

SEED Takes 81 Parents and Children to Israel in February Half-Term

SEED's bar- and bat-mitzvah trips were once again heavily oversubscribed this year. Both trips were interwoven with inspirational moments and interesting activities, such as camel-riding in the Judean Desert, meeting Holocaust survivor Leah Kaufman and tours of the Old City of Yerushalayim.

The SEED LINKS trip – with learning, touring and unique Israel experiences for girls in their bas-mitzvah year and their mothers – is now in its sixth year. This year's trip led by Rebbetzin Joanne Dove included a visit to the Shuk HaCarmel in Tel Aviv and food packing for needy families at Yad Eliezer. Rebbetzin Dove said, "We hope that these trips and the varied activities, locations and speakers will help these mothers and girls to want to grow in

their learning and be proud members of the Jewish community."

For the second time, SEED also ran a CONNECTIONS bar-mitzvah trip for fathers and sons. Highlights included making *tzitzis*, a *tefillin* workshop and a guided tour of the magnificent Belz Beis Medrash. One of the fathers commented, "Thank you for bringing religion to life for us!"

The SEED shul's Rabbi, Dov Birnbaum, who led the boys' trip, said, "We are proud to offer this shared opportunity for parents and their children to gain an appreciation of their *Yiddishkeit*. At a key moment in their Jewish lives, we give children and their parents the opportunity for meaningful Jewish experiences together in Israel."



Participants on the Seed Connections tour for barmitzvah boys and their fathers visiting the Belz Shul in Yerushalayim.

Gateshead Trip for Federation Rebbetzins

A group of Rebbetzins from a range of Federation *kehillos* travelled to Gateshead recently for a full day of learning and *chizuk*.

The group were graciously hosted by Rav and Rebbetzin Zimmerman. Upon arrival, the Rebbetzins enjoyed lunch with Rebbetzin Zimmerman, who spoke candidly about life as a Rebbetzin, offering advice, support and wisdom. Her dedication to the *kehillah* shone through, as did her commitment to her family, and her practical and approachable nature.

Rav Todros Miller delivered a *shiur* about the connection of Purim and Pesach, which was followed by a spirited discussion regarding the balance between striving for constant growth and settling into routine or habit to reinforce attainments in *ruchmiyos*.

Rav Zimmerman led a question and answer session, exploring questions submitted by the Rebbetzins. The session provided insight into the Rav's approach to analysing the question itself before getting to the heart of each issue. He blended worldly understanding of contemporary issues with halachic expertise and wit to address the dilemmas posed.

The group were also treated to a *shiur* by Rav Yaakov Sipper, who spoke with passion about the interplay between family, *kehillah* and self.

Mrs Dassy Adler concluded the day on an uplifting note by sharing a presentation entitled "Making lemonade out of lemons." Generously and bravely sharing her personal story of loss and grief, she provided guidance and *hashkafah* on dealing with challenges and pain. Displaying mastery in *Chazal*, interpersonal skills, depth of character and *emunah*, Mrs Adler was a real inspiration to the Rebbetzins.

Above all, the trip provided the opportunity for the Rebbetzins to interact with Rav and Rebbetzin Zimmerman. The trip was organised as part of the Federation's Sharsheres programming. Sharsheres was set up in 2017 to create a support and training network for Federation Rebbetzins and represents a commitment to maintaining high standards.

Rav Zimmerman commented, "The Rebbetzins are an important force within each *kehillah*. It was important to recognise their contribution, to be *mechazek* the group and to provide them with a forum for raising difficult issues and receiving a Torah perspective, in addition to fortifying themselves with Torah *shiurim*. It was a tremendous privilege for my Rebbetzin and me to host this trip and I wish the Rebbetzins ongoing *hatzlachah* and *siyatta diShmaya* in their communal endeavours."

Candle Lighting

6 March 2020 עש"ק פרשת תצוה ו' אדר תש"פ

City	Hadlakas Neiros	Motzoei Shabbos	Rabbeinu Tam
Antwerp	6:14	7:24	7:47
Arosa	5:57	7:01	7:29
Baltimore	5:47	6:46	7:18
Berlin	5:37	6:48	7:10
Boston	5:23	6:24	6:55
Bournemouth	5:43	6:49	7:12
Chicago	5:29	6:30	7:01
Cincinnati	6:19	7:18	7:50
Cleveland	6:06	7:06	7:37
Davos	5:56	7:01	7:28
Detroit	6:11	7:12	7:42
Glasgow	5:48	7:00	7:17
Haifa	5:11	6:19	6:55
Jerusalem	5:05	6:18	6:58
Johannesburg	6:15	7:07	7:45
Lakewood	5:37	6:36	7:08
Leeds	5:39	6:49	7:08
London	5:35	6:42	7:05
Los Angeles	5:36	6:30	7:07
Manchester	5:42	6:48	7:11
Marseille	6:16	7:18	7:48
Melbourne	7:34	8:31	9:03
Miami	6:08	7:01	7:39
Montreal	5:31	6:35	7:03
New York	5:36	6:36	7:07
Paris	6:25	7:31	7:57
Philadelphia	5:40	6:40	7:12
Pittsburgh	6:00	7:00	7:31
St Louis	5:42	6:41	7:13
Sydney	7:07	8:02	8:36
Tel Aviv	5:21	6:20	6:56
Toronto	5:55	6:58	7:27
Tyneside	5:38	6:49	7:08
Zurich	6:01	7:06	7:33

Daily Calendar

Wednesday	ח אדר
Daf Hayomi Bavli:	ברכות טא
Yerushalmi:	פסחים כו
Rambam Yomi:	טומאת צרעת יד-טו
Mishna Yomis:	בכורות א, ד-ה
Halachah Yomis:	או"ח תרפא, ב-תרפב, ב
Thursday	ט אדר
Daf Hayomi Bavli:	ברכות טב
Yerushalmi:	פסחים כז
Rambam Yomi:	מטמו"מ א-ג
Mishna Yomis:	בכורות א, ו-ז
Halachah Yomis:	או"ח תרפג, ג-תרפד, ד, א
Friday	י אדר
Daf Hayomi Bavli:	ברכות טג
Yerushalmi:	פסחים כח
Rambam Yomi:	מטמו"מ ד-ו
Mishna Yomis:	בכורות ב, א-ב
Halachah Yomis:	או"ח תרפד, ב-תרפה, א
Shabbos	יא אדר
Daf Hayomi Bavli:	ברכות טד
Yerushalmi:	פסחים כט
Rambam Yomi:	מטמו"מ ז-ט
Mishna Yomis:	בכורות ב, ג-ד
Halachah Yomis:	או"ח תרפה, ב-ד
Sunday	יב אדר
Daf Hayomi Bavli:	שבת ב
Yerushalmi:	פסחים ל
Rambam Yomi:	מטמו"מ י-יב
Mishna Yomis:	בכורות ב, ה-ו
Halachah Yomis:	או"ח תרפה, ה-ז
Monday	יג אדר
Daf Hayomi Bavli:	שבת ג
Yerushalmi:	פסחים לא
Rambam Yomi:	מטמו"מ יג. שאר אבות הטומאה א-ב
Mishna Yomis:	בכורות ב, ז-ח
Halachah Yomis:	או"ח תרפו, א-ג
Tuesday	יד אדר
Daf Hayomi Bavli:	שבת ד
Yerushalmi:	פסחים לב
Rambam Yomi:	שאר אבה"ט ג-ה
Mishna Yomis:	בכורות ב, ט-י, א
Halachah Yomis:	או"ח תרפי, א-תרפח, א

Weekly Zemanim

City	Alos	Neitz	Shema	Shacharis	Shekiah
Thursday March 5					
London	5:24	6:36	8:48	9:56	5:49
Manchester	5:35	6:47	8:57	10:05	5:55
Gateshead	5:34	6:46	8:55	10:03	5:51
Antwerp	6:06	7:18	9:29	10:37	6:31
Friday March 6					
London	5:22	6:34	8:47	9:55	5:50
Manchester	5:32	6:44	8:56	10:04	5:57
Gateshead	5:31	6:43	8:54	10:02	5:53
Antwerp	6:03	7:15	9:28	10:37	6:32
Saturday March 7					
London	5:20	6:32	8:45	9:54	5:52
Manchester	5:30	6:42	8:55	10:03	5:59
Gateshead	5:29	6:41	8:53	10:01	5:55
Antwerp	6:01	7:13	9:27	10:36	6:34
Sunday March 8					
London	5:18	6:30	8:44	9:53	5:54
Manchester	5:28	6:40	8:53	10:02	6:01
Gateshead	5:26	6:38	8:51	10:00	5:57
Antwerp	5:59	7:11	9:26	10:35	6:36
Monday March 9					
London	5:15	6:27	8:43	9:52	5:56
Manchester	5:25	6:37	8:52	10:01	6:03
Gateshead	5:24	6:36	8:50	9:59	5:59
Antwerp	5:57	7:09	9:25	10:34	6:37
Tuesday March 10					
London	5:13	6:25	8:42	9:51	5:57
Manchester	5:23	6:35	8:51	10:00	6:05
Gateshead	5:21	6:33	8:49	9:58	6:01
Antwerp	5:55	7:07	9:23	10:33	6:39
Wednesday March 11					
London	5:11	6:23	8:40	9:50	5:59
Manchester	5:20	6:32	8:49	9:59	6:07
Gateshead	5:19	6:31	8:47	9:57	6:03
Antwerp	5:52	7:04	9:22	10:32	6:41