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The Voice of NW London

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מסכת תולדות | 19th November 2020
Starts: 15:48 Ends 16:59 (17:16)

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What is Family and Systemic Psychotherapy?

No-one lives their life in isolation. At work and at home, we all have an impact on the people around us. Each of us is one part of a wider network or **system**. Our interactions with other people are how the **system** works.

Imagine that your family at a mealtime is a **system**. Some family members may be happily chatting to each other, others may sit in silence throughout the meal. Others may argue, leading someone else to have to calm the situation. And this repeats every mealtime because you have all developed different ways of relating to each other. These would be described as **patterns**.

As time goes by, these **systems** grow and change as different factors come into play. Perhaps, a child has become a teenager, but the parents still treat them as they would a younger child. The **patterns** no longer work, and the **system** becomes stuck.

A **Family and Systemic Psychotherapist's** aim is to help everyone understand each other and develop new ways to talk to each other, either by working with individuals or the whole family. They adapt their ways of working according to people's ages, needs, resources and preferences. Sessions involving children, for example, often include play and drawing.

A **Family and Systemic Psychotherapist's** can work with people in any form of relationship:

- Couples • Families • Groups • Carers • Professional groups • Teams • Businesses

And can deal with a range of problems in the family life cycle, for example:

- Sleep and Feeding (for babies) • Attachment difficulties • School related difficulties • Relationship distress • Mental illness in one or more family member • Divorce, separation, and blended families • Bereavement and loss

Family and Systemic Psychotherapy training is a four-year part-time master's level qualification route designed to meet the requirements set out by the United Kingdom of Psychotherapy, UKCP.

- Year 1 - Foundation Level • Year 2 - Intermediate Level • Year 3 & 4 - Qualifying

Successful completion leads to registration with UKCP as a **Family and Systemic Psychotherapist**.

The Offer

We have managed to organise a private course, starting with **Year 1 - Foundation Level**, accredited by **The Association of Family Therapy (AFT)**. The course will start in mid-January 2021 and will run fortnightly (20 days all together) on Tuesday's via Zoom, starting with full day attendance (11am to 5pm) followed by half days (1.30pm to 5pm). Limited spaces available.

For more information, please email your full contact details and current occupation, to familypsychotherapy2021@gmail.com and we will come back to you with further details.

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For updated shiurim list: dafyomi@agudas.org.uk

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DAF HAYOMI SHIURIM IN LONDON

NORTH LONDON

**ADASS YISROEL
(TOTTENHAM)**
55 Ravensdale Rd
Rabbi M Rothfeld
7:00pm

ALEXANDER
109 Clapton Common
Rabbi Usher Perelman
8:00pm

BELZ
Belz Terrace
Rabbi MZ Weinberg
7:15am
Rabbi M Fefferkorn
6:00pm
Rabbi M Austerlitz
9:00pm

BELZ
49 St Kilda's Road
Rabbi S Rand 9pm

BELZ
Firsby Road
Rabbi M D Zigelman
6:45am

BIALA
110 Castlewood Road
Rabbi M Rothfeld
6:15am
Rabbi YM Wertheim
9:00pm

BIALA (BIRCAS TZVI)
45 Moundfield Road
Chaburah 6:20am

BOBOV
87 Egerton Road
Rabbi S Horowitz
6:30am
Rabbi D Kopciol 9pm

CHASAM SOFER
50 Clapton Common
Rabbi S Reisner
8:40am

CHAREIDIM
99 Clapton Common
Rabbi Y Schneck
9:15pm

CHEVRAH SHAS
11 Elm Park Avenue
Rabbi M S Melsels
8:00pm **Z**

CHORTKOV
Crowland Road
Rabbi Y P Dym
9:00pm

GUR
Lampard Grove
Rabbi P Hersberg
9pm

GUR
Amhurst Park
Rabbi Y Safran
9:15am

GUR AVREICHIM
4 Spring Hill
Rabbi A D Olevsky
8:30pm

HEICHEL HATORAH
27 St Kilda Road
Rabbi L Rakow
5:50pm

LEICE
37 Craven Walk
Rabbi E Skula
8:05pm

PNEI MENACHEM
11 Northfield Road
Rabbi Y Schaechter
8:00am
Rabbi Y Mayteles
9:00pm

PRESSBURG
103 Clapton Common
Rabbi S Flam
After 6:50am Shachris

SANZ
124 Stamford Hill
Rabbi S.E Klein 9:15pm

SHOTZ
42 St Kildas Road
Rabbi Y.C Mendel
6:30am

SKVER
49 East Bank
Rabbi E Cohen 9pm

VIZNITZ
89 Stamford Hill
Rabbi S Hirschler 6am
Rabbi Y Tescher 8:30pm
Rabbi Y Grunfeld 8:30pm
Koliel Daf Yomi
Rabbi S Stern 4-7pm

VIZNITZ
126 Stamford Hill
Rabbi E Zaks 9:15pm

VIZNITZ LONDON
121 Clapton Common
R' Shimshon Neimann
9:00pm
PINTERS
45 Heathland Road
Rabbi Blum 9:00pm

TCHERNOBEL
21 Northfield Road
Rabbi NB Bindiger 9pm

TIFERES AMROM
3 Northdene Gardens
Rabbi H Teitelbaum
8:00pm

ZAI
95 Stamford Hill
Rabbi H Reitzer
9:15am
& 8:10pm

Rabbi Y S Breuer
2:00pm

NORTH WEST LONDON

**BARNET UNITED
SYNAGOGUE**
Eversleigh Road EN5
Barnet
Rabbi S Landau
6:30pm **Z**

**BEIS ELCHONON
(HENDON)**
3 The Approach NW4
Rabbi D Halpern
8:00pm

BEIS SHMUEL
171 Golders Green
Road NW11
Rabbi C Halpern
7:45pm
Rabbi S Baumgarten
8:00pm **Z**
Chabura 9pm

BEIS YISROEL
34 Shirehall Park NW4
Dayan D Dunner
R' M Weiss
7:00pm (Sun 8:50am) **Z**

BETH AVROHOM
46 The Ridgeway
Rabbi Y Heitner 7pm

BETH YISROEL DOV
2-4 Highfield Avenue
Rabbi A Blau
6:05am/8:45am/6:35pm

BRIDGE LANE
44 Bridge Lane NW11
Rabbi Y Hamer 12:45pm
R' Y Apter 6:30pm
Rabbi D Z Calek
5:30am (Sun 6:30am)

DIVREI CHAIM
71 Bridge Lane NW11
Rabbi C Halpern
9:15am & 6:45pm

EITZ CHAIM
83 Bridge Lane NW11
R' S Luftig
8:30pm

**FINCHLEY
SYNAGOGUE**
Kinloss Gardens N2
R' M Sampson
8am (Sun 9am) **Z**

GGBH
The Riding NW11
Rabbi AA Cohen
5:40am (Sun 6:45am)

GUR
98 Bridge Lane NW11
Rabbi C Gilbert 7pm

GUR - CHABURAH
98 Bridge Lane NW11
8:15pm

HENDON ADASS
11 Brent Street
Rabbi Y Royde
6am (Sun 7am)

HEICHEL LEAH
62c Brent Street NW4
Rabbi M Noe
8:00pm

IMREI SHEFER
285 Golders Green Rd
Rabbi Y Roth 7:40pm

KEHAL CHASSIDIM
213 GG Rd NW11
Rabbi M Weisz
8PM

KNESSET YECHZKEL
187 Golders Green Rd
Rabbi G Tovim
6:00am

**KOLLEL BE'ER
SIMCHA**
Etz Chaim Beis
Hamedrash
Bridge Lane NW11
Morning Seder
Rabbi E Brunner

**MACHZIKEI HADASS
(EDGWARE)**
296a Hale Lane HA8
Rabbi E Schneelbag
6:45pm

**MACHZIKEI HADASS
(GOLDERS GREEN)**
Highfield Road
Rabbi CZ Pearlman
9:00am **Z**

NER YISROEL
The Crest NW4
Rabbi M Pollak
9:00pm (Sun 6pm) **Z**

NISHMAS YISROEL
4 Brent Green NW4
Rabbi Sruli Wajsbbaum
9:10am (Sun 8:10am) **Z**
Rabbi David Tugenhaft
Omud Yomi, 6:30 - 7:15am

OHEL DAVID
4-14 Broadwalk Lane
NW4
Rabbi A Sebag
9:00pm

SADIGUR
269 Golders Green Rd
Rabbi Y Roth
7:15pm

SINAI
54 Woodstock Ave
Rabbi L Bloch
8:00pm

TORAS CHAIM
Prestige Way NW4
Rabbi S Baumgarten
6:00am **Z**



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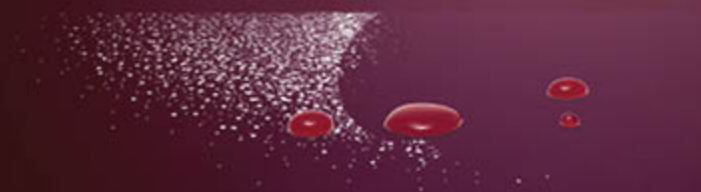
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SHUVU RESTART

Even with COVID disrupting schools across the country, over 900 new Shuvu children continue on their spiritual journey. They demanded to learn Torah from their teachers in lockdown, but were so happy to be back with their friends!

As soon as restrictions were lifted, one could witness many happy and proud parents escorting their children to school. One Shuvu Netanya father, a surgeon, even came straight from surgery at Ichilov Hospital as not to miss his daughter's first day back at Shuvu.

Luckily many of the Shuvu schools grew this year and we'd performed extensive renovations over the summer to prepare for the unprecedented demand.

With the Tefillos and Torah learning beginning immediately, you could never forget the smiles on these children's faces running into school (or the relief on their parent's faces)!

Recipe

PAREV



Yields 4-6
Portions



45 Minutes

Ingredients:

1 whole side of salmon fillet (around 1kg), with skin removed

1kg baby potatoes, washed and cut in halves

8 cups mixed greens

250g cooked barley (or brown rice)

1 head of garlic

6 tablespoons olive oil divided

½ teaspoon dried rosemary

½ teaspoon salt

¼ teaspoon black pepper

3 tablespoons low sodium soy sauce

½ teaspoon dried mixed herbs

A third of a cup of balsamic vinegar

Salt & pepper, to taste

Balsamic glaze – for drizzling

THE MAIN EVENT

Grilled Salmon & Baby Potatoes on a Bed of Greens & Barley

Method:

For the salmon:

Heat oven to 200°C.

Toss baby potatoes with 2 tablespoons olive oil, rosemary, salt and black pepper. Cut a 1/4 off the head of garlic horizontally, and wrap it in foil. Place potatoes and garlic on a parchment lined baking tray and roast in the oven for 40 minutes. Coat the salmon with 2 tablespoons olive oil, soy sauce, dried mixed herbs and pepper. Place on another parchment lined baking sheet and place in the oven 20 minutes before the potatoes are ready. Roast salmon for 18-20 minutes.

For the dressing:

Blend together the balsamic vinegar, remaining 2 tablespoons olive oil, salt and pepper, and squeezed out roasted garlic. If too thick add a bit of water.

Complete the dish:

Combine a few tablespoons of dressing with the cooked barley, and the rest with the mixed greens. Arrange greens on a platter. Sprinkle the barley over the greens. With a large spatula place the salmon on the greens and barley and place the baby potatoes all the way around the salmon. Drizzle balsamic vinegar over the salmon to decorate.

Variation:

You can also decorate with pomegranate seeds, flaked almonds or chopped spring onion

Michelle's two books, *The Food Effect Diet* and *The Food Effect Diet Vegan* are both packed full of advice and recipes to help you 'eat more, weigh less, look & feel better'.

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CONTINUED NEXT WEEK IYH

Boggle



Game Rules

Find words on the board containing four letters or more. Letters of a word must be connected in a chain, (each letter adjacent to the next either vertically, horizontally or diagonally) and each letter can only be used once in a given word.

The following are not allowed in Boggle:

Adding 's' to a word - Proper Nouns - Abbreviations - Conjunction words - Acronyms

Points:

4-letter words 2 points / 5-letter words 3 Points / 6-letter words 5 Points / 7 Letter Words 7 Points 8-Letter words 9 points / 9+ letter words 12 Points

The MOVEMENT

by Ruthie Pearlman

The confession

CHAPTER TWO *cont.*

"He remained perfectly calm, as if my outburst didn't even touch the surface of his skin. "You cannot object. It's all decided by the Rabbi and his disciples. It's the final part of your family's integration into the Movement. I cannot object either, even if I wanted to, but as it happens, I don't. You'll do nicely." I lost it at that point. I'll do nicely? Thank you very much!

"What Movement?" I shouted, "is that what my parents have been going to several times a week? Some kind of crazy new Hassidic thing or something? Well, I'm having no part of it."

"I turned and walked away, fast, in the direction of the river, back where we had come. All at once, he was standing in front of me on the narrow footpath between the plowed fields of late autumn, blocking my way.

"Let me pass," I said firmly. I could have stepped onto the soil, but I didn't want to ruin my shoes any more than they were already.

"As my wife you must obey me, so you might as well start now," he answered.

"I'll never be your wife! They will have to kill me first!" I declared. I knew I was being dramatic, and I had no idea who they were either.

"I am telling you, there is no choice for either of us, so why don't you just accept and..."

Miriam trembled violently as she relived the scene in her head. The watching policemen knew she was arriving at the apex of her story. "I was frightened and frustrated. I started screaming and suddenly we were struggling. I tried to get away...I remember getting punched

in the face and losing my sight temporarily as my face swelled and my eyes filled with blood. Somehow I found the strength to fight back. I felt a surge of adrenalin and raised my hand to strike. I struck him hard and then I must have fallen down and struck the back of my head, because things went black. When I came around, I was lying there in the mud. My head was pounding and I had blood in my eyes. I felt confused at first. I didn't know what I was doing there, in that field. Why wasn't I at home like always? Gingerly, I got to my feet, and looked around. Then I just screamed and screamed."

"We can guess," Colin said.

Miriam nodded.

"He was lying next to the path in the plowed field," Miriam said, tears streaming unchecked now, "I could see blood on his head. I panicked. I looked around wildly. There was no one. I was alone with a dead body. I took deep breaths, trying to calm myself. I needed to figure out what to do. No one could find out that I had... that I had killed someone." Miriam bit her lip. "Frantically I looked around for something to dig with. Next to the bench I found a large branch, about two feet long. I used it to dig up great clumps of earth to heap on top of the body. He was lying in a kind of furrow, and it didn't take too much effort to sort of line him up with a nearby mound, then cover him with the muddy soil. Once he was covered, I looked at the result. At a casual glance no one could tell he was there. I had no strength to bury him any deeper. That would have to do. I threw the branch as far as I could and just ran and ran and ran, away from that horrible scene, away from that nightmare. I was covered in mud now after battling with the wet earth but I just didn't care."

The three police officers looked at one

another with wide eyes, not knowing whether to appear stern or sympathetic.

Miriam held out her two arms, fists upwards.

"You can cuff me now if you want."

"Huh?" Colin gawped.

"I'm under arrest for murder, aren't I?"

"Um. Not yet. We have to investigate what you have told us first. Where are you based now? At home?"

"Oh no, no way," Miriam said vehemently. "I couldn't possibly go home after that."

"So your family, and his...what happened? And the Movement he talked about, what is that?" Peter asked.

"After having had only the briefest glimpse of what my parents had become due to the Movement, I did not want to go home again. I wanted nothing to do with any of it. I went to live with the family of a girl I know from college. They live in Boreham Wood, a little outside North West London."

"What are these people like?"

"They're all right. A bit aloof, but at least they know how to enjoy life. My parents had almost turned into total ghostlike strangers. The Isaacs are alive. It's not ideal, because it's not my home, but it's enough for now. Penina and I get on all right most of the time. That's the daughter, the one I know from college."

"Hm. Well, we'll go and speak to this family and get them to be responsible for you staying where you are pending the investigation. Can you give us a more detailed description of the young man, too, so we can file a missing persons report? And we need details like distinguishing marks. Did he wear glasses? Did you notice any scars?"

Secretly, Colin was sure the whole story was an attention seeking fabrication. It tied in very well with the girl being anorexic, which, he was

firmly convinced, was also for attention. She was obviously highly strung, the hysterical type, and had probably invented this dramatic tale to being herself into the focus of attention. He certainly didn't intend to arrest her and put her into custody; that would just be pandering to her hysteria.

"I've told you what I remember about him. He was about five foot ten or eleven, I think. My brother is six feet tall and he seemed a bit shorter. He was very thin. I would place him at around a hundred and fifty pounds. Very pale, but that is normal among Orthodox boys. They're indoors a lot, studying, and don't do much sport and outdoor things. But he had a much more unhealthy pallor than normal. He did wear glasses, rimless ones, but I didn't notice any scars."

Wendy was entering all this on the computer as Miriam spoke.

"What was your family's reaction to you leaving home?" Colin wanted to know. "In a family like yours, there can't have been a lot of freedom."

"Oh, a whole lot of fuss at first. But they really had no legal rights over me. I was an adult and could live wherever I wanted. I was terrified of falling under their power again. So I kept away, and they stopped trying to get me to come home."

"And have they changed at all, do you know? Are they still a part of this Movement thing?"

"I think so, yes. I don't know what it is and I don't really want to find out. I suspect it's some kind of cult, even if it is a Hassidic thing. I am terrified of getting trapped by it."

"Have you ever tried to get someone to investigate the Movement?" Peter asked.

"I haven't been very well since that incident,"

To be continued...

You're reading *The Movement*. Get the rest of Ruthie Pearlman's gripping thrillers either in your local Judaica store, or check out her website at www.ruthiepearlman.com to link to Amazon. Also two books are in audio book format at www.mostlymusic.com



Information Page

Currency Exchange



Code	Currency	GBP \ Unit	Units \ GBP
EUR	Euro	£0.89	1.12
ILS	Israeli New Shekel	£0.22	4.45
CHF	Swiss Frank	£0.82	1.21
USD	US Dollar	£0.75	1.33

Based on Wednesday's Rates

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פ' חיי שרה

שבת מנחה	ערב שבת מנחה גדולה
עץ חיים 12.45	12.45 עץ חיים
תורת משה 1.00	
בית ישכר דוב 1.15	
סיני 1.45	
23 Green Walk	
2.21 מנחה קטנה	
בית תפילה 3.27	
סיני 3.30	
אור חדש 3.45	
אלכסנדר 3.51	
תפארת ישראל 3.56	
פערערישן 4.01	
בית ישכר דוב 4.06	
עטרת צבי	
	אברכים, אלכסנדר 3.57
	אמרי שפר, בית אברהם
	בית תפילה
	סיני, עץ חיים
	תורת משה
	בית ישכר דוב 4.00
	בית שמואל, תפארת ישראל 4.10
	עטרת צבי 4.13

פ' תולדות

מנחה בחול	מנחה בחול
בית ישכר דוב 12.20	בית ישכר דוב 12.20
(ז - ב) בית אברהם	(ז - ב) בית אברהם
12.30 עץ חיים	12.30 עץ חיים
בית ישכר דוב 12.40	בית ישכר דוב 12.40
מאדניורא 12.45	מאדניורא 12.45
(ז - ב) בית ישראל	(ז - ב) בית ישראל
בית ישכר דוב 1.00	בית ישכר דוב 1.00
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(ז - ב) בית אברהם	(ז - ב) בית אברהם
קהלת אהל משה 1.05	קהלת אהל משה 1.05
כולל ג"צ 1.15	כולל ג"צ 1.15
23 Green Walk (X)	23 Green Walk (X)
(ז - ב) בית ישכר דוב	(ז - ב) בית ישכר דוב
בית ישכר דוב 1.40	בית ישכר דוב 1.40
מאדניורא 1.45	מאדניורא 1.45
(X) בית ישכר דוב 2.00	(X) בית ישכר דוב 2.00
2.18-2.20 מנחה קטנה	2.18-2.20 מנחה קטנה
בית ישכר דוב 2.30	בית ישכר דוב 2.30
בית ישכר דוב 3.00	בית ישכר דוב 3.00
(X) בית ישראל 3.05	(X) בית ישראל 3.05
בית ישכר דוב 3.20	בית ישכר דוב 3.20
בית ישכר דוב 3.40	בית ישכר דוב 3.40
בית ישכר דוב 4.00	בית ישכר דוב 4.00
4.05-4.10 שקיעה	4.05-4.10 שקיעה
(ז - ב) בית ישכר דוב 4.25	(ז - ב) בית ישכר דוב 4.25
(X) בית ישכר דוב 4.30	(X) בית ישכר דוב 4.30
(X) תפארת ישראל 4.35	(X) תפארת ישראל 4.35

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	Friday	Shabbos	Sunday	Monday	Tuesday	Wednesday
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לילה	4:59	4:58	4:57	4:57	4:56	4:55



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