

# NHS Weekly Newsletter

**SHABBOS 30 MAY 2026 - ISSUE NO. 1220**

י"ד סיון – שבת פרשת נשא

**Mazal Tavs**

**Mazal Tov** to Raphael and Moria Cittance and to Ari who is celebrating his Bar Mitzvah this Shabbos. Mazal Tov to his brothers and sister, grandparents, uncles and aunts and all the family.

**Mazal Tov** to David and Amanda Freedman on the Barmitzvah this Shabbos of their grandson Gavriel Cooper at Toras Chaim.

**Mazal Tov** to David & Linda Goldberg on the birth of a grandson, a son to Moshe and Avigayil Feld. Mazal Tov to grandmother Mrs Lillian Shapiro Sholom Zochur at 1 Queens Gardens from 9.30pm

**Mazal Tov** and **Hatzlacha** to Mrs Angela Cooper who is making Aliya next week.

**Krias Hatorah – This week's Leining נשא**

קריאת התורה Hashkomoh Rowland Aarons  
 Second Service Ari Cittance + teacher  
 הפטרה שופטים (Judges) 13:2 - 25

**This Shabbos in North Hendon**

Michael Le Brett's post Hashkomoh Shiur will be given by Gershon Hepner and will be on the topic of "Birchas Kohanim"

Family Cittance invite the Kehilla in the School Hall after the Second Service to join in celebrating Ari's Bar Mitzvah.

Dayan Cohn's Shiur between Mincha and Maariv will be on the topic of: Tzitzis which are past their sell by date

**Children's Service & Children's Kiddush**

cS & cK take place at 10.45am in the Beis Hamedrash and Shiur Room. Leora Meyer & Dina Saurymper are running cS and cK

**Sunday Morning Shiurim**

Gershon Hepner will resume his Tehillim Shiur after Shacharis on Sunday, We are currently learning Kapittal כ"ג Possuk ב'

**Support from the Wider Local Community**

Following the recent stabbings and other events in North West London, we have been touched by support from the wider local community. We received an extremely tasteful message from the Bridge Lane Fellowship, a religious establishment in Bridge Lane. A letter of thanks has been sent: *Dear Pastors Pearce and Park, On behalf of the Rabbi and Board of Management I am writing to express our deep appreciation for your letter dated 1<sup>st</sup> May ('Open letter to the Jewish Community in North London'). At a time of great uncertainty for the Jewish community in Britain, it gives us much comfort and encouragement to know that other faith communities in our neighbourhood are similarly appalled by developments and that we have your support. Once again, sincerest appreciation for your kind letter. Yours sincerely Bernhard Bergman Hon. Treasurer*

**North Hendon Shul Annual General Meeting – 5 July**

A note for your diary and keep the date free. The AGM of the Shul will take place on Sunday 5 July at 8.00pm after Mincha & Maariv.

**R' Sholom Segal's Shiurim (as arranged with participants)**

The schedule of Shiurim given by R' Sholom Segal is as follows:  
 Shabbos – One hour before Mincha on Shabbos - Eruvin  
 Sunday Morning 7.00-7.45 am on Zoom Halochoh [M Berurah]  
 Sunday to Thursday 6.30pm to 7.30pm Eruvin

**Beigel Breakfast Shiurim by R' Eli Pick – Current Schedule**

Date	Month	Subject
21 June	Tammuz	OCD
19 July	Av	Time Zones

**Women's Tehillim Group**

TEHILLIM: The Marie Riffkin Women Tehillim Group meets on Sunday mornings at 10.00am on Zoom to say Tehillim for Eretz Yisroel and sick members of the community. For further details: *Nechama Schmulian*

**Tzedokoh Fund – Here to Help**

If you are in need of funds, an interest free loan or advice, please contact David Freedman [07947 809415], Mark Neuberger [07956 800 321] or Michael Bass [07734 446 454] for a confidential chat.

**TIMES FOR THE COMING WEEK**

FRIDAY 29 MAY TO FRIDAY 6 JUNE 2026

**FRIDAY 29 MAY**

**סיון 13**

- o Earliest Shabbos Candle Lighting 7.24 pm
- o מנחה (Mincha) and קבלת שבת (Start of Shabbos) 7.15 pm
- o Latest Candle Lighting & Start of Shabbos 7.40 pm

Please member that Mincha in Shul will commence before the earliest time for lighting Shabbos candles. Shabbos candles which have been lit before the correct time should be blown out and relit with a new Brocho

- o Krias Shema from 10.01 pm

**שבת 30 MAY – Pirkei Avos 'א**

**סיון 14**

- o Latest for קריאת שמע (Krias Shema) לכתחילה 8.18 am
- o Latest for קריאת שמע (Krias Shema) 8.54 am
- o Before Brochos Commences Shiur – Dayan Cohn 9.00 am
- o שחרית (Shacharis) – Hashkomoh 7.25 am
- o שחרית (Shacharis) – Main Service 9.15 am
- o מנחה (Mincha) Early 5.45 pm
- o מנחה (Mincha) 8.45 pm
- o Shiur by Dayan Cohn 9.15 pm
- o Shabbos ends & מעריב (Maariv) 10.17 pm

**SUNDAY 1 JUNE**

**סיון 15**

- o שחרית (Shacharis) 8.00 am
- o Sunday Morning Shiur – Gershon Hepner - Tehillim 9.00 am
- o מעריב & מנחה (Mincha & Maariv) 7.30 pm

**MONDAY 2 JUNE**

**סיון 16**

- o שחרית (Shacharis) – 1 6.30 am
- o שחרית (Shacharis) – 2 6.50 am
- o מעריב & מנחה (Mincha & Maariv) 7.30 pm
- o Nechemia Broch Monday Night Shiur – Rav Cohn 8.00 pm

**TUESDAY 3 JUNE**

**סיון 17**

- o שחרית (Shacharis) – 1 6.30 am
- o שחרית (Shacharis) – 2 7.00 am
- o מעריב & מנחה (Mincha & Maariv) 7.30 pm

**WEDNESDAY 4 JUNE**

**סיון 18**

- o שחרית (Shacharis) – 1 6.30 am
- o שחרית (Shacharis) – 2 7.00 am
- o Dayan Cohn's Mishlei Shiur at 33 Boyne Avenue 10.15 pm
- o מעריב & מנחה (Mincha & Maariv) 7.30 pm

**THURSDAY 5 JUNE**

**סיון 19**

- o שחרית (Shacharis) - 1 6.30 am
- o שחרית (Shacharis) – 2 6.50 am
- o מעריב & מנחה (Mincha & Maariv) 7.30 pm

**FRIDAY 6 JUNE**

**סיון 20**

- o שחרית (Shacharis) – 1 6.30 am
- o שחרית (Shacharis) – 2 7.00 am
- o Earliest Shabbos Candle Lighting 7.30 pm
- o קבלת שבת & מנחה (Mincha) 7.20 pm
- o Latest Candle Lighting & Start of Shabbos 7.45 pm
- o Krias Shema from 10.11 pm

**YAHRZEITS**

We wish the following members Chayim Aruchim

שבת	סיון 14	30 May	Mrs Susan Storfer	Father
Wed	סיון 18	3 June	Mr David Kahn	Mother
Thur	סיון 19	4 June	Mrs Angela Cooper	Mother

Publication of North Hendon Shul ([www.northhendon.co.uk](http://www.northhendon.co.uk))

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