

# High Holy Days Services and Activities for 5-10 year olds

## 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 Afternoon Monday 30 September

### 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! Join Rabbi Hannah and Chloe at the Dollis Brook at the bottom of Windsor Road, Finchley N3 for our annual tashlich service.

## Rosh Hashanah - First Day Monday 30 September

### 10:30-12:00 BIG BANG

*(Alyth - Beit Tefillah)*

Now in its 10th 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. *(For Families)*

### 10:45-11:45 A WHOLE NEW WORLD

*(Alyth - Kindergarten)*

As our world completes another orbit around the Sun, 5779 comes to a close. What's been happening down on Earth in that time? Come on a magic carpet ride to reflect on the past year and set your goals and dreams for 5780. *(For School Years 4-6)*

## 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.

### 11:00 BREAKING FREE

*(Alyth - Kindergarten)*

Come and celebrate with us as we soar and fly into the New Year with arts, crafts, music and more! *(For School Years 3-6)*

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## Kol Nidre

Tuesday 8 October

**19:30-20:30 YOU'VE GOT A FRIEND  
IN ME**

*(Sternberg Centre - Akiva Classroom 1)*

'You've got troubles, well I've got 'em too, we stick together and we see it through'... How have you used the opportunity for repentance these past ten days? What is it like to apologise to someone? How can we apologise to people? Come together with Sophie, friends and community as we prepare ourselves for Yom Kippur. (For School Years 3-6).

## Yom Kippur Afternoon

Wednesday 9 October

**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.

## Yom Kippur

Wednesday 9 October

**11:15-12:45 ATIDEINU FAMILY  
SERVICE**

*(Alyth - Beit Tefillah)*

A musical service for families on Yom Kippur led by Rabbi Hannah. The service will include familiar songs, prayers and stories. (For Families).

**10:45-11:45 LET IT GO**

*(Alyth - Leo Baeck Hall)*

"My soul is spiralling in frozen fractals all around. And one thought crystallizes like an icy blast, I'm never going back, the past is in the past..." A year has passed, and Yom Kippur offers us the chance to move forward positively into the year ahead. First you need to be able to let it go! Join our Youth & Education Team to enjoy a variety of open activities of reflection.

*(For School Years 4-6)*

**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.