



YOUR JOURNEY TO THE HIGH HOLY DAYS

ELUL AT ALYTH

This year's High Holy Days will be unlike any other in history. For these days to be the powerful experience that we need them to be will require us to approach them with new thoughtfulness and preparation.

To help we are pleased to offer a number of ways that you can prepare during the month of Elul.

ELUL AT ALYTH



NEW YEAR FOR ANIMALS - DOG WALK

Friday 21 August 8:00 and 15:00

While we won't be physically together for most of the High Holy Days this year, we can still gather together to mark the beginning of Elul as a community. Join Rabbi Hannah, Cantor Tamara, Bailey and Maisie for a dog walk on the Heath Extension to celebrate the month of Elul and the New Year for animals, including a prayer recognising the role of animals in our lives.

We will meet at the corner of Wildwood Road and Hampstead Way.
No dogs needed. Wet weather plan – bring an umbrella!

ELUL HALF HOUR TO SPEAK ABOUT GOD IN A TIME OF PANDEMIC

Elul Half Hours are short sessions 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. No pre-booking is necessary. We only ask that when you come, you try to join at the start of the session.

Each of this year's Elul Half Hours will take on one of the profound questions of our time – how can we speak about God in the face of the challenges of the past months? In each session we will look at a different name or concept of God and explore how it might help us to think or speak about God at this time.

FRIDAYS AT 17:45

[Click here](#) to join on Zoom

Meeting ID: 848 3829 8916, Passcode: 227394

SATURDAYS AT 09:45

[Click here](#) to join on Zoom

Meeting ID: 864 6177 8950, Passcode: 138638

21 August Cantor Tamara
An Introduction to the Names of God and HaMakom

28 August Rabbi Elliott
Tzur

4 September Rabbi Laura Janner-Klausner
Yud-hei-vav-hei

11 September Student Rabbi Nicola Feuchtwang
Ha-M'vorach

22 August Rabbi Colin
El Shaddai

29 August Rabbi Josh
Shechinah

5 September Rabbi Hannah
Hester panim

12 September Rabbi Dr Deborah Kahn-Harris
Ehyeh Asher Ehyeh

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HOW TO LIVE THE HIGH HOLY DAYS ONLINE

This year's High Holy Days will be unlike any other in history. To help us to prepare, we are pleased to offer these five special sessions, which will be supplemented by online resources which you will be able to find at www.alyth.org.uk/hhd2020.

[Click here](#) to join all of the "How To" sessions on Zoom
(Meeting ID: 844 6351 6773, Passcode: 785089)

HOW TO BE IN SHUL AT HOME

Tuesday 25 August, 19:00



Over the last five months we have all learned a huge amount about the challenges and possibilities of joining synagogue services from home.

Together we will explore the obstacles we face and share some ways to make it better. This will include practical advice on how to make our prayer space feel sacred, and ways to bring greater intentionality to the service from home.

HOW TO SING ALONG AT HOME

Tuesday 1 September, 19:00



In the lead up to the Days of Awe, come together with Katie Hainbach and Cantor Tamara to explore how we navigate communal singing in a new way as we pray from home during this season.

Open to all who enjoy music and singing, and who want to dive deeper into the music of the High Holy Days.

HOW TO HELP YOUR CHILDREN TO HAVE A GOOD HIGH HOLY DAYS

Tuesday 8 September, 19:00



As High Holy Days approach, families face a new challenge to make these days feel special and different, whilst at home. Parents may ask how do I do prayer for me while supporting my child? Children may ask "what's in the High Holy Days for us?"

Join Rabbi Hannah, Mike & Sophie for a session on how to make these High Holy Days meaningful for your whole family.

ELUL AT ALYTH

HOW TO COOK FOR ROSH HASHANAH

Tuesday 15 September, 19:00

Three different members of Alyth will share with us their special High Holy Day dishes, explaining the history behind them and how to make them. Please join your hosts, Rabbi Hannah and Lynette for a virtual tease of the taste buds.

Please sign up by emailing beth@alyth.org.uk. We will then email you copies of the recipes for you to follow and cook yourself.



HOW (AND WHETHER) TO FAST AT HOME

Tuesday 22 September, 19:00

This year's Yom Kippur will present a unique challenge – how to fast while in the same house as our kitchens. Are there specific ways we should think about fasting this year, and if we feel unable to do so, how can we reconcile ourselves with this reality?

With Rabbi Hannah and Rabbi Elliott.

[Click here to join all of the "How To" sessions on Zoom](#)
(Meeting ID: 844 6351 6773, Passcode: 785089)



JMM

JEWISH MINDFULNESS MEDITATION

Fridays 28 August, 11 September at 17:00

Saturdays 22 August, 5 September at 09:00



Our regular sessions with Alyth teachers from our Jewish Mindfulness Meditation group. Join for contemplation, breathing, movement and meditation, helping us to open our hearts and find peace through our Jewish heritage, especially in these challenging times.

Please note the different times in Elul to also enable attendance at the Elul Half Hours.

FRIDAYS

[Click here to join on Zoom](#)

Meeting ID: 977 611 369

Password: 035091

SATURDAYS

[Click here to join on Zoom](#)

Meeting ID: 844 520 435

Password: 753749

YOUR JOURNEY TO THE
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PRAY WITH US IN-PERSON

Many of us are feeling a sense of loss from not being able to gather together for prayer on Shabbat. This will also not be possible on Rosh Hashanah and Yom Kippur when we need to ensure that all of our members can join our services.

Between now and then, we will be providing as many opportunities as we can for small, in-person services. These will take place outside, in the Alyth Sukkah, subject to social distancing and protective measures to that are in place to protect staff and congregants. As well as the opportunity to pray together, these services are also a chance to meet the new members of the Alyth clergy team.

We will be running Services in the Sukkah on some Shabbat mornings in August, and then on Mondays and Thursdays during Elul. In Elul they will include the reading of Psalm 27, the blowing of shofar and study as we journey to the High Holy Days. Please see the link below to sign up.

MONDAY MORNINGS AT 07:30

with Rabbi Elliott

24 August, 7, 14 September

THURSDAY MORNINGS AT 09:00

with our Clergy

27 August, 3, 10, 17 September

Important details about the services:

- This service is subject to the weather and there will be limited toilet facilities available.
- By signing up for these services, you give permission for us to share your name and contact details with the NHS Test and Trace service in case of a positive Covid test by you or another member of the group.

Please do not come to the services if:

- You have had symptoms or have tested positive for coronavirus in the last 10 days.
- Someone you live with or in your 'bubble' has symptoms or has tested positive in the last 14 days, or if you have been contacted by NHS Test and Trace in this period.
- You have been abroad in the last 14 days to a country that has been listed by the Government as requiring a period of quarantine on your return.

We know that not all members will feel able to join. If you would like to find out more about our social distancing operations, or to discuss your individual situation and whether it is suitable and safe for you to attend, please contact adam@alyth.org.uk.

[Click here to sign up](https://shulcloud.alyth.org.uk/elulshacharitinthesukkah)

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PARDES HIGH HOLY DAY LITURGY

**THURSDAYS FROM
27 AUGUST AT 13:00**

Our weekly text based study group.

This month, to bring the text to life, we will look at selections from the High Holy Day liturgy that are particularly profound or important for us.

**[Click here to join on Zoom](#)
Meeting ID: 123 761 361
Password: 019498**

THURSDAY 27 AUGUST

with Rabbi Elliott

The final session in our August series on Psalms is a cross-over session, looking at Psalm 27, a key part of the Elul and High Holy Day liturgy.

THURSDAY 3 SEPTEMBER

with Rabbi Hannah

THURSDAY 10 SEPTEMBER

with Cantor Tamara

THURSDAY 17 SEPTEMBER

with Rabbi Elliott

THURSDAY 24 SEPTEMBER

with Rabbi Josh

E-SSENTIALS THE HIGH HOLY DAYS

Our regular introduction to Judaism class has been completely redesigned to be taught online. Whether you are coming to Judaism for the first time or want to consolidate the learning of many years, these classes are the ideal way to build the foundations of your knowledge in advance of these High Holy Days.



Tuesday 8 September, 20:00

Introduction to the Jewish Calendar with Rabbi Hannah

Tuesday 15 September, 20:00

Preparing for the High Holy Days 1 – Rosh Hashanah with Rabbi Elliott

Tuesday 22 September, 20:00

Preparing for the High Holy Days 2 – Yom Kippur with Rabbi Josh

Tuesday 29 September, 20:00

Sukkot and Simchat Torah with Cantor Tamara

[Click here to join on Zoom](#)

Meeting ID: 668 234 069, Password: 419681

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