

Around Alyth

May 2018



AAPA Presents:



Alyth Academy of Performing Arts is
23 YEARS OLD!

Our group is made up of 13–17 year olds who have been rehearsing since November. This year's show promises to be a hit and a great way to spend your bank holiday weekend!

**Four shows: 6 and 7 May
at 15:00 and 19:00**

Tickets: £10/adult £8/concession
£3/child (still at school)

For more information contact: sam@alyth.org.uk

Alyth's Annual General Meeting - Sunday 13 May, 10:15-11:45

All members are invited to attend the Alyth's AGM.
Please go to www.alyth.org.uk/agm for further copies of all the papers.

Shavuot

Please see inside for timings and more information

Join us this Shavuot for study, prayer, fun and music, from the afternoon of Saturday 19 May to Kiddush on Sunday 20 May.

Saturday Night Takeaway - activities for young people and their families from 16:30, including a choice of Mincha services at 17:30 followed by dinner.

Saturday Night Fever - from 18:30 for dinner, or drop in through the night until midnight. The evening includes studying, dancing and a choice of Ma'ariv services

On Sunday morning join us for:

Heath-Boddedut (Jewish Mindfulness Meditation) on the Heath Extension at 7:15.

Shavuot Breakfast from 8:30 at Alyth.

Monthly Midrash in the Morning Shavuot Special at 9:15 and then a choice of Shavuot Morning Services.

Alyth's Kosher Iftar

Wednesday 30 May, 20:00-23:00

Alyth extends a warm welcome to the Muslim community to come to our Synagogue for a very special and unique Iftar.

For catering purposes, please let us know that you are coming by emailing saskia@alyth.org.uk or calling 020 8457 8784.

Please feel welcome to bring friends with you.

To pray. To learn.
To live. Together

Staff contact details can be found on the back page



SATURDAY NIGHT TAKEAWAY

EREV SHAVUOT

SATURDAY 19 MAY

***JOIN US FOR AN AFTERNOON OF FUN
ACTIVITIES AND A CHOICE OF EREV
SHAVUOT FAMILY SERVICES.***



***For young people
and their families***

16:30 SATURDAY NIGHT TAKEAWAY ACTIVITY

17:30 FAMILY MINCHA OPTIONS

- SHAVUOT DEN***
- BIG BANG***

18:30 DINNER

Alyth

***NO ADMISSION CHARGE BUT DONATIONS
TOWARDS THE COST OF DINNER ARE
WELCOME.***

***PLEASE REGISTER WITH
SASKIA@ALYTH.ORG.UK.***

For more information see 'Shavuot in Detail'

SATURDAY NIGHT FEVER

TIKKUN LEYL SHAVUOT

SATURDAY 19 MAY

***JOIN US ON EREV SHAVUOT FOR
STUDY, PRAYER AND DINNER.***

- 18:30 EARLY DINNER***
- 19:30 STUDY SESSIONS 1***
- 20:30 LIGHT SNACK***
- 21:00 STUDY SESSIONS 2***
- 22:00 HAVDALLAH AND
MA'ARIV OPTIONS***
- MUSICAL SERVICE
- FOR THE SOUL
- 22:45 REFRESHMENTS***
- 23:00 STUDY SESSIONS 3***
- 24:00 END***

***NO ADMISSION CHARGE BUT
DONATIONS TOWARDS THE COST OF
DINNER ARE WELCOME.***

***PLEASE REGISTER WITH
SASKIA@ALYTH.ORG.UK.***

Alyth



For more information see 'Shavuot in Detail'

Shavuot in Detail

Erev Shavuot, Saturday 19 May

- 16:30 - Saturday Night Takeaway** Activity for young people and their families.
- 17:30 - Family Mincha Options**
Shavuot Den: For pre-schoolers and their families with Rabbi Hannah and Chloe. Join us for songs, stories and to meet new friends in Alyth's.
Big Bang: An special afternoon version of Alyth's famous musical Shabbat experience, with Rabbi Josh and the Big Bang musicians.
- 18:30 - Early Dinner**
- 19:30 - Tikkun Leyl Shavuot—Saturday Night Fever**
Join us for our Saturday Night Fever themed Tikkun Leyl Shavuot. Every study session will take the title of a song from the film and take it in an unexpected direction. Including:
Stayin' Alive What is Judaism's attitude to danger?
How Deep Is Your Love How do couples come together in the bible?
More Than a Woman How does Jewish tradition understand issues of non-binary gender and gender transition?
If I Can't Have You Midrashim on the abusive relationship between God and Israel
Jive Talkin' Jewish languages around the world.
You Should Be Dancing - but not with each other. Laws of Tzniut (modesty)
And much much more...
- 22:00 - Ma'ariv Options** After havdallah, two options for Ma'ariv
Musical Service: A special musical ma'ariv modelled on our regular Friday night service.
Shavuot for the Soul: A more reflective service with prayers, poetry, silence and contemplation.
Please see the poster towards the back of Around Alyth for timings.

Shavuot Morning, Sunday 20 May

Heath-Boddedut – Jewish Mindfulness Meditation for Shavuot (7:15-8:15)

Join Rabbi Mark and Mika Borthwick on Hampstead Heath Extension for an hour of prayer, meditation and Chasidic tales. See the special box later in Around Alyth for more information.

Breakfast at Alyth (8:30-9:15)

Monthly Midrash in the Morning for Shavuot (9:15-10:15)

MMM is our monthly look at the rabbinic exercise of biblical interpretation. In this special shiur, we will ask how far the rabbis felt it was legitimate to stretch the text - is it OK to make it mean whatever we want? With Rabbi Josh

Choice of three services:

Shavuot Choral Service (10:30-12:15)

A classical festival service led by Rabbi Mark and the Alyth choir and including a sermon.

Shavuot Musical Service (10:30-12:15)

"We're putting the band back together..." A special service for Shavuot morning with instruments and lots of singing, perfect for families and anyone who loves to sing. Led by Rabbi Josh.

Shavuot Sensory Service (11:15-12:15)

Join Rabbi Hannah in this service where you and your baby can touch, see, smell, hear and taste your way through the service. Suitable for babies from birth to 2 years old.

After the services there will be Kiddush all together, including a blessing for our children.

Pray with us

Erev Shabbat Services

Kabbalat Shabbat Service

Fridays 4, 11, 18, 25 May, 18:30-19:30

We begin Shabbat with our uplifting and inspirational intergenerational Erev Shabbat service. A unique combination of song, reflection, prayer and learning, often with guitar.

Weekday Services

Sunday Shacharit

Sundays, 9:00-10:00

Our lay-led minyan with bagel breakfast.

Evening Services

Take place before meetings at 19:45. Contact office@alyth.org.uk if you would like evening prayers for the purpose of saying Kaddish.

Shabbat Morning Services

Our regular Shabbat morning service is a contemporary Reform service led by one of our Rabbis, normally accompanied by the volunteer choir, with a combination of reading, chanting, song and reflection. On most Shabbatot, there is also a parallel service that meets the diverse prayer needs of the community. From time to time these parallel services take place in the Beit Tefillah.

Saturday 5 May

Shabbat Service, 10:30-12:15

A Kollot-style service led by Rabbi Josh. Includes the Bat Mitzvah of **Jemma Franses**.

Tefillah Laboratory: The Layers of the Prayers Service, 10:30-12:15

Our Shabbat service is made up of layers of Jewish texts built up from the Bible, the Mishnah, Talmud and liturgical poetry over hundreds of years to the present day. Join Rabbi Mark to uncover the history of Jewish prayer in an explanatory service, including an immersive Torah reading.

Sensory Shabbat, 11:00-12:00

A Shabbat experience designed to stimulate your babies' senses in the first years of their life. See "Services for Young Families" for more information.

Saturday 12 May

Shabbat Service, 10:30-12:15

Led by Rabbi Josh and the Alyth choir, with guitar. Includes the Bat Mitzvah of **Alice Silverman**.

Kollot, 10:30-12:15

Our informal, participatory minyan, mostly in Hebrew, chanted and sung. Includes an area for children. Led by Rabbi Hannah and Justin Wise.

Saturday 19 May

Shabbat Service, 10:30-12:15

Led by Rabbi Mark and the Alyth choir. Includes the second Bar Mitzvah of **Michael Barrington**.

Saturday 26 May

Shabbat Service, 10:30-12:15

An informal, Kollot-style service, in the round with guitar. Led by Rabbi Josh. Includes the Bat Mitzvah of **Molly Efrat** and the Bar Mitzvah of **Jonah Howe**.

**Save the date:
Two Special services in June**

Early Start Service

Saturday 2 June, 9:30

Our annual volunteers Shabbat will once again include an early start allowing us to enjoy Birchot HaShachar and P'sukei D'zimra in a leisurely way together.

Musical Heritage Service

Saturday 9 June, 9:30

A special service with members of the Alyth Choir bringing Louis Lewandowski's beautiful liturgical music to life in prayer. The date of the service has moved from Saturday 5 May to enable it to take place in the Beit Tefillah.

Services for Young Families

Sensory Shabbat

Saturday 5 May, 11:00-12:00

A Shabbat experience designed to stimulate your babies' senses in the first years of their life.

Join Rabbi Hannah in this service where you and your baby can touch, see, smell, hear and taste your way through the service to create precious Shabbat memories and experiences that will last a lifetime.

Suitable for babies from birth to 2 years old (be mindful that this is a quiet sensory experience).

Baby Den

Fridays 4, 11, 18, 25 May, 10:30-11:30

On a Friday morning, wake up with Shoshi to sing songs, be with friends and bop to a Shabbat beat. Our musical Baby Den, with Rabbi Hannah and Chloe, our Early Years Educator, is designed to help your little one develop creativity, co-ordination and concentration. And above all else it's FUN!

Seudah for Young Families:

When I grow up...

Saturday 12 May, 15:00-16:30

To celebrate Florence Nightingale's birthday and the international day of nurses, come and join Rabbi Hannah and Chloe and find out what you want to be when you grow up. Experience what it's like to be an artist, a nurse, a chef and a musician before eating a delicious Shabbat tea. Come dressed as what you want to be when you grow up.

Shabbat Den

Fridays 4, 11, 18, 25 May, 16:15-16:45

For pre-schoolers and their families with Rabbi Hannah, Chloe, our Early Years Educator, and Tor, Head of the Kindergarten. Join us for songs, stories and to meet new friends in Alyth's Shabbat Den.

Learn with us

Regular Learning

Judaism - The Essentials

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. Taught by Rabbi Josh, Rabbi Hannah and Jon Epstein. For more information email josh@alyth.org.uk.

- 2 What's prayer for, the liturgy
- 9 Key prayers
- 16 Shavuot
- 23 The Jewish Home and Kashrut

Hebrew reading from Scratch

Wednesdays from 9 May, 19:00-20:00

Taught by Alyth member Jan Roseman, who has been one of the UK's leading Synagogue-based, Jewish educators for the last few decades. Take an hour a week in term time to learn to read Hebrew from scratch.

Talmud Class

Thursdays, 13:00-14:15

Our stimulating and friendly class which is open to all levels of Jewish knowledge. Join Rabbi Mark to grapple with the ideas of our classical rabbis. Contact mark@alyth.org.uk.

Alyth Film Club: Little Odessa (1994)

Tuesday 8 May, 19:30-22:00

A bitter tale of a dysfunctional Jewish family. 'Little Odessa' is part of Brooklyn's Brighton Beach where many Soviet Jews settled. Long separated from his family, hit man Joshua (Tim Roth) returns to Brighton Beach for a contract killing for the Russian Mafia. His abusive father, Arkady (Maximilian Schell), banned him from returning after Joshua committed his first murder. He takes up residence in a hotel, and soon everyone knows he has returned. He goes home to visit his dying mother, Irina (Vanessa Redgrave), and prepares for the assassination, getting drawn back into the criminal community he left behind.

Monthly Midrash in the Morning (Sunday 20 May) see Shavuot page for more information



Shabbat Shiurim

Torah Shiur: B'har

Saturday 5 May, 9:15-10:15

Join Rabbi Mark to study the challenging subject of slavery among the Israelites. Is the Torah really allowing one person to own another?

'Because you're worth it' Exploring the Nazarite vow and the power of hair

Saturday 26 May, 9:15-10:15

Through history to modern day, a person's hairstyle can say a lot about who they are as a person and where in society they stand. As a Nazarite, one would make a public declaration of their vow by not cutting their hair. Join Rabbi Hannah to explore the power of hair in Judaism and answer, does our hair define who we are, and what would happen if we lost it?

Be with us

Weekly Activities

Senior Club

Mondays, 14:00-15:30

Weekly activity and tea for senior members.

14 Discussion with Helen

The club is closed on 7, 21 and 28 May.

Alyth Choral Society

Tuesdays, 20:00-22:00

Exploring new repertoire while continuing to develop strengths in cantata and oratorio.

www.alythchoralsociety.org.

Soup, News, Views & Schmooze

Wednesdays 2, 16, 30 May, 12:45-15:00

Discuss topical issues and stories over a bowl of

HARPAYA - Letting go and total relaxation

Wednesdays 9, 16, 23, 30 May, 20:00-21:15

An opportunity to be immersed in Harpaya practice, and to acquire the tools for profound relaxation. With Mika Hadar-Borthwick.

Book with jmm@alyth.org.uk.

Mellow Yoga for All Ages

Thursdays, 11:00-12:00

Contact Maxine Levy maxinelevy@mac.com.

Thursday Bridge@Alyth

Thursdays, 14:00-16:30

Please contact Sheila or Michael on 020 8455 9878 for more information.

Synagogue Choir Rehearsal

Saturdays 12 & 19 May, 9:15-10:15

Our regular rehearsals for the Synagogue Choir. If you would like to join us, we are delighted to welcome new singers who are interested in learning about the liturgy and music of our services. Contact katie@alyth.org.uk.

Monthly Activities

Sunday Bridge@Alyth

Sunday 6 May, 19:00-22:00

Contact Clive on 020 8361 5711.

Alyth Cycling Community

Sunday 13 May, 08:30-13:00

We meet at Alyth at 08:15 and leave at 08:30. For registration and more information please email laurancemendoza@aol.com.

Shabbat B'Yachad (Shabbat Together)

Friday 18 May, 19:30-21:30

Join us for a Shabbat dinner with fantastic food and company. No charge but donations are always welcome. For catering and transportation please contact saskia@alyth.org.uk.

JOY - Joining Old and Young

Monday 21 May, 12:45-13:45

JOY brings some of our Kindergarten and Senior Club members together for intergenerational activities.

Singing for Pleasure

Sunday 27 May, 15:00-17:00

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



Heath-Boddedut
Jewish Mindfulness Meditation for Shavuot
Sunday 20 May, 7:15-8:15

The original Chasidic teachers in the Eighteenth Century encouraged their followers to pray and meditate in the open air, in the forests around their villages. Join Rabbi Mark and Mika Borthwick on Hampstead Heath Extension for an hour of prayer, meditation and Chasidic tales. Please bring a piece of fruit to add to our Bikkurim. Meet at the corner of Hampstead Way and Wildwood Road at 7:00-7:15 and walk to a quiet part of the Heath Extension.

Alyth's Annual General Meeting
Sunday 13 May, 10:15-11:45

All members are invited to attend the Alyth's AGM.

Please go to www.alyth.org.uk/agm for further copies of all the papers.

If you have any items for 'AOB', please email adam@alyth.org.uk by Wednesday 9 May.

High Holy Days 5779

High Holy Days Choir Rehearsals

Wednesdays 16, 23, 30 May 18:30-20:00

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.

High Holy Days Machzorim

Do you have copies of the 1985 High Holy Day Machzor at home that you do not need? On Yom Kippur many of our members do not have a copy, and we do not want to buy more with the publication of a new machzor on the horizon. Please bring spare copies to Alyth and place in the special box at reception, and we will make sure they are well used over the next couple of years.

Act with us

Monday Club

Mondays 14 & 21 19:30-21:30

Our weekly club for people with learning difficulties. We are always looking for new volunteers for the Monday Club. Please contact Dennis Sher via the Synagogue Office to volunteer.

Monthly Drop-in for Recent Refugees

Sunday 27 May, 14:00-16:00

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 contact refugeedropin@alyth.org.uk.

Alyth's Kosher Iftar

Wednesday 30 May, 20:00-23:00

Alyth extends a warm welcome to the Muslim community to come to our Synagogue for a very special and unique Iftar.

An Iftar is the fast breaking meal at the end of each day of the Muslim holy month of Ramadan. Each year we learn together, talk together and share food and hospitality. This year our theme is heroes and heroines in Islam and Judaism.

For catering purposes, please let us know that you are coming by contacting saskia@alyth.org.uk or 020 8457 8784. Please feel welcome to bring friends with you whether Muslim or Jewish.



Youth & Education Hub

Please contact Sam Brunner for information about the provision for our younger members.

Sunday Morning Galim

Sundays 6 & 13, May, 10:00-12:45

Our Sunday morning learning programme is a nourishing space for young people to build, develop and explore their Jewish identity.

Alyth Toddler Group

Mondays 14 & 21 May, 9:30-11:30

Toys, singing and refreshments for the children; coffee and chats for carers! £3 per child, £1 for a sibling. Contact chloe@alyth.org.uk.

C.R.E.A.T.E

Tuesday 8 & 22 May, 18:30-20:00

(For all post B'nei Mitzvah)

Like art? Want to learn new art skills such as sewing, textiles, batique and much much more? For more information about our arts provision with Chloe, who has a Foundation Diploma in art, contact chloe@alyth.org.uk.

Kef Zone

Wednesday 9, 16, 23 May, 16:00-17:00

Our weekly club for Primary School children.

A.C.E

Wednesdays 2, 9, 16, 23 May, 17:00-18:15

(For Reception to Year 2)

Join Chloe who has a Foundation Diploma in art to learn new skills such as sewing, textiles and batique.

ACT (Alyth Children's Theatre)

Wednesdays 2, 9, 16, 23 May, 17:00-18:30

ACT is our children's theatre group for those in Years 3-7.

Ruach Erev Shabbat

Fridays, 16:15-19:30

Our Friday afternoon B'nei Mitzvah programme.

SWAY AWAY

27-31
August 2018

For current School Years
3-5 and 6-8

SWAY DAYS

13-17 August 2018

Come and join in the fun!

For all those going into
Reception - School Year 6

Coming up in June

Save the
date

Volunteer Shabbat and Early Start Service Saturday 2 June, 9:30-12:15

Coinciding with National Volunteer Week, we thank all those who have contributed their time to the life of the Alyth community with a special Shabbat service.

Join Rabbis Josh and Mark, Katie and the Alyth Choir, starting at 9:30 as we take extra time over the early part of the morning service. At 10:20 we will pause for some silence (or a cup of coffee) as we welcome the rest of the community, and prepare for the continuation of the service at 10:30.

During the service, we will be honouring volunteers who work on behalf of Alyth and the wider community. Following the service we invite synagogue volunteers to share a meal together, along with our regular Bayit Cham lunch group. Please bring a dessert to share.

Contact saskia@alyth.org.uk to book your place at lunch. For more details or to find out more about volunteering please contact Lynette at lynette@alyth.org.uk.

Save the
date

Build with us - It would be great if... Sunday 3 & 10 June

As we move into the next phase of our building plans, we invite you to come and share your dreams of what the building could look and feel like, as we work with our designers and architect.

In early June we will hold four focussed opportunities to share - each beginning with the phrase, "It would be great if..."

3 June 10:30 - 11:30 It would be great if the **welcome area and entrance...**

3 June 11:45 - 12:45 It would be great if the **teaching spaces and library...**

10 June 10:30 - 11:30 It would be great if the **kitchen...**

10 June 11:45 - 12:45 It would be great if the **lighting/heating, ventilation and loos...**

To let us know you are coming, or to share your thoughts, contact Rabbi Josh at josh@alyth.org.uk

Save the
date

Welcoming Rabbi Hannah Friday 8 June



Rabbi Hannah has made a great impact in the eight months since she began at Alyth, but she has not yet had an official welcome to the community.

On Friday night, 8 June we welcome her in proper Alyth style! Join us through the evening for Pimms and Ice Cream on the forecourt, a special Erev Shabbat service including a formal induction, and a Chavurah supper.

More details in the June Around Alyth—for now, just SAVE THE DATE.

Finchleystrasse A special invitation to the German Embassy

The German Embassy and the Ben Uri Gallery have created a unique exhibition of the art of the Jewish refugees from Germany who settled in Great Britain from 1933-45, many around our Finchley Road, meeting at the Cosmo Café. Alyth members are invited to a special, free of charge, view of this exhibition at the Embassy (34 Belgrave Square, SW1X 8PX) led by the curator and Rabbi Mark. Please look out for the date of this special visit in June's Around Alyth.

Community News

A warm welcome to our new members:

Daniel Anderson
Carole Berzin
Steven, Davida, Samuel & Benjamin Brown
Jeannette Gelbhardt
Jessica & Macie Lawrence
Ilana & Riley Murray
Jessica, James, Milla, Sonny & Frankie Orloff
Alistair Scriven
Mariel Stringer-Fehlow
Julia, Max, Jake & Leo Wolman

Mazel Tov to:

Alex & Gideon Lyons on the birth of their daughter Dora Isobel Lyons, a sister for Oscar & Benjamin.

We regret to announce the death of:

Lisa Hallam, aunt of Anne and Richard Towse.
Alan Foreman, husband of Mary Foreman, father of Michael Foreman and Nicole Craig, brother of Jean Gray and Lesley Foreman.
Hazel Estelle Jacobs, mother of Jane Juran.
Richard Smith, husband of Sandra Smith, father of Daniel and James Smith, and brother of Charles Smith.

Wanted: Sunday Morning Galim Teacher

Does Judaism tickle you?

We are looking for a well-rounded Jewish Educator to work with us at our Sunday morning programme for School Years Rec-6 (4-11 year olds)

Teachers either work with one of Rec-Year 3 or rotate between Years 4-6.

Sunday Morning Galim is an experiential and social learning environment where young people learn through creative and imaginative methods, rather than a traditional classroom based approach.

You will be expected to work alongside our Lead Educator to create and deliver educational journeys for your designated year group.

If you are interested, please contact mike@alyth.org.uk by 11 June for more details.

A Code of Honour - An Exhibition from Yad Vashem at Alyth *Sunday 27 May to Thursday 31 May*

'BESA, A Code of Honour' tells the story of Muslims who Rescued Jews during the Holocaust, in World War Two Albania. They risked their lives to ensure the safety of their Jewish neighbours during the German occupation, and succeeded, with the result that the only Muslim European country achieved what no other European country could – saving the lives of the vast majority of their Jewish population. Exhibition in the area outside the Leo Baeck Hall from Sunday 27 May.

Includes sessions and services
led by Alyth's rabbis

Chagigah 2018

22 JUNE - 24 JUNE

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Questions? chagigah@rjuk.org or 020 8349 5674

REFORM JUDAISM



Contact us

Rabbinic Team

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Rabbinic Partner 020 8457 8799

Rabbi Colin colin@alyth.org.uk
020 8455 6763

Rabbi Mark mark@alyth.org.uk
Rabbinic Partner 020 8457 8791

Rabbi Hannah hannah@alyth.org.uk
020 8457 8790

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Director of Welfare & Life Cycle

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Head of Music & Arts

Katie Hainbach katie@alyth.org.uk
020 8457 8797

Emeritus Director of Music

Viv Bellos viv@alyth.org.uk

Youth & Education Hub

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Kindergarten

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Mita Khara kgadmin@alyth.org.uk
020 8457 8792

Community Administration Team

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Lay Leadership

Noeleen Cohen chair@alyth.org.uk
Chair

Peter Backman c/o office@alyth.org.uk
President

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E mail@alyth.org.uk

Out of hours emergency care line

07726 631 808

Copy date: 10th of every month.

Please email comms@alyth.org.uk

www.alyth.org.uk

