

# High Holy Days Services and Activities for 11-16 year olds

## Selichot (new for 2019)

**Saturday 21 September**

### 19:30-22:00 TEEN SELICHOT

*(Alyth - Youth Hall)*

A secret cinema style Selichot event, to help you prepare for the High Holy Days. We will start the evening with an immersive screening of the 2004 comedy "Mean Girls" to see what the students of Northshore High can teach us about staying true to ourselves in the year ahead. Following light refreshments, we will gather at the 'Spring Fling Dance' to reflect, sing and find our peace as we prepare for the new year. With Rabbi Hannah and Sophie Peterman.

## Erev Rosh Hashanah

**Sunday 29 September**

### 18:00 EREV ROSH HASHANAH SERVICE

*(Alyth - 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.

## Rosh Hashanah - First Day

**Monday 30 September**

### 10:40-11:40 HOW FAR I'LL GO

*(Sternberg Centre - Akiva Classroom 1)*

With a new year on the horizon what challenges are we facing? This year we've been tackling single use plastic. What more can we do to protect our world next year? Join Sophie and be a part of Alyth's conversation around what we can do to be more environmentally friendly.  
*(For School Years 7 & 8)*

### 10:40-11:40 CIRCLE OF LIFE

*(Sternberg Centre - Akiva Classroom 2)*

Everything the light touches is our kingdom. A person's time rises and falls like the sun. One day, the sun will set on our time here, and will rise with you as the new leaders of the community. "Everything you see exists together in a delicate balance." What role have you played this year to step into your leadership potential with Alyth? Join Mike as we explore the journey after Bar/Bat Mitzvah and ask, 'how can we prepare for this period of reflection?' *(For School Years 9 & 10)*

### 12:15-13:00 GO THE DISTANCE

*(Sternberg Centre - Akiva Classroom 2)*

"How am I supposed to prove myself a hero if nobody will give me a chance?" Join Mike as we explore the opportunities we have to switch on our potential and awaken our inner heroes as leaders of the community - "For a true hero isn't measured by the size of his strength, but by the strength of his heart."  
*(For School Years 11-13)*

## Rosh Hashanah - Second Day

**Tuesday 1 October**

### 10:15 BAND SERVICE

*(Alyth - Leo Baeck Hall)*

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

## Throughout Rosh Hashanah and Yom Kippur

### Supercalafragalistic-LOITER-alapurpose *(Sternberg Centre - Akiva School Foyer)*

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.

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**Kol Nidre (Tuesday 8 October)**

**19:30-20:30 TEEN NIDRE: BARE NECESSITIES**

*(Sternberg Centre - Akiva Classroom 2)*

“Look for the bare necessities, the simple bare necessities, forget about your worries and your strife. I mean the bare necessities, Old Mother Nature's recipes, that brings the bare necessities of life...” Join Mike as we sift through the fuzziness of life's experiences and simplify how we can make the most of this period of contemplation and atonement. (For Teens)

**Yom Kippur**

**Wednesday 9 October**

**10:30-11:30 A COVER IS NOT A BOOK**

*(Sternberg Centre - Akiva Classroom 1)*

Have you ever made assumptions about someone? Has anyone ever surprised you with their thoughts and behaviour? Has anyone ever asked you “what's really going on?” Join Mike as we explore our personal stories, behind the immediate front that people see. With each Yom Kippur, are you able to find and reveal yourself just a little bit more? (School Years 7 & 8)

**10:30-11:30 DIG A LITTLE DEEPER**

*(Sternberg Centre - Akiva Classroom 2)*

‘Dig down deep inside yourself, you'll find out what you need’... What does repentance really mean? How do we actually repent? Does repentance actually matter? Come and explore with Sophie what it's really all about.

*(For School Years 9 & 10)*

**12:15-13:00 THE GOSPEL TRUTH**

*(Sternberg Centre - Akiva Classroom 1)*

What does it mean to be partners in creation? Some suggest that when the Eternal rested on the 7th day, creation didn't cease but became a shared mission between humanity and יְהוָה. How do we continue this great work? Join Mike to contemplate the power of partnerships: within ourselves, between people and with God. *(For School Years 11-13)*

**16:15-17:15 FAMILY MINCHAH SERVICE**

*(Sternberg Centre - Akiva Classroom 1)*

Let your conscience be your guide as we sing our way through the afternoon service. Join Rabbi Hannah and Mike as we explore who's really pulling the strings in our lives. Honesty is the best policy, especially on this particular day of contemplation. Families are invited to journey the familiar story of the whale... with a twist.

**17:30-18:15 COLOURS OF THE WIND**

*(Sternberg Centre - Akiva Classroom 2)*

Can you weave with all the colours of the wind? Life is like a kaleidoscope with lots of different colours coming in and out. What colours have formed your life this past year? What colours do you hope you will see in 5780? Come and join Sophie and Chloe for some time of contemplation and reflection through the medium of loom-making.

**18:15 HAKUNA MATATA**

*(Sternberg Centre - Akiva Classroom 2)*

It's a motto... We've reached the concluding moments of the day. We'd love to believe that it means no worries for the rest of your days. That it's our problem-free philosophy BUT we cannot walk away from Yom Kippur with empty promises. Join Rabbi Hannah and the Youth & Education Hub as we make final preparations for what's ahead and seal the gates on our commitments to grow and challenge ourselves in the year to come.