פרשת נשא 4th June 2020 Starts: 20:57 Ends 22:28 (22:36)















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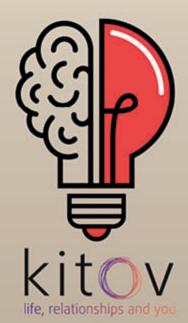
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שבעה עשר בתמוז תש"פ 9th July 2020

6-10pm Further details to follow

Questions and issues concerning הססים can be addressed in confidence to ask@chazon.org.uk or online via our website.

Other

### MONDAY (WEEKLY) 8pm

Themes in Emunoh By Chazon Rabbonim

THURSDAY (WEEKLY) 10pm

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# This Sunday 07.06 פ' בהעלותך

Tests will be available for pickup from the following address:

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From 11:00am - 1:00pm



No stipend will be given for test returned after Sunday 9pm

Answer sheets will not be provided for this test.

You could also RECEIVE TEST BY EMAIL by registration on our website: dirshu.co.uk >> Test by email [You must register before Sunday].

Once test is completed please scan and send back by email | | or drop off at addresses mentioned above.

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Anonymous, £2500 grant (May 2020)

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The JLC in partnership with Work Avenue, established a fund to support those across the community whose earnings have been directly affected by COVID-19. The fund specifically assists those who are ineligible for Government support or who face delays accessing Government funds to assist with living expenses.

# CLOSING DATE FOR APPLICATIONS 14TH JUNE

This fund will close on 30th June 2020, terms and conditions apply

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# **Emergency Community Fund Q&A**

### Who can apply?

Those who have suffered a loss of earnings as a result of COVID-19 and who are not eligible for or face a significant delay in accessing Government support.

Earnings prior to lockdown in March will need to be proved through bank statements.

# Can I apply if I've been furloughed with a salary reduction?

Yes. We understand that for some people, a 20% reduction in income may cause significant difficulties.

# Can I apply if I am waiting for a decision on government support?

Yes. This fund is intended to support people in covering essential personal expenditure on a short-term basis and is specifically addressing those who may face a delay in accessing Government support. In some cases, if government funds arrive subsequently, we encourage a return of the funds so they can be accessed by others.

### Who will see my application?

An adviser will take you through the process and will communicate with you via phone and email.

Everyone else – including those making decisions about the applications and allocations of funds – will only see summary information about the you with no means to identify you.

All data provided will be stored securely and in accordance with our data protection and privacy policies.

# Can I do anything to prepare for my application?

To try to keep your expenses as manageable as possible, you are recommended to have approached utilities and local councils to reduce their outgoings or have 'holidays' from their bills, and to apply for government funds e.g. Universal Credit. In order to ensure that funds are distributed fairly and transparently, we will be asking for the last 3 months statements from all your bank accounts from all those aged 18 or over in your household so we can verify your income before and during the virus.

# How are decisions being made about who receives funds and how much is allocated to each person?

A summary is presented without identifying information to the review panel. They will award funds according to needs identified and size of household, prioritising those in most need of assistance.



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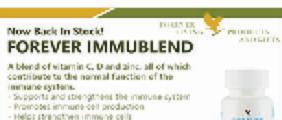
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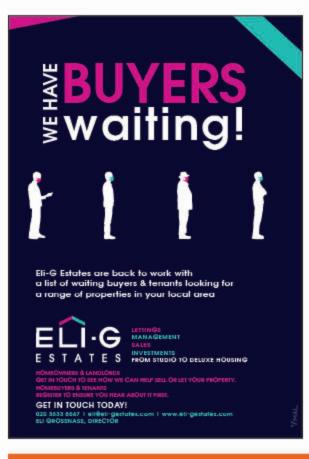


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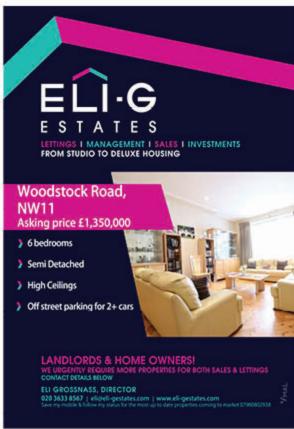
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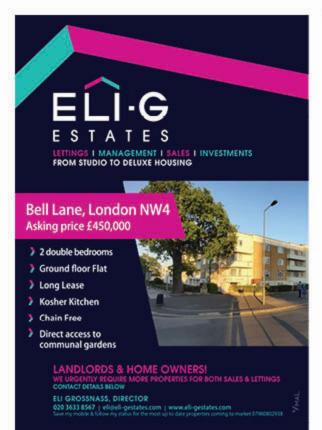






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		9						
8	5		9					2
Ĩ	9		5		1	4		
	3						2	
		8	3		7		1	
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		5	1	6	4	2	9	

#### DIFFICULT PUZZLE

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

Each puzzle consists of a 9x9 Sudoku grid containing areas surrounded by gray or dotted lines. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box, and the sum of the numbers in each area is equal to the clue in the area's top-left corner.

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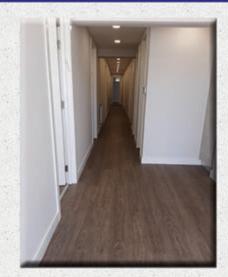
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### **Your Questions Answered** CORONAVIRUS Memo 11

How can we help our children manage on an emotional and practical level the big change of beginning 'real' school again?

Hear from professionals who are part of the Zeh Lozeh team, facilitated by Mrs Rumpler OBE

#### Mrs R. Reichberg MBACP, Psychotherapist

The change for children has already been tremendous and beginning school again will be another adjustment, in particular for those children who are socially or academically challenged. In any situation that children struggle with difficulties, we sometimes have to accept that we cannot change their realities. What we can do is support them emotionally and enable them to deal with and embrace those challenges. The big question is then, how can we help them through this?

We need to realise that children may have a lot of different feelings surrounding the coronavirus. Giving them the space to talk about what is happening will go a long way in giving them the strength to manage the change. Ask children how they feel, use open ended questions, validating and reassuring them that their fears are normal. There are resources that are helpful, Zeh LoZeh have produced the Zevi and Miri Series that are very valuable and can be used as a great support to help children succeed during these turbulent times. If their anxiety seems excessive and is for example keeping them up at night then refer onwards to a professional.

#### Mrs R. Atkins QTS NPSLBA - accredited Triple P Parenting Practitioner & Behaviour Specialist

Be aware that all kids respond differently. Some may be excited; some may be sad; some may have mixed feelings. One of the children I worked with described the change as 'like atornado.'

1. If your child expresses negative feelings such as sadness or anxiety, validate rather than dismiss these.

Let's look at this in terms of a dult life:

Imagine you've been told your workplace is reopening after lockdown - you'll have to work different hours, at a different desk, with COVID-19 restrictions in place - and you tell your friends about it.

Adult: I'm not looking forward to going back to work tomorrow. Sounds like they've turned the place upside down! I don't know how I'll manage.

Friend: It's nothing, don't make such a fuss.

How would you feel? It's fair to say you'd feel frustrated and misunderstood. What would you prefer your friend to say? Probably something like

Friend: Oh, that sounds rough. How about a nice cup of coffee?

So if your child offloads, instead of dismissing his feelings, try to reflect and empathise:

Child: I don't likeschool! I don't want to go back tomorrow!

Parent: You don't want to go back to school, huh? (reflection); it's hard, especially after such a long holiday

Assuming there are no major underlying issues (ega bullying problem), the child should feel validated:

Child: Well, as soon as I come home tomorrow, I am going to jump on the trampoline!

Parent: (silently) Whew!

3. Nurture, play and fun are particular important now, to help kids relax and gradually rebuild their readiness for learning.

4. Model Bitachon! If you respond to your own challenges positively - 'Hey, it's challenging, but Hashem will help!' 'We have a loving Father in Shamavim, and everything He does is for our good' - then your children will absorb your attitudes.

Hey, you can help them weather that tornado!

#### Call the Zeh Lozeh Helpline on 0203 728 4323 כל ישראל ערבים זה לזה Because we really do care.

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.

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Newsheet invites readers to submit any question to zehiozehresolve@gmail.com which will be answered by Rabbonim, Mechanichim and Professionals.







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# orce

When "New York State on Pause" - the official name for the coronavirus lockdown went into effect on March 20, a number of deemed industries were "essential services," and were allowed to remain open.

Among the companies that qualified for this exemption, was the one I work for. While management would have preferred that all employees come to work as usual, our office

is far too cramped to allow for social distancing. in addition, many employees were too frightened to come to work, regardless of how our company was classified.

Since most of the work we do is on computers, the management reluctantly allowed most employees to work from home and log in remotely. In one department, every single employee chose to work from home - except one. She never had internet in her home, and despite the crisis, was determined not to start having it now. The chinuch of her young children was only one factor that was motivating her. She knew that the purity of her home was at stake. So even though she wasn't required to come into the office, she continued to do so, wearing a mask, day after day. As one of the few women in the building, she also made sure that there was never any yichud issues, and made a point of checking the schedules of the skeleton crew who continued to work in the office.

As one of the supervisors at the company, it is my responsibility to assign projects to the various workers. I soon discovered that despite our governmental classification as "essential," our business had been hit hard by the Covid-19 crisis. With so many people out of work, people were hesitant to make purchases, and there was much less work to be divided among the employees, especially in that particular department.

Since most workers at the company get paid by the hour, getting or not getting a project would make a real difference to their paychecks. Unwilling to take the responsibility on myself, I went to the owner and asked how I should proceed.

> The reply was immediate and unambiguous.

"The who women continues to come into the office has precedence," I was instructed. "Give her enough work to fill all her regular hours, and whatever is left, divide among the workers working remotely."

So many people take internet into their homes "I'tzorech parnasah." Yet, as this story illustrates, not taking internet into one's home can actually be the conduit to parnassah. When she made the decision not to work remotely, she had no idea it would save her job. Yet it did.

In this case, the hashgocha is obvious. In many cases, it may not be so clearly evident - but it is present nonetheless. Keeping to one's principles and making clear gedarim to ensure the purity of one's home, only brings a brachah - in both ruchniyuss and gashmiyuss.

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

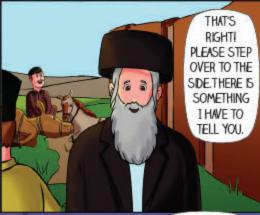
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## DARK **LAPESTRY**

by Ruthie Pearlman

#### CHAPTER THIRTY-THREE

Colin, Peter, and Leora stood in the yard of the Globe Theater, looking around. The manager had been most helpful, and snipers were situated in every tier of the gallery.

"Where could someone hide a small boy for a week or more?" Colin asked the manager.

"Well, there are lots of nooks and crannies in this theater," the manager said worriedly. He didn't like the idea of all those snipers with their night-sight rifles and goggles. The theater had not been rebuilt just to be blown apart again in a blast of gunfire.

"Do you have a new actor here, maybe?" Peter asked. "Someone called Gabriel Feiner?"

"Not to my knowledge, but then again, I'm only the manager, not the producer or director. I don't hire and fire actors."

Leora was looking at the attic above the stage. "What's up there?" she asked.

"The attic contains a huge room that is used both for storage of props and costumes and as a rehearsal and audition space."

"Nooks and crannies?"

"Well..."

"Let's go look. Come on."

They climbed the stairs to the attic and looked around. As the manager had said, it was one huge room full of props and costumes. There was also a trapdoor in the floor.

"What's that for?" Leora asked.

"It leads to the heavens ceiling on the stage. It is used for descents. And it's used for dropping various props, like flowers, drapes, leaves."

"There's no hiding place in that trap," Peter pointed out. The manager opened it, and they all peered through onto the dark stage.

Colin, meanwhile, had found a stepladder and was climbing up to the roof of the huge attic

room. There was roof space above it. He looked carefully at the wooden slats that formed the

"These slats have been moved and replaced," Colin said. "See, they are lighter than those around them. Is there anything up there?" he asked the manager.

"I don't know. Just the roof. No one goes up there."

"Until now," said a voice, and they all whirled. There, at the door to the attic room, stood a figure.

"Not so fast," said Gabriel Feiner. "Not so fast, my friends."

He wore dark corduroy pants and a bomber jacket in black leather. His long hair was scruffy; not curly and Regency, as they had been led to believe, but stringy and in bad need of a wash. It flew around his head in the night breeze that blew in suddenly like a bead curtain at an open front door. He held something long and dark under one arm. A rifle. They all stared at it, transfixed.

"Mr. Lukavac, what are you doing with that gun?" the manager asked tremulously.

"Mr. Lukavac?" asked Colin.

"This is Renard Lukavac, my new stagehand. He's been working on props and things these past ten days or so."

"Handy," Colin remarked, looking up at the roof

space.

"I see I underestimated you, Detective Inspector Sommers," Gabriel said with a smirk.

"You did, indeed, Shake," Colin replied.

A puzzled look passed across Gabriel's face for an instant, like a shadow of cloud across the moon. "You the live one? The one with the payos and the black yarmulke?"

"The very same," Colin said.

"Wow, one of my success stories then."

"Hardly, since I am here to arrest you for murder and kidnaping."



" 'God hath given you one face, and you make yourselves another." He laughed at Colin's expression. "Hamlet."

"I don't understand," the manager said. "Can you

please explain, Detective Inspector?"

Gabriel turned to the theater manager. "'Fair is foul, and foul is fair," he said, laughing. "'Nothing is but what is not.' You should know, more than anyone. In the business of make-believe." He raised the gun and pointed it at them. "Anyway, who am I supposed to have murdered?"

"Cindy and your father, for starters. And we have yet to be convinced that Josh Hardman is alive."

"'When our actions do not, our fears do make us traitors.' Macbeth, act four, scene two, line three. Hahahaha!" His eyes shone insanely.

"I'm going up there, Shake," Colin said.

Leora spoke up. "Gabriel, the Hardmans have suffered enough. It's over and you know it. He's only a baby, Gabriel, a little kid. He has his whole future in front of him. Please don't take that from him."

"'If you can look into the seeds of time and say which grain will grow and which will not, speak then to me.' Macbeth, act one, scene three," Gabriel said almost disinterestedly. Colin felt panic creeping up. The man was losing focus, sliding into a netherworld where they might not be able to reach him.

"Gabriel, listen to me," Colin said. "Whatever happened between your father and Hardman, it's all in the past now. Time has passed; it's all over. If you give back the kid, then things can be made easier for you..."

Gabriel, who was swaying slightly now, focused on Colin.

" 'Rogue, thou hast liv'd too long.... [Thou] appeareth nothing to me but a foul and pestilent congregation of vapors." He aimed the rifle.

"No!" Leora cried. "We have backup. You don't stand a chance! Give up your gun!"

" 'There's no more faith in thee than in a stewed prune. Henry V."

"I'm going up there, Gabriel," Colin said, and started up the stepladder.

In one movement, Gabriel leaped over and seized the theater manager, holding him as a shield in front of him. The plump little man shrieked and struggled like a stuck pig.

"Make one move up that ladder and he's dead!" Gabriel shrieked, and laughed maniacally.

"You're crazy if you think you will get away with this," Colin said. "We have two dozen snipers hidden in this theater. You'll be picked off like a monkey picks off a flea."

"What does anyone care if I get away with it or not?" Gabriel replied. "All you care about is the boy, and with that I hold the trump card and always will. Whether I walk free or rot in hell is of no interest whatever, is it? What comfort will it be to you if I die here tonight and the kid dies with me? Or is already dead?"

"Is he dead?" Leora couldn't help herself.

"Probably," Gabriel said casually. "He's been kind of neglected for a while. Cindy was good to him, but she overstepped the mark." He moved toward the door, carrying the manager in front of him. "This is my ticket to escape."

The manager shrieked again and struggled, but Gabriel had him in an iron grip. As they descended the stairs from the attic, floodlights were suddenly trained on the stage. Blinking in the light, Gabriel put one arm over his eyes and looked at the snipers in the gallery.

"Ah, the U.S. cavalry, I see," he said.

He turned his face and looked up the stairs at the policemen. "You didn't really think you'd catch me by tapping phone lines, did you?" he yelled. "Remember, I am the Internet Fox!

To be continued



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