

This Shabbat – 3 Kislev 5777

Erev Shabbat

16:15 The Shabbat Den

in the Leo Baeck Hall

Our Shabbat experience for pre-schoolers and their families with Chloe, our early years educator, Tor from the Kindergarten and Rabbi Mark.

Join us for songs, stories and to meet new friends at Alyth's Shabbat Den.

18:30 Kabbalat Shabbat Service

in the Beit Tefillah

Led by Rabbis Josh and Mark and Katie Hainbach.

18:30 Hadracha Graduation Dinner

in the Youth Hall

Dinner for the participants and their families on our leadership course.

Shabbat Morning

There is an area for children in the Kindergarten where you will find toys and arts and craft materials. The service from the Beit Tefillah will also be live streamed to the Kindergarten. We ask that children are supervised at all times.

Torah Reading: Shabbat Toldot

Genesis 26:12-31 (Soncino p95, Plaut (old) p179, Plaut (new) p175)

10:30 Shabbat Morning Service

in the Beit Tefillah

Led by Rabbi Josh. The Torah will be read by Talia Bunting and Rabbi Josh.

The Study Passage will be read by Janice Kirby on behalf of all those who volunteer their time to help in the community.

The Haftarah (II Samuel 23:8-23) will be read by Ruth Smilg.

The prayer for the community will be read by Janine Clements to mark World Aids Day

The sermon will be given by Lynette Sunderland who is celebrating 25 years at Alyth.

After the service there will be a special kiddush to celebrate with Lynette.

10:30 Tefillah Laboratory: Hitbonnenut

in the Meditation Room

A Shabbat experience where we observe ourselves through meditation, niggunim (chant), and divrei Torah (absorbing and interacting internally with the essence of the Torah portion for this Shabbat). Bring an open mind and willing spirit. Led by Rabbi Mark and Mika Borthwick. We will finish in time for Lynette's sermon.

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.

When we want to show appreciation during a service, it is traditional not to applaud but to shout *'yasher koach'* or *'sh'koach'*, which means 'strength to you.' We ask that you please refrain from applauding, but join in this greeting.

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 4 December

15:00 - 17:00 Bereaved Partners Support Group

Have you suffered the loss of a partner or spouse? Join Lynette Sunderland and others in the same situation who can offer support. Contact lynette@alyth.org.uk.

Monday 5 December

12:45 - 13:45 JOY: Joining Old and Young

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.

Wednesday 7 December

20:00 - 22:00 Coffee House Poetry Evening

Bring your favourite poem to share and discuss over delicious coffee and cake.

Contact viv@alyth.org.uk.

Friday 9 December

17:15 – 18:15 Ruach Parents Sessions: Prayer and the Siddur

Taught by our rabbis, these sessions are specifically for parents whose children attend the Ruach programme. This week: 'Jewish Worship... How music helps us to pray' with Rabbi Mark.

18:30 – 19:30 Kabbalat Shabbat Service

This Erev Shabbat there will be choice of:

AYS and the Simcha 7- A special service with the emphasis on joyful song with instruments. Led by Rabbi Josh.

Or: Erev Shabbat for the Soul - Using our voices together for those who want to be in a more intimate setting. Led by Rabbi Mark.

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.

Saturday 10 December

09:15 – 10:15 Shabbat Shiur: Human Rights in Jewish Tradition

To mark Human Rights Shabbat, join Rabbi Mark for a special shiur looking at the meaning of human rights in Judaism. Does Judaism have a concept of rights and if so how is this expressed in our texts?

10:30 – 12:15 Shabbat Morning Service

Led by Rabbi Josh. Includes the Bar Mitzvah of Benjamin Gilbert. To mark the anniversary of the Universal Declaration of Human Rights, the sermon will be given by Danny Friedman QC.

10:30 - 12:00 Kollot Service

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

Sunday 11 December

11:30 - 12:30 Do you have a child in Year 5 who will be having a Bar or Bat Mitzvah in 2019/20?

If so, you should have received a letter inviting you to this preliminary meeting in connection with the allocation of a date for your child's Bar or Bat Mitzvah. If you have a child currently in Year 5, but you have not received the letter please contact Lesley Lass as a matter of urgency at lesley@alyth.org.uk or 020 8457 8786.

19:00 Alyth Choral Society Concert: Handel's Samson

A not to be missed concert from Alyth's Choral Society.

Go to www.alythchoralsociety.org for more information and tickets.

Alyth's Annual Budget General Meeting

Sunday 18 December, 10:15 (please note the change of date)

Please join us for our ABGM where members will have the opportunity to discuss and approve the synagogue's budget for 2017. Papers can be seen at www.alyth.org.uk.

Regular Activities This Week

For more information about any of our activities please go to www.alyth.org.uk.

Friday

- Ruach Erev Shabbat (16:15 – 19:30)

Saturday

- Choir Rehearsal (9:00 – 10:00)

Sunday

- Sunday Shacharit (9:00 – 10:00)

- Sunday Morning Galim (10:00 – 12:45)

- Alyth Academy of Performing Arts (18:00 – 21:00)

- Sunday Bridge (19:00 – 22:00)

Monday

- Alyth Toddler Group (9:30 – 11:30)

- Senior Club (14:00 – 16:00) Roy Blass Entertains

- Year 7 Galim (17:30 – 19:00)

- Monday Club (19:30 – 21:30)

Tuesday

- Alyth Choral Society (20:00 – 22:00)

Wednesday

- News, Views, Coffee & Schmooze (13:30 – 15:30)

- Kef Zone (16:00 – 17:00)

- Alyth Children's Theatre (17:00 – 18:30)

- Alyth Youth Singers (18:45 – 20:00)

- Hebrew Reading from Scratch (19:00 – 20:00)

- Judaism the Essentials (20:00 – 21:30) 'Rabbinic Lit 3: Post Talmudic Development'

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

Thursday

- Mellow Yoga (11:00 – 12:00)

- Talmud Class (13:00 – 14:15)

- Bridge (14:00 – 16:30)

- Year 10 Hadracha (18:30 – 19:30)

Friday

- Ruach Erev Shabbat (16:15 – 19:30)

Sunday

- Alyth Cycling Community (08:15 – 13:00)

- Sunday Shacharit (9:00 – 10:00)

- Sunday Morning Galim (10:00 – 12:45)

- Alyth Academy of Performing Arts (18:00 – 21:00)

Save the date

Alyth's Biblical Book Club

Tuesdays 13 & 20 December, 20:00-22:00

Our Biblical Book Club will give you the opportunity to read the books we don't hear in synagogue services, and even some which did not make the Bible. This month we will be reading and discussing the Book of Job with Rabbi Mark. Please contact bonnie@alyth.org.uk or 020 8457 8784 to register and if you need a copy of the book.

C.R.E.A.T.E & L.E.A.R.N Taster Evening

Tuesday 13 December, 18:00-19:30

Starting in 2017, we are delighted to announce two parallel programmes for post B'nei Mitzvah for whom art and learning are their preferred way of engaging with their Judaism and community. On this taster evening, come and find out about C.R.E.A.T.E. (Alyth's new arts programme) and L.E.A.R.N. (a course to give greater depth to your adult Jewish knowledge with Rabbis Josh and Mark, and educator Yael Roberts).

New Music Evening

Wednesday 14 December, 20:00-21:30

An opportunity to learn and sing new liturgical music 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 range of services. You do not need to read sheet music to attend this event, which is suitable for everyone including choir members and all those who love to sing in shul. Contact katie@alyth.org.uk.

Community News: 2 - 3 December 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:

Talia Bunting and her family on the occasion of her becoming Bat Mitzvah and reading Torah with her community for the first time.

Miriam and Rafi Halahmy on the birth of a grandson, Samuel, a son for Elliot and Louise and a brother for Jacob.

Sarah and Jonathan Lederman on the birth of a grandson, Benjamin Edward, a son for Tamara and Patrick.

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

David Joseph, husband of Tina Joseph and brother of Helen Paiba.

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

Henry Bernstein, father of Lois Winter

Lilian Brody, mother of Serena Ryer

Victor Benjamin, father of Ruth Smilg

Lionel Daiches, father of Michael Daiches

David Davidson, husband of Rachel Davidson, father of James Davidson

Lorraine Edelstein, mother of Livia Prior and Andrea Morris, brother of Gerald Levin

Miriam Emden, sister of Dennis Myers

Alice Daisy Fisher, mother of Robert and Jacqueline Fisher

Maurice Franses, husband of Jean Franses

Harry Freedman, father of Loretta Cohn

Arnold Gould, father of Tessa Thier, Michael Gould and Philippa Gould

Phoebe Gould, mother of Tessa Thier, Michael Gould and Philippa Gould

Sadie Greenberg, sister of Frank Curtis

Davis Grossman, father of Merle Russell

Angel Guiloff, father of Roberto Guiloff

Hilde Licht, sister of Beate Goldstaub

Ann Mandelbrote, mother of Lydia Woolf

Harry Joseph Mandelbrote, father of Lydia Woolf

Maureen Mendelsohn, mother of Jan Roseman

Lewis Phillips, father of Patricia Hasenson

Sonya Ritblat, sister of Alison Rosenfeld

Moss Shara, father of Henry Shara

Hannah Silverman, mother of Shirley Collett and Leon Silverman

Ulrich Skaller, father of Hanna Alexander

Malcolm Stanton, father of Kenneth Stanton

Gordon Weiner, father of Robert Weiner

Sidonie Weiner-Leiba, mother of Hanni Arnold

Henry Wolosker, father of Arlene Seaton

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

Roll into Dark

Music: Noam Katz

בּוֹרָא 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.

Olam Chesed Yibaneh

עוֹלָם חֶסֶד יִבְנֶה

Olam chesed yibaneh, yai dai dai, dai dai dai dai dai dai

The world will be built with loving kindness (Psalm 89:3)

Haftarah for Shabbat Toldot

II Samuel 23:8-23

These are the names of David's warriors: Josheb-basshebeth, a Tahchemonite, the chief officer he is Adino the Eznite; he wielded his spear) against eight hundred and slew them on one occasion.

Next to him was Eleazar son of Dodo son of Ahohi. He was one of the three warriors with David when they defied the Philistines gathered there for battle. The Israelite soldiers retreated, but he held his ground. He struck down Philistines until his arm grew tired and his hand stuck to his sword; and the Eternal wrought a great victory that day. Then the troops came back to him but only to strip [the slain].

Next to him was Shammah son of Age the Ararite. The Philistines had gathered in force where there was a plot of ground full of lentils; and the troops fled from the Philistines.

But [Shammah] took his stand in the middle of the plot and defended it, and he routed the Philistines. Thus the Eternal wrought a great victory.

Once during the harvest three of the thirty chiefs went down to David at the cave of Adullam, while a force of Philistines was encamped in the Valley of Rephaim. David was then in the stronghold and a Philistine garrison was then at Bethlehem. David felt a craving and said, "If only I could get a drink of water from the cistern which is by the gate of Bethlehem!"

So the three warriors got through the Philistine camp and drew water from the cistern which is by the gate of Bethlehem, and they carried it back. But when they brought it to David he would not drink it, and he poured it out as a libation to the Eternal.

For he said, "The Eternal forbid that I should do this! Can (I drink) the blood of the men who went at the risk of their lives?" So he would not drink it. Such were the exploits of the three warriors.

Abishai, the brother of Joab son of Zeruiah, was head of another three. He once wielded his spear against three hundred and slew them. He won a name among the three; since he was the most highly regarded among the three, he became their leader. However, he did not attain to the three. Benaiah son of Jehoiada, from Kabzeel, was a brave soldier who performed great deeds. He killed the two sons of Ariel of Moab. Once, on a snowy day, he went down into a pit and killed a lion. He also killed an Egyptian, a huge man. The Egyptian had a spear in his hand, yet [Benaiah] went down against him with a club, wrenched the spear out of the Egyptian's hand, and killed him with his own spear.

Such were the exploits of Benaiah son of Jehoiada; and he won a name among the three warriors. He was highly regarded among the thirty, but he did not attain to the three. David put him in charge of his bodyguard.

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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.