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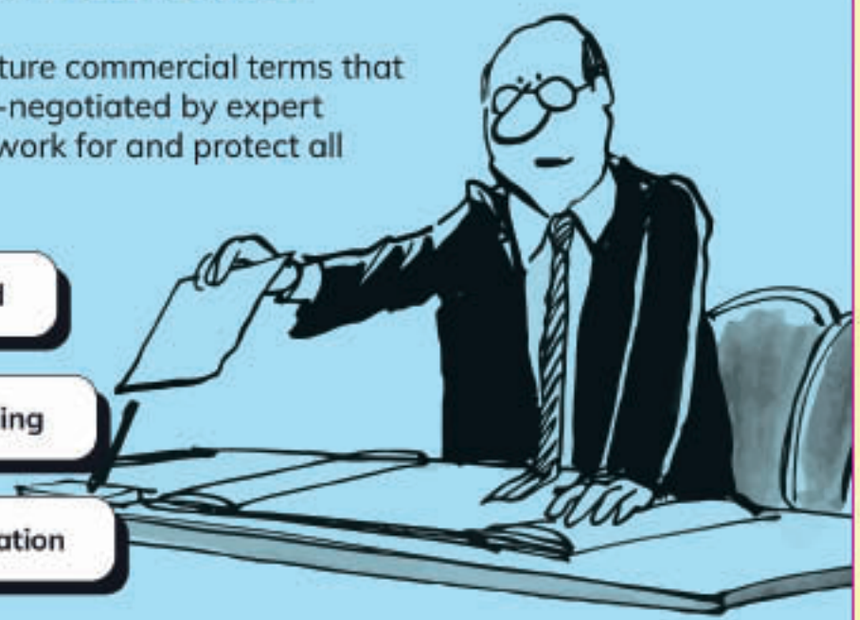

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17.9 9.30PM-11.30PM	18.9 11am-5pm 8PM-10PM	19.9 10.30am-5pm 8PM-10PM	20.9 10.30am-5pm 8PM-10PM	21.9 10.30am-5pm 8PM-10PM	22.9 10.30am-5pm 8PM-10PM	23.9 10.30am-1.30pm
24.9 9.30PM-11.30PM	25.9 Erev Rosh Hashana 10.30am-1.30pm	26.9 Rosh Hashana CLOSED	27.9 Rosh Hashana CLOSED	28.9 10.30am-5pm 8PM-10PM	29.9 10.30am-5pm 8PM-10PM	30.9 10.30am-1.30pm
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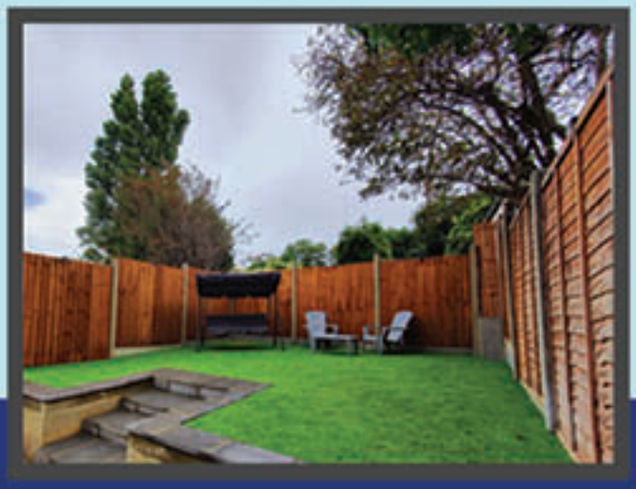

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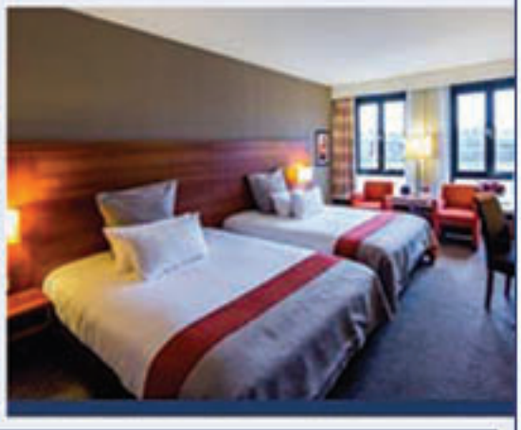

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Let Project Lily Help You...

... Weather the Storm of Mental Health Challenges

COURSE DATES

September
14th (3 hrs)
21st (90 mins)

October
19th (90 mins)

November
2nd (3 hrs)
16th (90 mins)
30th (3 hrs)

December
14th (3 hrs)

Book now at projectlily.org.uk

We know there are stormy times ahead.

Covid, conflict in Ukraine and beyond, economic pressures, employment insecurity...we're facing unprecedented levels of uncertainty and anxiety – key drivers of mental ill health. **Project Lily's FREE online training** equips you with vital skills to respond to mental health issues before they escalate. Our CPD accredited courses are delivered via Zoom by our Clinical Director, Jonathan Dove (B.Sc. M.A. MBACP Reg; Member EMDR UK).

Topics: Mental health basics • Stress • Anxiety • Depression • PTSD • Self-care

Our approach:

We Train...
People learn to identify and rapidly respond to common mental health issues.

We Support...
Our trainees, guided by our clinical team, support others (and themselves) with practical help before issues escalate.

We Treat...
More severe cases are rapidly assessed and referred for appropriate therapy.

Project Lily, 52 Portland Place, London W1B 1NH • 020 3627 2422 • training@projectlily.org.uk

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12th - 13th November 2022

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Motzei Shabbos
21st - 22nd January 2023

ENGLAND

SHABBOS RETREAT
10th - 12th March 2023

THURSDAY NIGHTS

at 8:45pm
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MORE DETAILS TO FOLLOW

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and to receive chazon updates
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Rabbi Zacharia Adler
EXECUTIVE DIRECTOR

Dear Rav, Gabbai or Shiur Coordinator,

As shuls seek to maximize their learning opportunities for mispalelim, a primary challenge is finding a *limud* that can provide for the broad and diverse needs of today's typical kehilla.

It is with this in mind that I introduce you to *Daf Hashovua* – a program that, over the past 17 years, has brought the satisfaction of meaningful learning to tens of thousands of *lomdim* from across the spectrum and around the world.

This program is geared to the typical Yeshiva alumnus, who relishes the fulfillment that comes from delving into the *sugya* and coming away from his learning with a sense of clarity and thoroughness. At the same time, the steady, yet manageable pace of the program obligates participants to maintain their commitment and make steady *limud haTorah* an integral part of their day.

Most importantly, the broad range of resources provided through *Daf Hashovua* make this an ideal *limud* for *lomdim* of every level, bring a sense of *achdus* to the *kehilla* while providing for the unique needs and learning level of each individual *lomeid*. Many participants spend an hour or two every day delving into the daf and capturing its beauty. Others steal minutes from their busy schedules to discuss the *sugya* with friends. There are incentives provided for extra chazara and weekly/monthly *bechinos*.

The upcoming siyum of *Masechta Yevamos* and the start of Masechta Kesubos on the first day of *selichos* make this an ideal time to consider launching this program at your shul.

Reflecting on Daf Hashovua's 17-year journey through Brachos, all of Seder Moed and now Masechta Yevamos, the feedback from participants is generally one of two variations: 1) "I have not felt this much enjoyment in learning since my yeshiva days" and 2) "Thank you! Daf Hashovua has transformed my life and the life of my entire family!"

Daf Hashovua's resources include shiurim from *Gemara/Rashi* to *chaburos b'iyun*. *Marei m'komos* and *sugya reviews* with *rishonim* and *acharonim*, tidbits and even an *alība d'hilchasa* synopsis. These resources are available via our website, mobile app, podcasts and phone hotline.

I would welcome the opportunity to explore the viability of setting up a chaburah at your shul and would be glad to assist with resources or whatever it takes to get you started.

Please don't hesitate to reach out to me via phone, text or email. I look forward to working with you.

YASHER KOACH AND TIZKU L'MITZVOS,

Rabbi Zacharia Adler
DIRECTOR
P.S. For your convenience, my personal cell phone number is 914-329-0857

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SUNDAY, SEP. 18
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BIKE RIDE

SHABBAT WALK 2022

On Sunday 28th August, 70 riders set off on Shabbat Walk's annual bike ride, cycling from Golders Green to Uxbridge and back over two days.

With refreshment pit stops along the way the boys enjoyed a beautiful but challenging ride through the Chiltern Hills, staying overnight at Denham Grove Hotel. They enjoyed a fantastic meaty buffet supper and time to swim in the hotel swimming pool. Feeling energised and ready for a day's ride, the boys were up early Monday morning to daven and have breakfast before setting off.

Over the two days the young riders cycled between 145 km and 190 km. They were welcomed at the finish line by friends and family where they enjoyed music and a barbecue.

A HUGE WELL DONE TO EACH AND EVERY RIDER - YOU DID INCREDIBLY WELL!

Thank you to all our adult riders, marshals, support volunteers and Hatzola NW for joining us and ensuring that the event was a huge success.

שבתWalk

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to a wonderful Year!

Missed the deadline?
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All Rosh Hashana orders must be in by Sun 18/09 latest!

Wishing everyone a Happy & Sweet New Year!

Yom Yov Opening Times

September - October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbos
18 9am - 2pm DEADLINE ORDERS!	19 9am - 2pm	20 8am - 5pm	21 8am - 6pm	22 8am - 6pm	23 8am - 2pm	24 CLOSED
25 Erev Rosh Hashana 8am - 2pm	26 CLOSED 1st Day Rosh Hashana	27 CLOSED 2nd Day Rosh Hashana	28 Tzom Gedaliah 8am - 6pm	29 8am - 6pm	30 8am - 2pm	1 CLOSED
2 9am - 2pm	3 9am - 2pm	4 Erev Yom Kippur 8am - 2pm	5 CLOSED Yom Kippur	6 8am - 6pm	7 8am - 2pm	8 CLOSED
9 Erev Sukkot 8am - 2pm	10 CLOSED 1st Day Sukkot	11 CLOSED 2nd Day Sukkot	12 Chol Hamoed 8am - 6pm	13 Chol Hamoed 8am - 6pm	14 Chol Hamoed 8am - 2pm	15 CLOSED
16 Hoshana Rabbah 8am - 2pm	17 CLOSED Shemini Atzeres	18 CLOSED Simchas Torah	19 open as usual			

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Advanced Safeguarding Training Tue 13 Sep '22 11:00am - 2:00pm Wed 14 Sep '22 10:30am - 12:30pm	**Advanced Safeguarding Training** Mon 19 Sep '22 11:00am - 2:00pm Tue 20 Sep '22 11:00am - 1:00pm
Location: Interlink Offices 4th floor 97 Stamford Hill London N16 5DN	Location: Chinuch UK office Suite 1, First Floor, Parkgates Bury New Road Prestwich M25 0JW
Booking Deadline: **9 Sep '22**	Booking Deadline: **15 Sep '22**

To book your place or for more info:

www.interlink-foundation.org.uk/upcoming-trainings

or call 020 8802 2469

These trainings are for women only.

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ROSH HASHANA 2022

FRESH FISH

- Carp
- Cod Fillet
- Dover Sole
- Haddock Fillet
- Hake Steak
- Halibut Fillet
- Halibut Steak
- Head of Fish
- Kippers
- Lemon Sole
- Mackerel
- Plaice Fillet
- RainBow Trout
- Salmon Fillet
- Sea Bass
- Sea Bream
- Smoked Haddock
- Tuna
- Whole Salmon
- Minced Fish
- Minced Haddock
- Minced Salmon

DELI

- Boiled Gefilte Fish Balls
- Chopped Herring
- Fried Fish Balls
- Fried Haddock
- Fried Plaice
- Haddock Goujons
- Haddock Goujons (skinless)
- Poached Salmon
- Side of Poached Salmon
- Salmon Cutlets
- Smoked Salmon 1/4 lb
- Smoked Salmon 1/2 lb
- Stuffed Cooked Head
- Stuffed Carp
- Tuna Bites
- Beetroot Salad
- Coleslaw Salad
- Cucumber Salad
- Carrot Salad
- Egg & Onion Salad
- Mushroom Salad
- Potato Salad
- Tuna Salad

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Pot Roast			
Cubed Chuck Steak		Roaster top Schnitzel 1/8's	
Prime Beef Goulash			
Chulent Meat		Chicken leg ¼'s	
Shin Goulash			
Sliced Shin		Chicken Thighs Deboned	
Fairy Steak			
Frying Steak		Chicken Legs Deboned	
T-Bone Steak			
Ball of Rib Steak/ Joint		Chicken Drumsticks	
Top Rib			
Raw Brisket Roll/ Flat		Chicken Thighs	
Beef Spare Rib			
Koshered Ox Liver		Chicken Bones	
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Marrow bones – per pk		Chicken Necks	
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BOILER			
Boiler cut in 1/2		Chicken schnitzel in Cubes	
TURKEY		**CHOPPED LIVER**	
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Turkey Wing		Beef chopped liver	
Turkey Neck			
Turkey Breast Roll		**LAMB**	
Turkey Leg Roll		Lamb Chops	
Turkey Goulash Dark		Lamb Cutlets	
Turkey Schnitzel		Lamb Neck Sliced	
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Turkey Carcass – per pk		Lamb Roll	
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Sunday 18th September כב אלול

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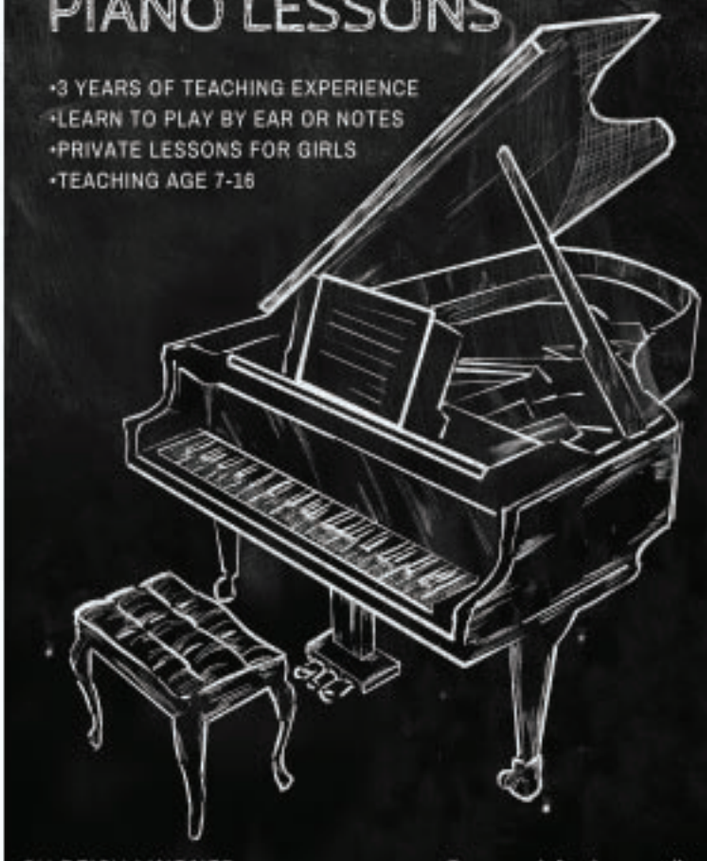

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The role is pivotal to the smooth running of day-to-day activities during the school day. Being the first point of contact for parents and visitors, it is essential that the right candidate is pleasant, efficient and responsible. The hours of employment are from Monday to Friday from 8:30 am to 5:15 pm. There is a possibility of job share.

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בית אברהם 6.30
תפארת ישראל 6.40
בריסקא 6.50
מנחה אחר מנחה
אגודי עסר, בית ישראל 7.00
חינוכית נמוה
תורת משה
בית שמואל 7.05
תורת חיים 7.10
בית 7.15
מסיבי תורה
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23 Green Walk
אור חיים, בית מרדכי 7.15
בית תפלה, בית חיים
בית יעקב רוט 7.30
דאנסטן רד 7.35
בית שמואל 7.20

שבת מנחה
בית יעקב רוט 5.45
23 Green Walk 2.00
בית מרדכי, בית חיים 4.30
מנחה קטנה 4.45
בית 5.00
בית יעקב רוט 5.15
בית שמואל 5.45
בית אברהם, בית תפלה 6.00
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בית יעקב רוט 2.30
בית יעקב רוט 3.00
בית יעקב רוט 3.30
בית יעקב רוט 4.00
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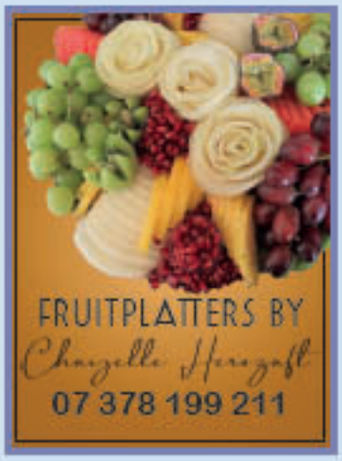
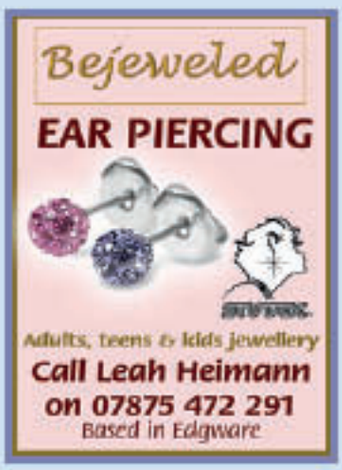
23 Green Walk
מרכז 7.40 שחרית
בית יעקב רוט 7.50
בית יעקב רוט 8.00
בית שמואל 8.50 9.15

מקריב בחול
בית יעקב רוט 7.30
בית חיים
בית יעקב רוט 8.00
בית יעקב רוט 8.30
בית יעקב רוט 9.00
בית יעקב רוט 9.30
בית יעקב רוט 10.00
בית יעקב רוט 10.30
בית יעקב רוט 11.00
בית יעקב רוט 11.30
בית יעקב רוט 12.00
בית יעקב רוט 12.30
בית יעקב רוט 1.00
בית יעקב רוט 1.30
בית יעקב רוט 2.00
בית יעקב רוט 2.30
בית יעקב רוט 3.00
בית יעקב רוט 3.30
בית יעקב רוט 4.00
בית יעקב רוט 4.30
בית יעקב רוט 5.00
בית יעקב רוט 5.30
בית יעקב רוט 6.00
בית יעקב רוט 6.30
בית יעקב רוט 7.00
בית יעקב רוט 7.30

Business Directory

LOCALNEWS





Classified

Misc.

Ovulation & Pregnancy test strips gemach 50p a piece. **Please call or text: 07950 406 522**

Have you or someone you know moved to Golders Green or Hendon? Please text us your / their details, name - address - phone number & we will give you / them a FREE welcome pack. **Please call: Ricky: 07973 360 274 Chani: 07779 061 385 Edgware text Tanya: 07506 274 540**

The Clothing Drive.. Collecting mens, ladies & children's clothing, shoes & linen in any condition. Shoes (only full pairs), pack separately. Towels, tablecloths, & linen, pack separately. £2 collection (more then 10 bags may be more). **Call/text 07411 229 354 or 07411 227 673**

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To Let

MANCHESTER, PRESTWICH: LUXURIOUS GUEST HOUSE; Sleeps up to 10 plus cot. Downstairs Bedroom, Shower, Toilet. Close to Shuls & Shops. Linen & Towels, Hot Plate.. Perfect for Visitors, Mechutonim, Chosson & Kalloh, or a Holiday.
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Give Away

brand new Howden kitchen pullout cabinet ,white gloss approx. Height 1.95m,width 0.58m and depth 0.30m. Please call Roseline Perlmann on 07975 957 122

Useful numbers

Organisations
Contact Info

HATZOLA	0300 999 4 999
HATZOLA EDGWARE	0303 888 9999
SHOMRIM 24 HOURS	0300 999 1234
CHAVEIRIM	0300 0700 999
EMERGENCY	999
BONEI OLAM	020 8455 4321
CAMP SIMCHA	020 8202 9297
CHANA	020 8201 5774
CHAI CANCER CARE	020 8202 2211
CHEVRA KADISHA NW	0300 111 1122
CST	0800 032 3263
EZRA UMARPEH	020 8211 1010
BEREAVEMENT SERVICE (JBCS)	020 8951 3881
GIFT	020 8457 4429
KOL HALASHON	020 8191 7000
KASPA SECURITY	07880 435 747
LECHEIRIS	0300 303 4747
LEV ECHOD CANCER CARE	07870 351 436
MARS REFUAH	020 3322 8586
MESILA	0333 344 1711
MISASKIM GG	0300 111 0333
MISASKIM EDGWARE	07989 999 645
MINYAN LINE NW	020 3670 6130
NSHEI CHAYIL	07574 018 331
PAPERWEIGHT	0330 174 4300
RELIEF	03333 445 595
SHEMA KOLI	020 3670 1818
SHIDDUCH PROJECT	020 3240 0117
SHMEICHEL	020 8800 0008
TAG GG	020 7112 4848
TAG EDGWARE	020 8952 5666
TAHAREINU	020 3769 2941

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with the inspirational

Rebbetsen Blimi Jungreis

New thoughts for a new year

followed by beautiful yom tov melodies performed by the highly acclaimed violinist Miriam Kramer

Date: **Tuesday 13th September**

Venue: Miriam Rachel Wohl Hall, The Riding, NW11

Time: **2.30pm**

Entrance by donation Refreshments will be served

Please note that the hall will be well ventilated at all times

Looking forward to welcome all our existing and new members!

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SUNDAY 11TH SEPTEMBER EDGWARE	TUESDAY 13TH SEPTEMBER GOLDERS GREEN	MOTZEI SHABBAS 1ST OCTOBER GOLDERS GREEN
8PM-10PM	8:30PM-10:30PM	9:30PM-11:30PM

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2022

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Orah

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SUNDAY 11 SEPTEMBER 8:30 PM

1. TESHUVA:
TRULY TRANSFORMATIVE
Rabbi Daniel Rowe

WEDNESDAY 14 SEPTEMBER 8:30 PM

2. SELICHOS -
DID YOU KNOW?
Rabbi Jeremy Golker

SUNDAY 18 SEPTEMBER 8:30 PM

3. BACK ON TRACK
WITHOUT ANY DISTRACTIONS
Osher Chaim Levene

WEDNESDAY 21 SEPTEMBER 8:30 PM

4. EREV ROSH HASHANA -
THE KEY TO SUCCESS
Rabbi Jeremy Golker

WEDNESDAY 28 SEPTEMBER 8:30 PM

5. SINS WHERE TESHUVA
DOESN'T WORK
Rabbi Jeremy Golker

VENUE: Bridge Lane Beis Hamedrash, 44 Bridge Lane NW11 0EG

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