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people with learning disabilities.

Rabbi Mason gave a demonstration of Makaton (sign language) while singing *zemiro*s after a musical *Havdalah* service.

Thanking the Muswell Hill community, Mr Franklin said, "What matters most to Kisharon is that the people we support are fully integrated. We are most grateful to Muswell Hill for inviting us to share their ShabbatUK and for their amazing warmth and hospitality."

ShabbatUK in Southend

Close to 300 community members and visitors, including guest Rabbanim and *madrachim*, attended the ShabbatUK celebrations, which started off with a Challah Bake for the ladies and the youth. This was organised in a joint effort with the wives of the new families who have moved to the area from Stamford

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Hill. The ladies demonstrated how to make challah and how to take challah. Everyone plaited their own challah for Shabbos at the event, which was simultaneously fun and inspiring. On Friday night in the *beis medrash* there was not an empty seat in the house as Southend Rav Rabbi Binyomin Bar led a Carlebach-style rousing *Kabbalas Shabbos*. During Friday night dinner and Shabbos lunch, everyone was entertained by guests Rabbi Ivan and Rebbetzin Nancy Ziskind, who provided the spiritual food and inspiration.

On Shabbos morning, there was an amazing atmosphere as the service was dedicated to the Association of Jewish Ex-Servicemen and Women, as a tribute to fallen heroes, those who died in conflict.

The day was rounded off at *seudah shelishis* with stories from Rabbi Bar and Rabbi Ziskind. Rabbi Bar and Youth Coordinator Barry Jacobs thanked everyone had who pulled together and worked as a team to make ShabbatUK a resounding success.

Pinner's Festive ShabbatUK

Pinner United Synagogue celebrated ShabbatUK in full force. Before Shabbos, food parcels and candles were distributed to members of the community who were unable to participate in the main event. Rabbi Daniel Rowe, executive director of Aish U.K., conducted an inspiring educational discussion entitled Shabbat The Revolution to kick-start the proceedings. *Kabbalas Shabbos* was followed by a sushi *kiddush*.

On Shabbos morning, the davening was enhanced by the Ruach Singers — a choir formed and led by Pinner's Rav,

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