

This Shabbat – 23 Av 5776

Shabbat shalom to everyone on Summer Madness.

Erev Shabbat

18:30 Kabbalat Shabbat Service

in the Beit Tefillah

Led by Rabbi Josh and Katie Hainbach.

Shabbat Morning

Torah Reading: Shabbat Eikev

	Deuteronomy 9:1-19
Soncino	p784
Plaut (old)	p1389
Plaut (new)	p1231

10:30 Shabbat Morning Service

in the Beit Tefillah

Led by Rabbi Colin.

The Torah will be read by Eli Jay.

The Haftarah (Isaiah 50:4-51:3) will be read by Janine Clements.

The sermon will be given by Rabbi Colin.

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

Monday 29 August

10:00 - 16:00 Bank Holiday Ramble

A 9 mile ramble around the Ayot Villages. Please email viv@alyth.org.uk to register and for the meeting location.

Wednesday 31 August

20:00 - 22:00 News for Jews – Antisemitism the bigger picture

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 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.

Friday 2 September

16:15 - 16:45 The Shabbat Den

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.

18:30 - 19:30 Kabbalat Shabbat Service

Led by Rabbi Mark.

Saturday 3 September

10:30 - 12:00 Classical Service

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

10:30 - 12:00 Tefillah Laboratory: Imrei Finu

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.

Sunday 4 September

09:30 - 13:00 CST Security Training

We want to ensure that you have the training you need, for when you do your security shift at Alyth. This two morning (4 and 11 September) training course run by CST will teach you the essentials and does not contain any physical elements. Sign up with security@alyth.org.uk.

19:30 - 22:00 Sunday Bridge@Alyth

For more information please contact Clive on 020 8361 5711.

Volunteers Required: Night Shelter

The Alyth and Golders Green Parish Church Night Shelter urgently needs volunteers for the following roles at Golders Green Parish Church on Tuesday nights and Wednesday mornings from 4 October to 7 December:

- to sleep overnight accompanying an experienced volunteer and the group of 16 homeless guests, arriving at around 21:30 and stay until around 7:00.

- to help with breakfast between 7:00 - 8:00 on the Wednesday mornings;

- to help drive the bags of bedding to the next venue (at Tally Ho Corner) from 8:00 on the Wednesday mornings.

If you would like any further information, please contact Ruth Smilg via 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.

Saturday

- Synagogue Choir Rehearsal (09:15 – 10:15)

Sunday

- Sunday Shacharit (09:00 – 10:00)

- Monthly Drop-In for Recent Refugees (14:00 – 16:00)

Wednesday

- News, Views, Coffee & Schmooze (13:30 – 13:30)

- Jewish Mindfulness Meditation (20:00 – 21:30)

Thursday

- Mellow Yoga (11:00 – 12:00)

- Talmud Class (13:00 – 14:15)

Sunday

- Sunday Shacharit (09:00 – 10:00)

Save the date

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.

Each 30 minute session will be structured around one of the eight questions found in the prayer in the morning service, Ribbon Ha-Olamim: What are we? What is our life? What is our love? What is our justice? What is our salvation? What is our endurance? What is our power? What can we say before You?

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. See Around Alyth and the Alyth website for the full programme.

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.

Alyth Cycling Community All Day Ride 2016

Sunday 18 September, 08:00-18:00

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 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.

Community News: 26 – 27 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:

Eli Jay and his family on the occasion of him becoming Bar Mitzvah and reading Torah with his community for the first time

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

Edna Beber, mother of Lesley Lass, Alyth's Community Administrator.

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

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

Edith Cooper, mother of Jacqueline Goymour

Ruth Dale, mother of Naomi Dale-Tribich

Ludwik Finkelstein, father of Anthony Finkelstein

Pari Hezghia, sister of Nassrin Harris

Lily Joseph, mother of Helen Paiba

Alfred Kayton, father of Anita Simon

Louisa Measure, mother of Pamela Maxwell

Phil Michaels, son of Lesley and Leslie Michaels, brother of Joe and Sammy

Lilian Papier, mother of Jonathan Papier, Robert Papier and Martin Papier

Shalom Samyah, father of Monazzam Samyah

Avraham Sternberg, father of Sir Sigmund Sternberg

Barnett Summers, father of Stephen Summers

The stone setting for **Benjamin Barrie** will be held on Wednesday 31 August at 10.30am at Cheshunt Cemetery.

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

Ya'aloz Sadai (Psalm 96:12)

יַעֲלוּ שְׂדֵי וְכָל־אֲשֶׁר־בוֹ אֲז יִרְנְנוּ כָּל־עֲצֵי־יָעַר:

Ya'aloz sadai v'chol asher bo; Ya'aloz sadai ai yai yai yai x2

Az y'rann'nu kol atsei ya'ar x4

Let the field be glad and all within it, let all trees of the forest sing out

Roll into Dark

בּוֹרֵא יוֹם וְלַיְלָה. גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ וְחֹשֶׁךְ מִפְּנֵי אוֹר

Creator of day and night, rolling light into darkness, and darkness into light.

Roll into dark, roll into light.

Night becomes day, day turns to night.

Borei yom valailah, goleil or mip'nei choshech

goleil or mip'nei choshech v'choshech mip'nei or.

Haftarah for Shabbat Eikev

(Isaiah 50:4-51:3)

The Almighty God gave me a skilled tongue, to know how to speak timely words to the weary. Morning by morning, God rouses, the Eternal rouses my ear to give heed like disciples. The Eternal God opened my ears, and I did not disobey, I did not run away. I offered my back to the floggers, and my cheeks to those who tore out my hair. I did not hide my face from insult and spittle.

But the Eternal God will help me, therefore I feel no disgrace;

Therefore I have set my face like flint, and I know I shall not be shamed.

My Vindicator is at hand who dares contend with me?

Let us stand up together! Who would be my opponent? Let him approach me!

Lo, the Eternal God will help me, who can get a verdict against me?

They shall all wear out like a garment, the moth shall consume them.

Who among you reveres the Eternal and heeds the voice of God's servant?

Though a person walks in darkness and have no light,

Let them trust in the name of the Eternal and rely upon his God.

But you are all kindlers of fire, girding on firebrands.

Walk by the blaze of your fire, by the brands that you have lit!

This has come to you from My hand: You shall lie down in pain.

Listen to Me, you who pursue justice, You who seek the Eternal:

Look to the rock you were hewn from, to the quarry you were dug from.

Look back to Abraham your father and to Sarah who brought you forth.

For he was only one when I called him, but I blessed him and made him many.

Truly the Eternal has comforted Zion, comforted all her ruins;

God has made her wilderness like Eden, her desert like the Garden of the Eternal.

Gladness and joy shall abide there, thanksgiving and the sound of music.



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.

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

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

