

# DEAR MEMBER,

We are pleased to present you with a programme guide for the autumn season, demonstrating the variety of educational classes and social events on offer at our Shul.

The coming pages, categorised by coloured title, are designed to highlight and simplify each segment of the community and the provision for you and your family.

If there is a specific class or event that you would like to see on offer, please do not hesitate to contact one of us, we will do our best to include it in the near future.

As we continue to serve our membership, and ensure our community's position at the forefront of Jewish growth and expansion quantitatively and qualitatively, we look forward to welcoming you at the class or event of your choice.

May you and your loved ones be signed and sealed in the book of good life. LeShana Tova Umetukah.

Dayan Ivan & Rebbetzen Rachie Binstock Rabbi Mendel & Rebbetzen Chai Cohen Rabbi Yoni & Rebbetzen Dina Golker



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#### **SERVICES**



# **DAILY MINYAN**

#### **SHACHARIT**

Sunday 8.30am Monday & Thursday 7.15am Tuesday, Wednesday & Friday 7.25am Rosh Chodesh/Special Days: 7am (Sundays 8am)

#### **MINCHA**

Winter 1.30pm Summer 7.30pm

#### **MAARIV**

7.30pm year round

# **SHABBAT**

#### KABBALAT SHABBAT

Winter: at commencement of Shabbat | Summer: 7pm/7.15pm Ruach: A monthly Kabbalat Shabbat hosted at member's homes

#### SHABBAT MORNING

Services: 9.15am | Saatchi: 9.30am Children's Services: 10.45am

#### SHABBAT MINCHA

Approximately 1  $\frac{1}{2}$  hours before end of Shabbat

# MAYFAIR MINYAN

A monthly morning Minyan, healthy breakfast and Torah at an office in Mayfair.

#### CELEBRATING OR COMMEMORATING

Sponsor a Kiddush in honour of a family occasion or in memory of a loved one.



**CHORAL SELICHOT & TISH** 

#### Shabbat 21st September | 9.30pm

This year we will be hosting a Pre-Selichot Tish with a musical introduction and words of inspiration by Rabbi Cohen and Chazan Avraham Kirshenbaum and the Neimah Singers. Refreshments will be served. Choral Selichot service begins 10,30pm.



# **TASHLICH AT LITTLE VENICE**

#### Monday 30th September | 5.30pm

Join us at Little Venice for a community Tashlich.



## SUCCOT COMMUNITY DINNER

#### Sunday 13th October | 7pm

Join us under the stars for a 1st night Succot Communal Dinner in the Shack Family Succah.



# FIREWORKS & HAVDALLAH

#### Saturday 2nd November | 5.45pm

Communal Musical Havdallah & fireworks display. Sparklers, music, marshmallows, refreshments.



### **AJEX SHABBAT**

#### Saturday 16th November

Civic service to honour Jews who have served in HM Forces.

### **MERGED FAMILY SERIES**

#### Mondays 28th October, 4th & 11th November | 8pm

Bespoke programme specially designed for merged families and single parents within our community. Including philosophical discussions and practical exercises about the potential impacts on wellbeing, this family dynamic may create. Topics include; the role of step parenting, boundaries, independence and many more, while giving you the opportunity to meet many like-minded people in similar situations within our community.

## **JUDAISM ALIVE**

#### Wednesdays 13th, 20th & 27th November | 8pm

Please join us for our Autumn Term Education Programme. We look forward to hearing from many eminent speakers, on varied topics, including Mental Health and Jewish History.

# THE ART OF PARENTING

#### 21st, 28th Nov, 5th December

Join us for three sessions where we scale the challenges that face us and explore timeless insights from Jewish wisdom to instill values, foster independence, and ensure the long-term success and emotional well-being of our children. Topics: Grant Freedom, Responsibly Cultivate Healthy Self-esteem and Impart a Toolkit for Life.

### **KADDISH CLUB**

#### Tuesday 3rd September | 8.15pm

A Kaddish Club is to draw together those in their year of *avelut* (mourning). It is designed to help us use the mourning period constructively, and to function as a sort of informal support group with a deeper dimension. It is an opportunity for those who have been bereaved to come together, learn something from our sources, learn from each other, discuss something serious and generally feel heartened (a *chizuk*) by our shared profound experiences.

# PRE-ROSH HASHANA CLASS — BACK TO BASICS

#### Monday 23rd September | 8pm

Need a High Holy Day refresher? Familiarise yourself with the Machzor, the important prayers and customs for the Ten days from Rosh Hashanah until Yom Kippur.

## **JOURNEY OF SOUL**

#### Mondays 4th, 11th, 18th, 25th Nov, 2nd, 9th Dec | 8-9.30pm

What is a soul? Where does it go after it departs this world? Do Jews believe in heaven and hell? Can souls communicate with us from the afterlife? How does reincarnation work? Join us for a six week course Journey of the Soul where we will explore the mysteries surrounding the spiritual dimension of our existence.

# **LUNACHAPS**

### Wednesday 18th September | 8.30pm

Join us for a men's get together; whisky tasting and schmooze: The Jewish approach to building emotional intelligence.

# **WEEKLY SHIURIM**

#### Mondays: Rabbi Mendel Cohen

Topical Class | 8pm at Private Homes

#### Tuesdays: Rabbi Fine Shiur

10.30am at Synagogue

#### Wednesdays: Ladies Shiur with

Julie Apfel

10.30am at Synagogue

# Friday/Shabbat: Talmud Shiur with Shemaya Grunfeld

Winter: Friday evening Summer: Shabbat evening

#### Shabbat: Chumash Shiur

15 minutes before Shabbat morning

service

# **GUEST SPEAKERS**



LORD SACKS Shabbat 7th September



SABRINA COHEN-HATTON
Shabbat 30th November

"From Selling Big Issue to Fire Brigade Chief"



#### **WOMENS PROGRAMME**

# PRE-ROSH HASHANA EVENT WITH THE CHALLAH MUMMY

#### Wednesday 18th September | 8.15pm

Join us for a special evening with Allegra Benitah, daughter of radio and television personality, Vanessa Feltz, better known as the amazing and talented "Challah Mummy". Come and learn how to design unique shaped and flavoured Challot and hear some meaningful ideas about it's deeper significance, moderated by Rebbetzen Dina Golker.

### **NESHAMA**

#### Sunday 22nd September | 6pm

An evening of learning and inspiration for women in the lead up to Yamim Noraim. Joint with Office of Chief Rabbi at South Hampstead Synagogue.

# PRE-YOM KIPPUR CLASS WITH REBBETZEN RACHIE BINSTOCK

Sunday 6th October | 8pm

# **WOMEN'S SIMCHAT TORAH DANCING**

Monday 21st October | evening

# FAITH, FAMILY AND G-D, SIMCHAT TORAH PANEL DISCUSSION LED BY REBBETZEN CHAI COHEN

#### Tuesday 22nd October | 10am

L'dor V'dor - Join us for an interactive study and discussion on continuity, the responsibility of passing on traditions from generation to generation. Hear the unique perspectives of multi-generational family members and how the wisdom of the Torah continues to guide their families in the 21st century.

## **BABES IN THE WOOD**

#### Every Friday morning | 10.30am

Babes in the Wood is a special opportunity for your child to enjoy music, dance and a Shabbat experience; it's also a chance for parents to make new friends in a warm, friendly and relaxed atmosphere. Amazing professional entertainment and Shabbat songs for mums and babies.

## DADDY & ME

#### Sunday 15th September | 9-10am

Bond with your little one (under 3's) and other dads with musical-circle time, breakfast and tefillin and Ella's Kitchen.

# **FAMILY DINNER & HAKAFOT**

#### Monday 21st October | 5.30pm

Light dinner, flags and children-friendly Hakafot, followed by party.

### **TOT SHABBAT**

### Friday 29th November

Welcome Shabbat with other young families. Circle time, Kiddush and songs.

# **TODDLER SERVICES TRAINING**

#### Wednesday 11th September | 8.15pm

An informal get together with Rebbetzen Dina to train and learn how to lead the weekly Shabbat Toddler services.

# ST. JOHN'S WOOD SYNAGOGUE KINDERGARTEN

St John's Wood Synagogue Kindergarten creates a stimulating and enriching educational environment for each and every child. It is devoted to helping children learn social skills, build their self-confidence and teach them the preliminary skills to explore and experience the world independently. Ages 18 months - 5 years old. Monday-Thursday 8am-3pm, Friday 8am-noon.



#### **MOVIE NIGHT**

Join your friends and youth directors for a fun movie and dinner on periodic Motzei Shabbat. Movie nights running for school years 3-6 (ages 8-11).

# YOUTH PRE-SUCCOT PARTY

Saturday 12th October | 8pm

Hosted by Junior Chatanim and N'shei Chayil. High School (ages 11-18).

## PRIMARY SCHOOL SUCCOT PARTY

Tuesday 15th October | 4.30pm

Come and join us for fun and games in the Succah.

### PRIMARY SCHOOL SIMCHAT TORAH BAZAAR

Monday 21st October | 6pm

School years reception to year 6 (ages 4-11).

#### **YOUTH SIMCHAT TORAH DINNFR**

Monday 21st October | 8pm

School years 7-13 (ages 12-18).

## PRIMARY SCHOOL EVENT

Sunday 10th November

Years 4-6 (ages 9-11).

# **WEEKLY SERVICES**

#### SHABBAT MORNINGS 10.45AM

#### **TODDLERS SERVICE**

Perfect for Pre-reception toddlers, this is a Shabbat morning service run by parents that's packed with songs and other toddler-friendly activities.

### YOUNGER CHILDREN'S SERVICE

Primary school, reception to year 2 (age 4-7), fun and games with your friends and weekly Parasha stories.

# **CHILDREN'S SERVICE**

Primary school years 3 to 6 (ages 8-11), the children's service is a fun and informative service balancing Tefila and games.

### **BREAKFAST CLUB**

Shabbat morning breakfast club, for all youth in secondary school (ages 11-18).



# ST JOHN'S WOOD CHEDER & MIMI DWEK HEBREW SCHOOL

SJW Cheder meets on Sunday mornings and MDHS on Tuesdays after school. Both meet onsite at St John's Wood Shul and offer creative Jewish educational experience for children from nursery to year 8. We also offer a 2 year GCSE Religious Studies class.

Through well prepared interactive lessons, utilising technology, drama and song, and with unique Hebrew reading methodologies, we

provide outstanding Judaic and Hebrew language studies with a dynamic, dedicated staff. We firmly believe that your child's experience of Jewish learning should be fun, upbeat, inspiring and interactive.

#### **ONLY GIRLS ALLOWED**

Girls in years 9 to 13 (ages 15-18). Periodically on Shabbat mornings. Themed topical discussions with Avigail and yummy pastries with your friends.

## **CAMPUS HACKS**

Special programme for year 13 students. Exploring different aspects of campus life, including anti-Semitism on campus and Israel advocacy. In addition to meeting representatives of Jewish Student Organisations to help support them on their journey. Joint programme with South Hampstead Synagogue.

### **LEARN2LEAD**

Fun and practical social action programme for youth in years 9 and 10, learning about and actively volunteering for a host of Jewish charities and local community causes. Accepted by Duke of Edinburgh Awards volunteering requirement.

# **BAR/BAT MITZVAH CLUB**

A fun and educational programme, the Bnei Mitzvot programme aims to prepare boys and girls for all areas of Jewish adulthood. Covering themes of Shabbat & Holidays to Holocaust & Heritage. This two-term programme will feature outings themed around social action, as well as more formal and fun learning sessions on site in St. John's Wood Synagogue. Boys in year 7 and girls in year 6.

# PROFESSIONAL PLUS NETWORK FRIDAY NIGHT DINNER TOGETHER WITH WESTERN MARBLE ARCH

## Friday 20th September | 6pm

Join us for a 35+ singles Friday night where you can meet and network with like-minded people from all over the World in the heart of London's West End.

# SIMCHAT TORAH PARTY

Monday 21st October | 8pm

# MINIMOONS PRE ROSH HASHANAH BARBECUE

Sunday 22nd September | 8pm at home of Golkers

#### SUCCAH UNDER THE STARS

Sunday 13th October at home of Cohens



#### LADIES GUILD



#### **BRIDGE**

Every Monday 12.45pm-4pm

## **DRAWING & PAINTING CLASSES**

Tuesdays 3rd, 10th 17th, 24th September Thursdays 3rd, 17th October, Tuesdays 5th, 19th, 26th November 10.15am-12.30pm

### **LUNCH CLUB**

10th, 24th September, 3rd December

#### **VISIT TO KEW GARDENS**

Thursday 12th September | 11.30am

# VISIT TO ROYAL INSTITUTE OF ARCHITECTS

Wednesday 25th September

## **DECORATION OF SUCCAH**

Thursday 11th October

### SUCCOT LUNCH CLUB

Thursday 17th October

# CARD LUNCH FUNDRAISER FOR CHAI CANCER CARE & ST JOHN'S HOSPICE

Tuesday 29th October 10.30am-3.15pm

# VISIT TO GAUGHIN PORTRAITS, NATIONAL GALLERY

Thursday 31st October

# ART IN EXILE, IMPERIAL WAR MUSEUM

Wednesday 6th November

#### **EMERGENCY FIRST AID**

Sunday 24th November

# GEORGE IV: ART AND SPECTACLE, The Queen's Gallery

Wednesday 27th November

# SAVE THE DATE



# YOUNG JEWISH NETWORK FRIDAY NIGHT DINNER

Friday 13th December Guest Speaker: Rami Sherman, Entebbe Survivor



GUEST SPEAKER:
RAMI SHERMAN, ENTEBBE SURVIVOR
Shabbat 14th December



COMMUNAL CHANUKAH PARTY Sunday 2nd December



COMMUNITY TRIP TO MOROCCO 2-5 March 2020

