



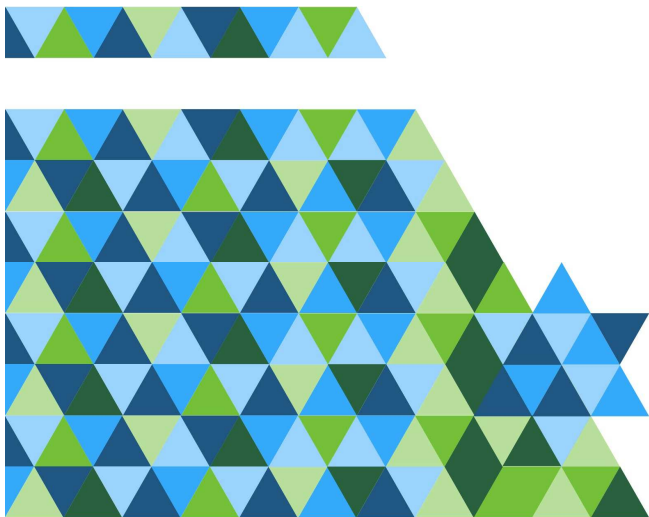
To pray. To learn. To live. Together.

EVERYTHING THAT IS
HAPPENING OVER THIS YEAR'S
HIGH HOLY DAYS

5779 - 2018

תשע"ט

Please bring this booklet and your
ticket with you on the High Holy Days



Welcome to the High Holy Days at Alyth

The Rabbis, Staff and Council welcome you to our High Holy Days booklet for 5779.

Inside you will find an outline of the services, learning opportunities and activities taking place over the *Yamim Noraim* - Days of Awe.

Our activities continue to develop as we respond to the needs and feedback of our more than 3300 members. Please take some time to look over this year's programme. On our website you will find summaries of what is available for different ages and interests which you can download. Please visit www.alyth.org.uk/hhd.

If you would like to know anything more please contact us at office@alyth.org.uk or 020 8457 8784.

We wish you a Happy New Year and well over the Fast.

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Our Team for High Holy Days 5779

The programme of activities that we offer over the High Holy Days is unparalleled anywhere in Europe, and is made possible because of the efforts of our Rabbis, our wider staff team, our volunteers and lay leaders.

Our High Holy Day services and study are led by our rabbinic team, **Rabbi Mark Goldsmith**, **Rabbi Josh Levy**, **Rabbi Hannah Kingston**, and **Rabbi Colin Eimer**.

We are delighted to welcome two guest rabbis this year: **Rabbi Dr Deborah Kahn-Harris**, Principal of Leo Baeck College, will give the sermon in our Choral Service on second day *Rosh Hashanah*.

Rabbi Ofek Meir, Managing Director of the Leo Baeck Education Center in Haifa, will teach our *shivur* and give the sermon on Sukkot morning.

Our Rabbis are joined in their work by our wonderful team of professionals, including Community Director, **Adam Martin**, Head of Programming **Sam Brunner** and Head of Music and Arts, **Katie Hainbach**. **Lynette Sunderland**, Director of Community Care and Life Cycle will also be with us on *Yom Kippur*. Our Director of Music Emerita, **Viv Bellos**, will also lead the music for *Selichot* and during *Musaf* on *Yom Kippur* afternoon.

Along with our Rabbis and dedicated *madrichim*, our offerings for families and young people will be led by members of our Youth and Education Hub, Lead Educator **Mike Mendoza** and Early Years Educator **Chloe Kimmel**, along with **Tor Alter**, Alyth Kindergarten's Head Teacher.

We are especially grateful during this period to our facilities team, **Don West** and **Dee Payne**.

Everything that we do at Alyth is built on the commitment and dedication of our volunteers and lay leaders who give their time and energy to ensure that this period runs smoothly. The High Holy Days are no exception.

We are hugely grateful to all those who contribute to the management, vision and direction of the synagogue; those who provide lay support to our services; our volunteer choir who lead us in prayer; our lay readers; the stewards and security co-ordinators and volunteers; welfare volunteers; those who lead our meditation activities; those who provide the flowers; those who clean the silver; those who set up the webcams and support the sound desk; and all those who provide a warm welcome to everyone attending our services and activities.

Important Information

Visitor tickets

If members of your family or friends would like to join us for the Alyth High Holy Days, we will be delighted to welcome them. Visitor tickets can be purchased from the Alyth office by contacting saskia@alyth.org.uk or on **020 8457 8784**.

Machzor

On *Rosh Hashanah* we will be using a draft of the new Reform Judaism *Machzor*, which will be provided at services.

On *Kol Nidre* and *Yom Kippur* we will use the current Days of Awe *Machzor*. All those attending services should bring their own copy as none are provided. Copies are available to purchase from the Alyth office.

Transport Help

If you need help with transport to and from the services, contact Lynette Sunderland on **020 8457 8793** by **Wednesday 29 August 2018**.

Service Locations

All services for *Erev Rosh Hashanah*, Second Day *Rosh Hashanah*, *Sukkot* and *Simchat Torah* take place at Alyth. All services on *Kol Nidre* take place at the Sternberg Centre. At all other times there will be services taking place at both the Sternberg Centre and the Synagogue in Alyth Gardens so please check the location of the activity that you wish to attend.

High Holy Days webcam - joining in at home

Please feel welcome to participate in our services via our webcam. Go to www.alyth.org.uk and click on the link.

Shuttle Bus between Alyth and the Sternberg Centre

On first day *Rosh Hashanah* (10 September) and *Yom Kippur* (18 September) we will be running our free minibus shuttle, using the Alyth minibus. The minibus will make repeated round journeys so the longest you will have to wait should be no more than 20 minutes.

Children in Years 5 or above who wish to take the shuttle from Alyth to the Sternberg Centre after activities have finished on *Rosh Hashanah* morning and *Yom Kippur* must register in advance. To register for this supervised shuttle, please go to www.alyth.org.uk/hhd.

At all other times, children under 13 years of age must be accompanied by an adult to use the shuttle.

PA Systems

This year our PA systems at Alyth and the Sternberg Centre will again be provided and managed by Audiospark (www.audiospark.co.uk).

PRE-HIGH HOLY DAYS
ELUL 5778

PRAY **Tefillah Lab: Imrei Finu for Elul**
with us **Saturday 1 September, 10:30-12:15**

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. All are welcome.

PRAY **Elul Sensory Shabbat**
with us **Saturday 1 September, 11:00-12:00**

A special version of our *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).

PRAY **Selichot Choral Service, with film**
with us **Saturday 1 September, 21:00-00:10**

Selichot is a beautiful way to bring yourself towards the High Holy Days and to enhance their spiritual impact. We come together on a Saturday evening to hear for the first time the sound of the High Holy Days and the poems which search our souls.

We will start the evening with Joseph Cedar’s 2012 film “Footnote”. This charming Israeli film, which won the best screenplay award at the Cannes Film Festival, asks about the meaning of respect and truth within a family.

After light refreshments, we will begin our reflective choral service with Rabbi Mark, Viv Bellos, Katie Hainbach and the Alyth Choir at 23:10.

BE **NEW FOR 5779**
with us **Navigating the High Holy Days:**

What to Come to
Sunday 2 September, 10:00-11:30

Bewildered by all the great choices of learning and reflection over the High Holy Days? Confused about where to go when? Not sure what service or session you would get the most meaning out for you and/or members of your family? Come and sit with Lynette and Sam who will guide you through the choices and help you to gain the best experience of the High Holy Days.

BE **Young Adults Lunch**
with us **Sunday 2 September, 12:00-14:00**

Join Rabbi Hannah and Sam to make your own sushi. Then eat it with some of the people with whom you will spend the High Holy Days. If this is your first time at Alyth for the HHDs, this is a great opportunity to meet some of those you will be praying, reflecting and learning with over the coming weeks. If you're an Alyth old timer, come and help to welcome those who are newer into our Alyth family.

BE **NEW FOR 5779**
with us **Israeli Dance Classes**
Sundays 2 & 16 September, 10:30-11:30

Do you love dancing during the *hakkafof* on *Simchat Torah*, but always feel you're doing a *mayim* when you should be doing a Yemenite step? Join Rabbi Hannah to learn the moves we will be dancing together during *Simchat Torah*. These classes are for anyone who wants to learn their left foot from their right.

LEARN **Navigating the High Holy Days:**
with us **the Prayer Book**
Monday 3 September, 20:00-21:45

In preparation for the High Holy Days, join Rabbi Josh for a special session exploring the structure and content of the *machzor*. Together we will discover how the services over *Rosh Hashanah* and *Yom Kippur* fit together, why the same prayers seem to keep repeating, and what the core of the liturgy for the *Yamim Noraim* is trying to express.

LEARN **Judaism - The Essentials**
with us **Wednesday 5 September, 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 5779 is to improve your Jewish knowledge, then this is the course for you. In this session we look at the origins of the Jewish Calendar and prepare ourselves for the *Yamim Noraim*. Taught by Rabbi Josh, Rabbi Hannah and Jon Epstein. Contact josh@alyth.org.uk or hannah@alyth.org.uk for more information

LEARN **Rosh Hashanah Talmud Class**
with us **Thursday 6 September, 13:00-14:15**

Join Rabbi Mark for this *Rosh Hashanah* themed session of our popular Talmud Class. Study in an atmosphere of friendly discovery where every question is welcome.

BE Cheshbon HaNefesh Zone
with us for **(Reception to Year 6)**
FAMILIES **Thursday 6 September, 16:00-17:00**

The first Kef Zone of the year will give us the chance to look back on the Jewish year that is coming to an end. Join us for fun and food, games and celebration.

BE Celebrating Transition:
with us for **For Year 9 and their families**
FAMILIES **Friday 7 September, 18:30-21:30**

Did you become a teenager, and therefore a Jewish adult during 2017/2018? Join others in your year group for a *chavurah* supper. Everyone is asked to bring a nut free vegetarian or fish main dish, or a dessert. Contact sam@alyth.org.uk to book or for more information.

LEARN Elul Half Hour
with us **Fri 17, 24, 31 Aug, 7 Sept, 17:45**
Sat 18, 25 Aug, 1, 8 Sept, 09:45

The return of our popular programme of Cheshbon HaNefesh (“accounting for the soul”) in advance of the High Holy Days. Join us for these brief times of reflection, study and contemplation before each of Alyth’s Shabbat services during Elul. 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. As we prepare for Rosh Hashanah, which the rabbis understood to be the anniversary of the creation of the world, this year’s Elul Half Hours will take each day of the story of creation and use it as a starting point for study and reflection.

Friday 17 August “The earth was unformed and void”. *Day 1, with Rabbi Hannah.*

Saturday 18 August “God called the firmament, heavens”. *Day 2, with Rabbi Mark.*

Friday 24 August “The earth brought forth trees that grow fruit”. *Day 3, with Rabbi Colin.*

Saturday 25 August “To shepherd the day and the night”. *Day 4, with Lynette.*

Friday 31 August “Fill the waters in the seas, and let the birds increase”. *Day 5, with Rabbi Josh.*

Saturday 1 September “God created Adam in God’s own image”. *Day 6, with Rabbi Mark.*

Friday 7 September “God blessed the seventh day and made it holy”. *Day 7, with Rabbi Hannah.*

Saturday 8 September “And God saw that this was good”. *Making sense of the story of creation, with Rabbi Josh.*

EREV ROSH HASHANAH FIRST DAY

Sunday 9 September

At the Synagogue, Alyth Gardens

We will once again be offering two services on *Erev Rosh Hashanah*. As it is Sunday evening, we are starting our services slightly earlier than normal to allow members to come to shul before dinner.

If you would be happy to host an Alyth member for *Erev Rosh Hashanah* dinner, please contact Lynette at lynette@alyth.org.uk

Both services on *Erev Rosh Hashanah* are at Alyth. We will be using the draft *Erev Rosh Hashanah Machzor*, which will be provided at the services.

18:00 Erev Rosh Hashanah Service (Beit Tefillah)

Join Rabbis Josh and Hannah 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, with guitar accompaniment, will include both High Holy Days and familiar melodies.

18:00 Erev Rosh Hashanah for the Soul (Leo Baeck Hall)

A more intimate service for *Rosh Hashanah* evening with Rabbi Mark and Katie. There will be space for reflection on the meaning of beginning a new year using our traditional liturgy, and creative pieces in our new *Machzor*.

Sermon

The sermon will be given by **Rabbi Colin** in both services.

ROSH HASHANAH FIRST DAY AT THE STERNBERG CENTRE

Monday 10 September

10:15 Crèche (Ground Floor - Shofar Day Care Centre)

We offer a crèche for the youngest children led by staff members from Alyth's Kindergarten. In order to provide the correct number of carers in the crèche, places can only be offered to children whose parents have pre-booked their place through saskia@alyth.org.uk.

ROSH HASHANAH FIRST DAY AT THE STERNBERG CENTRE

All services will use the draft of our new *Rosh Hashanah Machzor*. Copies will be available at the service, and there is no need to bring your own *Machzor* on this day.

10:15 Choral Service (Marquee)

Find your space in our choral service with the beautiful sound of the Alyth choir.

Shacharit will be led by Rabbi Mark followed by the sermon. The Torah Service and *Musaf* will be led by Rabbi Colin.

10:15 Kollot (Alyth's High Holy Days Synagogue)

Our service which takes place in the round, largely in Hebrew, and encourages lay participation and communal singing. This year Kollot will continue for a full service including *Musaf*, led by Rabbi Josh and Justin Wise. Rabbi Mark will come into Kollot for the Torah Service and to give his sermon.

Sermon

The sermon, which will be given by **Rabbi Mark**, will be given in both the Choral and Kollot services.

12:30 approx This Year's Big Issue: Staying a cohesive society in a year of change (Akiva Moadon)

During this Jewish year there will be a great deal of change for Britain as Brexit takes place. How can our country stay cohesive through this change? Will we be able to bless the coming of 5780 this time next year? Join Mike Freer, Member of Parliament for Finchley and Golders Green and Andrew Dismore, London Assembly Member for Barnet and Camden, in a discussion facilitated by Rabbi Mark.

ROSH HASHANAH FIRST DAY AT ALYTH Services and activities for families and children (age 0 to Year 6)

Under 4s (accompanied by an adult)

11:00 - 12:00 Little Bang (Youth Hall)

Join Tor, our Kindergarten's Head Teacher and Chloe, our Early Years Educator, for a musical *Rosh Hashanah* service. There will be songs and crafts to keep all of our youngest Alyth members and their families engaged and excited about the New Year.

For Families (and other Big Bang lovers)

10:30 - 12:00 Big Bang

(Beit Tefillah)

Now in its 9th year, the Big Bang is Alyth's world famous, participative, musical *Tefillah* (prayer) experience for all the family. Led by Rabbi Hannah and our team of musicians. Join them for this service with percussion, guitar and violin.

School Years 4 - 6

10:45 - 11:45 The World Turned Upside Down

(Kindergarten)

As we mark the turning of the Hebrew year, the start of a new calendar cycle, we can look through what's been and gone in order to reflect on all the ways in which we've grown. How did I get here? Come and turn the calendar upside down.

All the family

12:00 Rosh Hashanah Kiddush

(Leo Baeck Hall)

Join Rabbi Hannah for a special Kiddush of apples and honey. Time to relax with one another before going on for lunch, or to the services at the Sternberg Centre.

**ROSH HASHANAH FIRST DAY
AT THE STERNBERG CENTRE**

Activities for young people
(School Years 7-13)

10:30 - 13:00 Loiter With Purpose

(Foyer - Manor House)

Looking for some down time during the *Rosh Hashanah* services? For many, the High Holy Days are a great time to come together with Alyth friends, to catch up, share stories and reflect on the year gone by. Led by a member of the Youth & Education Hub, come to the "hang-out" space where there will be fun and chilled activities. All ages are welcome.

School Years 7 & 8

10:40 - 11:40 Meet Me Inside

(Room 1 - Manor House)

Today we begin our annual journey of repentance. It's time to start talking to the person at the centre of it all. Ask yourself to "meet me inside" as you master the tools of self-reflection. Learn how to gaze back without a mirror!

School Years 9 & 10

**10:40 - 11:40 Satisfied
(Drawing Room - Manor House)**

Are we ever fully satisfied with what we have? Do we show enough gratitude for what we get? Do we even have enough time to achieve everything that we want? Join us to explore these questions and unpick what's really in a year.

School Years 11-13

**12:15 - 13:00 Wait for It
(Drawing Room - Manor House)**

It's easy to say "I'm sorry" but how often do we truly sit back and consider what, deep down, we are apologising for? Join Mike for the time to wait for it, pause, and contemplate how we may have affected others this past year.

ROSH HASHANAH AFTERNOON

Monday 10 September

NEW FOR 5779

16:30 - 17:15 Teddy Bear's Tashlich

If you go down to the Brook today,
you better remember your bread;
If you go down to the Brook today,
we'll help you clear your head;
For every bear that ever there was,
join Rabbi Hannah and Chloe because,
Today's the day the Teddy Bears have their *Tashlich!*

For all ages and stages, with or without a teddy. Join Rabbi Hannah and Chloe at the Dollis Brook at the bottom of Windsor Road, Finchley N3 for our *tashlich* service.

Please go to www.alyth.org.uk/tashlich to download a guide to running your own *Tashlich* service.

EREV ROSH HASHANAH SECOND DAY

Monday 10 September at Alyth

**18:30 Erev Rosh Hashanah Second Day Service
(Beit Tefillah)**

A gentle service to bring in the second day of *Rosh Hashanah*. Led by Rabbi Josh.

ROSH HASHANAH SECOND DAY

Tuesday 11 September at Alyth

We join together back at Alyth for prayer, Torah and *shofar*. We will be offering three options, reflecting the diverse needs and preferences of our community.

Whichever service you are attending, there is no need to bring your own *Machzor* as copies of either the draft *Machzor* or our special service booklets will be available for everyone.

Please again note the slightly earlier start time than for Shabbat services.

10:15 Choral Service (Beit Tefillah)

Find your space in our choral service with the beautiful sound of the Alyth choir. Led by Rabbi Mark, with the sermon by Rabbi Dr Deborah Kahn-Harris.

10:15 Musical Service (Leo Baeck Hall)

A special musical service for all generations, led by Rabbi Josh and musicians from the Alyth community who have previously come together to lead *Erev Shabbat* and special Festival Services.

10:45 Rosh Hashanah Den (Youth Hall)

For pre-schoolers and their families with Rabbi Hannah and Chloe. Join us for songs, stories and to meet new friends in Alyth's special Rosh Hashanah Den.

THE TEN DAYS OF *TESHUVAH*

LEARN Judaism - The Essentials

with us **Wednesday 12 September, 20:00-21:45**

Alyth's Introduction to Judaism course looks at *Yom Kippur* and *Sukkot*. Essentials is perfect for anyone looking to ensure that their Jewish knowledge has firm foundations. Taught by Rabbi Josh, Rabbi Hannah and Jon Epstein.

BE Jewish Mindfulness Meditation

with us **Wed 12, Thur 13 Sept 20:00-21:00**

Fri 14 Sept 17:15-18:15

The Alyth Meditation Room offers a space for contemplation every day through the time between *Rosh Hashanah* and *Yom Kippur*. Led by expert facilitators and rabbis drawing from the Jewish meditative tradition. You are welcome to attend every session, or to simply drop in when you wish, and no pre-booking is necessary.

LEARN Yom Kippur Talmud Class

with us **Thursday 13 September, 13:00-14:15**

Join Rabbi Mark for a *Yom Kippur* themed session of our popular Talmud Class. What does *Tractate Yoma* in the Babylonian *Talmud* have to tell us about the Day of Atonement? Study in an atmosphere of friendly discovery where every question is welcome.

BE Ten Days Zones

with us for **Thursday 13 September, 16:00 - 17:00**
FAMILIES (Reception to Year 6)

Join the Youth and Education Hub for our festival zones for Primary School children to mark the transition between *Rosh Hashanah* and *Yom Kippur*. With arts, songs, games and food – there will be something for everyone!

PRAY Friday 14 September, 18:30-19:30

with us **Shabbat Shuvah: Erev Shabbat Service**

LEARN Shabbat Shuvah Shiur: The eyes have it

with us **Saturday 15 September, 9:15-10:15**

Our senses of speech and hearing are well-exercised during this season. But what about our sense of sight? Join Rabbi Colin for a journey looking at how *Yom Kippur* has been depicted in Jewish art. Can these images open up new ways of understanding the High Holy Days?

PRAY Shabbat Shuvah Service

with us **Saturday 15 September, 10:30 - 12:15**

Our *Shabbat Shuvah* Services continue the period of repentance with motifs and a *haftarah* which focus our mind on the meaning of the season.

PRAY NEW FOR 5779

with us **Jewish Mindfulness Meditation Service**
Saturday 15 September, 10:30 - 12:15

On this *Shabbat Shuvah*, join Rabbi Mark and Maxine Levy for a service combining our traditional prayers and an interactive *Torah* reading with meditations to help us make the transitions and changes we aim for during the High Holy Days. Together we will experience a time of *menuchah*, Shabbat rest, deepening *Teshuvah*, atonement.

PRAY Big Bang

with us **Saturday 15 September, 11:00 - 12:15**

Alyth's famous musical Shabbat experience led by Rabbi Hannah and the Big Bang musicians.

BE

with us for
FAMILIES

Shabbat Shuvah Family Seudah

Saturday 15 September, 15:00 - 16:30

Climb aboard our time machine as we look back over the past year and see into the future. Join Rabbi Hannah and Chloe to see what you can do now you're one year older.

BE

with us

Looking Back on the Year

Sunday 16 September, 10:00-11:00

Join Lynette to reflect on the past year of our lives, the good times as well as the struggles and to see how the High Holy Days may give us a sense of renewal through the prayers of our *Machzor*.

PRAY

with us

Remembrance Service at Cheshunt

Sunday 16 September, 12:00

One of the customs that has survived the centuries is that of visiting the cemetery between the beginning of the month of *Elul* and *Yom Kippur*. We know that sometimes it's difficult to find the right words and thoughts on such occasions and so we invite you to join Lynette 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, please contact Lynette on 020 8457 8793 no later than Friday 7 September.

BE

with us for
FAMILIES

Alyth's High Holy Days Toddler Group

Monday 17 September, 10:00 - 11:30

Join Chloe and Rabbi Hannah for a special High Holy Days baby and toddler group where we will be singing songs, making crafts and having apple and honey!

KOL NIDRE AT THE STERNBERG CENTRE

Tuesday 18 September

The fast of *Yom Kippur* commences at 18:54

For those who may need to eat or drink, food and water will be available in the Art Stables.

Please remember that you need to bring your own copy of the *Machzor* for *Yom Kippur*.

19:00 Choral Kol Nidre (Marquee)

Begin *Yom Kippur* with the grandeur of *Kol Nidre* in our marquee, with Rabbi Mark, Rabbi Colin and the Alyth choir. The evening service will then be led by Rabbi Colin, who will be joined by Rabbi Hannah who will also give the sermon. This service includes a cello rendition of *Kol Nidre*, which this year will take place in the time for private reflection at the end of the *Amidah*.

19:00 Kollot Nidre (Alyth's High Holy Days Synagogue)

Our service which takes place in the round, largely in Hebrew, and which encourages lay participation and communal singing, and which begins with the singing of *Kol Nidre* together. Led by Rabbi Josh and Justin Wise. Rabbi Hannah will join us for the first part of the evening, and to give the sermon.

Sermon

The sermon, which will be given by **Rabbi Hannah**, will be given in both the Choral and Kollot services.

In addition to our two *Kol Nidre* services, you may wish to attend:

19:15 - 20:15 The Story of Tonight (Drawing Room)

For teens

Delve into the world of leadership and question our leaders from *Torah*. We will be looking at qualities of leadership and discussing what sort of leaders we want to be in 5779.

19:30 God Meeting (Room of Prayer, Manor House First Floor)

An opportunity to work with Rabbi Mark as we explore how we can reconcile ourselves with God on *Yom Kippur*, whether or not you think God exists! A safe space to discuss belief, doubt and commitment and the spiritual journey that we can make on *Yom Kippur*.

YOM KIPPUR MORNING AT THE STERNBERG CENTRE

Wednesday 19 September

10:15 - 13:30 Crèche
(Ground Floor - Shofar Day Care Centre)

See page 6 for details.

SHACHARIT

10:30 Choral Service
(Marquee)

Find your space in our choral service with the beautiful sound of the Alyth choir. *Shacharit* will be led by Rabbi Colin and Lynette. Rabbi Josh will join to give the sermon and to lead the Torah Service.

10:30 Kollot
(Alyth's High Holy Days Synagogue)

Our service which takes place in the round, largely in Hebrew, and which encourages lay participation and communal singing. *Shacharit* will be led by Rabbi Josh and Justin Wise, with the sermon given by Rabbi Josh. Rabbi Hannah will join to lead the Torah Service with Justin.

Sermon

The sermon, which will be given by **Rabbi Josh**, will be given in both the Choral and Kollot services.

YOM KIPPUR MORNING AT ALYTH

Services and activities for families and children
(age 0 to Year 6)

Under 4s (accompanied by an adult)

10:45 - 12:00 Yom Kippur Den
(Youth Hall)

A special *Yom Kippur* version of our popular 'Shabbat Den'. This service is run especially for the youngest members of our community and features songs, stories, prayer and activities. Led by Rabbi Hannah and Chloe.

Families

10:30 - 12:00 Atideinu Family Service
(Beit Tefillah)

An involving and musical service for *Yom Kippur* led by Rabbi Mark, including song, prayer and the reading of the *Torah* with *yad*-cam so you can see the *Torah* up close!

School Years 4 - 6

**10:45 - 11:45 History Has Its Eyes on You
(Leo Baeck Hall)**

Whatever you choose to do, whoever you choose to be, in this moment, will define what comes next. You make your own history. Join us to explore how to set yourself up for a positive, fulfilling future.

**YOM KIPPUR MORNING
AT THE STERNBERG CENTRE**

Activities for young people (School Years 7-13)

**10:30 - 16:30 Loiter With Purpose
(Foyer - Manor House)**

Trying your best with the fast and looking for some down time during *Yom Kippur*? For many, these days are a time to come together with Alyth friends and catch up, to share stories and reflect on the year gone by. Come to the Alyth “hang-out” space where there will be fun and chilled activities. All ages are welcome.

School Years 7 & 8

**10:40 - 11:40 What'd I Miss?
(Drawing Room - Manor House)**

We've had 10 days, since *Rosh Hashanah*, to think up all the little and large things we want to say sorry and repent for, but can we dig a little deeper? Join us as we ask ourselves “What did I miss?” on this journey of personal growth.

School Years 9 & 10

**10:40 - 11:40 The Room Where it Happens
(Room 1 - Manor House)**

The “Holy of Holies” was covered by a veil, with no one allowed to enter but the High Priest, who could enter only once a year, on *Yom Kippur*. What took place in the depths of this holy space? What is a holy space? And what depths can we enter, personally, on this day of self-reflection? Explore the mysteries of the room where it happens!

School Years 11 - 13

**12:15 - 13:00 One Last Time
(Drawing Room - Manor House)**

We're gonna teach em' how to say goodbye! Many *s'lichot* (poems of forgiveness) are woven into the liturgy of the *Yom Kippur* services. Before joining us later for *Neilah*, we will provide “One Last Time” to repent and say goodbye to those things we need not carry with us into the year ahead. Explore the idea of letting go and moving forward into something new!

YOM KIPPUR AFTERNOON MUSAF AVODAH, MARTYROLOGY & MINCHAH

We are pleased once again to offer “tracks” through *Yom Kippur* afternoon: ‘Classical’, ‘Tefillah and Spirituality’, and ‘Study’. You are welcome to follow one track through the afternoon, or to go to individual sessions that appeal. This year we also have a range of services for families on Yom Kippur afternoon, and a new accessible service at Alyth.

AT A GLANCE

For descriptions of each session, see over

Options during Musaf Avodah

- 14:00-15:15 Avodah Service *in the Marquee*
- 14:00-15:00 Imrei Finu Avodah *in the Room of Prayer*
- 14:00-15:00 The Story of Aaron *in the Akiva Moadon*

Options during Musaf Martyrology

- 15:15-16:30 Martyrology *in the Marquee*
- 15:15-16:15 Hitbodedut - Rabbi Nachman of Bratslav’s Spiritual Practice *in the Room of Prayer*
- 15:15-16:15 It would be great if...
What Halachah has to say about the new Alyth building *in the Akiva Moadon*
- 15:15-16:15 Sensory Yom Kippur Service *in the Shofar Day Care Centre*

Options during Minchah

- 16:30-18:00 Minchah Service *in the Marquee*
- 16:30-17:30 Minchah Meditation *in the Room of Prayer*
- 16:30-17:30 Can we take the good intentions of Yom Kippur back to work? *in the Akiva Moadon*
- 16:30-17:30 Family Minchah Service *in Alyth’s High Holy Days Synagogue*
- 17:00-18:15 Ease of Access Service
AT ALYTH

SESSION DESCRIPTIONS BY TRACK

Classical Track

Continuing our services in our marquee

14:00 approx Musaf: Avodah Service (Marquee)

The dramatic service in which we remember the Temple service for *Yom Kippur*. Led by Rabbi Mark.

15:15 approx Musaf: Martyrology Service (Marquee)

Remembering our Jewish martyrs in a contemplative service with Rabbi Colin and Viv Bellos.

16:30 approx Minchah Service (Marquee)

Our afternoon service in which we hear *Torah* and the Book of Jonah. Led by Rabbi Josh.

Tefillah and Spirituality Track

For those who need something deeper for the soul.

14:00 - 15:00 Imrei Finu Avodah (Room of Prayer - Manor House 1st Floor)

Led by Rabbi Josh, Imrei Finu is a guitar-led service with singing to new and familiar melodies and plenty of silence. In this special service, we will echo the path taken by the High Priest during the *Avodah* service in our own song and reflection.

15:15 - 16:15 Hitbodedut (Room of Prayer - Manor House 1st Floor)

Rabbi Nachman of Bratslav wrote we should “set aside time each day to meditate and pray alone in a room or a meadow to express our innermost thoughts and feelings and personal prayers to God.” His followers called this practice *Hitbodedut*. Join Rabbi Mark to experience this practice, including a period of silence, concentrating on the struggles in our lives and finding the peace and personal space to begin to overcome them.

16:30 - 17:30 Minchah Meditation (Room of Prayer - Manor House 1st Floor)

Allow stillness to infuse your inner *Yom Kippur* journey through Jewish Mindfulness Meditation. Jonah the prophet journeyed down from Jaffa, to the ship, to the whale then back up into the world in the Haftarah that we read at *Minchah*. Mika Borthwick and Maxine Levy will guide you down into yourself and back to the possibilities of the coming year in this relaxing and restful hour of mediation.

Study Track

For those looking for mental stimulation and challenge through the afternoon, a journey through different aspects of Jewish study - *aggadah*, *halachah* and *musar*.

14:00 - 15:00 The Story of Aaron

(Akiva Moadon)

The first in a series of sessions looking into the stories the rabbis told about some of our most well-known characters. During *Musaf Avodah*, join Rabbi Hannah to learn about our first High Priest, Aaron. Using rabbinic literature we will trace his story to find out who he was before he knew he was Moses' brother.

15:15 - 16:15 It would be great if...

What Halachah has to say about the new Alyth building

(Akiva Moadon)

Over the last few months, members of the community have had the opportunity to share their dreams about the new Alyth building in a series of "It would be great if..." meetings. But if Jewish Law has a voice in our decision making, what would it add to our conversation? Together we will explore some of the Jewish questions in our building project: Should we build a milk and meat kitchen? How do we reflect Reform Shabbat practice in our public spaces? What Jewish values should drive our building plans? With Rabbi Josh.

16:30 - 17:30 Can we take the good intentions of Yom Kippur back to work?

(Akiva Moadon)

Judaism has a millennia-old tradition of striving to bring our best values to our business and working life. Our confessions on *Yom Kippur* include many references to the real challenges that we face at work. Join Rabbi Mark and Alyth members and business leaders Jackie Cooper and Dan Rosenfield as we study and discuss how our working lives might live up to our best Jewish values.

Family Track

NEW FOR 5779

15:15 - 16:15 Sensory Yom Kippur (Shofar Day Care Centre)

Suitable for babies from birth to 2 years old

A *Yom Kippur* experience designed to stimulate your babies' senses in the first years of their life. Join Rabbi Hannah and Chloe in this service where you and your baby can touch, see, smell, and hear your way through the *Yom Kippur Mincha* service to create precious *Yamim Noraim* memories that will last a lifetime. The service will end with a Sensory Havdalah at 16:00 to close your baby's *Yom Kippur*. (Be mindful that this is a quiet sensory experience).

16:30 - 20:00 Crèche (Ground Floor - Shofar Day Care Centre)

See page 6 for details.

NEW FOR 5779

16:30 - 17:30 Family Minchah Service (Alyth's High Holy Day Synagogue)

Join Rabbi Hannah and Mike for a musical and contemplative *Minchah* service for all the family. We will sing, draw and discuss our way through the liturgy, before going on an interactive journey with Jonah through the belly of the fish!

Ease of Access Service at Alyth

NEW FOR 5779

17:00 - 18:15 Yom Kippur Ease of Access Service (at Alyth)

A special service for those who find accessing the Sternberg Centre on *Yom Kippur* afternoon particularly difficult, but would like to join members of the community in prayer. Join Rabbi Colin and Lynette at Alyth for a shortened service which will include *Mincha*, *Yizkor* and *Neilah* prayers. For further information or for transport please contact Lynette on 020 8457 8793 or at lynette@alyth.org.uk no later than 5 September.

YIZKOR

18:00 approx Yizkor Service (Marquee)

Our memorial service to remember loved ones who are no longer with us. Led by Rabbis Josh, Mark and Hannah.

Please note that there will be no admission during the *Yizkor* service once it has begun. The service will begin with the singing of Psalm 23 on page 624, and end with the mourners' *Kaddish*. We ask that you please remain in the marquee until *Kaddish* has been recited.

For all young people

17:45 - 18:30 Who tells your story?

(Drawing Room - Manor House)

Join us for an arts and crafts project based on remembrance for this year's *Yizkor*. Work together to weave memories of loved ones into our very first Alyth memory patchwork.

NEILAH

18:45 approx Neilah Service

(Marquee)

Our concluding service for *Yom Kippur*. Including the final sermon of *Yom Kippur*, given by **Rabbi Colin**

**18:45 Neilah for the Soul – If you're done with words
(Room of Prayer)**

Join Rabbi Mark and Mika Hadar Borthwick for an opportunity to experience the closing of the gates of repentance in a quiet space, with prayer, poetry and *Kabbalistic* mystical text interspersed with silence and vocal vowel meditation, enabling us to take the closing hour into our souls. We will return to the tent in time for the final *Avinu Malkenu* and blow of the *Shofar* to end *Yom Kippur*.

For all young people

18:45 You'll Be Back

(Akiva Moadon)

Continuing our tradition, please join the Alyth Youth and Education team to write a letter to your future self! How are you feeling? What do you want to achieve? Who do you want to be? Every year, we mail these to you in preparation for this period of contemplation. You literally get to look back at the person that you were! The best reason to get on top of this now is because, next year, you'll be back...

19:53 Havdalah and the end of the fast

We will be making *Havdalah*, the concluding ceremony for *Yom Kippur*, in front of the *bimah* in our marquee. Led by our young people.

Food to break the fast is available outside the Art Stables.

If you are happy to host an Alyth member to break the fast, please contact Lynette at lynette@alyth.org.uk

SUKKOT AND SIMCHAT TORAH IN BRIEF

For more information on Sukkot and Simchat Torah please see future Around Alyths and weekly emails.

SUKKOT

Community Sukkah Building Morning

Sunday 23 September, 09:30 - 12:30

Erev Sukkot - Sunday 23 September

Erev Sukkot Service, 18:30

Sukkot Morning - Monday 24 September

Shiur with Rabbi Ofek Meir, 09:15

Choral Service, 10:15-12:30

Family Service, 10:45-12:30

Sensory Service, 11:00-12:00

Erev Shabbat Chol HaMoed - Friday 28 September

Sukkot Den, 16:15-16:45

Sing with Us, 17:30-18:15

Erev Chol HaMoed Sukkot Musical Service, 18:30

Sukkot Sleepout for School Years 4-8

Shabbat Chol HaMoed - Saturday 29 September

Community Service with the Sukkot Sleepout, 10:30-12:15

Mikraot G'dolot Torah Service Breakout, 11:15-12:15

Healing Service 10:30-12:15

SIMCHAT TORAH

Erev Simchat Torah - Sunday 30 September

Service and Youth Activities, 18:30

Simchat Torah - Monday 1 October

Kallot Torah and Bereshit Shiur and Breakfast, 09:15

Community Service, 10:15-12:30

Family Service and Activities, 10:30-12:30

We wish a hearty *Mazal Tov* to
our *Kallat Torah*, Selina Gellert,
and our *Kallat Bereshit*, Angela Wilson.

**Celebrate the 80th anniversary of the
Leo Baeck Education Centre, Haifa,
with "The Peace Drums" concert at Alyth**

Tuesday 25 September, 19:00-21:00

Join us for a wonderful night of music performed by the multi-faith "Peace Drums" youth orchestra from LBEC and the Arab town of Iblin.

"The Peace Drums" orchestra has performed in Israel, Europe and America and will perform Israeli, Arab, Jewish and international hits, all on Trinidadian steel drums!.

This special concert will be held in recognition of the founding of the Leo Baeck Education Centre 80 years ago and will celebrate its outstanding educational and social action work in Haifa, throughout Israel, and its special connection to UK Progressive Judaism.

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

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Rabbinic Team

Rabbi Mark Goldsmith (Rabbinic Partner)
Rabbi Josh Levy (Rabbinic Partner)
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