פרשת תרומה 27<sup>th</sup>February 2020 Starts: 17:22 Ends 18:30 (18:53)















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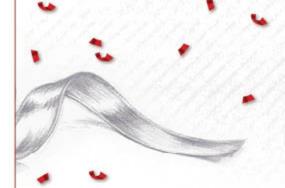
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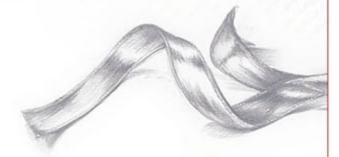
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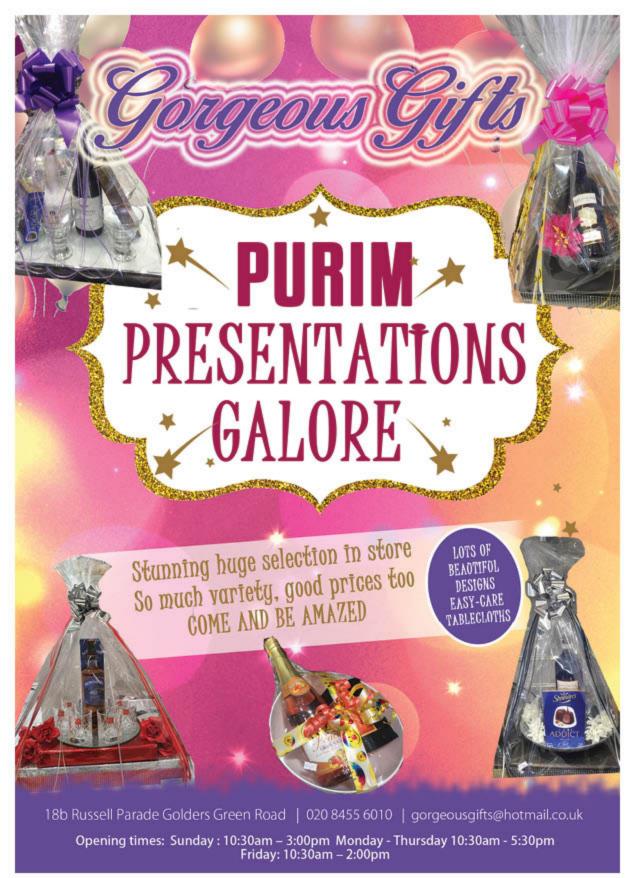
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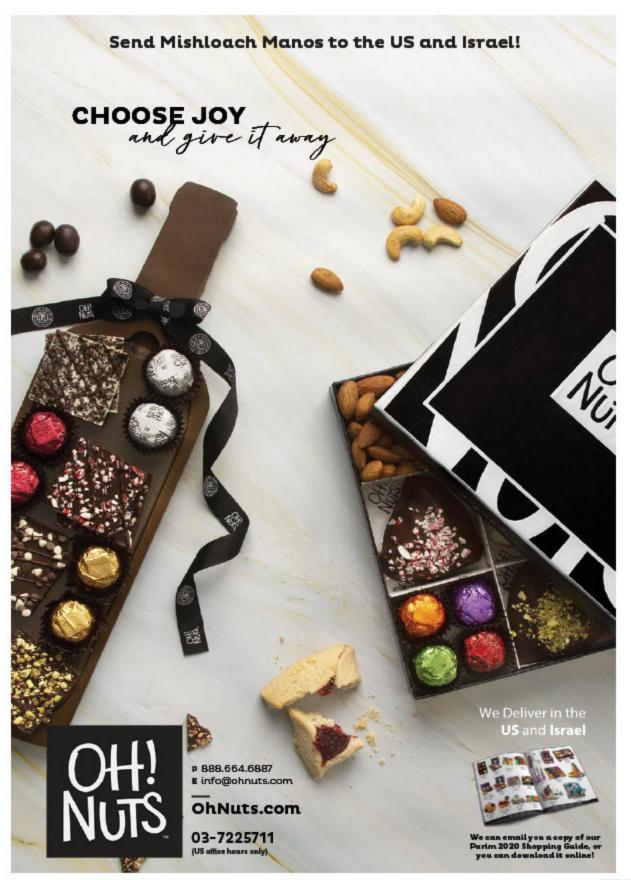


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Date: Tuesday 3rd March

Venue: Miriam Rachel Wohl Hall, The Riding, NW11

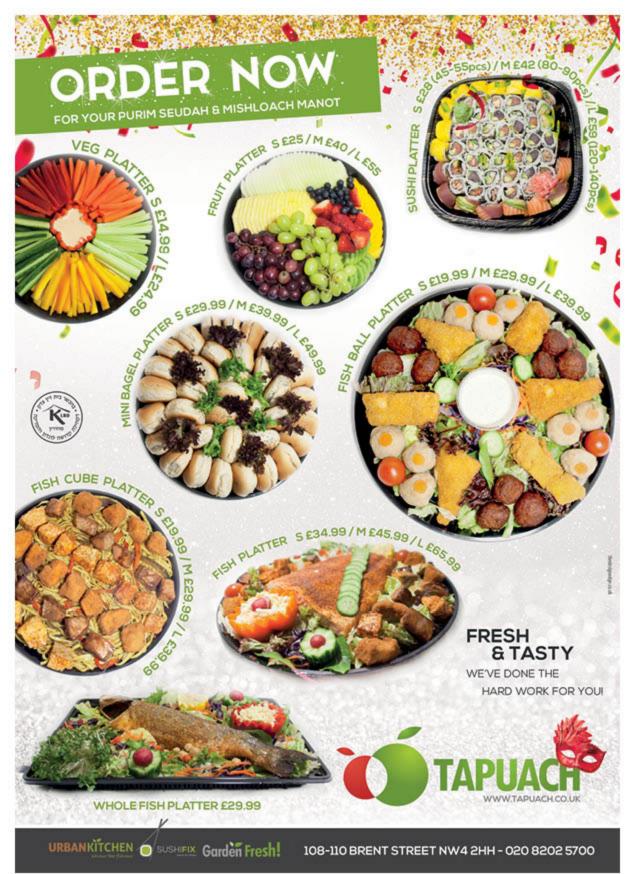
Time: 2.00pm (please note early Winter start)

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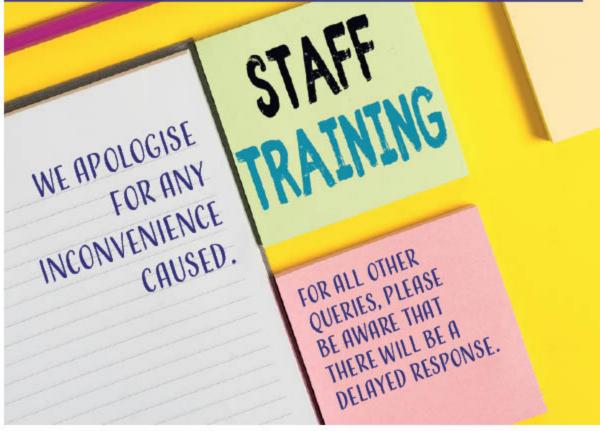


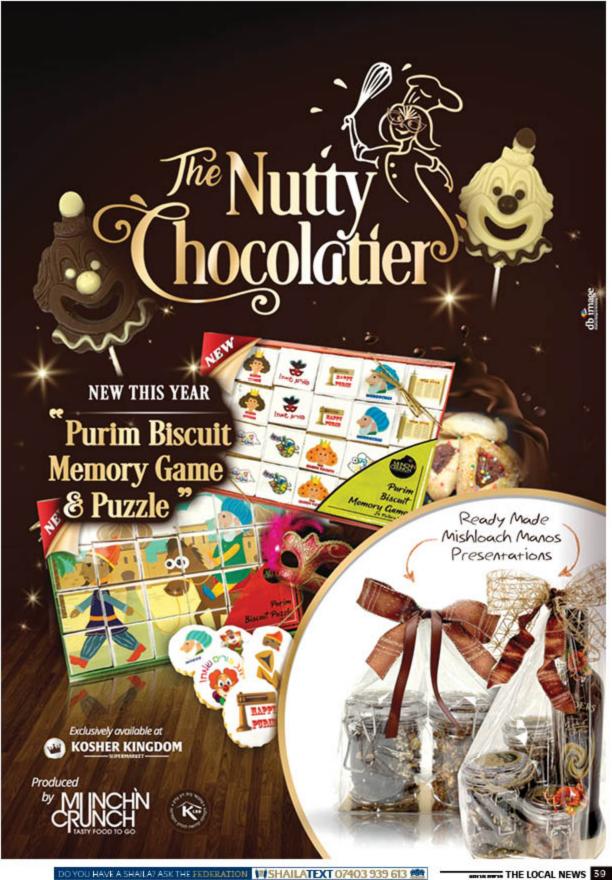
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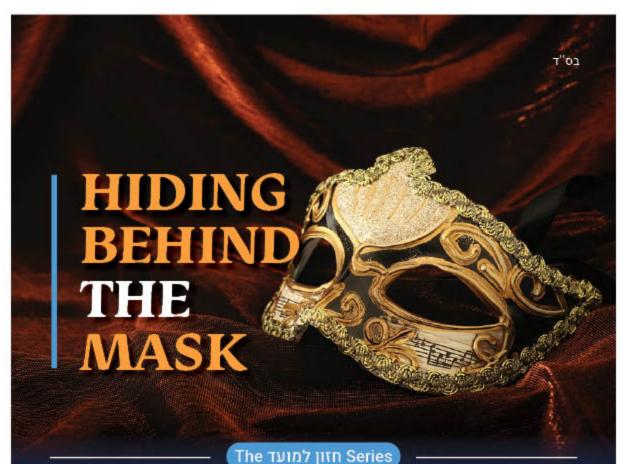












## **PRE PURIM** SHIUR

for Ladies and Post-Sem Girls

BY RABBI SHIMSHON SILKIN

שבת פרשת תצוה **7<sup>TH</sup> MARCH 2020** 

4:45PM

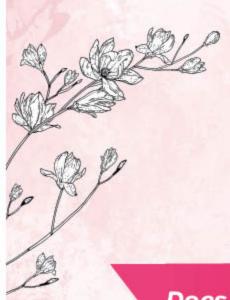
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09:30

Rebbetzin Ruthie Halberstadt Finding our own Spiritual Redemption 10:30

Mrs Debbie Paster Expert Organiser Pesach cleaning made easy

11:30

Mrs Batsheva Netzer Diet Consultant Transforming your food over Pesach

12:30

LADIES BUFFET LUNCH

13:30 - 15:00

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Machaneches at Hasmonean Girls and Rebbetzin of Bridge Lane Shul

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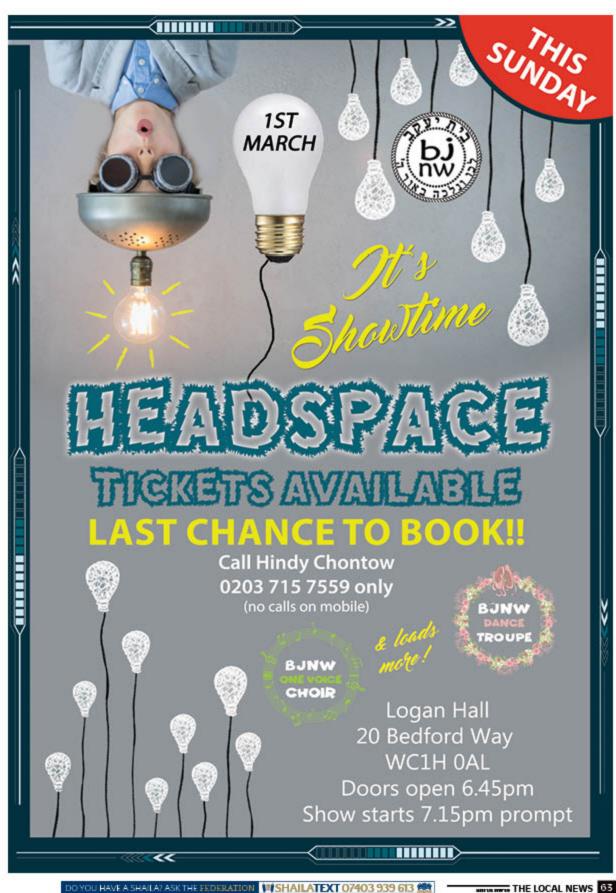
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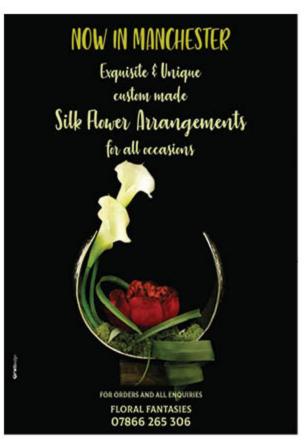
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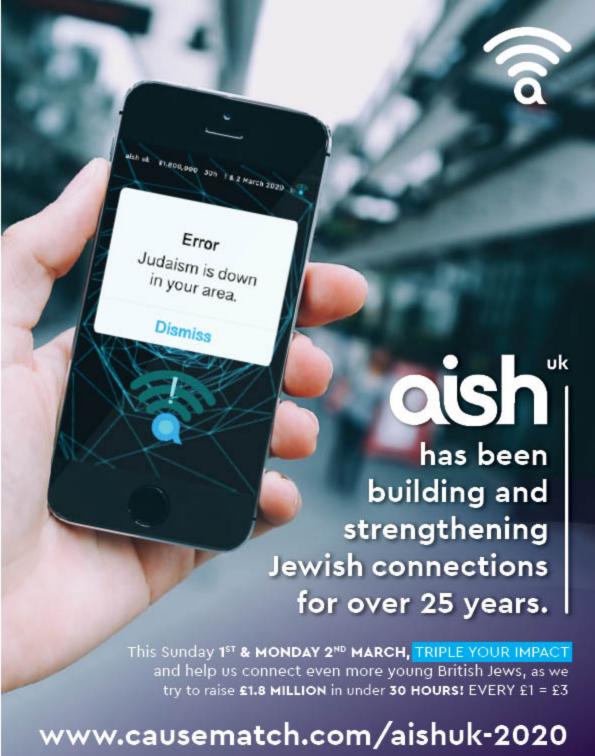
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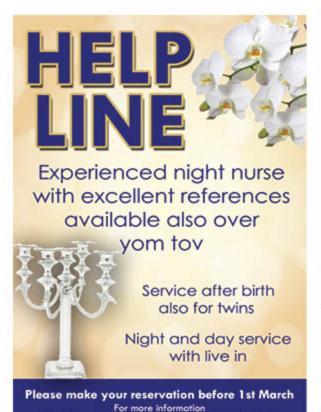
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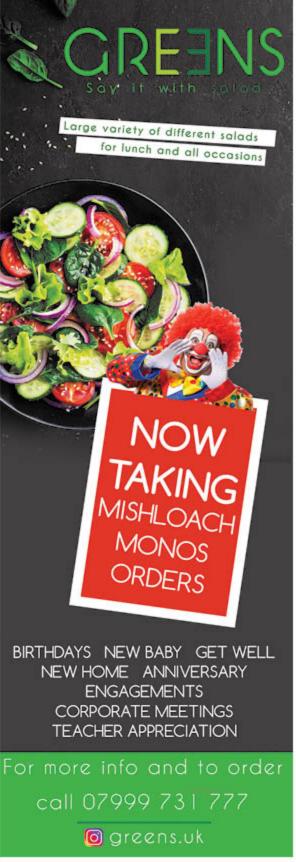


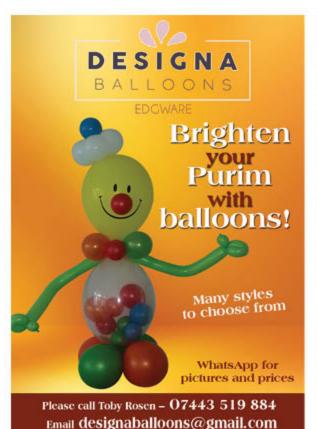
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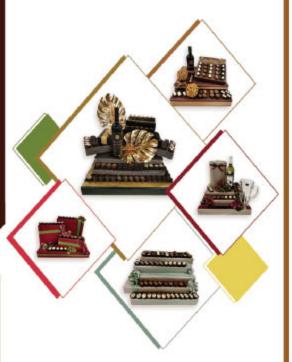
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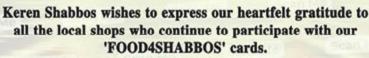












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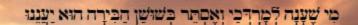
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The Shabbos was going to take place in a beautiful campus in Mevaseret, a place with excellent accommodation. During the week before the Shabbaton almost all the girls were planning to partake in the Shabbaton weekend.

In the tenth grade, Sharona Kochayev was not planning on joining her class since her grandfather was critically ill and he was in the hospital.

She was scared that he might take a turn for the worse over Shabbos and did not want to take any chances. Her teachers and classmates tried to convince her that it would be a great zechus for her and her grandfather if she would join her class and keep Shabbos with all her friends. Sharona was quite stubborn about her decision and gave a final answer NO on Thursday.

Friday morning Sharona awoke to hear that her grandfather had taken a turn for the worse and he was in a life-threatening situation. She quickly ran and grabbed her phone and dialed her principal. Mrs. Rivky Zaks answered the phone and was surprised to hear Sharona on the line. Sharona's request was that when the class davens, they should please have her grandfather in mind in their tefilos. Mrs. Zaks reassured Sharona that the class would daven for her grandfather and they would even say some Tehillim.

As Sharona hung up from her principal she thought for a moment and immediately called the school back. She wanted to know if it was too late for her to join the Shabbaton. Feigy, the secretary, asked the Minahelet and she came back to Sharon with a positive answer. The school would be willing to wait for Sharona to ioin the Shabbaton, Mrs. Kochayev was shocked to see her daughter preparing herself to leave the house.

Sharona explained to her mother that "Dedushka" is so sick and he needs some kind of Segula. She recalled learning in school יותר ממה היהודי שומר את השבת,

More than the Yid keeps the Shabbos the Shabbos watches over the Yid!" Her decision was made to join the Shabbos and her Shemiras Shabbos would watch over her grandfather.

Motzei Shabbos at the gala Melave Malka Program, Sharona came running over to her teachers with tears in her eyes. She told them she spoke to her parents after Havdalah and Baruch Hashem her grandfather was out of danger. The doctors claim that this is a miracle and they have no explanation for his miraculous recovery. Sharona told them that she knew the exact reason for the miracle and thanked them for giving her the opportunity to keep Shabbos for the first time!





# **UDOKU PUZZL**



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5							7	
			3	6		5		
9	1			5		6		
	5			4	7		1	
		8	5	1	2	9		
	2		6	3			5	
		4		7			2	6
		7		9	6			
	6							9

#### DIFFICULT PUZZLE

		5	6			3		
1	6			2	7			4
				8				
	2			1			, ,	7
	3			4			6	
7				5			4	
				6				
6			8	7			1	3
		9			4	5		

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#### DARK TAPESTRY

by Ruthie Pearlman

#### CHAPTER TWENTY-FIVE

Colin stood in the doorway, looking at Ben. "Long time, Chaim," Ben said, stunned. "Come in."

Ben had changed. He had grown heavier, jowlier. Though he was the same age as Colin he looked middle-aged, like years of soft living had bloated him. He looked like a heart attack on two legs.

"You need a gym," Colin said bluntly.

Ben colored. "I know I've turned into a bit of a couch potato," he admitted as they entered the sunny living room. "I work in a bank. The most exercise I get these days is jumping to conclusions. Look at you, though. Tall and trim and fit as a fiddle. Police work keeps you slim, does it?"

"Often I don't have time to eat," Colin agreed. "And I work out at the gym four times a week. How can I be a competent policeman if I don't stay in shape?"

"Thought you had a cushy desk job now," Ben replied. "You don't need to move around anymore. You can get your lackeys to do it."

"I like to be where the action is, to find out

things myself."

"And what have you come to investigate me for? I haven't done anything, except turn you into a complete goy, by the look of you. I feel a bit ashamed, to be honest. You were frum in those davs."

"Don't blame yourself," Colin reassured him. "I was only too willing to be turned into a goy. All I needed was a bit of a push. In fact, it was that guy I met at the party you brought me to I need to find."

"I don't remember any guy."

"'Course you do. You took me to that party. Try to remember. It's very important."

They sat down in armchairs opposite each other, sunlight streaming onto their faces.

"I took you to that party," Ben repeated blankly. "Yes, it was my first non-frum party. All kinds of bad things going on there. I was being a real pain at first. I wouldn't relax." Ben's face cleared. "Ah..."

"Then you came over to me a bit later and found me sitting on the floor with this guy. Do you remember? Tall guy, long curly hair, sort of American accent...'

"Oh, yes, I remember him. Bit of a weirdo? Pretentious about the classics. He was the only one among us who not only read them, but also spouted them verbatim at every opportunity."

"That's him."

"Type of guy who knows everything about everything or pretends to. Whatever it is, he knows just enough about it to outwit you. Sound familiar?"

"Yup. Sort of looks the way you imagine Shakespeare looked, too."

"He cultivated that look. It was all part of his pseudo- classical nonsense."

'Are you still in touch with him?"

"Nah. I haven't seen or spoken to him in years. No idea where he is now, sorry. He was part of my misspent youth, and to be honest I was glad to be shot of him. He was just normal enough to escape being classified as peculiar, but just weird enough to be a little scary. Know what I mean?" "I do," Colin said thoughtfully. "Do you have a name for him?"

"Yeah. George. George Foley."

"I only ever knew him as Shake. For Shakespeare." "That sounds like George, giving himself airs and graces and fancy names."

"Name doesn't ring a bell," Colin mused, "but I'll ask around and see if it rings with anyone. It's a shame he didn't call himself by his real name when he wrote to Cindy Wallis."

"Cindy Wallis?"

"His girlfriend, as I understand it. Young and blonde, streetwise and computer literate enough

to get herself sacked for chatting on-line instead of working. I don't suppose you have the address where you last saw Foley?"

"I doubt he's still there. He was a bit of a gypsy, but here it is." He grabbed the address book lying on the coffee table and opened it to the right page.

Colin took out a pen and his notebook and scribbled down the information. "I'll get one of my men to check it out. I also don't hold out much hope that he's still there, but it's worth a try."

Ben and Colin looked at each other. Colin saw an overweight saggy guy with a sad, lost look in his eyes. Had Ben ever been religious? he wondered. Did he care about anything other than his own physical gratification? Was that sad, lost look any indication of the state of his soul or merely an exterior facade of his lackluster life? If there was ever a classic model for "is this all there is?" Ben was it.

Is this all there is? Colin thought. He knew that his parents and the Hardmans and all that lot believed in something higher and more enduring. He felt sure that it was the Hardmans' faith alone that enabled them to cope with this terrible agony of loss they were going through. Wouldn't it be comforting if he could feel the same amount of faith? Had he ever done so, or had it always been a problem for him?

He said goodbye to Ben with a halfhearted promise on both sides to keep in touch. Neither really meant it. They had grown apart, become too different even as they had become the same as secular Jews. Their paths had diverged. The soft banker and the hard-nosed policeman.

Now was not the time to think back.

He went back to the station and asked one of the constables on duty to check out the address Ben had given him. Then he sat at his desk and put his feet up. He rocked his chair back and forth,

wondering about the Fox.

Another name to conjure with. George Foley. Who on earth was George Foley when he was at home? And how on earth was he to find out? He didn't expect any miracles from his men checking out the last-known address. The Fox wouldn't still be there or have left any clues; he was much too smart. A classics fanatic. Hmm. Colin wondered.

"Clark!" he called out to one of his detectives. "Come here a minute."

When the young detective stood before him, Colin said, "I want you to check out all the classics literary societies in London. See if a George Foley belongs to any of them."

"Gotcha," Clark said and left.

Peter White wandered in to his office. "So what's doing? Got any new leads?"

"Can you help me on this?" Colin said. "We need to ask everyone associated with this case if they have heard of the name George Foley or if they have any idea how we can get any closer to the identity of the Fox. And when I say everyone, I mean absolutely everyone."

"Let's make a list and split it," Peter suggested. "All right. You can take Baruch Weiss."

"Baruch Weiss can be a conduit to a lot of people. There was a whole crowd round his place last week for a meeting about the Search that Never Was. One of them might have some ideas." "Okay, let's go for it."

The two men spent the next half-hour listing everyone they could think of associated with the case, from the children in Josh's class at school to Karen Whitestone. Then they split the list by a "one for you, one for me" method, making sure Peter got Baruch Weiss.

The task of phoning around was mind-numbingly methodical and took forever, but when they had finally gone through the entire list, not a single person had heard of George Foley.

To be continued....







Therapy - Advice Line - Courses - Insets & Traini School Support • School Therapists

#### Your Questions

Q: I work in a local school as well as being a parent myself. I have heard a lot being said about healthy eating and I wonder how much is medically proven to affect children's development and/or behaviour. Any information you can provide would be appreciated.

#### Dr M. Wetzler, The Hill Medical Centre

#### Nutrition in Early Childhood

Although eating a well-balanced and nutritious diet is important throughout the course of our lives, it is especially critical in early childhood. On average, pre-schoolers between the ages of 2 and 5 grow between 6 to 9 inches and gain between 12 to 15 pounds. Significant brain development occurs as well. Instilling healthy eating habits and providing good nutritional choices is extremely important to ensure normal development in a number of areas including:

- Cognitive development this is development of the brain and includes the ability for children to develop language skills, gain short and long-term memory, and make connections.
- Physical development this is the actual physical growth of a child including height
- Emotional and social development the ability for children to mature and form relationships with others.

#### A Child with Good Nutritional Habits is:

- More likely to do better in school
- More likely to score higher on tests
- Less likely to have speech and language delays

#### A Child with Poor Nutritional Habits may:

- Develop nutritional deficiencies in iron and iodine, which can cause cognitive, physical, and social/emotional developmental delays
- Be more susceptible to obesity
- · Be more susceptible to disease and take longer to recover from illnesses
- Be more likely to develop anxiety issues and learning disabilities
- Miss more days from school
- Develop academic performance issues.

Advice in three sentences: Eat your vegetables. Keep off sugar and sweet things. Keep calories low enough not to get overweight.

Please note that these answers are general guidelines. Each individual should consult with their Doctor/Moreh Derech.

Zeh Lozeh was set up in order to support emotional health within the community. Since its inception in 2016 Zeh Lozeh has impacted thousands of families, schools and children through raising awareness, insets and trainings, therapy and advice line. Zeh Lozeh has the Haskomos of local and international Rabbonim as well as the endorsement of leading professionals.

🕿 0203 728 4323 🏻 🖰 zehlozehresolve@gmail.com 🖂 Timberwharf Road London N16 Newsheet invites readers to submit any question to zehlozehresolve@gmail.com which will be answered by Rabbonim, Mechanchim and Professionals.





#### Daven for My Sister

Ray Chaim Zaid, shlit"a, is the Ray of Pardes Katz in Bnei Brak. After speaking at a convention for young woman growing in Yiddishkeit, he was approached by a girl. She told him, "I'm ready to throw out my iPhone, but first I need you to convince me what is so dangerous about the phone."

It was after 2:30 a.m. and Rabbi Zaid did not want to get into the discussion at such a late hour. "Perhaps we can delay our conversation until tomorrow," he suggested.

But the girl responded decisively. "It's either now or never."

It seemed there was no choice. Ray Zaid sat down with the girl and some of her friends and began to explain the dangers of the little innocuous-looking device that

It was 3:30 a.m. when the girl declared, "Rabbi, I'm ready to throw the iPhone away - on condition that you pray for my sister to die."

actually presents a great hazard.

She then explained, "I have a twovear-old sister in critical condition. She's been sick for the past four months and the doctors have all given up hope. My mother's been at my sister's bedside for four months straight and now I have neither a sister nor a mother. If my sister dies then at least we'll get our mother back."

Ray Zaid nodded sympathetically, as if to show he understood. "I'm prepared to daven to Hashem and ask that He do what's best for your mother and sister. He is All-Merciful and He knows what is best."

"It's

either

now

or

never."

"Okay," the girl agreed, confirming her resolve to part from her iPhone.

At 4:00 a.m., that very night, shouts were heard in ICU at Beilinson Hospital. In shock, the girl's mother jumped up from her position, where she had nodded off near her daughter. Both she and the shrieking head nurse observed most unbelievable sight.

The toddler was sitting up in her bed, her eyes open and a smile on her face, swinging her legs back and forth.

Exactly half an hour after the iPhone left the older girl's life, her sister came out of her coma!

For sponsorship opportunities or for comments; call 1-914-297-7129

If you would like to hear more stories, thoughts and chizuk on this topic, for men, call 0330 350 3060 - for women, call 020 3769 1000

#### **BUSINESS DIRECTORY**

BE SEEN WEEKLY













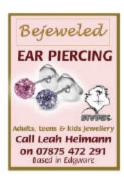








www.soferuk.com 0771 874 8038











## Community Service

## Megilah reading every hour on the hour!

Ohel Mordechai complex (Yeshivah Ketanah Lubavitch) 1 Bridge Lane NW11 0QB (behind carwash)

Purim eve	Purim day				
Monday 9 March	Tuesday 10 March				

7:oopm	8:00am	1:00pm
8:oopm	9:00am	2:00pm
g:oopm	10:00am	3:00pm
10:00pm	11:00am	4:00pm
11:00pm	12:00pm	5:00pm

Are you in need of a private megillah reading? (subject to availability)

Are you able to help out with a megillah reading?

Contact the London Purim Centre - 07864658354



## CURRENCY

"Mid-Market" Exchange Rates

Units/1 GBP

GBP/1Unt US Dollar.....1.29 0.77

> Euro......1.18 0.84

Israeli Shekel ... 4.44 0.22

Swiss Franc.....1.26 0.79

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## WEATHER FORECAST

Thursday 27 Feb

Friday 28 Feb

Shabbos 29 Feb

Sunday 1 March

Monday 2 March

Tuesday 3 March





11°c / 4°c

9°c / 3°c

9°c / 1°c

8°c / 5°c



#### גאלדערס גרין מנין צעטיל תש"פ

#### פ' תרומה

ערב שכת 12.40 אור חדט, בית אברהם ברידום ליין מנחה גדולה ביר העודות, עין חיים 23 Green Walk 12.45 עץ חיים חורת סשה בות ישפר חוב 1.15 5.22 חדלקת הגרות 63 Cranbourne Gdns 2 Highfield Gardens מנחה וקבלת שבת 5.20 ג"ג כ"ה, הענדאן עדת D770X 773 2.00 11a Green Lane 2.30 מחזיקי הדת, נארד הענדאן אבא מנחה קטנה 1.45 ג"ג ב"ה, עץ חיים 1.50 אברכים 4.60 תורת חיים SACE 5.22 אברכים, אור חדש, אמרי שפר בית ישטר דיב בית אברהם, בית ישראל מלה מים מפילה בית תפילה, גור, סיני, עץ חיים בית אברתם, ברידוש ליין קהילת אהל משה, שערי תפילה 1.10 אור חדש, קחילת אחל משת jle 70 5.14 אלכסנדר, מחדיקי 5.24 ברידזש לייז, נר ישראל נארד העדאן 1.20 בית ישראל, בית שמאל 5.25 בית ישכר דוב 5.30 היכל מנחם סאסרב, תורת חי 5.32 בית שמואל, נשמת ישראל אבא בר יסראל סאסוב, תפארת ישראל

#### פ' תצוה

#### מנחה בחול מעריב בחול מית יונסר חום 12.46 2013 מומה יווינאל, מאריטרא 2013 מית 21.00 מית יווינאל, אל

UDKI 6.30-6.23 נאכט בית שמואל בית ישכר דוב (ני א ל א) 6.25 6.30 (ד ד) בית ישכר דוב 6.15 בית יסכר דוב 6.45 כחלל ב"ב לאל ישראל (ד-2) 6.55 99.7 בית ישכר דוב, ספרי חיים, עץ חיים 207 בית ישכר דוב 23 Green Wk מידוש ליין, אוסואל, מרידום ליין, THE (T-2) 8.15 8.20 8.30 9.05 בית ישכר דוב

אסרי שפר, בית ישכר דוב 5.36

נטטת ישראל, עטרת צבי 5.40 הענראן עדת

10.30 בית ישכר דוב מות רטכר דוב 11.00 11.30 בית ישכר דוב

לע"נ הקדוש הבה"ח שמואל אליהו הי"ד ב"ר נתן פרץ ינלח"

## (A) בית ישסי ת. - דו בית יי

23 Green Walk 5.35

5.38 עטרת צבי

NW LONDON MINYAN LINE: 0203 670 6130 20000

DAILY	Thu	Fri	שכת	
TIMES	5: 36 - שקיעה	5: 38 - 5 שקיעה	9: 40 - 5: 40 טקיעה	
	6: 26 - לילה	6: 28 - לילח	6: 29 - לילח	
Sun	Mon	Tue	Wed	
מקיעת - 5:41	5:43 - שקיעה	5:45 - שקיעה	9:47 - 5:47 שקיעה	
10 - 6:31	6:33 - לילה	6:34 - לילה	6:37 - לילה	







NOW





24-25 MAY

CYCLE DISTANCES: 100KM OR 100 MILES

KEF is a London-based charity supporting the lives of children and young adults with physical and learning disabilities and their families. With the help of devoted and energetic volunteers KEF has helped the Jewish community for 15 years. KEF provides out of school activities, recreational events and residential trips including summer and winter residential camps:

For more information and to sign up visit: Bike4Kef.org or call Mordche 07584 327 303

Help KEF reach our 2020 target: £750,000 Minimum sponsorship £1,250 per rider

Bike4Kef is a men's only ride



OCCASIONS MADE SPECIAL









