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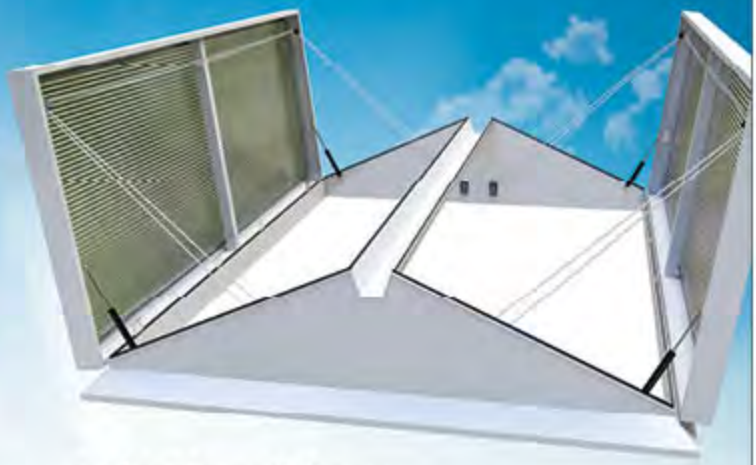

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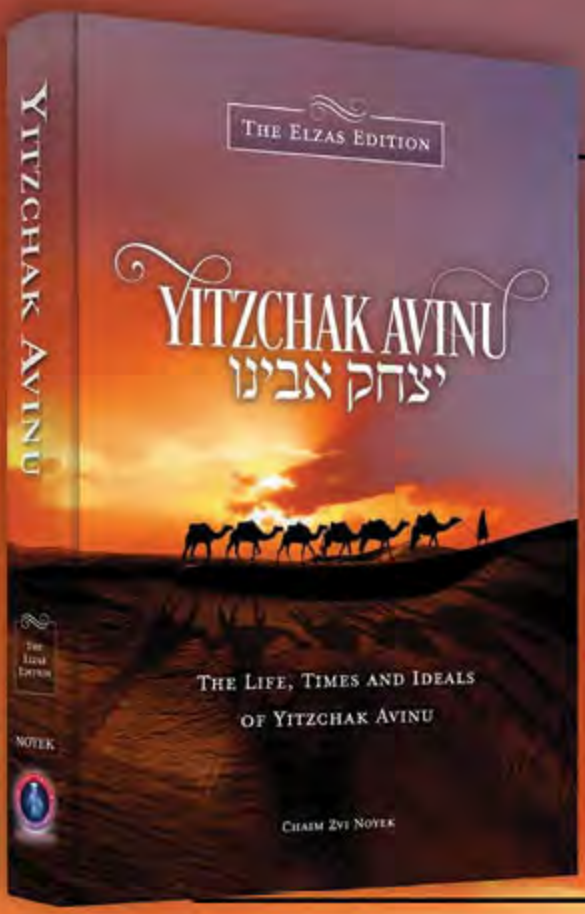

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Panama Kosher Adventures by CRKA

OUR *NEW* HOME FOR PASSOVER 2027

in Panama 21 - 30 April, 2027

Pre- and post tour options available

Our signature CRKA all-inclusive, family-friendly program at a stunning beach-front resort on Panama's Pacific coast.







Kosher Supervision: Shevet Ahim Panama
Gebrochts, Chalav Yisrael

This Passover we are taking our program to Panama!
Join the CRKA team at the beautiful Playa Blanca Resort.

Main program 21 - 30 April, 2027 • Pre-program: 20 April, 2027 • Post-program 30 April - 2 May, 2027

Relax this Passover! About 2 hour drive west of Panama City, Playa Blanca Resort is located along the Pacific coast and features the largest saltwater swimming pool in Central America and the Caribbean, multiple restaurants, direct beach access, and family-friendly activities. All the regular CRKA perks will be included: airport transfers, all tours, tips and fees, Glatt Kosher meals with restaurant options, seders, on-site synagogue and minyanim.

With this larger venue than previous locations, the CRKA staff aims to maintain the cozy feel of smaller programs that you have enjoyed with us in the past.

Tours may include: Panama City Casca Viejo, Monkey Island, Panama Canal, Emberra indigenous village; El Valle de Antón - a town inside a volcanic crater - waterfall hike, butterfly house, craft market, zipline; on-site water sports and activities including water slides!

PRICING

$9,000	1 person in a room
$12,000	2 people in a room
$13,000	3 people in a room
$14,000	4 people in a room

Pre-Passover Program
$300 per adult • $120 per child
Post-Passover Program
$750 per adult • $300 per child

Reserve your room for only $1,000 deposit per guest!

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DEEPLY TRANSFORMATIVE RETREAT
WITH CHANY ROSENGARTEN

JOIN US FOR A
WOMEN'S RETREAT
IN THE ENGLISH COUNTRYSIDE

SLOW DOWN. BE REAL. COME HOME RENEWED.

Because the best gift you can give your family is your real self.



"One thing led to another, and before I knew it, I was a different person."

I joined the retreat to come home to myself.

I truly felt seen, understood, held, loved, appreciated, and acknowledged.

NOVEMBER 9–11, 2026
Monday 12:00 PM –
Wednesday ~6:00 PM

HIGHWATER RETREAT
English Countryside
Approx. 1 hour from London

SMALL, PERSONAL GROUP
Connecting on a heart level.

ALL-INCLUSIVE
Lodging, beautiful catered meals, open tea room, all programming and activities time with Chany Rosengarten

ROOMS
Two women per room
Private room upgrade available

INVESTMENT
£2,450 / $3,330

WHAT YOU CAN EXPECT:

- Breathwork, meditation & deep workshops
- Somatic healing work
- Journaling, reflection & personal guidance
- Singing, dancing & late-night conversation
- Beautiful meals & open tea room
- Nature, lake, fire pit & time to breathe
- Deep friendship & a community of real women

THIS IS YOUR TIME.
RESERVE YOUR PLACE TODAY.

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RENOWNED MONSEY EDUCATOR

Chany Rosengarten Brings Her Retreat to the English Countryside



Women from London and across the UK and Europe are invited to a unique three-day retreat this November.

For years, women across Europe have followed the teachings of Mrs Chany Rosengarten from afar, reading her books, listening to her inspiring messages and drawing strength from her guidance on marriage, relationships and personal growth.

This November, they will have a rare opportunity to experience her work in person. Mrs Rosengarten, the renowned Monsey-based educator and founder of *Woman of Valor*, will be bringing her celebrated retreat to England for the very first time, from **Monday 9th to Wednesday 11th November 2026,** coinciding with Rosh Chodesh Kislev.

The exclusive three-day retreat will take place at a private countryside estate approximately one hour outside London, surrounded by over 40 acres of beautiful farmland and lakeside grounds.

Designed to offer women a peaceful escape from the demands of everyday life, the retreat will provide an intimate and supportive environment in which participants can reconnect with themselves, reflect and recharge.

With nearly a decade of experience teaching and mentoring thousands of women, Mrs Rosengarten has become widely recognised for her heartfelt and practical approach to personal development, marriage and emotional wellbeing. She is the founder of *Woman of Valor*, *Hearts on Fire* and *The Money Tree Shefa*, and the author of *The Boundary Is You* and *Promise Me Jerusalem*.

Having already hosted more than twenty retreats, attracting women from around the world, Mrs Rosengarten is now bringing this transformative experience closer to home for women in the UK and Europe.

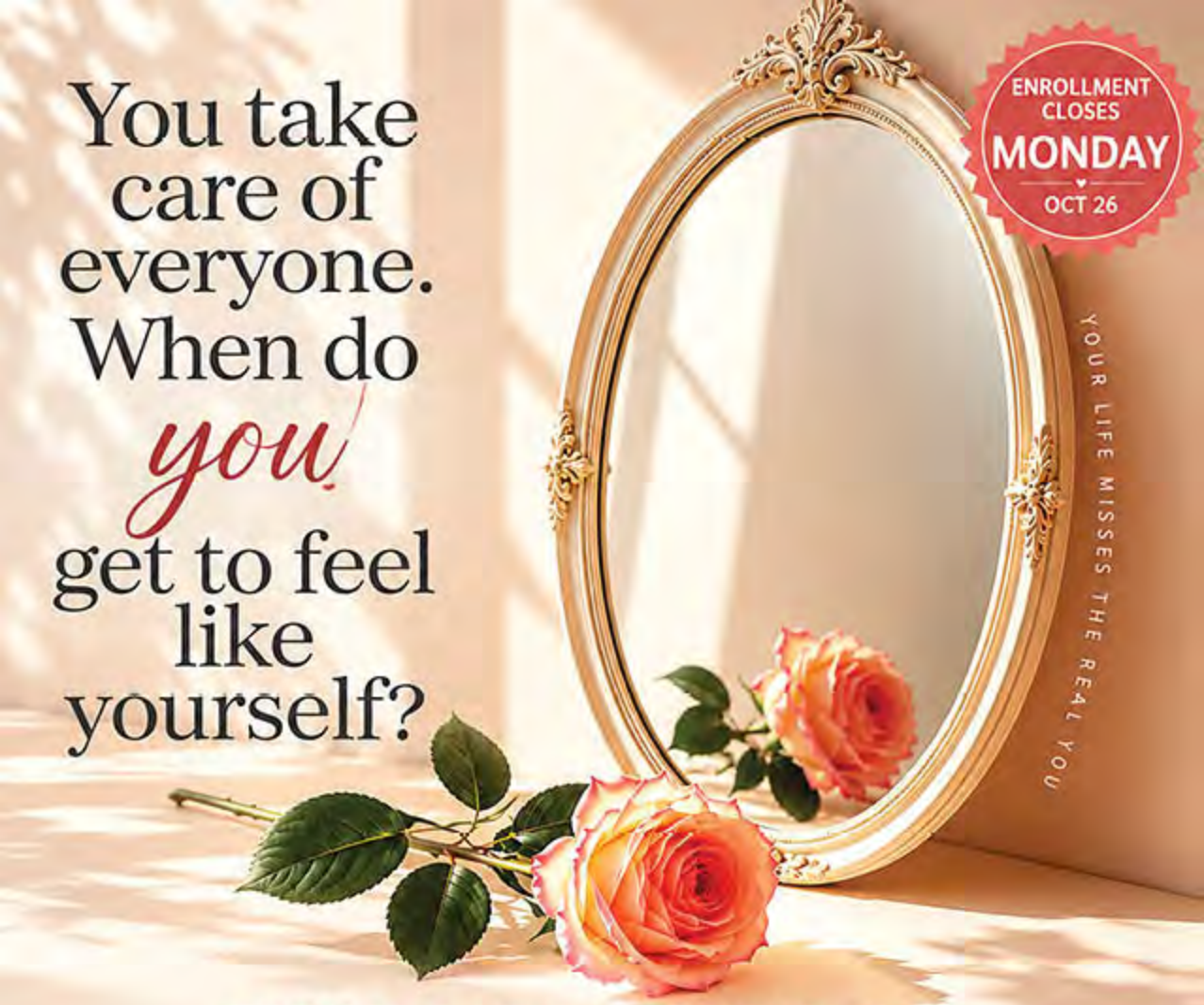
The programme will feature a carefully planned combination of inspiring workshops, breathwork, meditation, singing, dancing and creative activities, all designed to encourage connection, self-discovery and personal growth. Accommodation, meals and all activities are included, allowing participants to fully immerse themselves in the experience without the usual responsibilities and distractions of daily life.

> *"When a woman gives herself permission to slow down and reconnect with who she really is, everything else in her life — her marriage, her family, her work — gets to rise to meet her."*
>
> Mrs Chany Rosengarten

Past participants have described the retreats as deeply meaningful experiences, providing a rare opportunity to feel understood, supported and free to reflect openly. "*I joined the retreat to come home to myself,*" shared one previous attendee.

The organisers have deliberately limited the number of participants to preserve the personal and intimate atmosphere for which these retreats have become known. For women unable to attend in person, Mrs Rosengarten also offers her live online Woman of Valor programme, accessible worldwide via Zoom.

With the retreat now less than three weeks away, registration is open and places are limited.



WOMAN OF VALOR

with Chany Rosengarten

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SUNDAY 1 NOVEMI

Gedolei Yisroel To Gather In London

An exceptional delegation of the gedoilim will arrive in London for the third annual Keren Olam HaTorah mission, bringing together some of the foremost Torah leaders of our generation.

Major Preparations Underway For Sunday's Maamad

Extensive preparations are progressing for a magnificent public Kabalas Panim, with thousands expected to gather in an extraordinary demonstration of Kovod HaTorah.

From Across The World To London

Following remarkable gatherings across America, South America and Europe, the Gedolim now prepare to bring their historic mission to London's kehillos.

An Intensive Three-Day Visit

Alongside the public Maamad, a packed programme of gatherings and events is being arranged, enabling the Gedolim to meet supporters and strengthen the continuing mission for the Torah of Eretz Yisroel.

A Special Gathering for Women and Girls

A dedicated event for seminary, post-seminary girls and women will offer an uplifting opportunity to receive chizuk and inspiration from the Gedolei Yisroel, alongside a powerful address by a distinguished guest speaker, deepening their connection to the Gedolei Yisroel and the Olam HaTorah in Eretz Yisroel.

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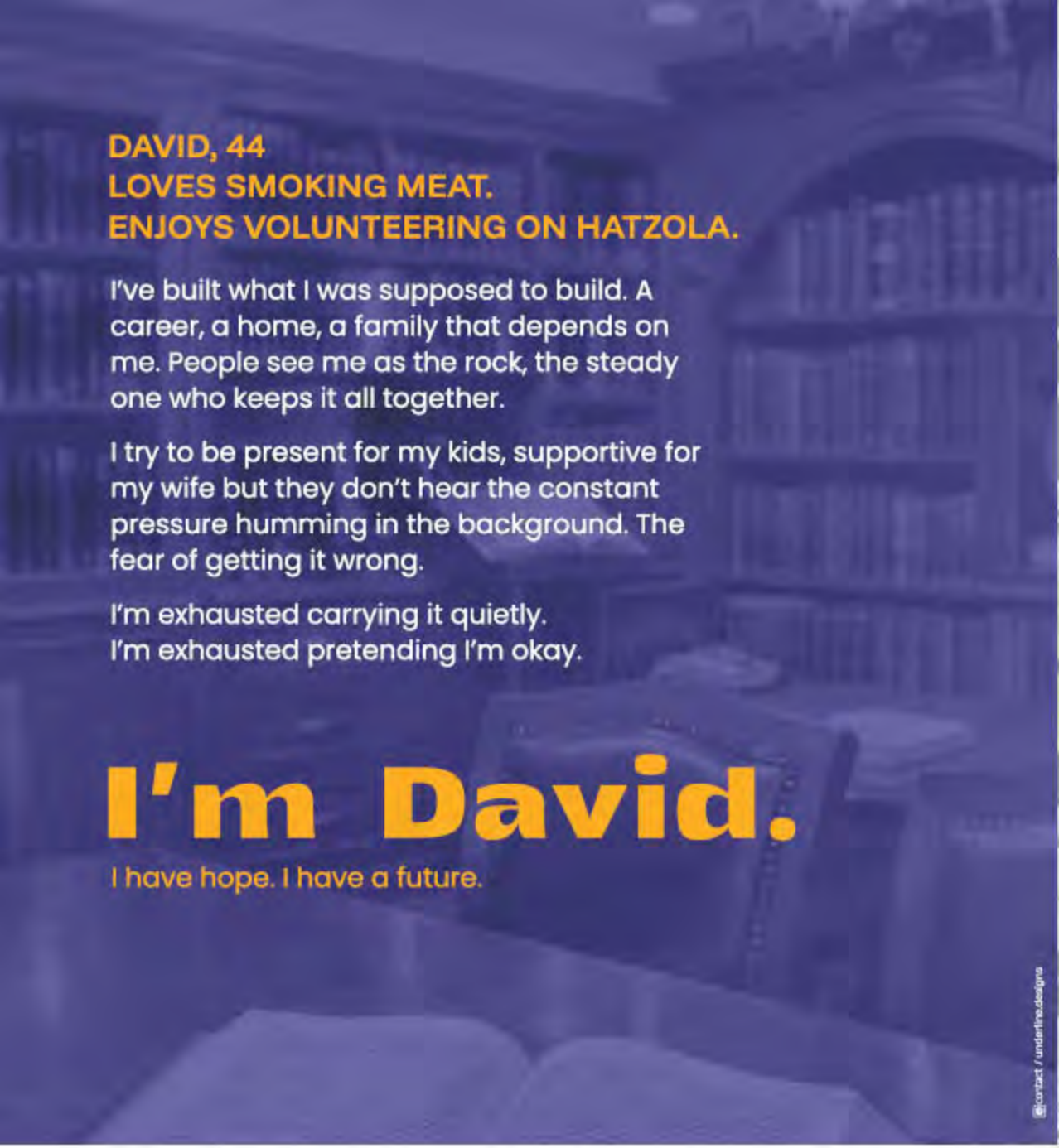

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בית יעקב

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A Taste of Tiferes

Year 6 mothers and daughters are invited to our

OPEN EVENING

which will אי"ה take place on

Tuesday 3rd November

8.00 - 9.30 pm

Taster Lessons	Meet Staff	Menahel Address	Q & A Session	Arts & Crafts*	Activity
8.00 – 8.45 pm		8.45 – 9.30 pm		8.45 – 9.30 pm	

Tiferes is now accepting

APPLICATIONS

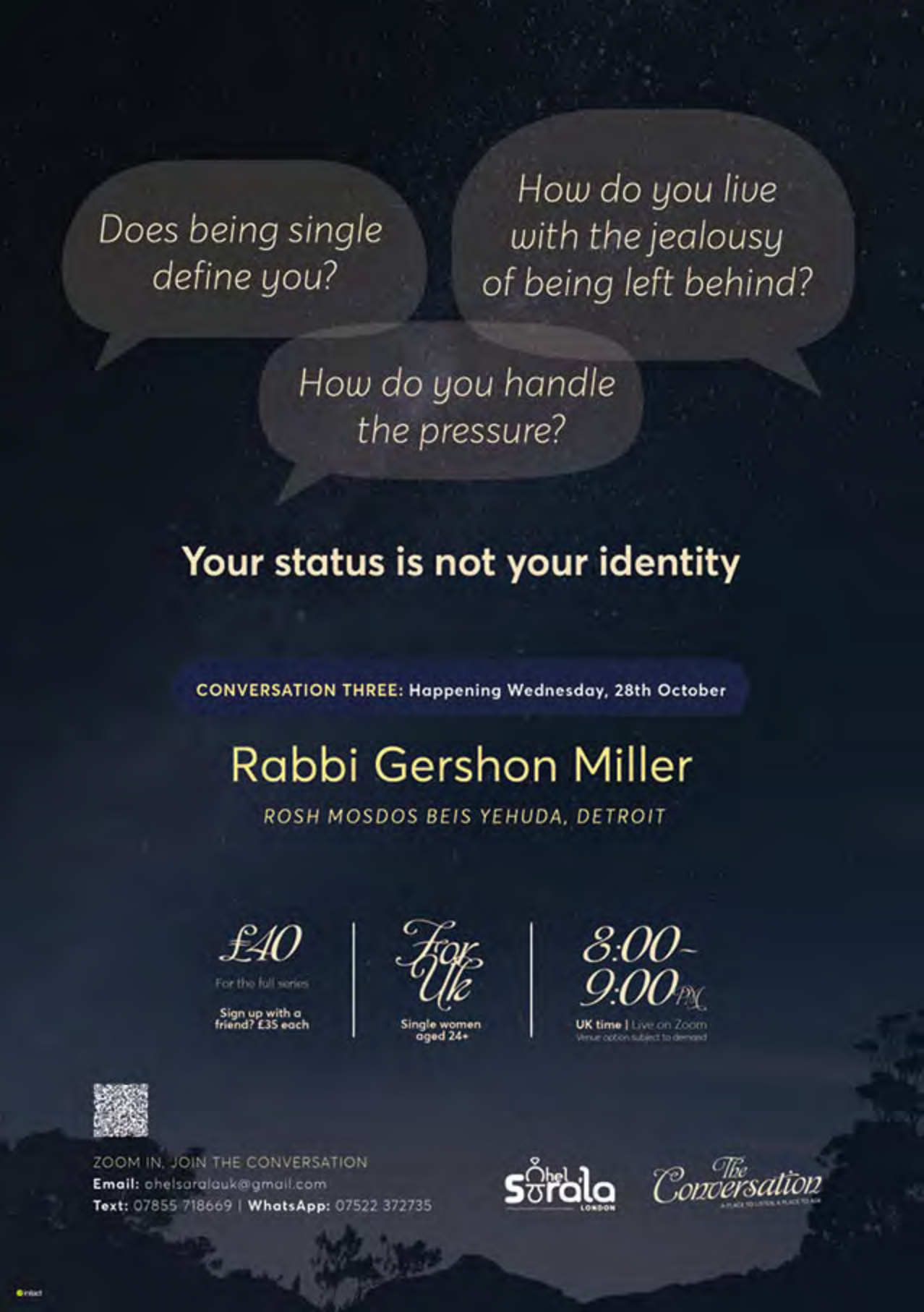
for אלול תשפ"ז September 2027

Please contact the school office for an application pack.

Tel: 020 8203 8618 Email: office@tifereshigh.com

18 Raleigh Close, London NW4 2TA

*Advance registration required via the school office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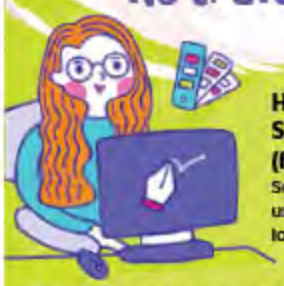

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Why did the egg hide?
It was a little chicken.

Why was the cucumber upset?
Because it was in a pickle!

What did the lunchbox say to the banana?
You really have appeal.

What is a scarecrow's favorite fruit?
A straw-berry.

What sound does a nut make when it sneezes?
Ca-shew!

Two peanuts were walking down the street.
One was a-salted.

What is the smallest room in the world?
A mushroom because there isn't mush room.

What's a sailor's favorite soda?
Pep-Sea!

What do computers like to eat?
Chips.

What's an optimist's favorite cereal?
Cheery-o's!

How do you fix a broken pumpkin?
With a pumpkin patch.

Why did the cookie go to the doctor?
Because it was feeling crummy.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY
10.30-11.15 Kg-rec Ballet	6.10-7.00 yr 2-3 Improvers acro	6.10-7.00 yr 4-6 Ballet	6.10-7.00 yr 3-4 Beginner Acro
11.20-12.05 yr 1-3 Ballet	7.05-7.55 yr 4-6 Improvers acro	7.05-8.20 Advanced Acro	NEW! 7.05-7.55 yr 3-6 Hip-Hop
12.10-1.00 Yr 1-2 Acro	Still some spaces available!	NEW! 8.25-9.15 Teens Tap/ Hip Hop	NEW! 8-9 Adults Lyrical Dance

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Uncle Benjy's BAG OF Laughs

It's 1943, and two members of the Jewish resistance, Avi and Moishe, are on a mission to assassinate Hitler. They conceal themselves high on a mountain, overlooking a road where they know Hitler is driven in an open-top car at two o'clock every afternoon. Avi is concentrating on the road through the sights of his snipers' rifle; Moishe is scanning the distance with binoculars.

Two o'clock comes and goes, and there's no sign of Hitler's car. By two-fifteen, the men are getting nervous.

"But I don't understand it," says Avi, "he's always so punctual."

"Yes, I know", replies Moishe, "I hope he's okay..."

* * * * * * * * * * * * * * *

An American tourist was riding in a taxi in Israel. As the taxi approached a red light, the tourist was shocked to see the driver drive straight through without even slowing down. Surprised as he was, he didn't say anything, feeling himself a guest and not wanting to make waves.

The trip continued without event until the next intersection. This time the light was green, and, to the American's dismay, the cab driver brought the vehicle to a grinding halt.

Unable to contain his astonishment, he turned to the driver. "Listen," he said, "when you went through the red light, I didn't say anything. But why on earth are you stopping at a green light?"

The Israeli driver looked at the American as if he were deranged. "Are you for real?" he shouted. "The other guy has a red light. Do you want to get us killed?"

Brought to you by Uncle Benjy, author of *Laughter is the Best Medicine: Kosher and Jewish Jokes for the Whole Family*, volumes one, two, and a newly released volume three, and *Jewish Joke Book for Kids*, volumes one and two, available on Amazon; search "Uncle Benjy" on Amazon.

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Drumstick Products | North London

Drumstick Products, an established distributor of leading **kosher food, wine** and **spirits brands,** is looking for a **creative, motivated** and **organised** individual to lead and **develop** our marketing activities.

Responsibilities include:

- Developing and managing creative marketing campaigns and brand launches
- Planning advertising, promotions and in-store activities
- Overseeing print and social media marketing
- Writing engaging advertising and promotional copy
- Directing graphic design and coordinating marketing projects

Requirements:

- Strong understanding of the Heimish consumer, kosher market and Jewish calendar
- Excellent English writing and copywriting skills
- Creativity, initiative and strong organisational and project management skills
- Relevant marketing or advertising experience preferred

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We will provide:

- Supportive leadership team
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URN: 131026

Arbiter House
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020 8201 7771
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We seek to employ a
Year 6 maths teacher from January to cover maternity leave

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For more information or to apply please call the school office on **020 8201 7771** (day) or Mrs Ryde on **07794559378** (eve)

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EXPERIENCED OFFICE PROFESSIONAL – FULL TIME

We are looking for an experienced, reliable and highly organised office professional to join our busy and growing team in Enfield.

The ideal candidate will be:
Proactive, confident and efficient
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A natural problem-solver who takes initiative
Highly proficient in Microsoft Office, especially Excel

This is an excellent opportunity for someone who wants a long term career.

Previous office experience is essential.

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The ideal candidate will:

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ב״ה

the lubavitch multi-academy trust

WE'RE HIRING

LUBAVITCH MULTI-ACADEMY TRUST · HACKNEY

Trust SENDCo

4 full days a week **(0.8 FTE)** · Monday to Thursday
Across our **three schools** · Starting **January 2027**

3	312	50	7
schools	pupils	on the SEN register (16%)	pupils with EHC plans

Lead SEND across the Trust
Junior Boys, Junior Girls and Senior Girls

Real influence
Report to the CEO and shape Trust SEND policy

Shape provision
Graduated approach, ISPs, EHCPs and annual reviews

NPQ for SENCOs supported
And CPD for every member of staff

LMAT pay scale
Up to point UPS1
depending on experience

0.8 FTE
up to £40,267
a year

"Pupils with special educational needs and/or disabilities (SEND) receive targeted and well-planned support."
Ofsted, Lubavitch Boys' Primary School, March 2025

Closing date	Interviews from	Start date
Mon 2 November	Wed 4 November	January 2027

For an application pack, email
hr@lubavitchmat.uk

Lubavitch Multi-Academy Trust is committed to **safeguarding and promoting the welfare of children** and expects all staff to share this commitment. This post requires Qualified Teacher Status, involves regulated activity and is subject to an enhanced DBS check with children's barred list check, satisfactory references and other pre-employment checks in line with Keeping Children Safe in Education.

ב״ה

the lubavitch multi-academy trust primary boys' school

WE'RE HIRING

LUBAVITCH BOYS' PRIMARY SCHOOL · HACKNEY E5

Year 6 Class Teacher

Part-time **(0.69 FTE)** · Afternoons, Monday to Friday
Starting **January 2027**

Ofsted 2025: Good in every area
Quality of education, behaviour, personal development, leadership, early years

Just 14 boys in Year 6
Get to know every pupil well

Very positive behaviour
Pupils who are happy and ready to learn

Friendly, supportive team
A warm, close-knit school

Lead Year 6 to KS2 SATs
And prepare pupils for secondary school

ECTs welcome · CPD for all
We invest in every member of staff

LMAT pay scale
Up to point M5
depending on experience

up to £29,045
a year (0.69 FTE)

"Staff are supported to be successful in their roles. They enjoy working at the school."
Ofsted inspection report, March 2025

Closing date	Interviews from	Start date
Mon 2 November	Wed 4 November	January 2027

For an application pack, email
hr@lubavitchmat.uk

Lubavitch Multi-Academy Trust is committed to safeguarding and promoting the welfare of children and expects all staff to share this commitment. This post involves regulated activity and is subject to an enhanced DBS check with children's barred list check, satisfactory references and other pre-employment checks in line with Keeping Children Safe in Education.

בס"ד

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- Excel proficient, skilled across all microsoft office applications.
- Office experience, as part of a dynamic team

An exciting opportunity for a motivated professional looking to exercise initiative, take full responsibility, and play an active role in a fast growing business.

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Part Time Support Worker Position

Location: NW London | Start Date: December 2026 | Salary: Commensurate with experience

IMADI is seeking a compassionate and motivated **Support Worker** to join our dynamic and growing charity. This is an exciting opportunity to make a meaningful difference in the lives of individuals and families in our Kehilla.

As a support worker you will work 1:1 with those struggling with their mental health by providing emotional and practical support, advocating for them and ensuring they do not feel alone with their struggles.

Key Responsibilities:

- **Provide 1:1 tailored support** to clients, addressing their practical and emotional needs.
- **Assist clients in accessing** relevant services within the community and externally (e.g., NHS, government benefits, and grants).
- **Advocate** on behalf of clients with agencies and professionals to ensure their needs are met.
- **Maintain accurate and detailed records** of client interactions, progress, and support plans.
- **Attend clinical supervision** and participate in regular case reviews.
- **Offer support** to immediate family members, where appropriate.

Ideal Candidate Profile:

- **Flexibility:** Able to adapt in a growing charity and willing to learn alongside the organisation.
- **Experience:** Prior experience in mental health or social care, particularly within the Orthodox Jewish community, is highly desirable.
- **Awareness:** An understanding of the mental health challenges faced by individuals and families in the Orthodox Jewish community.
- **Skills:** Strong communication skills to build trust with clients and collaborate effectively with team members.
- **Compassion:** A genuine passion for supporting individuals facing mental health challenges.
- **Independence:** The ability to work independently, use initiative, and manage responsibilities effectively.

Application Details:

If you are passionate about helping others and meet the above criteria, we would love to hear from you. Please send your CV and cover letter to

vacancies@imadi.org.uk

Application Closing Date:
29th October 2026.

www.imadi.org.uk


IT'S LIKE THE EARTH HAS SWALLOWED HIM UP.
OKAY, THIS IS WHAT HASHEM WANTS, AND THERE'S NOT MUCH MORE WE CAN DO. NOW WE NEED TO FIND A PLACE TO SLEEP UNTIL WE FIND A HOME FOR OUR FAMILY.
BEST PLACE? IT DOESN'T LOOK THAT GOOD...
GEDALYA'S GUEST HOME
THE VERY BEST PLACE TO BE
MEANWHILE, IN A NEARBY ALLEY
PHEW! I SHOOK THEM OFF MY TRAIL.
ONWARD TO THE NEAREST HOSPITAL. WHO WOULD TURN DOWN A NICE VOLUNTEER FROM EUROPE?
HOW CAN I HELP YOU, SIR?
בית חולים בקור חולים
I WANT TO SPEAK TO THE DIRECTOR. I'D LIKE TO VOLUNTEER MY SERVICES TO SICK JEWS.
WHO DO YOU THINK YOU ARE?! WHY ARE YOU DRESSED IN SUCH FANCY CLOTHES? THIS IS A HOSPITAL! VOLUNTEERS NEED TO BE PREPARED TO GET THEIR HANDS AND CLOTHES DIRTY!
בית החולים בקור חולים
YOU MUST HAVE BEEN PULLING A PRANK. YOU CAN LEAVE NOW.


THIS IS MY CHANCE.
EXCUSE ME!
WHO'S YELLING? THIS IS A HOSPITAL, NOT A CHICKEN MARKET.
WHY ARE YOU SHOUTING?
I TOLD THE MAN HE DOESN'T BELONG HERE.
I'M SORRY FOR SCREAMING, BUT THIS GUARD WOULDN'T LET ME IN EVEN THOUGH I CAME ALL THE WAY FROM BERLIN TO MEET THE DIRECTOR OF THIS HOSPITAL.
I STUDIED MEDICINE IN BERLIN, AND THE PEOPLE THERE ARE HAVE MUCH BETTER MANNERS THAN YOU DO. BUT, OKAY. FOLLOW ME.
UH, DIRECTOR, REALLY?!
SO, THIS IS THE DIRECTOR. VERY NICE.
WHAT BRINGS YOU HERE FROM BERLIN?
I'M HERE ON BEHALF OF JEWS OF GERMANY AND THE DIASPORA. WE HEARD THAT THERE'S A STAFF SHORTAGE HERE, SO I CAME TO VOLUNTEER AS A NURSE.
HMM. SHOW ME YOUR LICENSE, PLEASE.
WITH PLEASURE.
THIS IS FROM THE BERLIN SCHOOL OF MEDICINE, AND THIS IS MY CERTIFICATE FROM JEWS OF GERMANY AND THE DIASPORA. THIS IS MY BIOCHEMISTRY CERTIFICATION, AND THIS...
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Misc.

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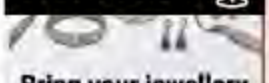

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Gemach

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GEMACH: Teen's /Adults gown Gemach. New gowns constantly arriving. For appointment phone **R Feldman 07817 477 634**

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Lost & Found

FOUND beige small siddur with the name 'Sara Rochel' engraved in Hebrew on the front. Found on Heathfield Gdns a few months ago. Please call 07931 012 356

LOST A beige coat with brown hood. Last seen in the ladies cloakroom at Munks hall **For any leads please contact Bracha on 07848 033 552**

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BONEI OLAM	020 8455 4321
BEREAVEMENT SERVICE (JBCS)	020 8951 3881
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CHAI CANCER CARE	020 8202 2211
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CST	0800 032 3263
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מנין צעטיל

פרשת לך לך

ערב שבת
מנחה גדולה

בית יעקב רוב	1.45
עץ חיים	2.00

5.35 הדלקת הנרות

מנחה וקבלת שבת

אברהם, אלכסנדר	5.35
אחרי שפי, בית אברהם	
בית ישראל, בית תפיזה	
ג'ינ בית, נוי, השגיאון צדק	
וויידנשקא, סיגט, עץ חיים	
קהלת אחל משה, שערי תפילה	
תורת חיים, תורת משה	
SAGE	
בריזמט ליין	5.36
בית יעקב רוב	5.38
דאנסמן רד	5.40
בית שמואל, נשמת ישראל	5.45
מאמוב, תפארת ישראל	
סטרת צבי	5.50
25 Green Walk	
מאורות חיים	6.05

6.32 מוצש"ק

מנחה שבת

בית יעקב רוב, סיני	1.45
23 Green Walk	
63 Cranbourne Gdns	
בית אברהם, עץ חיים	2.00

3.42 מנחה קטנה

ג'ינ בית	4.30
בית יעקב רוב	5.00
בית הפזחה, ג'ינ בית	
סיני	5.05
אור חדש	5.15
SAGE	
קהילת אהל משה	5.20
אלכסנדר, נוי	5.25
בית ישראל, בריזמט ליין	5.30
ג'ינ בית	
דאנסמן רד	
מאמוב, תפארת ישראל	
בית שמואל	5.35
וויידנשקא, שצינרזין	
אברי שפר, בית יעקב רוב	5.40
מאורות חיים, נשמת ישראל	
סטרת צבי	
השגיאון צדק	5.50

5.49 שקיעה

פרשת וירא

מנחה בחול

בית יעקב רוב	12.05
בית יעקב רוב	12.40
(5 - 2) בית ישראל	12.45
בית אברהם, בית יעקב רוב, בית בית, השגיאון צדק, (אחרונה)	1.00
(5 - 2) קהל חדרים	
סיני	1.05
בית שמואל, קהילת אהל משה	1.05
סולל בע	
23 Green Walk (5)	1.15
בית יעקב רוב	1.20
בית יעקב רוב, בית שמואל	1.40
(5 - 3) בריזמט	
בריזמט ליין, מאמוב	1.45
בית יעקב רוב	2.00

2.36-3.14 מנחה קטנה

בית יעקב רוב	3.20 3.00
בית ישראל (5)	3.30
(5 - 4) נוד	
בית יעקב רוב	3.40
בית יעקב רוב	4.00
בית יעקב רוב, השגיאון צדק	4.20
דאנסמן רד	4.25
בריזמט ליין, ג'ינ בית	4.30
SAGE (5) סיני	
אור חדש (5)	4.35

4.39-5.17 שקיעה

בית יעקב רוב	4.40
(5 ד) בית יעקב רוב	5.00
(5 ב) בית יעקב רוב	5.05
(5 ד ה) בית שמואל	5.10
(5 ב) בית שמואל	5.15
וויידנשקא	5.20

מעריב בחול

5.28-5.29	
(5 ד) בית יעקב רוב	5.35
(5) סיני (5 ב) בית יעקב רוב	5.50
בית יעקב רוב	5.40
בית יעקב רוב	6.00
(5 - 3) סיני	
בית יעקב רוב	6.20
(5 - 3) בית ישראל	6.35
בית יעקב רוב, עץ חיים	7.00
25 Green Walk	7.15
בית יעקב רוב	7.20
בית שמואל, בריזמט ליין	7.30
בית יעקב רוב	7.40
סיני, תהילת אחל משה	7.45
(5 - 4) אור חדש, הודה חיים	
בית אברהם, בית יעקב רוב, מה' ג'ינ בית	8.00
השגיאון צדק (5 - 3) תפארת ישראל	
(5 - 4) מאריגרא	8.15
בית יעקב רוב	8.20
21Bנס	8.30
בית שמואל (5 - 3) אבני שפר	
בית יעקב רוב	8.35
בית יעקב רוב	8.40
בית יעקב רוב	9.00
נשמת ישראל, קהילת אחל משה	9.15
בית יעקב רוב	9.20
שטרת צבי (5 - 3) בריזמט ליין	9.30
בית יעקב רוב	9.40
השגיאון צדק	9.50
בית יעקב רוב, בית ישראל	10.00
בית שמואל, מה', נוי ישראל, עץ חיים	
נשמת ישראל, סיני, תהילת אחל משה	10.15
10.40 10.50 בית יעקב רוב	10.20
11.40 11.20 בית יעקב רוב	11.00
בית יעקב רוב	12.00

סוף זמני תפילות לשבוע זה ב' 1344

Currency Exchange

Code	Currency	Units \ GBP	GBP \ Unit
USD	US Dollar	1.33	0.73
EUR	Euro	1.19	0.86
ILS	Israeli New Shekel	4.13	0.21
CHF	Swiss Frank	1.10	0.94

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	Friday	Shabbos	Sunday	Monday	Tuesday	Wednesday
שקיעה	5:50	5:48	5:46	5:45	5:43	5:41
צאת	6:41	6:39	6:37	6:35	6:34	6:32

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