



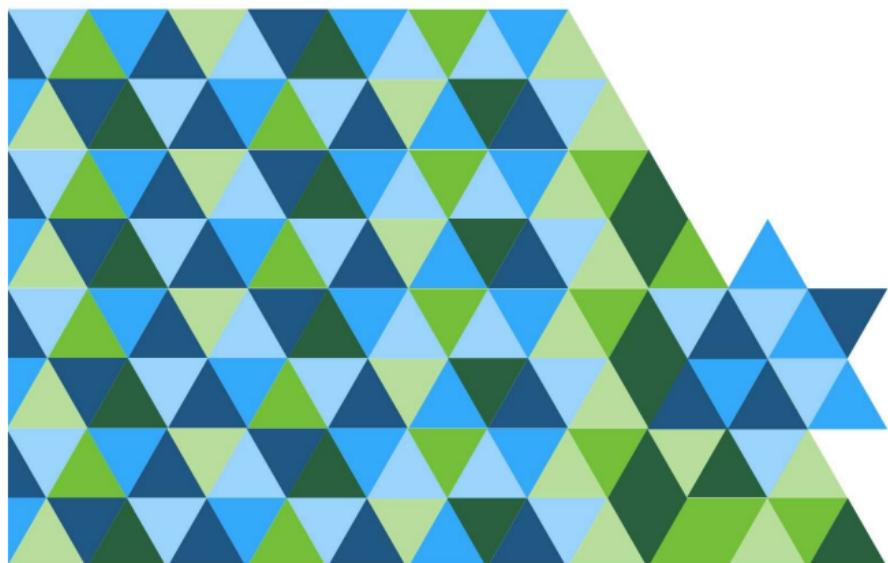
To pray. To learn. To live. Together.

**YOUR GUIDE TO EVERYTHING  
THAT IS HAPPENING OVER THE  
HIGH HOLY DAYS**

**5778 - 2017**

**תשע"ח**

Please bring this booklet and your ticket with you on the High Holy Days



# Welcome to the High Holy Days at Alyth

The Rabbis, Staff and Council welcome you to our High Holy Days booklet for 5778.

Inside, you will find an outline of the services, learning opportunities and activities taking place over the *Yamim Noraim* - Days of Awe.

Our activities continue to develop as we respond to the needs and feedback of our more than 3300 members. Please take some time to look over this year's programme. On our website you will find summaries of what is available for different ages and interests which you can download. Please visit [www.alyth.org.uk/hhd](http://www.alyth.org.uk/hhd)

If you would like to know anything more please contact us at [office@alyth.org.uk](mailto:office@alyth.org.uk) or 020 8457 8784.

We wish you a Happy New Year and well over the Fast.

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# Our Team for High Holy Days 5778

The programme of activities that we offer over the High Holy Days is unparalleled anywhere in Europe, and is made possible because of the efforts of our Rabbis, our wider staff team, our volunteers and lay leaders.

We are delighted that new member of our rabbinic team, **Rabbi Hannah Kingston**, will be with us in time for the High Holy Days. Rabbi Hannah will join our Rabbinic Partners, **Rabbi Mark Goldsmith** and **Rabbi Josh Levy**. We are also grateful to **Rabbi Colin Eimer** who is once again contributing to our services and learning throughout the period.

During the High Holy Days we will also welcome **Rabbi Dr Deborah Kahn-Harris**, Principal of Leo Baeck College, on second day Rosh Hashanah, and **Rabbi Laura Janner-Klausner**, Senior Rabbi to Reform Judaism, on Shabbat Shuvah and Yom Kippur.

Our offerings for families and young people will be run by members of our Youth and Education Hub: **Sam Brunner**, **Mike Mendoza** and **Chloe Kimmel**, along with Alyth madrichim. Services for younger children will be run by the Rabbis, Youth and Education team, and **Tor Alter**, Alyth Kindergarten's newly appointed Head Teacher.

Our Head of Music and Arts, **Katie Hainbach**, leads our High Holy Days choir. **Lynette Sunderland**, Director of Welfare and Life Cycle, will be with us on *Yom Kippur*, providing care and learning throughout the day. We are also blessed to have the contribution on *Yom Kippur* of the Alyth Jewish Mindfulness Meditation team.

We are grateful for the hard work of our facilities team, **Alan Lee**, **Dee Payne**, **Ray Elkan** and **Bob Morely**, who, under the management of Community Director, **Adam Martin**, are available to support you throughout this period.

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Everything that we do at Alyth is built on the commitment and dedication of our volunteers and lay leaders who give their time and energy to ensure that this period runs smoothly. The High Holy Days are no exception.

We are hugely grateful to all those who contribute to the management, vision and direction of the synagogue; those who provide lay support to our services; our volunteer choir who lead us in prayer; our lay readers; the stewards and security co-ordinators and volunteers; welfare volunteers; those who provide the flowers; those who clean the silver; those who set up the webcams and support the sound desk; and all those who provide a warm welcome to everyone attending our services and activities.

## Important Information

**Visitor tickets:** can be purchased from the Alyth office by contacting [office@alyth.org.uk](mailto:office@alyth.org.uk) or on **020 8457 8784**.

**Machzor:** On *Rosh Hashanah* we will be using a draft of the new Reform Judaism *Machzor*, which will be provided.

**On *Kol Nidre* and *Yom Kippur* we will use the current Days of Awe *Machzor*. All those attending services should bring their own copy as none are provided. Copies are available to purchase from the Alyth office.**

**Transport Help:** If you need help with transport to and from the services, contact Lynette Sunderland on **020 8457 8793** by **Wednesday 13 September 2017**.

**Smoking, Food, Dress and Phones:** Smoking is not permitted at the Sternberg Centre or at Alyth. We ask that no food be brought into the marquee at any time. Appropriate dress should be worn and mobile phones set to silent mode or, even better, switched off.

**Service Locations:** All services for *Erev Rosh Hashanah* and Second Day *Rosh Hashanah* take place at Alyth. We are holding services at both the Sternberg Centre and the Synagogue in Alyth Gardens on First Day *Rosh Hashanah* and *Yom Kippur* morning. All services for *Kol Nidre* and *Yom Kippur* afternoon take place at the Sternberg Centre. Our volunteer stewards will help you find service locations.

### **High Holy Days webcam - joining in at home**

Please feel welcome to participate in our services via our webcam. Go to [www.alyth.org.uk](http://www.alyth.org.uk) and click on the link.

### **Shuttle Bus between Alyth and the Sternberg Centre:**

On first day *Rosh Hashanah* (21 September) and *Yom Kippur* (30 September) we will be running our free minibus shuttle.

Those in Years 5 to 8 should register in advance to take the Youth and Education bus from Alyth at 12:05 (see page 8). Under 13s must be accompanied by an adult to use the shuttle. The timetable for both days is:

From Sternberg Centre 09:45	(The Big Bang Express)
From Alyth 10:05	From Sternberg Centre 10:25
From Alyth 10:45	From Sternberg Centre 11:30
From Alyth 12:05	From Sternberg Centre 12:25
From Alyth 12:45	From Sternberg Centre 13:05

### **PA Systems**

This year our PA systems at Alyth and the Sternberg Centre will again be provided and managed by Audiospark ([www.audiospark.co.uk](http://www.audiospark.co.uk)).

## PRE-HIGH HOLY DAYS

ELUL 5777

### **ELUL - LEARN WITH US**

#### **Elul Half Hour**

**Fridays 25 August, 1, 8, 15 September, 17:45**

**Saturdays 26 August, 2, 9, 16 September, 09:45**

The return of our popular programme of *Cheshbon HaNefesh* (“accounting for the soul”) in advance of the High Holy Days. Join us for these brief times of reflection, study and contemplation before each of Alyth’s Shabbat services during Elul. 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.

This year, we will explore the seven characteristics of a wise person according to Pirkei Avot (Sayings of the Sages) 5:10 and will reflect on how these qualities can be part of our lives in 5778. See future weekly emails, Around Alyth and the Alyth website for the full programme.

#### **Progressive Rabbinic Decision Making**

**Monday 4 September, 20:00-21:45**

As part of the MA in Applied Rabbinic Theology, fourth year Rabbinic Students at Leo Baeck College spend a term studying “Progressive Rabbinic Decision Making” with Rabbi Josh. How do Progressive Rabbis make decisions about their practice, and guide the practice in their communities? In this session, we will think about the question of *yom tov sheni* - the second day of festivals. Why do Reform communities not keep a second day, except on Rosh Hashanah, and are we right not to?

#### **Judaism - The Essentials**

**Wednesdays 6 & 13 September, 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 5778 is to improve your Jewish knowledge, then this is the course for you. In Elul we will look at the origins of the Jewish Calendar and prepare ourselves for the *Yamim Noraim*. Taught by Alyth’s rabbis and Jon Epstein. Contact [josh@alyth.org.uk](mailto:josh@alyth.org.uk).

#### **Rosh Hashanah Talmud Class**

**Thursdays 7 & 14 September, 13:00-14:15**

Join Rabbi Mark for these *Rosh Hashanah* themed sessions of our popular Talmud Class. Study in an atmosphere of friendly discovery where every question is welcome.

## **Shofar Blowing - a (not quite!) Masterclass**

**Friday 8 September, 17:15-18:15**

Would you like to be able to blow the Shofar, or to hone your skills? Rabbi Mark will teach you how. Bring your own Shofar or use one of the Alyth Shofarot. Please e-mail [mark@alyth.org.uk](mailto:mark@alyth.org.uk) to let him know you are coming.

## **ELUL - BE WITH US**

### **High Holy Days Choir Rehearsals**

**Wed 16, 23, 30 Aug, 6 & 13 Sept, 20:00-22:00**

**Sun 20 & 27 Aug, 3, 10, 17 Sept, 14:00-16:00**

Regular rehearsals in the lead up to the High Holy Days. We are always happy to welcome new singers to make our High Holy Days joyful. Contact [katie@alyth.org.uk](mailto:katie@alyth.org.uk).

### **New Members' Shabbat Dinner**

**Friday 8 September, 18:30-21:30**

Did you join Alyth during 5777 (2016-2017)? Have you been to one of our New Member Shabbat Dinners? All new members are invited to join us for this special dinner. Children of all ages are welcome and activities will be provided for them. Contact Lynette on 020 8457 8793 or [lynette@alyth.org.uk](mailto:lynette@alyth.org.uk) to book or for more information.

### **Last Year's B'nei Mitzvah Dinner**

**Friday 8 September, 18:30-21:30**

Did you celebrate Bar or Bat Mitzvah in 2016/2017? Join us for a chavurah supper. Everyone is asked to bring a nut free vegetarian or fish main dish, or a dessert. We'll enjoy each other's company, celebrating a year of wonderful B'nei Mitzvah. Contact [sam@alyth.org.uk](mailto:sam@alyth.org.uk) to book or for more information.

### **Jewish Mindfulness Meditation**

**Wednesday 13 September, 20:00-21:00**

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

### **Experiencing Loneliness and Isolation**

**Sunday 17 September, 11:00**

As we approach the High Holy Days and the community comes together, do those of us who find ourselves lonely and/or isolated during the year feel differently at this time? The Government is recognising that many social and health issues are creating this loneliness and isolation. We will discuss this in the context of our Jewish history, society today and our own individual journey. Facilitated by Lynette Sunderland.

## **ELUL - BE WITH US (FAMILIES)**

### **Cheshbon HaNefesh Zone (Reception to Year 6)**

#### **Wednesday 6 September, 16:00-17:00**

The first Kef Zone of the year will give us the chance to look back on the Jewish year that is coming to an end. Join the Youth and Education team for fun and food, games, discussion and celebration.

### **A.C.E (Reception to Year 2)**

#### **Wednesday 13 September, 17:00-17:45**

Like art? Want to learn new art skills such as sewing, textiles, batique and much much more? Join us for the launch of our new arts provision for primary school children with Chloe, who has a foundation diploma in art.

### **C.R.E.A.T.E**

#### **Tuesdays 5 & 19 September, 18:30-20:00**

#### **(For all those post B'nei Mitzvah)**

Like art? Want to learn how to explore the High Holy Days in an artistic and creative way? Want to learn new art skills such as sewing, textiles, batique and much much more? Then come to the launch of our new arts provision with Chloe, who has a foundation diploma in art.

### **L.E.A.R.N**

#### **Tuesday 12 September, 18:30-19:30**

#### **(For all those post B'nei Mitzvah)**

Written especially for Alyth by our Rabbis and the Youth and Education Hub. This is a two year rolling programme to deepen every aspect of Jewish life. Starting with how we engage with the breadth of Jewish text, the programme will also include tackling Torah, prayer and liturgy, Jewish history, Jewish life and Jewish lifecycle.

## **ELUL - PRAY WITH US**

### **Tefillah Lab: Imrei Finu for Elul**

#### **Saturday 2 September, 10:30**

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. All are welcome.

### **Big Elul Bang**

#### **Saturday 16 September, 11:00**

Prepare for Rosh Hashanah with the last Big Bang of 5777 with Rabbi Josh, Rabbi Hannah and the Big Bang musicians.

## **Selichot Choral Service, with film Saturday 16 September, 21:00-00:10**

It is traditional to begin the High Holy Days by coming together on a Saturday evening for Selichot, the first opportunity to hear and recite our poems of pardon.

We will start the evening with Humphrey Bogart and Ingrid Bergman's "*Casablanca*". What will it take for Rick to forgive Ilsa? After light refreshments, we will transition into our reflective choral service with Rabbi Mark and Viv Bellos beginning at 23:10

## **EREV ROSH HASHANAH FIRST DAY Wednesday 20 September At the Synagogue, Alyth Gardens**

After the success of last year, we will once again be offering two services. **Both services are at Alyth** and reflect the diverse needs of our members. **We will be using the draft *Erev Rosh Hashanah Machzor*, which will be provided.**

### **18:30 Erev Rosh Hashanah Service (Beit Tefillah)**

Join Rabbi Josh for a service bringing the very best of our Friday nights to the start of the *Yamim Noraim*. This music-filled beginning to the year, with guitar accompaniment, will include both High Holy Days and familiar melodies.

### **18:45 Erev Rosh Hashanah for the Soul (Leo Baeck Hall)**

A more intimate service for *Rosh Hashanah* evening with Rabbi Mark and Katie Hainbach. There will be space for reflection on the meaning of beginning a new year using our traditional liturgy, and creative pieces in our new *Machzor*.

### **Sermon**

The sermon will be given by **Rabbi Hannah** in both services.

## **ROSH HASHANAH FIRST DAY Thursday 21 September At the Sternberg Centre**

### **10:15 Crèche (Ground Floor - Shofar Day Care Centre)**

We offer a crèche for the youngest children led by staff members from Alyth's Kindergarten. In order to provide the correct numbers of carers in the crèche, places can only be offered to children whose parents have pre-booked their place through mail@alyth.org.uk.

# **ROSH HASHANAH FIRST DAY**

## **Services at the Sternberg Centre**

### **Shacharit and Torah Service**

Our Choral and Kollot services will begin separately for the *Shacharit* and *Torah* services, before coming together for the sermon.

***Please note the slightly earlier start time for the service in the marquee.***

Both services will be using the draft edition of our new *Rosh Hashanah Machzor*. Copies of the book will be available at the service, so there is no need to bring your own *Machzor*. (You will still need to do so on *Yom Kippur*).

### **10:15 Choral Service (Marquee)**

Find your space in our choral service with the beautiful sound of the Alyth choir.

### **10:30 Kollot (Alyth's High Holy Days Synagogue)**

Our parallel service which takes place in the round, largely in Hebrew, and which encourages lay participation and communal singing.

### **Sermon**

We will come together in the Marquee for the sermon, which will be given by **Rabbi Josh**.

### **12:30 Approximately (after the sermon)**

#### **Musaf Service**

The *Musaf* (Additional) Service is the setting for most of the liturgy which is specific to the festival day. On Rosh Hashanah, this includes the singing of *Un'taneh Tokef*, and the blowing of the *Shofar*. This year, there are three options for *Musaf Rosh Hashanah*.

#### **Choral Musaf (Marquee)**

Our choral service with the beautiful sound of the Alyth choir, including hearing the sound of *shofar*. Led by Rabbi Colin.

#### **Musical Musaf (Alyth's High Holy Days Synagogue)**

A special Musaf with Rabbi Josh which will include a musical journey through the *malchuyot*, *zichronot* and *shofarot*, including hearing the sound of *shofar*. Leave *Rosh Hashanah* morning uplifted by joyful song and prayer.

## **London 5778 - Fears and Realities**

### **(Drawing Room)**

Rabbi Mark will be joined by the Barnet Borough Commander for the Metropolitan Police, Simon Rose, and Inspector Jason Moseley, Jewish Community Liaison Officer, to speak about their unique perspective on London for the coming year. As well as hearing from Chief Superintendent Rose and Inspector Moseley there will be time for discussion and questions.

## **ROSH HASHANAH FIRST DAY**

### **Services and activities for families and children (age 0 to Year 6) at Alyth**

#### *Under 4s (accompanied by an adult)*

##### **10:45 The Rosh Hashanah Den**

###### **(Youth Hall)**

Join Tor Alter from our Kindergarten and Chloe Kimmel, from the Youth and Education Hub, for the *Rosh Hashanah* version of our popular 'Shabbat Den' experience.

There will be songs and crafts to keep all of our youngest Alyth members and their families engaged and excited about the New Year.

#### *For Families (and other Big Bang lovers)*

##### **10:30 Big Bang**

###### **(Beit Tefillah)**

Now in its 8th year, the Big Bang is Alyth's world famous, participative, musical *Tefillah* (prayer) experience for all the family. This year, we are delighted that the Big Bang will be led by our new Rabbi, Hannah, with our team of musicians. Join them for this service with percussion, guitar and violin.

#### *School Years 5 & 6*

##### **10:45 In this year's Vogue...**

###### **(Kindergarten)**

What are your goals and aims for the upcoming year? Are you feeling adventurous? Creative? Brave? In this session with Sam Brunner we will use magazines to create a personal collage to tell everyone how you are feeling and what you are excited to try as we enter 5778.

***To register a child in Years 5 to 8 to travel back to the Sternberg Centre on the supervised Shuttle Bus at 12:05, please go to [www.alyth.org.uk/hhd](http://www.alyth.org.uk/hhd). All children under 13 who have not pre-registered must be accompanied by an adult to use the shuttle.***

## All the family

### **11:45 Rosh Hashanah Kiddush**

**(Leo Baeck Hall)**

Join Rabbi Hannah for a special Kiddush of apples and honey. Time to relax with one another before going on for lunch, or to the services at the Sternberg Centre.

## **ROSH HASHANAH FIRST DAY**

### Activities for young people

**(School Years 7-13)**

at the Sternberg Centre

### **Loiter With Purpose**

**(Foyer - Manor House)**

Looking for some down time during the *Rosh Hashanah* services? We understand that for many, the High Holy Days are a great time to come back together with your Alyth friends and catch up, share stories and reflect on the year gone by. Led by a member of the Youth & Education Hub, come over to the “hang-out” space where there will be fun and chilled activities. All ages are welcome.

### School Years 7 & 8

### **10:40-11:40 Through the looking glass**

**(Drawing Room - Manor House)**

A General Election, Trump, and Moana! What a year we have had! Bring your creative minds and venture down the rabbit hole as we reflect on the highs and lows of 5777 with Sophie Peterman.

### School Years 9 & 10

### **10:40-11:40 Open your mind**

**(Room 1 - Manor House)**

Whether you're tracking school, work, finances or Torah... we function through annual cycles and we're given time every year to prepare for the next one. Join Mike Mendoza to explore what that preparation could look like and consider how you'd like to grow before this time comes around again in 2018.

### School Years 11-13

### **11:45-12:45 Daze of Atonement**

**(Room 1 - Manor House)**

What's happening in your mind? Starting today, we have 10 days to repent and prepare for Yom Kippur. What does this preparation really mean? How can we use this time wisely? Join Mike Mendoza to begin your process in a comfortable setting.

## **ROSH HASHANAH AFTERNOON**

**Thursday 21 September**

### **16:30-17:15 Tashlich**

Join Rabbi Hannah at the Dollis Brook at the bottom of Windsor Road, Finchley N3 for our *tashlich* service.

## **EREV ROSH HASHANAH SECOND DAY**

**Thursday 21 September at Alyth**

### **18:30 Erev Rosh Hashanah Second Day Service (Beit Tefillah)**

A gentle service to bring in the second day of *Rosh Hashanah*. Led by Rabbi Josh.

## **ROSH HASHANAH SECOND DAY**

**Friday 22 September at Alyth**

We join together back at Alyth for prayer, Torah and shofar. We will be offering three options, reflecting the diverse needs and preferences of our community.

Whichever service you are attending, there is no need to bring your own *Machzor* as copies of either the draft *Machzor* or our special service booklets will be available for everyone.

*Please again note the slightly earlier start time than for Shabbat services.*

### **10:15 Choral Service**

**(Beit Tefillah)**

Find your space in our choral service with the beautiful sound of the Alyth choir. Led by Rabbi Mark, with the sermon by Rabbi Dr Deborah Kahn-Harris.

### **10:30 Musical Service with the Simcha 7**

**(Leo Baeck Hall)**

A special musical service for all generations, led by Rabbi Josh and the Simcha 7, musicians from the Alyth community who have previously come together to lead Erev Shabbat and special Festival Services.

### **10:45 Service for Young Families**

**(Youth Hall)**

A combination of song, prayer, stories and hearing the *Shofar* blast for the younger members of our community and their families. Led by Rabbi Hannah.

## **THE TEN DAYS OF TESHUVAH**

### **TEN DAYS - PRAY WITH US**

**Friday 22 September**

**Shabbat Shuvah: Erev Shabbat Service (18:30)**

**Saturday 23 September**

**Shabbat Shuvah: Classical & Kollot Services (10:30)**

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

Rabbi Laura Janner-Klausner, Senior Rabbi to Reform Judaism will be leading the Classical Service and giving the sermon.

Rabbi Josh and Justin Wise will lead Kollot, which will join the Classical Service for the Sermon and conclusion of the service.

**Remembrance Service at Cheshunt**

**Sunday 24 September, 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 Colin and Lynette Sunderland 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 Friday 15 September.*

### **TEN DAYS - LEARN WITH US**

**Shabbat Shuvah Shiur:**

**This Court Finds the Defendant...**

**Saturday 23 September, 09:15-10:15**

What is your personal motivation for repentance this year? The sages argue that not all forms of repentance are created equal. For those of us motivated by fear, the impending punishment is the driving force. For those of us motivated by love, an orientation towards a life of good is the ultimate goal. According to Reish Lakish (*Yoma* 86b) this is true repentance which offers us the chance to grow morally by transforming our sins into merits, consequently redeeming a part of ourselves that previously led us astray. This Shabbat Shuva, join Rabbi Hannah for your personal arraignment. Find out not what you plead, but why.

## **MMM: Monthly Midrash in the Morning**

### **Sunday 24 September, 10:30-11:30**

Midrash is the rabbinic exercise of biblical interpretation, creating new ideas and stories out of the biblical text. Join Rabbi Josh as we look at these highlights of rabbinic creativity over Danish, fruit and coffee in this special 10 Days edition of our monthly study group. All are welcome.

## **Judaism - The Essentials**

### **Wednesday 27 September, 20:00-21:45**

Join Rabbi Josh and Jon Epstein as Alyth's Introduction to Judaism looks at *Yom Kippur*, *Sukkot* and *Simchat Torah*. Essentials is perfect for anyone looking to ensure that their Jewish knowledge has firm foundations.

## **Yom Kippur Talmud Class**

### **Thursday 28 September, 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.

## **TEN DAYS - REFLECT WITH US**

### **Jewish Mindfulness Meditation through the 10 Days**

**Sun 24** 10:15-11:15

**Mon 25, Tue 26, Wed 27, Thur 28** 20:00-21:00

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.

## **TEN DAYS - BE WITH US (FAMILIES)**

### **Ten Days Zones**

#### **Wednesday 27 September, 16:00 - 17:00**

#### **(Reception to Year 6)**

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!

## **KOL NIDRE**

**Friday 29 September**

The fast of *Yom Kippur* commences at 18:29

Please be aware that there is water and snack provision in the Art Stables should you need.

### **At the Sternberg Centre**

The Erev Yom Kippur service begins with the ritual of Kol Nidre, in which scrolls are removed to constitute a symbolic Beit Din, a rabbinic court, to absolve us of our vows. This year, we offer two parallel options for the Kol Nidre ritual.

**Please remember that you need to bring your own copy of the *Machzor* for *Yom Kippur*.**

#### **19:00 Choral Kol Nidre (Marquee)**

Begin Yom Kippur with the grandeur of Kol Nidre in our marquee, with Rabbi Mark, Rabbi Hannah and the choir.

#### **19:00 Kollot Nidre (Alyth's High Holy Days Synagogue)**

An informal, participative, Kol Nidre, in the style of Kollot. With Rabbi Josh, Rabbi Colin, and Justin Wise.

#### **Continuation of the Evening Service**

#### **19:15 approximately, after the singing of Kol Nidre Choral Service (Marquee)**

#### **Kollot (Alyth's High Holy Days Synagogue)**

Our parallel services continue. Please feel free to move between services at this point, and throughout the evening. We will come together for the sermon in the marquee, and for the conclusion of the service which will include a cello rendition of Kol Nidre.

There are two other options this evening, in addition to these two services:

#### **19:15 ☺ Vs ☹ (Akiva Moadon)**

#### **For teens**

Happy vs sad. Positive vs negative? Is saying sorry a good or a bad thing for you? Is it a positive or a negative thing for you? Do you find saying sorry hard? Come and discuss with Sam Brunner.

#### **19:30 God Meeting (Room of Prayer, Manor House First Floor)**

An opportunity to work with Rabbi Mark as we explore how we can reconcile ourselves on Yom Kippur with God, whether or not you think that God exists! A safe space to discuss belief, doubt and commitment.

## **Sermon**

We come back together in the Marquee for the sermon, which will be given by **Rabbi Mark**, and for the conclusion of the service which will include a cello rendition of Kol Nidre.

## **YOM KIPPUR MORNING**

**Saturday 30 September**

**At the Sternberg Centre**

**10:15 - 13:30 Crèche**

**(Ground Floor - Shofar Day Care Centre)**

See page 6 for details.

## **SHACHARIT**

Our Choral and Kollot services will begin separately for the *Shacharit* service, before coming together for the sermon and Torah service.

**10:30 Choral Service**

**(Marquee)**

Find your space in our choral service with the beautiful sound of the Alyth choir.

**10:45 Kollot**

**(Alyth's High Holy Days Synagogue)**

Our parallel service which takes place in the round, largely in Hebrew, and which encourages lay participation and communal singing.

## **Sermon and Torah Service**

We come back together in the Marquee for the sermon, given by **Rabbi Colin**, followed by the Torah Service.

## **YOM KIPPUR MORNING**

**Services and activities for families and children**

**(age 0 to Year 6) at Alyth**

**Under 4s (accompanied by an adult)**

**10:45 Yom Kippur Den**

**(Youth Hall)**

A special *Yom Kippur* version of our popular 'Shabbat Den'. This service is run especially for the youngest members of our community and features songs, stories, prayer and activities. Led by Rabbi Hannah and Chloe Kimmel.

**Families**

**10:30 Atideinu Family Service**

**(Beit Tefillah)**

An involving and musical service for *Yom Kippur* led by Rabbi Mark, including song, prayer and the reading of the *Torah* with *yad-cam* so you can see the *Torah* up close!

## School Years 5 & 6

### **10:45-11:45 Escape the Whale (Kindergarten)**

Jonah was in the whale for 3 days and 3 nights. How long would it take you to escape the whale? Come and explore the story of Jonah and reflect as you escape the whale.

*To register a child in Years 5 to 8 to travel back to the Sternberg Centre on the supervised Shuttle Bus at 12:05, please go to [www.alyth.org.uk/hhd](http://www.alyth.org.uk/hhd).*

*All children under 13 who have not pre-registered must be accompanied by an adult to use the shuttle.*

## **YOM KIPPUR MORNING**

### Activities for young people (School Years 7-13) at the Sternberg Centre

#### **Loiter With Purpose (Foyer - Manor House)**

Trying your best with the fast and looking for some down time during the *Yom Kippur* services? We understand that for many, the High Holy Days are a great time to come back together with your Alyth friends and catch up, share stories and reflect on the year gone by. Led by a member of the Youth & Education Hub, come over to the “hang-out” space where there will be fun and chilled activities. All ages are welcome.

## School Years 7 & 8

### **10:40-11:40 Sorry, סליחה, Lo Siento, Pardon, أنا آسف (Drawing Room - Manor House)**

I know how I atone but what about you? Come and take a look at atonement around the world and explore how different cultures apologise. Does every language have a word for sorry? Do people give gifts to apologise? Find out with Sophie Peterman.

## School Years 9 & 10

### **10:40-11:40 Challenges of our leaders (Room 1 - Manor House)**

Have you ever faced a difficult decision? As the year groups training with us to become *madrichim* (youth leaders), it is vital that we take the time to consider tough times faced by our ancestors and by our leaders today. How can we use these examples to help ourselves grow at this very special time of year? Join Mike Mendoza to find out!

School Years 11 - 13

## **11:45-12:45 10 Days meditation**

### **(Room of Prayer - 1st Floor Manor House)**

As promised, join Mike Mendoza in a meditation through the body, tracking back the past 10 days of repentance and concluding with our day of atonement. Connect your physical being to the world around you. Bring body and mind into harmony as we prepare for the year ahead.

## **YOM KIPPUR AFTERNOON MUSAF AVODAH, MARTYROLOGY & MINCHAH**

We are pleased to once again offer “tracks” through *Yom Kippur* afternoon: Tefillah, Meditation and Reflection, Study, and Chevruta. You are welcome to follow one track through the afternoon, or to go to individual sessions that appeal.

### **AT A GLANCE**

For descriptions of each session, see over

#### **Options during Musaf Avodah**

- |                 |   |
|-----------------|---|
| 13:45 (approx.) | Avodah Service <i>in the Marquee</i>                                |
| 14:00-14:55     | Kavannah Avodah <i>in the Room of Prayer</i>                        |
| 14:00-14:55     | 'Sugyot Every Reform Jew Should Know'<br><i>in the Akiva Moadon</i> |
| 14:00-14:55     | Chevruta for teens <i>in the Drawing Room</i>                       |

#### **Options during Musaf Martyrology**

- |                 |  |
|-----------------|--|
| 15:00 (approx.) | Martyrology <i>in the Marquee</i>                |
| 15:00-15:55     | Hitboddedut <i>in the Room of Prayer</i>         |
| 15:00-15:55     | 'Food for Thought' <i>in the Akiva Moadon</i>    |
| 15:00-15:55     | Chevruta for 'adults' <i>in the Drawing Room</i> |

#### **Options during Minchah**

- |                 |   |
|-----------------|---|
| 16:00 (approx.) | Minchah Service <i>in the Marquee</i>   |
| 16:00-17:15     | Minchah Meditation <i>in the Room of Prayer</i>                                     |
| 16:00-17:15     | 'Jonah the Jew, Christian and Muslim'<br><i>in Alyth's High Holy Days Synagogue</i> |
| 16:00-17:15     | Chevruta for 'young adults' with Rabbi Laura <i>in the Drawing Room</i>             |
| 16:00-17:15     | Minchah Family Learning <i>on the Top Floor of the Shofar Day Care Centre</i>       |

## **SESSION DESCRIPTIONS BY TRACK**

### **Tefillah Track**

#### **13:45 approx Musaf: Avodah Service (Marquee)**

The dramatic service in which we remember the Temple service for *Yom Kippur*. Led by Rabbi Mark.

#### **15:00 approx Musaf: Martyrology Service (Marquee)**

Remembering our Jewish martyrs in a contemplative service with Rabbi Colin and Viv Bellos.

#### **16:00 approx Minchah Service (Marquee)**

Our afternoon service in which we hear *Torah* and the Book of Jonah. Led by Rabbi Josh.

### **Meditation and Reflection Track**

For those who need something deeper for the soul.

#### **14:00 - 14:55 Kavannah Avodah (Room of Prayer - Manor House 1st Floor)**

Join Maxine Levy and Rabbi Colin for a meditative journey giving space and connection to the sound of self, inspired by the practices of the High Priest of the Temple in Jerusalem on Yom Kippur, taking you to a place of At-One-Ment.

#### **15:00 - 15:55 Hitbodedut - Rabbi Nachman of Bratslav's Spiritual Practice (Room of Prayer - Manor House 1st Floor)**

Rabbi Nachman of Bratslav (1772-1810) wrote that we should “set aside time each day to meditate and pray alone in a room or a meadow to express your innermost thoughts and feelings and personal prayers to God.” His followers called this practice Hitbodedut. Join Rabbi Mark to experience this practice, concentrating individually on the struggles in our lives and finding the peace and personal space to begin to overcome them.

#### **16:00 -17:15 Minchah Meditation (Room of Prayer - Manor House 1st Floor)**

When the heart rests in a space of transition, it is close to its core and closer to the Divine. Vocal vowel meditation is a profound spiritual group practice, evoking a deep sense of peace and integrity. This practice will be followed by deep relaxation and rest meditation to allow stillness to infuse our inner Yom Kippur journey. Led by Mika Borthwick.

## Study Track

For those looking for mental stimulation and challenge through the afternoon .

### **14:00 -14:55 The Sugyot Every Reform Jew Should Know - Yom Kippur Special**

#### **(Akiva Moadon)**

The Musaf service begins with *U'ntaneh tokef*, with imagery of fear and trembling before God. In this special Yom Kippur edition of Rabbi Josh's regular series of Talmud shiurim, we will look at a sugya in which the rabbis explore the concept of "fear of heaven". A sugya is a discrete section of the Talmud, normally containing a weaving together of stories, rabbinic statements and biblical commentary on a shared theme. In these shiurim, we look at passages which are particularly important, theologically challenging or entertaining. You do not need to have studied Talmud before, or be able to read Hebrew, just come ready to grapple with the ideas of the Sages.

### **15:00 - 15:55 Food for thought**

#### **(Akiva Moadon)**

How do we deal with the overwhelming presence of food in our lives and in our Jewish ritual? From our earliest days, through our teenage years, and into adulthood, our eating habits are deeply intertwined with who we are as people and who we are as Jews. On Yom Kippur, the one day of the year when we are not defined by our culinary desires, join Rabbi Hannah as we ask the question: do we eat our food, or does our food eat us?

### **16:00 -17.15 Jonah the Jew, Christian and Muslim (Alyth's High Holy Days Synagogue)**

On Yom Kippur afternoon we hear the Book of Jonah. The most effective prophet in the Bible changes the behaviour of a city with just five words. Jonah has a special place in Judaism, Christianity and Islam, where he is known as Yunus. Join Rabbi Mark, Martin Palmer and Remona Aly to explore the points of contact and difference in our three faiths' Jonah traditions. Martin Palmer is Secretary General of the Alliance of Religions and Conservation. An Anglican religious historian, he is a frequent contributor on radio and television, helping to explain the development of religious thought and practice, with a speciality in Chinese Christianity. Remona Aly is a journalist and commentator who writes for the Guardian and regularly presents Radio 2's Pause for Thought and Radio 4's Something Understood. She is Director of Communications of the Exploring Islam Foundation.

## Chevruta Track

Chevruta is a traditional Jewish form of study, reading and discussing texts in pairs, or in small groups. This Yom Kippur afternoon, we offer the opportunity to study texts and materials prepared by Rabbi Laura Janner-Klausner, and taken from the latest module of Reform Judaism's inspirational learning programme, L'Chaim, which is about our engagement with Social Justice.

A rabbi will be on hand to help you to find a study partner, to guide you through the material, and to help you to access the texts (which will be in Hebrew and English, so no previous knowledge or Hebrew is necessary).

Together we will explore the nature of Jewish social obligation, the difference between Social Action and Social Justice, and what this has to do with Yom Kippur!

### **14:00 - 14:55 Chevruta Track for Teens (Drawing Room - Manor House)**

With Rabbi Hannah

### **15:00 - 15:55 Chevruta Track for Adults (Drawing Room - Manor House)**

With Rabbi Josh

### **16:00 - 17:15 Chevruta Track for Young Adults (Drawing Room - Manor House)**

With Rabbi Laura Janner-Klausner

## Family Track

### **14:30 - 16:30 & 16:30 - 19:00 Crèche (Ground Floor - Shofar Day Care Centre)**

See page 6 for details.

### **Loiter With (slightly more) Purpose (Foyer - Manor House)**

Throughout the afternoon our Youth & Education Hub will be in the "hang-out" space where there will be fun and chilled activities including meditation, guided reflection and improvised drama. All ages are welcome.

### **16:00 Minchah Family Learning—A Journey Through the Belly of the Fish (Top Floor - Shofar Day Care Centre)**

*For parents and children, aged 5-10 years*

Join Rabbi Hannah and Lynette for an experiential journey, using drama and song, as we re-enact Jonah's voyage through the belly of the fish. This session is a family learning opportunity, and we ask that parents, grandparents or carers join their children for this activity.

## YIZKOR

### 17:30 approx Yizkor Service (Marquee)

Our memorial service to remember loved ones who are no longer with us. Led by Rabbi Josh and Rabbi Mark.

Please note that there will be no admission during the *Yizkor* service once it has begun. The service will begin with the singing of Psalm 23 on page 624, and end with the mourners' *Kaddish*. We ask that you please remain in the marquee until *Kaddish* has been recited.

*For all young people*

### 17:30 Making your memories (Drawing Room - Manor House)

We often use candles to remember our loved ones. Join the Youth and Education Hub to reflect on your past year, and to make candles to take home.

## NEILAH

### 18:30 approx Neilah Service (Marquee)

The final sermon of *Yom Kippur* will be given by **Rabbi Hannah**, followed by our concluding service for *Yom Kippur*.

### 18:30 approx God Meeting as the Gates Close (Drawing Room - Manor House)

Take some time at the end of the day to reflect and study in a safe space together, with Rabbi Josh. We will begin our conversation with the words of the main liturgical addition to Neilah, "*Atah notein yad*" - "You stretch out Your hand", taking time to think about its imagery, and how we can understand it from our diverse positions of belief and doubt. We will join the rest of the community to close the day.

*For all young people*

### 18:30 Update your status (Akiva Moadon)

We once again invite you to reflect on your year, consider the changes that have happened since last *Yom Kippur* and write a letter to yourself. Join the Youth and Education Hub team for a personal reflection followed by a *shira* (sing song), before joining the rest of the community to close the day. All are welcome!

### 19:29 Havdalah and the end of the fast

We will be making *Havdalah*, the concluding ceremony for *Yom Kippur*, in front of the *bimah* in our marquee. Led by our young people.

## **SUKKOT AND SIMCHAT TORAH IN BRIEF**

For more information on Sukkot and Simchat Torah please see future Around Alyths and weekly emails.

### **SUKKOT**

#### **Community Sukkah Building Morning**

**Sunday 1 October, 10:00 - 12:45**

For all ages

#### **Erev Sukkot Service and Activities**

**Wednesday 4 October**

**Sukkot Den, 16:00 - 16:30**

For pre-schoolers and their families

**Sukkot Zone and Tea, 16:30 - 17:30**

For under 7s

**Erev Sukkot Service, 18:30**

#### **Sukkot Morning Services**

**Thursday 5 October**

**Choral Service, 10:15**

**Atideinu (Family) Service, 10:45**

#### **Sukkot Sleepout**

**Friday 6 October 18:30 - Saturday 7 October 12:30**

For School Years 4 – 8

#### **Erev Shabbat Chol HaMoed Sukkot Service with the Simcha 7**

**Friday 6 October, 18:30**

#### **Sukkot Chol HaMoed Shiur**

**Saturday 7 October, 9:15 - 10:15**

#### **Shabbat Chol HaMoed Sukkot Service**

**Saturday 7 October, 10:30**

### **SIMCHAT TORAH**

#### **Erev Simchat Torah Service and Youth Activities**

**Wednesday 11 October, 18:30**

#### **Simchat Torah Morning Services**

**Thursday 12 October**

**Choral Service, 10:15**

**Atideinu Family Service, 10:30**

**We wish a hearty *Mazal Tov* to**

*our Kallat Torah, Jackie Miller,*

*and our Chatan Bereshit, Philip Brodie.*

**Please contact us if Alyth  
can help you in any way**

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