



May highlights

May is an incredibly busy month, full of prayer, performances, learning and communal activities. See inside for more information on all this and more.

Yom HaShoah Service (Wednesday 1 May, 20:00-21:30)

Our annual commemoration of Yom HaShoah, including testimony by Susan Pollack MBE.

Four on the Fourth (Saturday 4 May, from 10:30)

A special Shabbat morning offering a choice of four services.

Talk With Us: Governance Surgeries (Sunday 5 May, 10:30-12:00)

The second surgery introducing our proposed new governing documents in advance of the AGM.

Erev Yom HaAtzma'ut Galilean Feast (Wednesday 8 May, 19:15-20:00)

A celebration of Israeli food, learning and an Israel Film Club.

Yom HaAtzma'ut Intergenerational Zones (Thursday 9 May, 16:00-17:00)

Celebrate Israel's birthday with arts and crafts, singing and dancing.

Annual General Meeting (Sunday 12 May, 10:15)

All members are invited to attend the AGM.

The Alyth Big Iftar (Wednesday 15 May, 19:15-21:30)

Alyth's sixth annual Iftar as we extend a warm welcome to our Muslim neighbours.

Don't Leave Me Now – A play for Dementia Awareness Week (Monday 20 May, 19:00)

A special event for dementia awareness week with a play followed by discussion.

An Evening of Song: featuring the Alyth Refugee Choir (Wednesday 22 May, 19:30)

A multicultural, multi-faith and engaging concert. This concert is sold out.

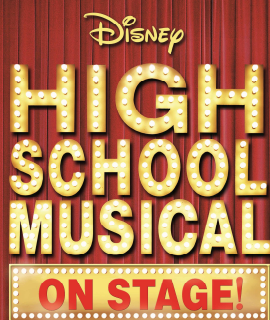
Breakfast with Luciana Berger MP (Saturday 25 May, 9:15-10:15)

A special breakfast with graduate of RSY-Netzer and MP, Luciana Berger.

To pray. To learn.
To live. Together



Staff contact details can be found on the back page



APAA Presents: High School Musical

*Saturday 4 May 19:00 and
Sunday 5 May 15:00 and 19:00*

£10 for adults, £8 for concessions and £3 for children (still at school). Tickets from saskia@alyth.org.uk.

APAA – The Academy of Performing Arts at Alyth has been running for Alyth teens (aged 13-17) for 24 years.



Pray with us

Erev Shabbat Service *(Fridays 3, 10, 17, 24, 31 May, 18:30-19:30)*

We begin Shabbat with our uplifting and inspirational, intergenerational Erev Shabbat service. A unique combination of song, reflection, prayer & learning. For special services see the following page.

Shabbat Morning Services

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

Saturday 4 May - Four on the Fourth:

A choice of 4 services:

Classical Service, 10:30-12:15

Led by Rabbi Colin and Katie Hainbach.

Shacharit Deconstructed, 10:30-12:15

A special learning service in which we will take apart the morning service and look at its parts. What is the liturgy saying and how is it put together? Led by Rabbi Josh.

Service for Wellbeing, 10:30-12:15

Join Lynette Sunderland and Justin Wise as we take time for ourselves to relax, breathe and explore, during our Shabbat morning service, our mental and physical wellbeing through tuneful prayer.

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".

Saturday 11 May

Choral Service, 10:30-12:15

Led by Rabbi Colin with the Alyth choir.

Kollot, 10:30-12:15

Our informal, participatory minyan. Includes an area for children with supervision so that parents can enjoy the opportunity to pray. Led by Rabbi Josh and Rabbi Hannah.

Saturday 18 May

Shabbat Service, 10:30-12:15

A service with guitar led by Rabbi Josh.

Includes the Bar Mitzvah of **Charlie Nabarro**.

Big Bang, 11:00-12:00

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

Saturday 25 May

Shabbat Service, 10:30-12:15

A special musical service with the Alyth choir.

Accompanied by guitar. Led by Rabbi Josh.

Includes the Bar Mitzvah of **Elijah Chesterman**.

The sermon will be given by Luciana Berger MP (see 'Learn with us' for more information).

Stripped-back Shacharit, 10:30-12:15

A more formal Shacharit with Rabbi Colin.

Joining the community in the Beit Tefillah for the Torah Service and sermon.

Service Breakout, approx 11:30-12:15

Younger members are invited to go with Mike Mendoza for an immersive Torah experience during the Torah Service in the Beit Tefillah.

Weekday Services

Sunday Shacharit

Sundays, 9:00-10:00

Our lay-led minyan with bagel breakfast.

Weekday Evening Services

Contact office@alyth.org.uk if you would like evening prayers for the purpose of saying Kaddish.

Services for Young Families

Baby Den

Fridays 3, 10, 17, 24, 31 May, 10:30-11:30

Wake up with Shoshi on a Friday morning 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!

Shabbat Den

Fridays 3, 10, 17, 24, 31 May, 16:15-16:45

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

Sensory Shabbat

Saturday 4 May, 11:00-12:00

Our Shabbat 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, hear and taste your way through the service. Suitable for babies from birth to 2 years. Be mindful that this is a quiet experience.

Young Families Seudah:

Tel Aviv Beach Party

Saturday 11 May, 15:00-16:30

To celebrate Yom HaAtzma'ut and Eurovision's arrival in Israel, join Rabbi Hannah and Chloe for our Tel Aviv Beach Party! Play beach volleyball, refresh yourself with homemade limonana and create beautiful art with the shells you find in the sand, before you relax with a delicious Israeli themed Shabbat tea.

Yom HaShoah Service

Wednesday 1 May, 20:00-21:30

Our annual commemoration of Yom HaShoah, led by Rabbi Josh, Katie Hainbach and Lynette Sunderland. Our service begins with the lighting of memorial candles by all present, followed by a short ma'ariv service, with songs and readings. This year, our testimony will be given by Susan Pollack MBE, who is a familiar face at Alyth services. Susan was born in Hungary in 1930. Following the German invasion of Hungary in 1944, she was transported to Auschwitz, where she remained for around 10 weeks before being sent to Germany to work as a slave labourer in an armaments factory. With the Allies advancing, she and fellow prisoners were forced on a death march to Bergen-Belsen. On 15th April 1945, Susan was liberated by the British army.

Sing With Us

Friday 10 May, 17:15-18:15

Join us as we sing new and familiar melodies, exploring harmonies and preparing our voices for our Shabbat services. With Rabbi Hannah and Katie Hainbach.

JMM in May

JMM on a Shabbat Morning

Saturday 18 May, 09:15-10:15

An hour of contemplation, movement and learning to set you up for Shabbat. With Maxine Levy and Rabbi Josh.

NEW Erev Shabbat Meditation: A breath of Shabbat with Mika Hadar-Borthwick

Friday 24 May, 17:15-18:15

Welcoming Shabbat with gentle movement, mindful breath and vocal meditation.

Learn with us

Weekly 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 Hannah, Rabbi Josh and Jon Epstein. Email hannah@alyth.org.uk or josh@alyth.org.uk for more information.

22 Jewish Ethics

29 The Jewish Home and Kashrut

Hebrew reading from Scratch

Wednesdays 22 & 29 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.

Pardes: The Secret (Jewish) Garden

Thursdays, 13:00-14:15

The imagery of a garden has often been used in Jewish tradition to describe our textual tradition. Join Rabbi Colin as we explore the garden together. Each week will start with a different text from within our rich library. Thereafter, who knows where the journey will take us? The session on 2 May will be with Rabbi Josh.

Shabbat Shiur

'Monthly Midrash' on a Shabbat Morning: The Story of... Saul

Saturday 11 May, 9:15-10:15

Join Rabbi Hannah for this monthly session studying the midrashic back story of biblical characters over coffee and Danish. This month: Our one known necromancer - did his dealings with the dead lead to his ultimate demise?

Also this month



Breakfast with Luciana Berger MP

Saturday 25 May, 9:15-10:15

We are delighted to welcome to Alyth Luciana Berger, MP for Liverpool Wavertree since 2010. Luciana grew up in a Reform synagogue, and has spoken in the past about the formative nature of her involvement with RSY-Netzer. She left the Labour Party in February, and currently serves as spokesperson for Health, Home Affairs and Digital and Culture for Change UK - The Independent Group. Luciana will join us for breakfast, during which she will speak about the Jewish background of her political activism, and her experience of anti-Semitism. Two days after (probable) European Elections, it's likely that she will speak about Europe and the state of UK politics too.

Film Club Special: I Was There In Colour

Wednesday 8 May, 21:00-22:00

"I Was There in Colour" is an extraordinary, never before seen, story of the birth of Israel in colour! Fred Monosson was a Jewish-American businessman from Boston who died in 1972. He visited Palestine and then Israel many times, invariably with his cine camera. He seems to have been a real-life 'Zelig,' somehow always managing to be in the right place at crucial times in Israel's history. The film archive he built up was only discovered after his death. Until this discovery, much of the history of Israel had been captured only in black and white. Now, for the first time, parts of Israel's history can be seen in colour. With Rabbi Colin.

Erev Yom Hazikaron Ceremony

Tuesday 7 May, 19:15-20:00

A special service, including poetry and remembrance, commemorating those who have died in Israel's wars or through acts of terrorism.

Erev Yom HaAtzma'ut Galilean Feast

Wednesday 8 May

Join us this Yom HaAtzma'ut for a celebration of Israeli food, as well as learning and an Israel Film Club. The heart of our event will be a special 'table talk' with Ruth Nieman, author of The Galilean Kitchen, caterer and self-proclaimed "foodie".

In the day:

10:30-12:30 A masterclass with Ruth, steering us through the techniques for making stuffed vine leaves. This session must be pre-booked.

12:30-16:00 Members are also invited to join us from 12:30-16:00 to assist Ruth as we prepare several dishes from her recent cookbook in preparation of the Yom HaAtzma'ut Feast.

In the evening:

19:15-21:00 A three-course Yom HaAtzma'ut Galilean Feast with an introductory talk and food demonstrations by Ruth Nieman.

Contact saskia@alyth.org.uk to book for this event.

Followed by:

21:00 A choice of:

- Israeli dancing: An open Harkada (dancing) session for all abilities taught by Israeli Dance Institute trained teacher, Sophie. The moves will transport you to Tel Aviv's Tayelet. With Rabbi Hannah

- Israel Film Club: 'I Was There In Colour'. An extraordinary, never before seen, story of the birth of Israel in colour! With Rabbi Colin

- Israel Talmud Class: Jerusalem in the Talmudic Imagination. Together we will study two texts on the Jerusalem as imagined by the Babylonian Rabbis - the Jerusalem of this world and of the World to Come. With Rabbi Josh

Yom HaAtzma'ut Intergenerational Zones

Thursday 9 May, 16:00-17:00

A special intergenerational Yom HaAtzma'ut Zones!

Bring along parents, grandparents, aunts, uncles and siblings to make Israel bunting, facepainting, cake decorating for Rubens House and a yummy Israeli feast!

With Chloe and the Kef Zone team.

Be with us

Weekly Activities

Senior Club

Mondays, 14:00-15:30

Weekly activity and tea for senior members.

13 Judy Karbritz "You Must Remember This"

20 Anne Benson "English Afternoon Tea"

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 8 & 29 May, 12:45-15:00

Discuss topical issues and stories over a bowl of soup. Contact lynette@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 4 May, 9:15-10:15

Our regular rehearsals for the Synagogue Choir. Contact katie@alyth.org.uk. There will also be 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. If you are interested in joining, please contact katie@alyth.org.uk.

Monthly Activities

Sunday Bridge@Alyth

Sunday 5 May, 19:00-22:00

Contact Clive on 020 8361 5711.

Alyth Cycling Community

Sunday 12 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.

Jewish Mindfulness Meditation

Saturday 18 May, 9:15-10:15

Friday 24 May, 17:15-18:15

Join the JMM team for a stress free, restful hour of contemplation, movement and learning to set you up for Shabbat.

Together we will experience an hour of menuchah, Shabbat rest.

JOY - Joining Old and Young

Monday 20 May, 12:45-13:45

JOY brings some of our Kindergarten and older members together for intergenerational activities. Please join us.

Shabbat B'Yachad (Shabbat Together)

Friday 24 May, 18:30-21:30

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

Singing for Pleasure

Sunday 26 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.

Annual General Meeting

**Sunday
12 May
10:15**

All members are invited to attend the **Annual General Meeting** which this year will include resolutions on our future governance structure. Please go to www.alyth.org.uk/agm for copies of all the papers. Prior to the AGM we will be holding the second 'Talk With Us: Governance Surgeries' on *Sunday 5 May, 10:30-12:00*. The surgery will introduce our proposed new governing documents. The revised governance structure will provide clarity of responsibility, accountability of professional and lay leadership, and enable a rich and ongoing community conversation. Please let us know if you will be attending by emailing saskia@alyth.org.uk.



Also this Month

Talk With Us: Governance Surgery

Sunday 5 May, 10:30-12:00

The second of two surgeries introducing our proposed new governing documents in advance of the AGM in May. The revised governance structure will provide clarity of responsibility, accountability of professional and lay leadership, and enable a rich and ongoing community conversation. Please let us know if you will be attending by emailing saskia@alyth.org.uk.

Bank Holiday Ramble

Monday 6 May, 10:00-16:00

Berkhampstead Common and Golden Valley (distance 8 miles). Park and meet outside the Alford Arms, Frithsden, HP1 3DD. Please bring a picnic lunch. Email viv@alyth.org.uk to let her know you will be joining the Ramble.

Don't Leave Me Now

– A play for Dementia Awareness Week

Monday 20 May, 19:00

Inspired by two real stories, the play explores with humour and insight the impact of early onset dementia on two very different families. A journey of love, loss and duty.

Following the play there will be time to explore its themes and we will hear from two Dementia Care experts from Jewish Care, Gill Yentis and Romy Pookis, about their ground-breaking work with those living with dementia. Tickets are £5/ person from saskia@alyth.org.uk.

An Evening of Song: featuring the Alyth Refugee Choir

Wednesday 22 May, 19:30-21:30

A multicultural, multi-faith and engaging concert. SOLD OUT

Act with us

The Alyth Big Iftar

Wednesday 15 May, 19:15-21:30

Join us for Alyth's sixth annual Iftar as we extend a warm welcome to our Muslim neighbours to break the fast at the end of a day of Ramadan. This year our rabbis will be exploring the theme of "text" alongside Muslim teachers. Contact saskia@alyth.org.uk to let us know you are coming.

Monthly Drop-in for Recent Refugees

Sunday 26 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).

Save the Date: Shavuot 8-9 June 2019

Join us for a full programme of Shavuot activities:

Erev Shavuot (Saturday 8 June):

Young Families Shavuot Seder (15:00-16:30)

Shavuot Families Escape Room (17:00-19:00)

Tikkun Leil Shavuot (20:00-00:15) including Havdalah and Service at 22:30

Shavuot Morning (Sunday 9 June):

Early Morning Heath-Boddedut Service (Starting 07:15, Heath Extension)

Choice of three services: **Musical Service with the Alyth Band** (starting 10:30);

Choral Service (starting 10:30); **Shavuot Sensory Service** (starting 11:00)



Youth & Education Hub

Please contact Sam Heller (sam@alyth.org.uk) for information about the provision for our younger members.

Ruach Erev Shabbat

Fridays 3, 10, 17, 24 May, 16:15-19:30

Our Friday afternoon B'nei Mitzvah programme.

Sunday Morning Galim

Sundays 5, 12, 19 May, 10:00-12:30

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

Alyth Toddler Group

Mondays 13 & 20 May, 10:00-11:30

Toys, singing and refreshments for the children; coffee and chats for carers! £3 per child, £1 for a sibling. With Chloe and Rabbi Hannah.

Contact chloe@alyth.org.uk.

Kef Zone

Thursdays 2, 9, 16, 23 May, 16:00-17:00

Our weekly club for Primary School children.

Hebrew Club

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

A new Hebrew Club for Ivrit speakers in Reception to School Year 3. Learn and practise speaking Hebrew through games, arts and crafts, drama and so much more. Please contact sam@alyth.org.uk for more information. This club is £50 per term and includes all resources.

A.C.E

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

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

ACT (Alyth Children's Theatre)

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

ACT is our children's theatre group.

Year 7 Hebrew

Thursdays 9, 16, 23 May, 18:15-19:15

For all those who want to continue their Hebrew practice in the run up to their Bar or Bat Mitzvah.

Also this month

Madrichub

Sunday 5 May, 13:00-15:00

The centre of madrichim enrichment at Alyth. All leaders Year 9+ are welcome to join the Youth & Ed. Team for Sunday fun and social, followed by a group cook-in and lunch! Meet Israelis your age and enjoy the community together.

Lag B'Omer Zone

Thursday 23 May, 16:00-17:00

Lag B'Omer Zone: Come and join Chloe and the Kef Zone team for a Lag B'Omer extravaganza! We will be building bonfires, having an interactive telling of the story of Lag B'Omer ending in the counting of the omer. We will also be enjoying hot chocolate around the bonfire and a yummy Lag B'Omer tea!

APAA Presents: High School Musical

Saturday 4 May 19:00 and

Sunday 5 May 15:00 and 19:00

Come and enjoy and sing along to Academy's performance of High School Musical! £10 for adults, £8 for concessions and £3 for children (still at school). Tickets from saskia@alyth.org.uk. APAA –

The Academy of Performing Arts at Alyth is 24 years old and is made up of 13 – 17 year olds.

Contact sam@alyth.org.uk if you want to join next year's cast.

DON'T LEAVE ME

Monday 20 May

19:00-22:00

NOW

A play about Dementia

As part of Dementia Awareness Week, this play is inspired by two real stories. The play explores with humour and insight the impact of early onset dementia on two very different families.

A journey of love, loss and duty.

Written and performed by playwright Brian Daniels
and a group of professional actors

Following the play there will be time to explore its themes and we will hear from two Dementia Care experts from Jewish Care, Gill Yentis and Romy Pookis, about their ground-breaking work with those living with dementia.

850,000 people in the UK are living with a form of dementia.

By 2025 this will increase to over a million

Tickets cost: £5/person

Please book in with Saskia in the Alyth office by emailing saskia@alyth.org.uk or calling 020 8457 8784

Alyth's Big Iftar

Wednesday 15 May 2018
19:15-21:30

Join us for Alyth's sixth annual Iftar as we extend a warm welcome to our Muslim neighbours.

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 Alyth rabbis will be exploring the theme of "text" alongside Muslim teachers. What do our texts offer us, where are they similar and where do they differ?

Please note the following:

Parking is available in the surrounding streets

Male & female attendees will be sitting in the same hall

All food provided will be vegetarian

For catering purposes, please let us know that you are coming by contacting Saskia at office@alyth.org.uk or 020 8457 8784

Location: Alyth Synagogue, Alyth Gardens,
NW11 7EN

 **Alyth**

To pray. To learn. To live. Together.

 **THE BIG Iftar**



OPERA
THROUGH THE AGES
Purcell to Gershwin
SUNDAY 2 JUNE 2019

6.30pm FOR DRINKS and NIBBLES

7.00pm concert

at Alyth Synagogue, Alyth Gardens NW11 7EN

Alyth Choral Society & Soloists

Conductor: Robin Osterley

Accompanist: Kelvin Thomson

Tickets include refreshments: £15.00, under 16 free

info. from alythchoralsociety@gmail.com

buy on-line at www.alythchoralsociety.org

Alyth

Centre for Jewish Music

**making
music**

Contact us

Rabbinic Team

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020 8457 8799

Rabbi Colin colin@alyth.org.uk
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Rabbi Hannah hannah@alyth.org.uk
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Kindergarten: Administrator

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

Chair

Russell Baum chair@alyth.org.uk

President

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

North Western Reform Synagogue

Alyth Gardens, London, NW11 7EN

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E office@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

