Green Walk	9.30
מאורות חיים	9.30
היכל מנחם	10.00

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מנין צעטיל

פרשת ואתחנן

סיני	7.45
ווידיזשקא	7.50
בית ישכר דוב	8.00
ג'יג בייג	
גור, העברון צולת	
המארת ישראל	
בית ישכר דוב	8.20
בית שמואל	8.35
בית ישכר דוב	8.40
נשט ישראל	8.50
שקיעה	8.38-8.43
בית ישכר דוב	9.05
בית שמואל	9.14
בית שמואל	9.20

שערים בחול (ב - ה)	
קולות אהל מועד, מו	9.18
חול מועד	9.25
אמו	9.26-9.32
בית ישכר דוב	9.30
בית ישכר דוב, סיני	9.40
בית אברהם	9.40
בית ישכר דוב	
בית שמואל, ג'יג בייג	
עץ חיים	
נשט ישראל, ספירטוא	10.15
קי אהל מועד	
שמי תפלה	
בית ישכר דוב	10.20
בית ישכר דוב	10.30
בית ישכר דוב	10.40
בית ישכר דוב	11.00
בית ישכר דוב	11.20
בית ישכר דוב	11.40
בית ישכר דוב	12.00

מנחה בחול (ב - ה)

פערדייטן	1.40
בית ישכר דוב	1.45
ברידוש לייז	
ג'יג בייג, סאטמ	
היכל מנחם	1.50
עץ חיים	2.00
בית ישכר דוב	3.00
בית ישכר דוב	4.20
בית ישכר דוב	5.20

מנחה קטנה

בית ישכר דוב	5.40
בית ישכר דוב, מו	6.00
בית ישכר דוב	6.20
בית ישכר דוב	6.45
בית ישראל, נשט ישראל	6.50
אור חוש	
בית אברהם	6.55
קולות אהל מועד	
(ב - ד) אור חוש	
מ (ה) ברידוש לייז	6.57
בית ישכר דוב, עץ חיים	7.00
(ב - ד) ברידוש לייז	
בית ישכר דוב	7.20
בית שמואל	7.25
ברידוש לייז, דאנסטן רד	7.30
העברון צולת, ספירטוא	
סאטמ, ווערט חיים	
פערדייטן	
23 Green Walk - SAGE	

פרשת דברים

מנחה שבת

23 Green Walk	1.45
בית אברהם, עץ חיים	2.00
ג'יג בייג	4.30
מנחה קטנה	5.35
SAGE	5.40
אורי שער, בית שמואל	6.00
בית אברהם	
ברידוש לייז, דאנסטן רד	
היכל מנחם	
העברון צולת	
קולות אהל מועד	6.15
המארת ישראל	
בית ישכר דוב	6.30
בית ישראל	
ג'יג בייג	
ספירטוא, סיני	
בית אברהם, עץ חיים	7.00
שקיעה	8.47

ערב שיק

מנחה גדולה	
בית ישכר דוב	1.45
עץ חיים	2.00
7.13 פול תענית (לחג)	
7.09 פול תענית (לחג)	
8.33 תפילת מנחה	
מנחה וקבלת שבת	
ג'יג בייג (דאנסטן רד, מנחה)	6.35
ספירטוא	6.47
בית אברהם, המארת ישראל	6.50
סיני	6.55
בית שמואל, ווידיזשקא	6.55
עץ חיים, קי אהל מועד	
אור חוש, אורי שער	7.00
בית שמואל	
העברון צולת, עץ חיים	
23 Green Walk	
ברידוש לייז	7.10
בית ישכר דוב, ספירטוא	7.15
SAGE	
ג'יג בייג, נשט ישראל	7.20
דאנסטן רד, סיני	7.30
בית אברהם	7.40
ספירטוא	7.54
קולות אהל מועד	7.55
העברון צולת, עץ חיים	8.00
בית שמואל	8.10
היכל מנחם	8.40
23 Green Walk	8.50
בית שמואל	9.05
8.39 מנחה	
מערב	
בית שמואל	9.55

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Code	Currency	Units \ GBP	GBP \ Unit
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EUR	Euro	1.15	0.86
ILS	Israeli New Shekel	4.49	0.22
CHF	Swiss Frank	1.07	0.93

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	Friday	Shabbos	Sunday	Monday	Tuesday	Wednesday
שקיעה	8:48	8:47	8:45	8:43	8:41	8:40
זריחה	9:50	9:48	9:46	9:44	9:42	9:39

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