

# This Shabbat – 28 Elul 5776

## Erev Shabbat

### 17:45 Cheshbon Ha-Nefesh: Mah g'vurateinu - What is our power?

*in the Rabbis' Beit Midrash*

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

### 18:30 Kabbalat Shabbat Service

*in the Beit Tefillah*

Led by Rabbi Mark with the Alyth Kids Choir

## Shabbat Morning

### Torah Reading: Shabbat Nitzavim

	Deuteronomy 29:9-28
Soncino	p878
Plaut (old)	p1537
Plaut (new)	p1373

### 09:45 Cheshbon Ha-Nefesh: Mah nomar l'fanecha - What can we say before You?

*in the Library*

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

### 10:30 Classical Service

*in the Beit Tefillah*

Led by Rabbi Josh. The Torah will be read by Ori Kaplansky-Gordon. The Haftarah (Isaiah 62:1-12) will be read by Michael Diaches. The sermon will be given by Student Rabbi Nathan Godleman.

There is an area for children in the Kindergarten, where you will find toys, arts and craft material and streaming of the service from the Beit Tefillah. We ask that parents supervise their children at all times.

### 10:30 Tefillah Laboratory: Shacharit for the Soul

*in the Rabbi's Beit Midrash*

Led by Rabbi Mark, this morning service will use a selection from our regular prayers, poetry, and silence. Also including a contemplative reading of the Torah and the space to experience a special sense of menuchah (rest) on this final Shabbat before the High Holy Days.

# This Week

## Sunday 2 October

### Erev Rosh Hashanah services are taking place at Alyth

We are excited to be using the new draft Machzor at our Rosh Hashanah services. Copies will be available at the services, so there is no need to bring your own Machzor. You will still need to do so on Yom Kippur.

### 18:00 - 19:30 Erev Rosh Hashanah Service

Join Rabbi Josh and Katie Hainbach 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 will include both High Holy Day melodies and guitar-led singing of familiar melodies. The D'var Torah will be given by Rabbi Colin.

### 18:15 - 19:30 Erev Rosh Hashanah for the Soul

A more intimate service for Rosh Hashanah evening with Rabbi Mark, which will give space for reflection on the meaning of beginning a new year using our traditional liturgy and some of the new creative pieces in our special Machzor. The service will be unaccompanied, using our voices together to bring in the New Year, and will also include Rabbi Colin's D'var Torah.

## Monday 3 October

### Rosh Hashanah services are taking place at Alyth and the Sternberg Centre

#### 10:30 Classical Service (The Sternberg Centre - Marquee)

Our classical, choral service.

#### 10:30 Big Bang (Alyth - Beit Tefillah)

Our world famous, participative, musical Tefillah (prayer) experience for all the family. A big and bold service with percussion, guitar and violin to inspire us all, like the blast of the Shofar!

#### 10:45 Kollot (The Sternberg Centre - Alyth's HHD Synagogue)

Taking place in the round, largely in Hebrew, encouraging lay participation and communal singing.

*Please see our High Holy Days booklet or [www.alyth.org.uk/hhd](http://www.alyth.org.uk/hhd) for explanations and locations of all of our services and activities.*

#### 16:30 Tashlich Ramble

Meet at Totteridge and Whetstone Underground Station and walk the Dollis Brook path to Windsor Road Open Space, where we will have our tashlich ceremony. Contact [viv@alyth.org.uk](mailto:viv@alyth.org.uk).

### 18:30 – 20:00 Erev Second Day Rosh Hashanah Service

Held at Alyth, a gentle service to bring in the second day of Rosh Hashanah.

## Tuesday 4 October

### Second Day Rosh Hashanah Services are all taking place at Alyth

#### 10:15 Classical Service

We join together back at Alyth for prayer, Torah and shofar.

*Please note the slightly earlier start time for this service to accommodate parking restrictions.*

#### 10:45 Atideinu Family Service

A combination of song, prayer, stories and hearing the Shofar blast. There will be separate activities for younger and older children to experience the Torah portion.

## Wednesday 5 October

### 16:00 - 17:00 10 Days Zone

For Primary School aged children to mark the transition between Rosh Hashanah and Yom Kippur with fun activities. Contact [chloe@alyth.org.uk](mailto:chloe@alyth.org.uk).

### 20:00 - 21:45 Judaism - The Essentials: Yom Kippur and Sukkot

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. Taught by Alyth's rabbis and Jon Epstein. Contact Rabbi Josh for more information at [josh@alyth.org.uk](mailto:josh@alyth.org.uk).

## Wednesday 5 October

### 20:00 - 21:00 Jewish Mindfulness Meditation through the Ten Days

The Alyth Meditation Room offers a space for contemplation and spirituality. Led by expert facilitators and Rabbis drawing from the Jewish meditative tradition. No pre-booking is necessary.

These sessions will also run on: Thursday 06 & Monday 10 at 20:00-21:00, Friday 07 at 17:15-18:15, Saturday 08 at 18:00-19:15 (this session is not at Alyth, contact [jmm@alyth.org.uk](mailto:jmm@alyth.org.uk) for the location), Sunday 09 at 10:15-11:15.

## Thursday 6 October

### 13:00 - 14:15 Yom Kippur Talmud Class

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.

## Friday 7 October

### 16:15 - 16:45 The Shabbat Shuvah 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.

### 17:15 - 18:15 How the Yom Kippur Liturgy Fits Together and Why it isn't as Complicated as it Seems

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

### 18:30 - 19:30 Kabbalat Shabbat Service

## Friday 7 October

### 19:30 - 21:30 Shalom Supper

Join members of JAMI and Jewish Care's Shalom Centre for a Shabbat evening dinner and entertainment (with the support of the Hampstead Garden Trust). Contact [lynette@alyth.org.uk](mailto:lynette@alyth.org.uk).

## Saturday 8 October

### 09:15 – 10:15 Why Some Prayers Keep Repeating and What they Mean

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

### 09:15 – 10:15 Mindful Kavvanot for Shabbat Shuvah

Join Rabbi Mark in the Alyth Meditation Room for a time of peace and contemplation, sharing Kavvanot (focussing meditations) that can help make Shabbat more meaningful throughout the year.

### 10:30 - 12:00 Classical Service

Led by Rabbi Josh. Includes the Bar Mitzvah of Aden Brazil. The sermon will be given by Edie Friedman, an Alyth member and Founder and Director of J-Core, the Jewish Campaign for Racial Equality.

### 10:30 - 12:00 Kollot Service

Our informal, participatory minyan, mostly in Hebrew, chanted and sung with a supervised area for children. Includes the Aufruf of Arieh Miller and Tanya Jacobs. Led by Rabbi Josh.

## Sunday 9 October

### 10:00 - 15:30 Rosh Hashanah Ramble: Skirmett and Turville Heath

An 8 mile walk through the arable fields and beech woods with a beautiful view of Idlcombe valley. Sometimes hilly and maybe muddy. Meet outside The Frog at Skirmett, RG9 6TG. Contact [viv@alyth.org.uk](mailto:viv@alyth.org.uk).

### 11:00 Remembrance Service at Cheshunt

We know that sometimes it's difficult to find the right words and thoughts when visiting loved ones 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, contact Lynette on 020 8457 8793 no later than Wednesday 5 October.

## Community News: 30 Sept – 01 Oct 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:

**Ori Kaplansky-Gordon** 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:

**Mark Gore**, father of Sarah Lederman.

**Anthony Inwald**, husband of Naomi, father of David Inwald and Jacqueline Glen, brother of Joan Ripley.

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

**Barnard Butwick**, father of Daphne Price

**Jill Epstein**, mother of Adam Epstein

**Minnie Goldman**, mother of Patricia Brand

**Lesley Anne Greenberg**, sister of Rosalind Langleben

**Ronald Hambury**, husband of Brenda Lewis, father of Nikki Olliver

**Walter Kupfer**, father of Diana Elbourne

**Louis Rubin**, husband of Dorie Rubin, father of Rachel Gerrard, Naomi Hartnell and Daniel Rubin

## 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**

## Songs for Erev Shabbat

### Hashkiveinu

Music: Dan Nichols

הַשְּׁכִיבֵנוּ יְהוָה אֱלֹהֵינוּ לְשָׁלוֹם וְהַעֲמִידֵנוּ מִלְּפָנֶיךָ 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

### A New Year

by Michael Ochs

A New Year, a good year  
A chance to start all over  
A new year, a sweet year, a chance to bring us closer

## Haftarah for Shabbat Nitzavim

### Isaiah 62:1-12

For the sake of Zion I will not be silent, for the sake of Jerusalem I will not be still,  
Till her victory emerge resplendent and her triumph like a flaming torch.  
Nations shall see your victory, and every king your majesty;  
And you shall be called by a new name which the Eternal God shall bestow.  
You shall be a glorious crown in the hand of the Eternal,  
And a royal diadem in the palm of your God.  
Nevermore shall you be called "Forsaken," nor shall your land be called "Desolate";  
But you shall be called "I delight in her," and your land "Espoused."  
For the Eternal takes delight in you, and your land shall be espoused.  
As a youth espouses a maiden, your sons shall espouse you;  
And as a bridegroom rejoices over his bride, so will your God rejoice over you.  
Upon your walls, O Jerusalem, I have set watchmen,  
Who shall never be silent by day or by night.  
O you, the Eternal's remembrancers take no rest and give no rest to God,  
Until God establish Jerusalem and make her renowned on earth.  
The Eternal has sworn by the Eternal's right hand, by God's mighty arm:  
Nevermore will I give your new grain to your enemies for food,  
Nor shall foreigners drink the new wine for which you have labored.  
But those who harvest it shall eat it and give praise to the Eternal;  
And those who gather it shall drink it in My sacred courts.  
Pass through, pass through the gates!  
Clear the road for the people; build up, build up the highway,  
Remove the rocks! Raise an ensign over the peoples!  
See, the Eternal has proclaimed to the end of the earth:  
Announce to Fair Zion, your Deliverer is coming!  
See, his reward is with Him, his recompense before God.  
And they shall be called, "The Holy People, the Redeemed of the Eternal,"  
And you shall be called, "Sought Out, a City Not Forsaken."

## 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

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 Colin Eimer  
Rabbi Maurice Michaels



## 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.