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פרשת כי תבוא תשפ"ו ■ 27th August 2026
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Date

**Tuesday
1st September**



Time

2.30 pm



Venue:

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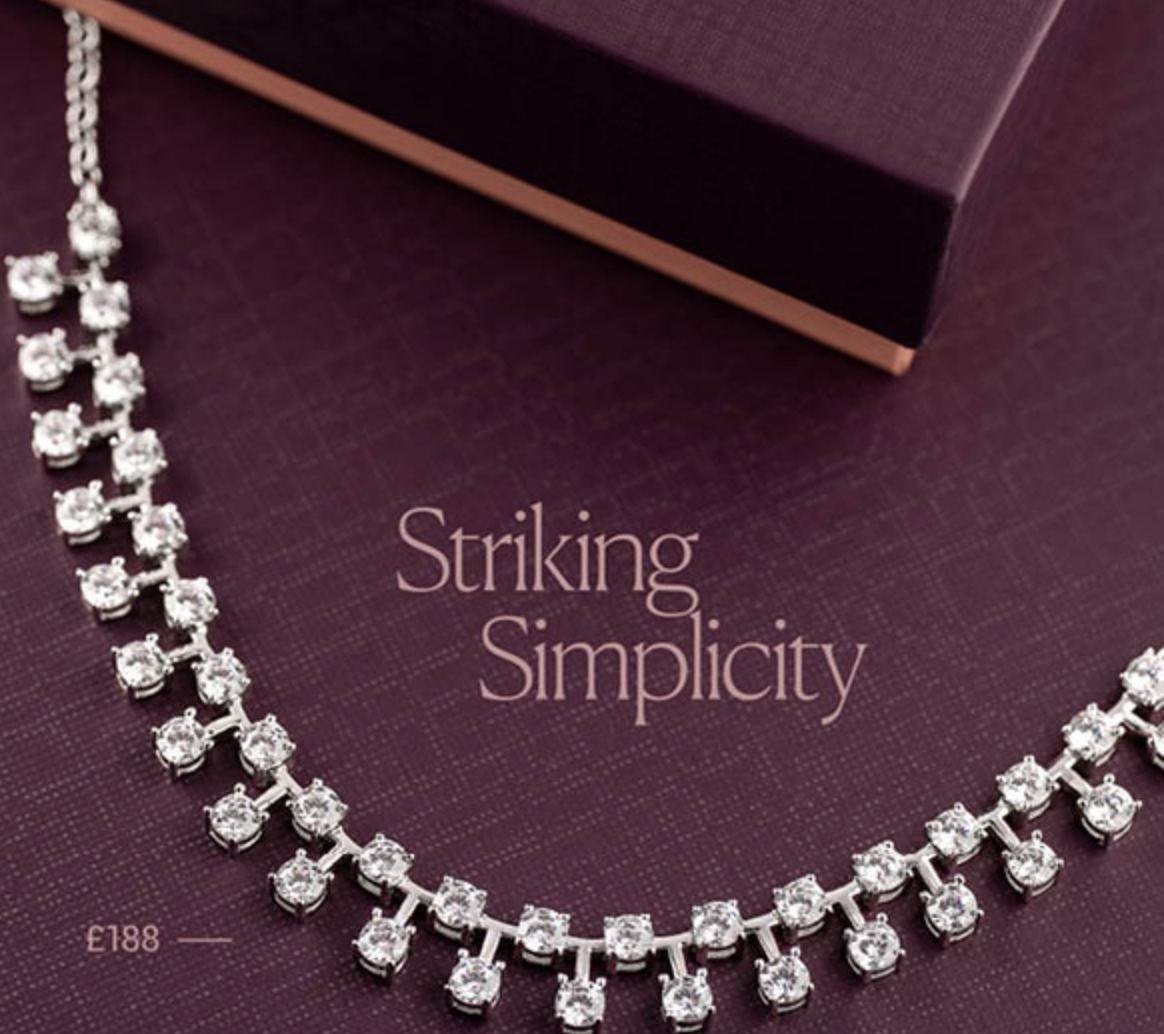
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With Rabbi
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WHAT DOES TESHUVAH REALLY MEAN?

**WHY DO OUR SINCERE RESOLUTIONS SO OFTEN FAIL TO
LAST?**

**IF WE END UP MAKING THE SAME MISTAKES AGAIN, DID OUR
TESHUVAH ACTUALLY MEAN ANYTHING?**

DOES HASHEM EXPECT EVERY YID TO BECOME A TZADDIK?



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September



NIGUNIM FOR MEMORY



Monday 7th & 14th September | 11:30-12:45



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MEN'S STRENGTH & STRETCH

(45 mins chair based exercise followed by lunch)



Thursday 3rd, 10 17th & 24th September | 12:30 - 1.45



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Wednesday 16th September | 9.30 - 10.30

- **Women's Coffee Morning**



Thursday 17th September | 10.30 - 11.30

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Upcoming Support Groups

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1 Sept

Led by Mrs Esther Rosenberg
on **Pregnancy after Loss**

Telephone Support Group
8:00–9:00pm

2 Sept

Led by Dr Miriam Gershoni on
Pregnancy Loss At Any Stage

Telephone Support Group
8:00–9:00pm

^ Upcoming date: 15 Sept

2 Sept

Led by Dr Leora Kaye on
Mid/late Trimester Loss

In-person Support Group
8–9:30pm - Stamford Hill location

^ Upcoming date: 16 Sept

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שבת

Rosh Hashanah First Day

MEHU ADULTS ☐ CHILDREN ☐	NOTES
--	--------------

שבת

Rosh Hashanah Second Night

MEHU ADULTS ☐ CHILDREN ☐	NOTES
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Rosh Hashanah Second Day

MEHU ADULTS ☐ CHILDREN ☐	NOTES
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Shabbos Shuvah Night

MEHU ADULTS ☐ CHILDREN ☐	NOTES
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Shabbos Shuvah Day

MEHU ADULTS ☐ CHILDREN ☐	NOTES
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Erev Yom Kippur

MEHU ADULTS ☐ CHILDREN ☐	NOTES
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Seudas Hamafsekas

MEHU ADULTS ☐ CHILDREN ☐	NOTES
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Motzei Yom Kippur

MEHU ADULTS ☐ CHILDREN ☐	NOTES
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Sukkos First Night

MEHU ADULTS ☐ CHILDREN ☐	NOTES
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Sukkos First Day

MEHU ADULTS ☐ CHILDREN ☐	NOTES
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Sukkos Second Night

MEHU ADULTS ☐ CHILDREN ☐	NOTES
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Sukkos Second Day

MEHU ADULTS ☐ CHILDREN ☐	NOTES
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Sukkos Chol Hamoed Monday

MEHU ADULTS ☐ CHILDREN ☐	NOTES
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Sukkos Chol Hamoed Tuesday

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Sukkos Chol Hamoed Wednesday

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Sukkos Chol Hamoed Thursday

MEHU ADULTS ☐ CHILDREN ☐	NOTES
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Hoshana Rabbah

MEHU ADULTS ☐ CHILDREN ☐	NOTES
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Shemini Atzeres Night

MEHU ADULTS ☐ CHILDREN ☐	NOTES
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שבת

Shemini Atzeres Day

MEHU ADULTS ☐ CHILDREN ☐	NOTES
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שבת

Simchas Torah Night

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Simchas Torah Day

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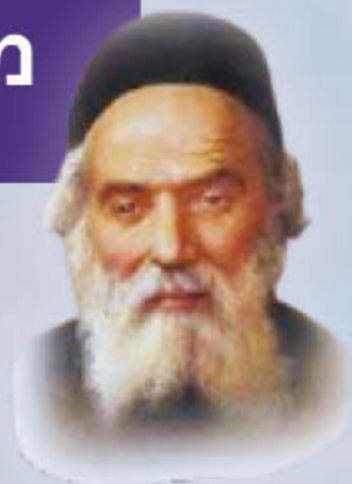
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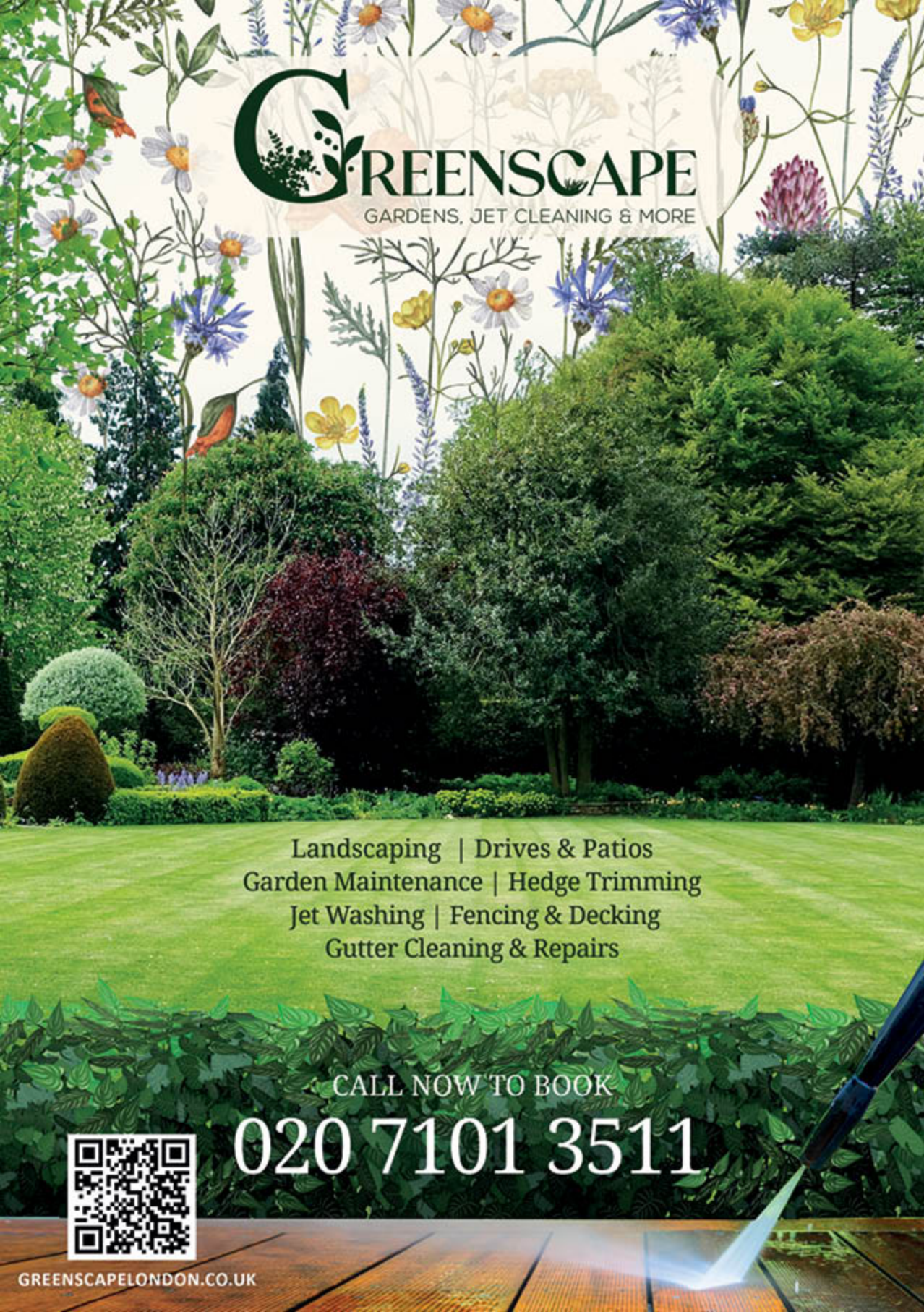
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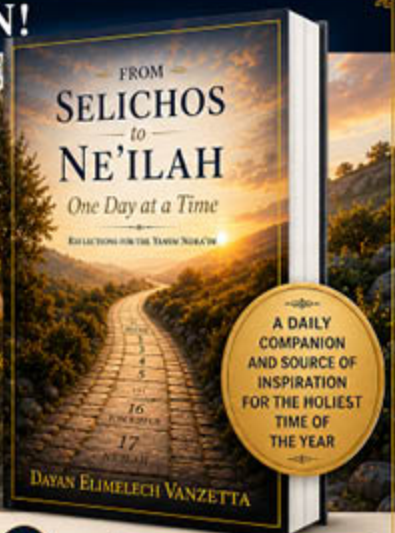
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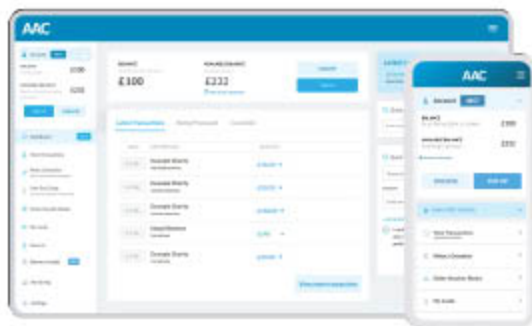
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Currency Exchange

Code	Currency	Units \ GBP	GBP \ Unit
USD	US Dollar	1.35	0.73
EUR	Euro	1.16	0.86
ILS	Israeli New Shekel	4.04	0.21
CHF	Swiss Frank	1.09	0.94

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DAILY TIMES

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	Friday	Shabbos	Sunday	Monday	Tuesday	Wednesday
תקופה	7:56	7:53	7:51	7:49	7:47	7:44
לילה	8:46	8:44	8:41	8:39	8:37	8:34

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