

Around Alyth

September 2016

Ellul at Alyth

The month preceding Rosh Hashanah is traditionally a time of preparation for the High Holy Days. We are providing a diverse programme of activities to help us to get into the mood. Whether your Judaism is expressed through meditation, prayer, study or reflection, there are opportunities to approach the High Holy Days together. Please see inside for more information about all the programmes.

Reflect with us

Cheshbon Ha-Nefesh Half Hour

Fridays 09, 16, 23, 30 September, 17:45

Saturdays 10, 17, 24 September & 01 October 09:45

Jewish Mindfulness Meditation

Wednesday 14 September, 20:00-21:00

The Person Missing in My Life

Sunday 25 September, 11:00-12:30

Learn with us

Judaism - The Essentials

Wednesdays 14, 21, 28 September, 20:00-21:45

MMM: Monthly Midrash in the Morning - Elul Special

Sunday 11 September, 10:15-11:30

New Music Evening - High Holy Day Special

Wednesday 21 September, 20:00-21:45

Book Launch: Terror, Trauma and Tragedy

Thursday 22 September, 20:00-21:45

Rosh Hashanah Talmud Class

Thursday 29 September, 13:00-14:15

Be with us

Shabbat B'Yachad (Shabbat Together)

Friday 16 September, 19:30-21:30

Young Marrieds' Shabbat Dinner

Friday 16 September, 19:30-21:30

New Members' Shabbat Dinner

Friday 23 September, 18:30-21:30

Be with us - Families

Cheshbon HaNefesh Zone

Wednesday 28 September, 16:00-17:00

Pray with us

Selichot Service

and HHD Poetry Coffee House

Saturday 24 September, 21:30-23:30

You will be sent your ticket and High Holy Days information booklet at the beginning of September. Please contact Bonnie if you have not received them by 13 September.

High Holy Days 5777 (2016) - Dates for your diary

Erev Rosh Hashanah	2 October
1st Day Rosh Hashanah	3 October
2nd Day Rosh Hashanah	4 October
Kol Nidre	11 October
Yom Kippur	12 October

Erev Sukkot	16 October
1st Day Sukkot	17 October

Erev Simchat Torah	23 October
Simchat Torah	24 October

To pray. To learn.
To live. Together

Please find all staff contact details on the back page





Pray with us

Erev Shabbat Services

Kabbalat Shabbat Service

Fridays 02, 09, 16, 23 September, 18:30-19:30

The Shabbat Den

Friday 02 September, 16:15-16:45

Our Shabbat experience for pre-schoolers and their families with Chloe, our early-years educator and our Rabbis. Join us for song, stories and to meet new friends in Alyth's Shabbat Den.

Shabbat Morning Services

Saturday 03 September

Classical Shabbat Service, 10:30-12:15

Led by Rabbi Mark. Includes the Bat Mitzvah of **Mia Levy-Barnett**.

Tefillah Lab: Imrei Finu, 10:30-12:00

Led by Rabbi Josh, Imrei Finu ("The words of our mouths") is a gentle, guitar-led service with lots of singing to new and familiar melodies, plenty of silence, some Kollot-style chanting and an informal Torah service.

Saturday 17 September

Classical Shabbat Service, 10:30-12:15

Led by Rabbi Mark. Includes the Bat Mitzvah of **Eliza Copland** and Bar Mitzvah of **Ori Katz**.

Big Bang, 11:00-12:00

Alyth's famous musical Shabbat experience with Rabbi Josh and the Big Bang musicians.

Saturday 10 September

Classical Shabbat Service, 10:30-12:15

Led by Rabbi Mark. Includes the Bat Mitzvah of **Isabella Marcuson Stafford**.

Kollot, 10:30-12:00

Our informal, participatory minyan, mostly in Hebrew, chanted and sung. Includes a supervised area for children. Led by Rabbi Josh.

Saturday 24 September

Kollot, 10:30-12:00

Our informal, participatory minyan, mostly in Hebrew, chanted and sung. Includes a supervised area for children. This week, Kollot will be in the Beit Tefillah and includes the Bat Mitzvah of **Lily Bea Howe**. Led by Rabbi Josh with Justin Wise.

Weekday Services

Sunday Shacharit

Sundays 04, 11, 18, 25 September, 09:00-10:00

Our lay-led minyan followed by a bagel breakfast.

Evening Services

Evening services take place before meetings at 19:45. Please contact bonnie@alyth.org.uk if you would like evening prayers for the purpose of saying Kaddish.

Special this month

Selichot Service and High Holy Days

Poetry Coffee House

Saturday 24 September, 21:30-23:30

Selichot is our annual opportunity to get into a good place for the High Holy Days to be meaningful. We will begin our Selichot observance with our Poetry Coffee House, bring

or write a poem that speaks about the experience of the High Holy Days, or just enjoy listening. There will be light refreshments served as we transition into our hour long reflective choral service with Rabbi Mark and Viv Bellos beginning at 22:30.



Learn with us

Hebrew reading from Scratch

Wednesdays 14, 21, 28 September, 19:00-20:00

Taught by Alyth member Jan Roseman, who has been one of the UK's leading Synagogue-based Jewish educators for the last few decades. Take an hour a week in term time to learn to read Hebrew from scratch.

Judaism - The Essentials

Wednesdays, 20:00-21:45

Essentials is our programme of short courses for all those who want to ensure that their Judaism has firm foundations. If one of your goals for 5777 is to improve your Jewish knowledge, then this is the course for you. In Elul we will look at the Jewish Calendar and prepare ourselves for Rosh Hashanah and Yom Kippur. Taught by Alyth's rabbis and Jon Epstein. Contact Rabbi Josh for more information at josh@alyth.org.uk.

14 The Jewish Calendar

21 The Origins of Rosh Hashanah

28 Preparing for the High Holy Days – Reflection and Repentance

Talmud Class

Thursdays 1, 8, 15, 22, 29 September, 13:00-14:15

Our stimulating and friendly class which is open to all levels of Jewish knowledge. Join Rabbi Mark to grapple with the ideas of our classical Rabbis. Contact mark@alyth.org.uk.

MMM: Monthly Midrash in the Morning - Elul Special

Sunday 11 September 10:15-11:30

Midrash is, technically, any act of rabbinic biblical interpretation, but it is most often used to mean the way that the rabbis created new ideas and stories around the biblical narratives. In this session with Rabbi Josh, run once a month over danish, fruit and tea and coffee, we look at some of the highlights of this rabbinic creativity. In this special session for Elul, we will use midrash to understand how the rabbis viewed the High Holy Day period, and to find extra meaning in it for ourselves.

Special this month

Cheshbon Ha-nefesh Half Hour

Fridays 09, 16, 23, 30 September, 17:45

Saturdays 10, 17, 24 September & 01 October 09:45

Cheshbon Ha-Nefesh literally means “accounting of the soul” and is a process of stocktaking and reflection in advance of the Yamim Noraim.

This year, join us for these brief times of reflection, study and contemplation before each of Alyth's Shabbat services during Elul, as we embark on the journey to the High Holy Days together.

Each 30 minute session will be structured around one of the eight questions found in the prayer in the morning service, Ribbon Ha-Olamim.

See the flyer on page 8 for session information.

Alyth Film Club: Hill 24 Doesn't Answer

Tuesday 13 September, 19:30-22:00

It is 1948, the UN is about to establish new lines of demarcation in a truce in the War of Independence. Four members of the new Israeli army are charged to take possession of Hill 24 and hold it overnight. Through flashbacks we learn how each of the four came to be where they are today. This was the first feature film produced in Israel and was the 1955 Israeli entry into the Cannes Film Festival. Contact colin@alyth.org.uk.

Book Launch: Terror, Trauma and Tragedy

Thursday 22 September, 20:00-21:45

Rabbis Josh and Mark were among more than 20 rabbis who have contributed to a book of rabbinic essays responding to acts of terror and tragedy in the world. On this special evening, join them and the book's editors, Rabbi Jonathan Romain and Rabbi David Mitchell, as the book is launched.

Be with us

Weekly Activities

Senior Club

Mondays, 14:00-16:00

Weekly activity and tea for our senior members.

05 Hilary Daghish with her guide dog

12 Club Outing

19 Roy Blass entertains

26 Sidney Austin entertains

Alyth Choral Society

Tuesdays, 20:00-22:00

Exploring new repertoire while continuing to develop strengths in cantata and oratorio.

www.alythchoralsociety.org

News, Views, Coffee & Schmooze

Wednesdays 14 & 28 September, 13:30-15:30

Join Lynette to discuss topical issues and stories.

Contact lynette@alyth.org.uk.

Monthly Activities

Sunday Bridge@Alyth

Sunday 04 September, 19:30-22:00

Contact Clive on 020 8361 5711.

Bereaved Partners Support Group

Sunday 04 September, 15:00-17:00

If you are suffering the loss of a partner or spouse, please join Lynette Sunderland, Rabbi Maurice and others in the same situation who can offer you support. Contact lynette@alyth.org.uk.

Rosh Chodesh Women's Group: Women in the Developing World

Monday 05 September, 20:00-21:30

Our monthly celebration of the new moon in which women gather for sharing, learning and discussions.

This month session is led by Jude Williams, Chief Executive of Tzedek, and is taking place at 54 Hutton Grove, N12 8DR.

Cost: £5. Book with Jackie Goymour at honeyhill@btinternet.com.

Alyth Cycling Community - Day Ride 2016

Sunday 18 September, 08:30-18:00

Our seventh annual day ride through the Hertfordshire countryside. Totalling 55-65 miles, there is the option to join the ride for part of the distance. All levels of cyclist are welcome, with lunch

Jewish Mindfulness Meditation

Wednesdays, 20:00-21:00

Peace, quiet, contemplation and meditation in our Alyth Meditation Room.

Mellow Yoga for All Ages

Thursdays, 11:00-12:00

Contact Maxine Levy maxinelevy@mac.com.

Thursday Bridge@Alyth

Thursdays 22 & 29 September, 14:00-16:30

Please contact Sheila or Michael on 020 8455 9878 or Andrea on 020 7722 3993.

High Holy Days Choir Rehearsal

Wednesdays, 20:00-22:00

Sundays, 14:00-16:00

We are recruiting singers for the 2016 High Holy Days Choir. If you are interested in singing (music reading not a requirement) and volunteering your voice to Alyth's High Holy Day services contact Katie at katie@alyth.org.uk or 020 8457 8797.

and snacks provided along the way to keep us going! To register or to find out more contact the Laurance Mendoza on laurancemendoza@aol.com or 07917 835 845. Registration is £25 with proceeds going to World Jewish Relief.

Shabbat B'Yachad (Shabbat Together)

Friday 16 September, 19:30

Share a Shabbat meal and sing songs. Food is provided. For catering purposes please register, or to arrange transport contact lynette@alyth.org.uk.

JOY - Joining Old and Young

Monday 19 September, 12:45-13:45

Join our Alyth Kindergarten and Jenny Kossew, who has over 20 years of experience working with and bringing joy to intergenerational groups. Contact lynette@alyth.org.uk.

Singing for Pleasure

Sunday 25 September, 15:00-17:00

Viv will guide you through the vocal and musical requirements to enable you to have a great time singing. Contact viv@alyth.org.uk.

Chat 'n' Soup

Friday 23 September, 12:00-14:00

Come and enjoy a tasty bowl of soup, listen to music, read the papers and enjoy good company. Both our members and people from outside Alyth are welcome to join us. Contact lynette@alyth.org.uk.



Be with us

Special this month

CST Training

Sundays 4 & 11 September, 09:30-13:00

We want to ensure that you have the training you need, for when you do your security shift at Alyth. This two morning training course run by CST will teach you the essentials and does not contain any physical elements. Sign up with security@alyth.org.uk.

Bayit Cham Lunch

Saturday 10 September, 12:30-14:00

Join us for a Shabbat lunch with fantastic food, company and discussion. No charge (although donations are welcome). To book and arrange transport contact lynette@alyth.org.uk.

Young Marrieds Shabbat Dinner

Friday 16 September, 19:30-21:30

Please join Rabbis Josh and Mark for a relaxing and informal Shabbat Dinner and meet others who have recently been married or are about to be married. Book with lynette@alyth.org.uk.

New Members Shabbat Dinner

Friday 23 September, 18:30-21:30

Did you join Alyth during 2016? Have you been to one of our New Member Shabbat Dinners? If

not, then please join us to meet other new members, members of the community, Rabbis and the staff team. Children of all ages welcome and activities will be provided for them. Contact Lynette lynette@alyth.org.uk.

New Music Evening - High Holy Day Special

Wednesday 21 September, 20:00-21:45

An opportunity to learn and sing new liturgical music for the High Holy Days with Rabbi Josh and Katie Hainbach, our Head of Music and Arts. We will learn a number of new pieces which will be sung across our High Holy Day services, as well as discussing how the music fits the liturgy. You do not need to read music to attend, you just need to love singing in shul. For more information, contact katie@alyth.org.uk.

The Person Missing in My Life

Sunday 25 September, 11:00-12:30

As we move towards Yizkor on Yom Kippur, who will you be remembering? Share memories with Rabbi Colin and Lynette, explore the texts that we read and what comfort do they bring us? If you wish, please bring a photograph or a memento to share these memories.

Act with us

Monday Club

Mondays, 19:30-21:30

Our weekly club for people with learning difficulties. Contact Dennis Sher via the Synagogue Office to volunteer.

Monthly Drop-in for Recent Refugees

Sunday 25 September, 14:00-16:00

We welcome refugees recently arrived in the UK and offer them support and friendship in a warm and safe environment (*with the support of the Pears Foundation*). To volunteer please contact bonnie@alyth.org.uk.

Volunteers Required - Night Shelter

The Alyth and Golders Green Parish Church Night Shelter requires volunteers for the following roles from 4 October to 7 December:

- to sleep overnight on Tuesdays (21:30-07:00) accompanying an experienced volunteer & the group of 16 homeless guests.
 - to help with breakfast between 7:00 - 8:00 on the Wednesday mornings.
 - to help drive the bags of bedding to the next venue (Tally Ho Corner) on the Wednesdays.
- If you would like any further information, please contact bonnie@alyth.org.uk.



Youth & Education Hub

Learn with us and Be with us

Please contact Sam Brunner for information about the provision for our younger members.

Youth & Education

Alyth Toddler Group

Mondays 12, 19, 26, 09:30-11:30

Toys, singing and refreshments for the children; coffee and chat for carers! £3 per child, £1 for a sibling.

Year 7 Galim

Mondays 12, 19, 26, 17:30-19:00

Our Year 7 provision to teach Hebrew and develop Jewish knowledge.

Kef Zone

Wednesdays, 16:00-17:00

Our weekly club for all children in Primary School.

Year 10 Hadracha

Thursdays 15, 22, 29 September 18:30-20:00

Our creative, fun and intensive leadership course for Year 10. Contact mike@alyth.org.uk.

Ruach Erev Shabbat

Fridays 09, 16, 23, 30 September, 16:15-19:30

Our Friday afternoon B'nei Mitzvah programme.

Sunday Morning Galim

Sundays 18 & 25 September, 10:00-12:45

Our Sunday morning learning programme is a nourishing space for young people to build, develop and explore their Jewish identity.

Special this month

Picnic Breakfast Film Screening

Monday 05 September, 10:30-11:30

For Early Years

Join the Chloe for a picnic breakfast whilst watching a special screening of Peg + Cat.

Contact chloe@alyth.org.uk.

Mentor Training

Thursday 08 September, 17:30-19:00

A glimpse into the future leadership opportunities at Alyth for all those who have had their Bar/Bat Mitzvah since May. Give back to your community by guiding those young people who are on their Bnei Mitzvah journeys. Contact

mike@alyth.org.uk.

Choirs & Drama

Primary Alyth Children's Theatre

Wednesdays, 17:00-17:30

(ages 4-7) If you like to sing, dance and act, then this musical theatre group is for you! PACT is led by Jane Gordon from Upbeat Drama.

Alyth Children's Theatre

Wednesdays, 17:00-18:30

ACT is our children's theatre group for those in Years 3-7.

Alyth Youth Singers

Wednesdays, 18:45-20:00

AYS, our youth choir for all post B'nei Mitzvah. Contact katie@alyth.org.uk.

Alyth Academy of Performing Arts

Sundays 11, 18, 25 September, 17:30-18:00

For anyone aged 4-12 years old. Join us and sing regularly at the Erev Shabbat Service. Contact katie@alyth.org.uk.

Alyth Kids Choir

4th Friday of every month

17:15 - 18:00

23 September

25 November



Be the first to learn new pieces, specially commissioned for Alyth, and then introduce the community to them at our monthly Kids Choir Shabbat.

Have fun singing with friends

Contact Katie at katie@alyth.org.uk for more information

Save the date: Alyth's Annual Supper Quiz

Sunday 13 November, 19:30-22:30

Don't miss out on this enormously popular event. To purchase your ticket please contact bonnie@alyth.org.uk or 020 8457 8784. If you would like to join the team who helps organise this event or if you have access to suitable auction or raffle prizes please contact sarah@alyth.org.uk.

Community News

We regret to announce the deaths of:

Edna Beber, mother of Lesley Lass

Linda Fisher, daughter of Phyllis Caro, sister of Michael Caro and Valerie Jaffe

Sheila Gertler, mother of Frances Miller, David Gertler and John Gertler

David Juran, husband of Jane, father of Ruth and Joseph, son of Karin, brother of Helen

Dorli Neale, mother of Larry Neale and Michael Neale

A warm welcome to our new members:

Rachel Davidson

Anthony Fagin

Simone Gerson Newton, Simon & Nathan Newton

Ian, Iris, Emma & Luke Gibbor

James Gibbor

Mark Gibbor & Emma Kislingbury

Martin & Pauline Gordon

Emma Pack & Simon Spier

Alexander & Katie Segal

Justin Silvertown



Learn with us

Elul 5776: Reflect with Us

Cheshbon Ha-Nefesh Half Hour

Cheshbon Ha-Nefesh literally means “accounting of the soul” and is a process of stocktaking and reflection in advance of the *Yamim Noraim*.

This year, join us for these brief times of reflection, study and contemplation before each of Alyth’s Shabbat services during Elul, as we embark on the journey to the High Holy Days together.

Each 30 minute session will be structured around one of the eight questions found in the prayer in the morning service, *Ribbon Ha-Olamim*.

Fridays

Saturdays

09 September, 17:45–18:15 מָה־אָנוּ.

- What are we? (*Mah anu*)

How has my sense of self developed over the past year? With Rabbi Colin

16 September, 17:45–18:15 מָה־חַסְדֵינוּ.

- What is our love? (*Meh chasdeinu*)

How have my relationships with others changed in the last 12 months? With Lynette

23 September, 17:45–18:15 מָה־יְשׁוּעָתֵנוּ.

- What is our salvation? (*Mah y’shu’ateinu*)

What do I have to be thankful for from the last year? What gives me hope? With Rabbi Josh

30 September, 17:45–18:15 מָה־גְבוּרָתֵנוּ.

- What is our power? (*Mah g’vurateinu*)

How have I used my influence and power in the past year? With Rabbi Mark

10 September, 09:45–10:15 מָה־חַיֵינוּ.

- What is our life? (*Meh chayyeinu*)

What have been my achievements and my disappointments during 5776? With Rabbi Josh

17 September, 09:45–10:15 מָה־צְדָקוֹתֵינוּ.

- What is our justice? (*Mah tsidkoteinu*)

What good have I done in the world in the past year? With Rabbi Mark

24 September, 09:45–10:15 מָה־כֹּחֵנוּ.

- What is our endurance? (*Mah kocheinu*)

What have been the health challenges that have needed strength in this year? With Lynette

1 October, 09:45–10:15 מָה־נֹאמַר לְפָנֶיךָ

- What can we say before You? (*Mah nomar l’fanecha*)

What has happened between God and me during 5776? With Rabbi Colin

You are welcome to attend every session, or to simply drop in when you wish, and no pre-booking is necessary.

We only ask that when you come, you try to join at the start of the session.



Book Launch: Terror, Trauma and Tragedy



Rabbis Josh and Mark were among over 20 colleagues who have contributed to a book of rabbinic essays responding to acts of terror and tragedy in the world.

On this special evening, join them and the book's editors, Rabbi Jonathan Romain and Rabbi David Mitchell, as the book is launched.

Thursday
22 September
20:00 - 21:45

Books will be available on the evening for £5.



Learn with us



Judaism: The Essentials

Our programme of short courses for all those who want to ensure that their Judaism has firm foundations.

If one of your goals for 5777 is to improve your Jewish knowledge, then this is the course for you.

Taught by Alyth's rabbis and Jon Epstein on Wednesday evenings in term time, with introductory sessions on the Jewish festivals interspersed throughout the course at appropriate times.

Contact Rabbi Josh for
more information at
josh@alyth.org.uk

Wednesdays

20:00 - 21:45

starting on 14 September





THE TEN DAYS OF TESHUVAH AT ALYTH

To pray. To learn. To live. Together.

Pray with us

The Shabbat Shuvah Den (16:15-16:45)

Friday 07 October, 16:15-16:45

Our Shabbat experience for pre-schoolers and their families with Chloe Kimmel, our early-years educator, Cindy Summer or Tor Alter from the Kindergarten, and our Rabbis. Join us for song, stories and to meet new friends.

Shabbat Shuvah: Erev Shabbat Service

Friday 07 October, 18:30

Classical and Kollot Services

Saturday 08 October, 10:30

Our Shabbat Shuvah Services continue the period of repentance with motifs and Haftarat which focus our mind on the meaning of the season.

Remembrance Service at Cheshunt

Sunday 09 October, 11:00

One of the customs that has survived the centuries is that of visiting the cemetery between the beginning of the month of Elul and Yom Kippur. We know that sometimes it's difficult to find the right words and thoughts on such occasions and so we invite you to join Rabbi Maurice Michaels for a Remembrance Service at Cheshunt Cemetery. There will also be time to visit gravesides. If you require transport, or can offer a lift to someone else, please contact Lynette on 020 8457 8793 no later than Wednesday 5 October.

Be with us - Families

Ten Days Zones

Wednesday 05 October, 16:00 - 17:00

Join the Youth and Education Hub for our festival zones for Primary School children to mark the transition between Rosh Hashanah and Yom Kippur. With arts, drama, songs, games and food – there will be something for everyone! (for Reception to Year 6).

Learn with us

Judaism - The Essentials

Wednesday 05 October, 20:00-21:45

Join Rabbi Josh and Jon Epstein as Alyth's Introduction to Judaism looks at Yom Kippur and Sukkot. Perfect for anyone looking to ensure that their Jewish knowledge has firm foundations.

Yom Kippur Talmud Class

Thursday 06 October, 13:00-14:15

Join Rabbi Mark for a Yom Kippur themed session of our popular Talmud Class. What does Tractate Yoma in the Jerusalem Talmud have to tell us about the Day of Atonement? Study in an atmosphere of friendly discovery where every question is welcome.

How the Yom Kippur Liturgy Fits

Together and Why it isn't as Complicated as it Seems

Friday 07 October, 17:15-18:15

If you know how it is structured, the Yom Kippur liturgy is actually quite straightforward. In this session, we will look at the way the Yom Kippur Machzor is put together, and learn the tricks of knowing what is going on. With Rabbi Josh.

Why Some Prayers Keep Repeating and What they Mean

Saturday 08 October, 09:15-10:15

Some core pieces of the liturgy keep repeating throughout the day on Yom Kippur. Together we will look at three or four of the key prayers, what they mean, and where they came from. With Rabbi Josh.

Jewish Mindfulness Meditation

Throughout the ten days

The Alyth Meditation Room offers a space for contemplation and spirituality every day through the time between Rosh Hashanah and Yom Kippur. Led by expert facilitators and Rabbis drawing from the Jewish meditative tradition. You are welcome to attend every session, or to simply drop in when you wish, and no pre-booking is necessary.

Contact us

Rabbinic Team

Rabbi Josh josh@alyth.org.uk
Rabbinic Partner 020 8457 8799

Rabbi Colin colin@alyth.org.uk
020 8455 6763

Rabbi Mark mark@alyth.org.uk
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Rabbi Maurice maurice@alyth.org.uk
020 8455 6763

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020 8457 8793

Head of Music & Arts

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020 8457 8797

Emeritus Director of Music

Viv Bellos viv@alyth.org.uk

Youth & Education Hub

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E mail@alyth.org.uk

Out of hours emergency care line

07726 631 808

Copy date: 10th of every month.
Please email comms@alyth.org.uk

www.alyth.org.uk

