

This Shabbat – 16 Av 5776

Erev Shabbat

18:30 Kabbalat Shabbat Service

in the Beit Tefillah

Led by Rabbi Josh and Katie Hainbach.

The D'var Torah will be given by our Israeli Madrichim from the Leo Baeck Education Center in Haifa.

19:30 Shabbat B'Yachad (Shabbat Together)

in the Leo Baeck Hall

Share a Shabbat meal experience with friends. Food is provided.

Shabbat Morning

Torah Reading: Shabbat Va-etchannan

	Deuteronomy 3:23-4:14
Soncino	p755
Plaut (old)	p1333
Plaut (new)	p1188

09:15 The Sugyot Every Reform Jew Should Know

in the Library

A sugya is a discrete section of the Babylonian Talmud. In these sessions with Rabbi Josh, we look at sugyot which are especially important, insightful or entertaining, and which every educated Jew should know about. This week we will look at one of the most famous stories in the Talmud from Tractate Avodah Zarah.

10:30 Shabbat Morning Service

in the Beit Tefillah

Led by Rabbi Josh with Justin Wise and Katie Hainbach

The Torah will be read by Josie Silverman.

The Haftarah (Isaiah 40:1-11) will be read by Edward Cohen.

The sermon will be given by Rabbi Josh.

Shabbat at Alyth

Throughout Jewish history, Shabbat has been at the heart of Jewish life, a distinctive and special time, different from the working week.

At Alyth, we strive to uphold this holiness of Shabbat, with learning and multiple services to meet the needs of the community. Please help us to ensure that everyone is able to pray and participate by thinking about the needs of those around you.

Together we make *Kiddush* (the prayer sanctifying the day) with wine and challah on both Erev Shabbat and Shabbat morning. We ask that you do not start eating until the blessings have been recited.

To help us to separate Shabbat from the rest of the week, we ask that you please switch off your mobile phone, and do not take photographs or smoke on the premises on Shabbat.

The Alyth webcam is live in the Beit Tefillah. Kabbalat Shabbat and Saturday morning services can be viewed from our website. Participants in the service will be in view when at the reading desk and opening the Ark doors.

In making Shabbat special, we rely on the contribution of many of our members. Thank you to everybody who has helped this Shabbat, including our members' choirs, wardens, those who have set out flowers and *Kiddush*, and our volunteers on security duty.

Shabbat Shalom

This Week

Sunday 21 August

15:00 - 17:00 Singing For Pleasure

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

Friday 26 August

18:30 - 19:30 Kabbalat Shabbat Service

Led by Rabbi Josh.

Saturday 27 August

10:30 - 12:00 Classical Service

Led by Rabbi Colin. Includes the Bar Mitzvah of Eli Jay.

Sunday 28 August

14:00 - 16:00 Monthly Drop-In for Recent Refugees

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.

Regular Activities This Week

The following activities are still taking place throughout the summer. Other regular activities return in September. For more information about any of our activities please go to www.alyth.org.uk.

Sunday

- Sunday Shacharit (09:00 – 10:00)

Monday

- Senior Club (14:00 – 16:00) “Music with Herbie Goldberg”

Wednesday

- Jewish Mindfulness Meditation (20:00 – 21:30) “Amen Chanting”

Thursday

- Mellow Yoga (11:00 – 12:00)

- Talmud Class (13:00 – 14:15)

Sunday

- Sunday Shacharit (09:00 – 10:00)

Save the date

News for Jews – Antisemitism the bigger picture

Wednesday 31 August, 20:00-22:00

Join us in the first of a series of conversations about major issues in the news that are important to us as a community. The evening will begin with our panelists, Adrian Cohen from the London Jewish Forum, Edie Freedman of J-Core, Adam Langleben, Labour Local Councillor and former head of strategy for Tessa Jowell and writer and leading sociologist, Keith Kahn-Harris discussing the bigger issues around Antisemitism in the UK today. The conversation will continue in smaller facilitated groups where we will look at the current issues occupying the front pages of the JC, national press and on our minds.

Judaism - The Essentials: New Term begins 14 September

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

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.

Friday 09 September, 17:45 - 18:15

מָה־אָנוּ.

Mah anu - What are we?

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

Saturday 10 September, 09:45 - 10:15

מָה־חַיֵּינוּ.

Meh chayyeinu - What is our life?

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

Friday 16 September, 17:45 - 18:15

מָה־חַסְדֵּינוּ.

Meh chasdeinu - What is our love?

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

Saturday 17 September, 09:45 - 10:15

מָה־צַדִּיקוֹתֵינוּ.

Mah tsidkoteinu - What is our justice?

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

Friday 23 September, 17:45 - 18:15

מָה־יְשׁוּעָתֵנוּ.

Mah y'shu'ateinu - What is our salvation?

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

Saturday 24 September, 09:45 - 10:15

מָה־כֹּחֵנוּ.

Mah kocheinu - What is our endurance?

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

Friday 30 September, 17:45 - 18:15

מָה־גְּבוּרָתֵנוּ.

Mah g'vurateinu - What is our power?

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

Saturday 01 October, 09:45 - 10:15

מָה־נֹּאמַר לְפָנֶיךָ

Mah nomar l'fanecha - What can we say before You?

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.

Community News: 19 – 20 August 2016

Alyth is built on a foundation of mutual care, in which we share one another's joys and sorrows, and accompany one another through our life journeys.

On this Shabbat we celebrate with:

Josie Silverman and her family on the occasion of her becoming Bat Mitzvah and reading Torah with her community for the first time

Katie and David Mandel and their families on the birth of their daughter Mia Eden

On this Shabbat we join our thoughts with those who are mourning the death of:

Dorli Neale, mother of Larry Neale and Michael Neale.

We wish good memories to those marking the anniversary of the death of a loved one:

Beatrice Andrews, mother of Honor Small

Ann Blackman, wife of Mervyn Blackman, mother of Sally Lask and Julia Byrne

Jonathan Brand, son of Patricia Brand

Sydney Clouts, husband of Marjorie Clouts

Tessa Cohen, mother of Edward Cohen

Ronald Cole, husband of Doris Cole, father of Keith Cole and Susan Sh

Anna Craft-Stanley, sister of Naomi Craft

Andrej (Bandi) Gellert, uncle of Andrew Gellert

Werner Goldstaub, husband of Beate Goldstaub, father of Deborah Levy

Walter Katz, husband of Malli Katz

Jean Kay, mother of Lucille Cohen

Karen Kieve, sister of Mark Kieve

Peter Klein, father of Michael Klein

Eric Koehne, brother of Stephen Koehne

Ethel Levi, wife of Henry Levi

Ronald Lewis, father of Lee Lewis

David Lipschitz, father of Lucille Sher

Inge Angress Loewenheim, mother of Sonia Davies

Hannah Oppenheim, aunt of Leslie Michaels

Raphael Pitchon, father of Regina Pitchon

Contact Us

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

Lynette Sunderland *Director of Welfare and Life Cycle*
lynette@alyth.org.uk; 020 8457 8793

Adam Martin *Community Director*
adam@alyth.org.uk; 020 8457 8789

Songs for Erev Shabbat

Ivdu (Psalm 100:2 and 95:3)

Music: Or Zohar

עבְדוּ אֶת־יְהוָה בְּשִׂמְחָה בְּאוֹר לְפָנָיו בְּרִנָּה
כִּי אֵל מֶלֶךְ גָּדוֹל יְהוָה

Part 1:

Ivdu
et Adonai b'simcha
Bo'u
l'fanav birna'na...ah

Part 2:

(Ivdu...u...u)
(simcha, simcha, simcha...)
(Bo'u, bo'u bo'u...u)
(na, na, na, na, na...)

Ki El melech gadol Adonai (x4)

Serve God in gladness; Come into God's Presence with joy.
For God is a great Sovereign.

Hashkiveinu

Music: Dan Nichols

הַשְׁכִּיבֵנוּ יְהוָה אֱלֹהֵינוּ לְשָׁלוֹם וְהַעֲמִידֵנוּ מִלְּכָנוּ לְחַיִּים

Hashkiveinu Adonai eloheinu l'shalom, v'ha'amideinu malkeinu l'chayyim

Spread the shelter of Your peace over us
Guide us in wisdom, compassion and trust

Save us for the sake of Your name
Shield us from hatred, sorrow and pain

Haftarah for Shabbat Nachamu

(Isaiah 40:1-11)

Comfort, oh comfort My people, says your God.

Speak tenderly to Jerusalem, and declare to her that her term of service is over, that her iniquity is expiated; for she has received at the hand of the Eternal double for all her sins.

A voice rings out: "Clear in the desert a road for the Eternal! Level in the wilderness a highway for our God!

Let every valley be raised, every hill and mount made low. Let the rugged ground become level and the ridges become a plain.

The Presence of the Eternal shall appear, and all flesh, as one, shall behold - for the Eternal God has spoken."

A voice rings out: "Proclaim!" Another asks, "What shall I proclaim?" "All flesh is grass, all its goodness like flowers of the field:

Grass withers, flowers fade when the breath of the Eternal blows on them. Indeed, man is but grass:

Grass withers, flowers fade - but the word of our God is always fulfilled!"

Ascend a lofty mountain, O herald of joy to Zion; Raise your voice with power, O herald of joy to Jerusalem - raise it, have no fear; Announce to the cities of Judah: Behold your God!

Behold, the Eternal God comes in might, and God's arm wins triumph for God; See, God's reward is with God, God's recompense before the Eternal.

North Western Reform Synagogue
Alyth Gardens, NW11 7EN
www.alyth.org.uk
mail@alyth.org.uk
020 8455 6763

Rabbinic Team

Rabbi Josh Levy (Rabbinic Partner)
Rabbi Mark Goldsmith (Rabbinic Partner)
Rabbi Maurice Michaels
Rabbi Colin Eimer



Welcome to Alyth

We are delighted that you are with us this Shabbat, whether you are a regular or joining us for the first time.

If we can help you in any way please do not hesitate to speak with one of our Clergy, lay leaders or a member of the staff team. Shabbat Shalom.