



## SPRING CLEANING FOR THE SOUL

Rabbi Gabriel Botnick

While many Jews will spend the day after Purim resting and reflecting on the previous night's festivities, a small group of people will already be looking ahead one month and beginning their preparations for Pesach. I know it's crazy to think about, but the time for eating matzah will soon be upon us. And while some people might spend a week or two (and many only a day or two) looking up new recipes, loading up on groceries and cleaning the house in preparation for the holiday, few people consider the spiritual preparations the holiday demands.

You see, just as Pesach can be viewed as the Jewish approach to spring cleaning, some rabbis say that we should treat the holiday as a chance to do some spring cleaning of our souls - a bit like a Yom Kippur 2.0.

The Maggid of Kozhnitz - an early and influential Chassidic rabbi - famously taught that just as we prepare for Pesach by clearing our homes of all signs of chametz, so too we must prepare for the holiday by clearing our souls of all negative inclinations. Pesach, he explains, is a joyful holiday - one that celebrates freedom and new beginnings - and requires us to be open to the joy these blessings bring. So just as we must wash the dirt off our windows to let in the most sunlight, we must also clear away the grime of our negativity if we are going to let in the joy of the holiday.

So how do we clear away our negative inclinations? The same way we clear



our homes of chametz. We start the search for chametz in the places where we are most likely to eat it - in our kitchens and dining rooms - so we need to start looking for negativity where we most often exhibit it. Do you find yourself speaking poorly about other people more often than you should? Then you will want to use this month to be more aware of what you say when speaking of others. Do you find that you don't treat your body as well as you should? Then this is the perfect time to think more about what you eat and how you stay healthy. No one knows you better than yourself, so take some time to identify one or two aspects of your life on which you would like to focus.

Now, before you worry about recalling every aspect of your life in which you can be negative, remember that we are only required to search for chametz in places we can reach. Don't worry about remembering every slip-up you made this past year - by addressing the things you actually can remember, odds are you also will address the things you can't recall. And just as you would never go to a friend's house and start cleaning out their chametz, you should use this time to focus on doing your own spring cleaning - that's already a big enough job as it is.

Don't forget - to clean a house really well, you have to start by tidying up the place and preparing your supplies. So don't fall into the trap of thinking you only need to spend a few minutes on this spiritual cleaning if you're going to do a thorough job. This process takes time and preparation. But if you start early enough, it will be easier to identify your biggest obstacles and to figure out how to address them - in that way, you can get the most joy out of the freedom and new beginnings that come with your holiday celebrations. And really, is it ever too soon to start preparing to be happy?

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### SHABBAT HAGADOL

Saturday 9 April at 10.00am

Join us at our Annual Remembrance Service when we remember those who will not be at our Seder table and who have no others to remember them

### SECOND NIGHT SEDER

Saturday 16 April

Rabbi Botnick and Cantor Heller invite you to join them for our Second Night Seder at the Synagogue after the Service at 6.45pm

Members - £30.00 | Non Members - £35.00  
Children under 13 - £15.00

Please contact the Synagogue Office if you wish to attend.





## SYNAGOGUE SNAPSHOTS



**NAME:** Rob Nothman  
**JOB TITLE:** Sports reporter and broadcast coach

**What's your favourite thing about your work?**

Without wishing to drown in smugness, my work as a sports broadcaster and media coach has provided many wonderful memories to sustain me on dark, winter nights. It's been a privilege to cover Olympic Games, World Cups and Wimbledon, but my favourite event was springtime at The Masters golf tournament in Augusta, among the azaleas and the emerald green fairways, walking alongside all-time greats such as Jack Nicklaus, Arnold Palmer and Tiger Woods. I played the course once too, but we don't have time to go into that ...

**What is the hardest part of your job?**

I feel a fraud describing it as a 'job', but there are less glamorous moments. In Covid times, sitting for three hours in the Baltic cold of Turf Moor, Burnley before the start of a football match can test the resilience, as can a post-match interview with an uncooperative player or manager – and there have been a few of those over the years. Sustaining a radio commentary on a women's singles match at Wimbledon between Veronika Kudermetova and Anastasia Pavlyuchenkova tested powers of pronunciation.

**If you could do any other job for one day, what would you choose?**

Conducting an orchestra. Musically, I regret to say I'm a triumph of style over substance and I can't really read music properly. But the thought of standing in front of an orchestra experiencing the waves of grand sound washing over me is so exciting – as is being in charge of an array of talent waiting for your direction.

**How did you come to be a member of Belsize Square?**

I've been incredibly lucky to be a member all my life. My parents enrolled my brother and me in Cheder and took us regularly to services, and my love for our special community has never dimmed.

**What's your favourite festival?**

Hard to pick one – it's the beauty of Judaism that each Festival is so distinctive. The opening chord of Kol Nidrei and the haunting melodies of the Memorial Service make Yom Kippur hard to overlook, but if pressed, I'd have to say our Seder nights are the times I look forward to most. They remember the past but celebrate life in equal measure.

**Where do you like to sit in shul?**

As one of the Gabbaim, I'm often to be found as one of the 'back-benchers' in the Sanctuary, but as a Community Choir member, I can enjoy the view from the balcony. Wherever I'm seated, I always feel I'm at my second home.



**NAME:** Shelly Hacker  
**JOB TITLE:** Psychology Tutor

**What's your favourite thing about your work?**

I'm a Psychology Tutor for A Level students and my favourite thing is seeing students' confidence grow because they get an opportunity to have that one-to-one time that they don't get to have in class.

**What is the hardest part of your job?**

Most students are keen to achieve the grade they need for university or college, but some struggle to get motivated so it's finding what will motivate them to do the extra work outside of lessons!

**If you could do any other job for one day, what would you choose?**

I used to be a Deputy Head of Sixth Form and a psychology teacher, so I would enjoy going back to that for a day and running some fun (and appropriate) psychology experiments with the students.

**How did you come to be a member of Belsize Square?**

My husband, Joe Hacker, has been a member for many years and so I joined a few years ago. I'm really grateful for the warm welcome I've received and I've really enjoyed getting involved in the Holocaust Education Programme, visiting schools.

**What's your favourite festival?**

Chanukah because of the traditions that come with it.

**Where do you like to sit in shul?**

Back right near the door.

# PURIM SYNAGOGUE SCHNAPSHUT

*We are delighted that our regular contributor and his wife have both consented to give us a seasonal insight into their exciting lives*



Mrs Klopstick has withheld permission for publication of her photo in view of her confidential defective work

**NAME:** Mr und Mrs Fritz Klopstick  
**JOB TITLE:** Button merchant/journalist; Roof tiler

#### **What's your favourite thing about your work?**

**Mr K:** Of course, I am retired now from my main profession as a button merchant to the schmutter trade. My favourite thing was becoming Shareman of the Button Merchant und Travellers Annual Dinner und Award Ceremoney.

**Mrs K:** My favourite thing about my job as a roof layer was being in the fresh air und being above the muddling crowds.

#### **What is the hardest part of your job?**

**Mr K:** The hardest part of my job as a button traveller was parking in Soho. But the hardest part of my currant job as a journalist is coping with the ridiculous spellings of Englisch.

**Mrs K:** The hardest part for me was when it was snowing und icy. It was hard enough carrying the tiles up to the roof in this conditions, but then staying there was even harder. I can't count the times I slithered down the tiles only to be saved by the guttering.

#### **If you could do any other job for one day, what would you choose?**

**Mr K:** I wood like to be the Lieder of the House of Commons. Any won who tells lies oder has bet manners I wood make stand up in the corner facing the wall for the hole session.

**Mrs K:** I wood like to be a blacksmith shoeing horses.

#### **How did you come to be a member of Belsize Square?**

**Mr & Mrs K:** We mat at a dance conducted by the use club of the congregation, The Montefiore Circle. Soon we became together joint members at Buckland Crescent.

#### **What's your favourite festival?**

**Mr K:** For me it is always Chanukah. I have a peculiar foundness for Berliner Pfannkuchen – doenuts to you.

**Mrs K:** Apart from the Notting Hill Carnival, my favourite is Succos. Sleeping in the open air with the Milkisch Way as my ceiling is for me the best. Also the traffic noise from Finchley Road drowns out Mr K's schnorring.

#### **Where do you like to sit in shul?**

**Mr K:** I like to always sit with the bagbenchers on the right looking in und left looking out.

**Mrs K:** I prefer to sit in my arm share at home und watch on Belsize Alive. Otherwise I sit on the balcon near the quire.

## THE 2022 WINGATE PRIZE

Emily Kasriel

Are you wondering what you might like to read next? Well, for some great signposts I recommend that you take a look at the Wingate Prize 'for the best book to translate the idea of Jewishness to the general reader'.

The shortlist is here: [www.jw3.org.uk/stories/jw3-tv-wingate-prize-2022](http://www.jw3.org.uk/stories/jw3-tv-wingate-prize-2022), where there's also a link to the one-hour event that JW3 hosted on 16 February when I had the pleasure of interviewing almost all the shortlisted authors: Edmund de Waal, Nicole Krauss, Rabbi Arthur Green, Wendy Lower, Anne Sebba, Eshkol Nevo, Nir Baram and his translator Jessica Cohen, as well as the chair of the judges, Rabbi Joseph Dweck.

**And the winner?** The judges awarded the Prize to Nicole Krauss for *To Be a Man*, a collection of short stories that are extraordinarily incisive, raw and intimate, and reveal many layers of history and Jewish culture across multiple locales. It's well worth considering the other books too – they are all jewels, chosen from more than 70 that were submitted. Watch the video and see which one entices you!



# THE IMPACT OF COVID 19 ON MENTAL HEALTH

## Adrian Wayne

*Belsize member Dr Adrian Wayne is a local GP. This is an edited version of Adrian's address to the congregation at the Mental Health Shabbat Friday evening service on 7 January.*

Covid 19 has affected the whole community physically, socially and mentally. Individuals can be affected directly by the viral infection, while both individuals and the community are indirectly affected by the pandemic.

The 'direct effects' can affect the brain, with a higher incidence of mental health and neurological disorders than with other similar viral illnesses. The prime disorders are anxiety and depression, but dementia can be worsened and delirium can be an acute feature. Post-traumatic stress disorder is seen amongst those who have experienced severe illness. 'Long Covid', lasting more than 12 weeks, can present with neuropsychiatric symptoms. It is interesting that Long Covid is not necessarily related to hospitalisation or to the severity of the acute illness.

The 'indirect effects' show how all-pervasive the pandemic has been, not only creating mental health issues but intensifying pre-existing conditions. Young adults and schoolchildren have been affected by lockdowns, with socialisation issues, educational disruption and 'cyber' problems such as online bullying. Anxiety, depression, eating disorders and self-harm have increased, especially in those with pre-existing disorders. A positive side of the pandemic could be working from home, which may strengthen family

bonds, but only where resources such as adequate housing, computer availability and coherent family structures enable this.

Older people and those who are clinically vulnerable have suffered from social isolation, fear of infection, reduction of support services, day-centre closures, and relatives and friends being unable to visit. This is particularly poignant in care homes, causing emotional distress, anxiety, depression and loneliness.

The pandemic has had a disproportionate effect on women with socio-economic and domestic abuse problems, causing higher levels of anxiety and depression. Pregnant women and new mothers have suffered from lack of support services and social isolation from family and friends.

Patients with pre-existing mental health disorders initially reported lower general practice consultation rates and A&E attendances. However, charities found that demand for their services increased by 98%, fuelled by the perception that the NHS had been turned over to Covid care only and by the fear of catching Covid. Reports now show attendances are higher than pre-pandemic. Levels of alcohol abuse and problem online gambling have increased. Minority ethnic communities have suffered more

when compared to the general population. This is probably not due to ethnicity itself, but to other common factors such as occupation, low income, higher levels of infection, and sadly racism.

Finally, regarding health care professionals, we have seen media reports of staff having to deal with very sick patients, of frustration due to not having adequate treatments available, of increased mortality rates, huge workloads, co-workers being off sick and of health care staff being unwell themselves. All of these have caused increased psychological distress and post-traumatic stress disorder.

I have not suggested solutions, but I hope that services will soon get back to normal capacity, with the NHS Long-term Plan and the Government's Recovery Action Plan. We hope that the 'Cinderella' service of mental health care will get the resources it deserves. Our own Jewish community mental health services such as Jami must continue to be supported by us all.

*Jami is the Jewish Association for the Mentally Ill and is the specialist provider of mental health services for the Jewish community. If you wish to support this worthwhile charity, or if you feel that you or someone close to you might be in need of their support, please visit their website: [jamiuk.org](http://jamiuk.org)*

### Invitation to Nominate Candidates for Membership of the Board of The Belsize Square Synagogue (The Synagogue)

The sixth Annual General Meeting of The Synagogue (the AGM) will be held on **Thursday 23 June 2022**. Formal notice will be given in due course.

The Board hereby invites the members of The Synagogue to nominate candidates for the Office of Chairman and for election to the Board for a period of three years commencing from the AGM. There are 15 vacancies.

Nominations must be in writing, addressed to the Hon. Secretary and submitted to the Synagogue Office by twelve noon on **Thursday 14 April 2022**. Each Nomination must be signed by at least five members of The Synagogue who are themselves entitled to vote at the AGM. Only valid nominations which are received by that date can be considered. No member may sign more nominations for the Board than the number of vacancies (namely 15).

In accordance with the Articles of Association of The Synagogue, the following eleven members will be retiring from the Board by rotation but are eligible for re-election if duly nominated:

**John Abramson; John Alexander; Carol Cohen, Deborah Cohen, Keith Conway; Suzanne Goldstein; Joe Hacker; Richard Pollins; Jimmy Strauss; Dilys Tausz; Justyn Trenner**

From 19 April, a list of the candidates duly nominated will be available for inspection at the Synagogue Office and the formal notice of the AGM will also include a list of those candidates.



# THE ANNUAL CHORAL SHABBAT

Every year, Belsize Square Synagogue celebrates its music and honours its musicians with its Choral Shabbat Service, held this year on 14 January. We asked our Cantor, Dr Paul Heller, and our Director of Music, Dr Ben Wolf, to reflect on the event.

## Cantor Paul Heller

Over the past two years I have been researching the history of synagogue music. We know a choir of Levites existed in the Temple in Jerusalem and that they were accompanied by children and even an orchestra. After the Temple's destruction, music was banned for centuries, but by the middle ages a cantor was commonly accompanied by a duet or trio of singers. In the 17th century, Salomon Rossi set many of the synagogue chants in Baroque choral style and in the 19th century Cantor Salomon Sulzer, the father of modern synagogue music, created a liturgy with a cantor and choir that is very similar to that heard today in many Ashkenazi synagogues. Sulzer influenced Louis Lewandowski and others who followed, introducing the organ to echo the Temple orchestra and producing the liturgy that we are used to hearing at every Belsize Square service.

We are blessed to have such competent musicians and guardian angels at Belsize Square – Henry Kuttner of blessed memory, Sue Mariner and Benjamin Wolf, who continue this wonderful tradition. What better occasion to honour them and our music than Shabbat Shira,



when we sing the Song of the Sea, Exodus 15:1-18, one of Israel's first communal songs of praise. As a cantor, I cannot over-emphasise the blessing of being part of Belsize Square Synagogue and its music and of helping to keep it alive. I wish all involved 'Chazak Ve'ematz' – be strong and of good courage!

## Ben Wolf

Our annual Choral Shabbat date has moved around in recent years, partly due to the pandemic, but this year it coincided very fittingly with Shabbat Shira, the most musical of weekends. For me, it's an opportunity to thank the choir, to perform different music from the usual, and to remember those who have been associated with music at Belsize Square. In particular, we remember Henry Kuttner, who devoted much of his life to music at Belsize. I still miss his dedication to

and love for the synagogue, and his calm and methodical approach to his work. We also said special thanks to Juanita Wise, who stepped down as a regular chorister in 2021 but who continues to help greatly with the organisation of the choir and the music library. We also honoured Stanley Warren who joined the choir back in the 1980s, making it a

good forty years of service. He last sang regularly with us at the age of 93, and has stepped back for personal reasons. In honour of his service, we will be inscribing a leaf on the Belsize Tree of Life.

And the music for the service? Lewandowski, obviously – in this case one of the less commonly performed but beautiful settings of *Tov L'Hodot*. Alongside this we sang a *Yigdal* by Sholom Secunda, who is most famous as the composer of *Bei Mir Bistu Shein* and *Dona Dona*. And the choir was kind enough to sing my *Shalom Aleichem*, composed to a melody that popped into my head one day and just wouldn't leave!

*You can catch up with the beauty of our Choral Erev Shabbat Service by going to the Belsize YouTube channel and opening VIDEOS 14/01/22.*

## A DISTURBING REPORT FROM ASSAF – AND YOUR CHANCE TO HELP

The Youth Club of ASSAF – the Aid Organisation for Refugees and Asylum Seekers – is one of the three projects our community supports at our Annual Israel Dinner. Following their upbeat 2022 greetings message, reported in the last issue of *Our Congregation*, ASSAF has unfortunately had to inform us of recent disturbing events. They have faced threats and harassment by a group of Israeli far-right activists who distributed upsetting posters at the club entrance, shouted racist insults at the young people and the staff and in one incident entered the club itself. The incidents are now the subject of a police investigation.

To quote extracts from their email, *'It is not conceivable that minors should*

*be afraid to come to a youth club whose primary purpose is to keep children safe from the dangers of the street... It is hard to accept the fact that the organisation's staff and dedicated volunteers will be afraid to come to work... Asylum seekers' children deserve to experience childhood like all children and we will continue to fight for rights, recognition and status for children and the community as a whole. Amid this chaos, we want to take the opportunity to thank you for your partnership in the struggle, and for your choice to stand beside us.'*

Our Israel Dinner will take place on 4 May, when you will be able to show your support for the ASSAF Youth Club and for our other two supported

youth projects – the Jaffa Institute, working to improve the lives of disadvantaged children from impoverished communities, and the Yemin Orde youth village for at-risk and immigrant children.

This is also an opportunity to remind you that the first Shabbat in March (4-5 March) is Refugee Shabbat, established by HIAS (formerly the Hebrew Immigrant Aid Society) and co-sponsored among others by JCORE, the Jewish Council for Racial Equality. More information can be found at [www.hias.org/refugee-shabbat](http://www.hias.org/refugee-shabbat) and [www.jcore.org.uk](http://www.jcore.org.uk). For a community where many members' families were refugees or immigrants themselves, these issues couldn't be more important.



# Community News

The copy deadline for the next issue of  
*Our Congregation* is 10 April 2022

## NEW MEMBERS

*We extend a cordial welcome to:*

Lynn Serfaty & Emmanuel Breuillard with children Hava & Amos

Jack Prevezer & Carrie Garfinkel

Sally Strauss

Daniella Peled with son Adam

Steve & Caroline Shone

Benji Nathan

Victoria Rose

Laura Price with children Chloe, Freddie & Theo

## BIRTHS

*Congratulations and mazal tov to:*

Anthony & Cira Laser on the birth of their daughter Marnie

## BNEI MITZVAH

*Mazal tov to:*

Luella, daughter of Anne-Marie & Anthony Gee who celebrates her Bat Mitzvah on 5 March

Lily, daughter of Jessica & Simon Wantman who celebrates her Bat Mitzvah on 26 March

## DEATHS

*We regret to announce the passing of:*

Helen Wilson on 18 December

Valerie Eden on 19 December

Joachim Bodek on 19 December

Erna Weiss on 10 January

Gillian Brent on 15 January

## FAITHFUL VOICES

**An Interfaith Song Festival for London  
promoted by the Zemel Choir  
20 - 27 March 2022**

The Belsize Square Synagogue Professional Choir will perform at St-Martin-in-the-Fields on 24 March

For information on festival events and tickets for this concert visit [www.zemelchoir.org/faithfulvoices](http://www.zemelchoir.org/faithfulvoices)

## SAVE THE DATES

Please note the dates for these two Shabbatot

### Saturday 2 April

A special Shabbat honouring the volunteers who lead and present our Holocaust Education Programme for schools.

### Saturday 14 May

A double celebration for Shabbat UK and the 'Second Bar Mitzvah' of Belsize Square Synagogue – we'll be 83 years young!

## The fruiting season has begun with Seville oranges for marmalade

Please can you save your 425-500g empty jam jars to be recycled for the 2022 jam-making season. These can be left at the Synagogue Office for me to collect. I look forward to a year of plentiful fruit made ready for the Chanukah Market.

Many thanks. Henny Levin



## SERVICE TIMES

Friday evenings at 6.45pm

Saturday mornings at 10.00am

You no longer need to book in advance.

You can also view online via BelsizeLive at [synagogue.org.uk](http://synagogue.org.uk)

## Kikar Kids

Saturdays 5 March, 2 April, 7 May at 11am

Under 5s service in the crèche

Junior service for 5-9s in the library

11.30am – Kids Kiddush often followed by potluck lunch

Please contact Frank Joseph on 020 7482 2555

if you would like to bring along your favourite dish.

## Religion School

Sunday mornings 9.30am-12.00pm

Enquiries to Head: Caroline Loison

Term Ends on Sunday 27 March

Term Commences on Sunday 1 May

## PESACH OFFICE HOURS

The office will close on Thursday 14 April at 2.00pm and will reopen on Tuesday 19 April at 9.00am.

The office will close on Thursday 21 April at midday and will reopen on Monday 25 April at 9.00am

## ADULT DISCUSSION GROUP

For Zoom meeting details see News from the Square weekly email or email [claire.walford@yahoo.com](mailto:claire.walford@yahoo.com)

### Sunday 6 March

10.00 -11.15 Student Rabbi Dr Annette Boeckler – The Life and Times of the Talmudic Rabbis

11.30 -12.45 Jonathan Paris, Political analyst and journalist – Middle East Update

### Sunday 13 March

10.00 -11.15 Student Rabbi Dr Annette Boeckler – The Life and Times of the Talmudic Rabbis

11.30 -12.45 Rabbi Lee Wax, Training Co-ordinator, Jewish Women's Aid – Domestic violence and the Pandemic

### Sunday 20 March

10.00 -11.15 Student Rabbi Dr Annette Boeckler – The Life and Times of the Talmudic Rabbis

11.30 -12.45 Open Forum – participant-led discussion

### Sunday 27 March

10.00 -11.15 Student Rabbi Dr Annette Boeckler – The Life and Times of the Talmudic Rabbis

11.30 - 12.45 Anne Karpf, Writer, sociologist and award-winning journalist – How women can save the planet (but shouldn't have to do it alone)

### Sunday 3 April

10.00 -11.15 Student Rabbi Dr Annette Boeckler – The Life and Times of the Talmudic Rabbis

11.30 - 12.45 Speaker and topic TBC. Please check weekly News from the Square email

### Sunday 10 April

10.00 -11.15 Student Rabbi Dr Annette Boeckler – The Life and Times of the Talmudic Rabbis

11.30 - 12.45 Speaker and topic TBC. Please check weekly News from the Square email

# NEWS FROM ABERNEIN MANSIONS

## Dear Fellow Members

For Mrs Klopstick this is always a very nosestaljig time of year. Sum of you might remember that my wive's middle name is Esther und so as a yung girl rite up to womanship she was often cast as her namesick in the Purim Spiel. Very soon she will send me away to find poppy seats so that she can start construing her hamantaschen. It is a well noun fact that my wive's talents do not lie in baking, but I don't have the hard to say anything, so I just add a bit of more glue to my dentures und bite the bullet, witch is what they resemble in texture.

I was personally very relieved when the Australian arthurities removed the tennis player, Novichok Coscovic, from his visa card und send him bag from where he came.

I am fully against these auntie vexers. Infect, here in Abernein Mansions every inmate has been double japped und sorrowly boosted up. The general consenses here is that any visitor who has not accepted the needle is not welcome unless like in Belsize Square they take a liberal flow test before they arrive.

Soon it will be Pesach und here we already have a dialemma. Three of our newer inmates fall into the yungest category, all being 84 on the same month. All of them want to say Ma Nischtanoo und all, of cause, want to search for the Effikomen. Professor Koenigsfehler has come up with a solution. Instead of two Seder nights we

should have three, but is this aloud? No buddy seams to know.

Many hear feel personally infronted by the egtivities going on at nummer 10 Drowning Street in the last two years. In Abernein Mansions many parties hat to be cancelled oder poseponed. Visiting relatives was foreboden by lore und gatherings of more than won person was the maximum aloud. I can only imagine that the reason the government have not chugged Boris Johnsen out from office is becouse they don't want the expense of redecorating the flat again.

I am thankful to Alexander Palace for refusing to allow Mrs Klopstick to form an over 80's Jewish Ladies Ice Hockey team on the growns of health und safety. As lug wood have it, her attention was soon diverted when Mrs Kwetsch from two floors up thought her diamond und samphire brooch hat been stolen. My wive did, of cause, immediately start too investigate the case. After an expensive search, the brooch was eventually found attached to the insight of a jumper. The lady hat by mistake worn it insight out, but hanged it up the right way around und so hiding the item off jewelery from all to sea. Now Mrs K sinks of herself as a defective, just like Agatha Christine und Mrs Marble. If this keeps her out from the kitchen, I am right up there behind her.

With the best of intentions

Fritz Klopstick

ASK  
FRITZ

I have been asked on more then a phew occasions what is the secret of a long und happy marriage.

The secret of a long marriage is compromise. Compromise means agreeing with ninetynein pro cent of everything she says oder wants to do. For the won pro cent when you feel you have to object, the important thing is to show no fear.



THE SYNAGOGUE MUSIC OF  
**LOUIS LEWANDOWSKI**  
TWO SESSIONS 7 AND 21 MARCH  
AT 8.00PM  
REGISTER FOR ZOOM LOGIN  
cantor@synagogue.org.uk

Education

Frank Heller

BELSIZE SQUARE  
SYNAGOGUE

BELSIZE SQUARE SYNAGOGUE

LESSONS ON THE  
MEGILLAH WITH  
CANTOR HELLER

MONDAY 14 MARCH 2022  
AT 8PM GMT

ESTHER'S SCROLL –  
LOOKING BETWEEN THE LINES  
AND READING THE STORY

Zoom login details:  
email: cantor@synagogue.org.uk







# Purim at the Square

Wednesday 16 March 2022  
Family Purim Party at 5pm  
Watch the Purim Spiel, sing some songs, enjoy a falafel feast and play some games! Fancy dress welcome! Prizes for the best costumes!

*followed by*  
Ma'ariv at 7pm with full Megillah reading by members of the Belsize Square community

## NOT LONG NOW – SAVE THE DATE

Belsize Square Synagogue

### Annual Israel Dinner *IN PERSON!*

Wednesday 4 May 2022  
6.30 - 10.30pm

Reception in the Marquee  
Followed by Dinner in the Sanctuary catered by Adam Nathan  
MC: Rob Nothman  
Guest Speaker: to be announced  
Entertainment from the Rabbi, Cantor and members of the community with added participation from the children of Yemin Orde  
Appeal in aid of our partner charities

Assaf   Jaffa Institute   Yemin Orde

Tickets:  
Full price £70  
**Early bird discount £50 each until 31 March**

In line with our measures to keep our events Covid-safe at all times there will be no dancing this year

## SYNAGOGUE HELP LINES

### BELSIZE SQUARE SYNAGOGUE

51 Belsize Square,  
London,  
NW3 4HX  
Tel: 020 7794 3949  
Email: [office@synagogue.org.uk](mailto:office@synagogue.org.uk)  
Website: [www.synagogue.org.uk](http://www.synagogue.org.uk)

#### SYNAGOGUE OFFICE HOURS

9.00am - 5.30pm  
Friday: 9.00am-2.00pm

#### CHIEF EXECUTIVE

Lee Taylor - 020 7794 3949

#### RABBI

Rabbi Gabriel Botnick  
[rabbibotnick@synagogue.org.uk](mailto:rabbibotnick@synagogue.org.uk)

#### CANTOR

Cantor Dr Paul Heller  
[cantor@synagogue.org.uk](mailto:cantor@synagogue.org.uk)

#### RABBI EMERITUS

Rabbi Rodney Mariner  
[rodmariner@aol.com](mailto:rodmariner@aol.com) / 020 8347 5306

#### CHAIRMAN

Jackie Alexander  
[chairman@synagogue.org.uk](mailto:chairman@synagogue.org.uk)

#### CHEDER AND YOUTH

Caroline Loison  
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#### THE BELSIZE SQUARE SYNAGOGUE

Charity Number 1144866  
Company Number 7831243