Shabbat B'Shallach 13 Sh'vat 5782 / 14-15 January 2022

Erev Shabbat

18:30 Erev Shabbat Service (in the Beit Tefillah)

Led by Rabbi Josh, Cantor Tamara and Rabbi Elliott

Shabbat Morning

10:30 Shabbat Service (in the Beit Tefillah)

Led by Rabbi Josh and Cantor Tamara with the synagogue choir.

The Torah portion, which can be found over the page, will be read by Brenda Freedman.

The Haftarah can be found over the page.

The sermon will be given by Rabbi Colin from home.

Due to Covid, there is no parallel service this Shabbat morning.

Forthcoming parallel services:

22 January Imrei Finu

29 January *Tefillah Lab:* Experimental service with a humanist liturgy

Well-being service

5 February Tefillateinu

Sensory Shabbat

12 February Kollot

Keeping each other safe: our covenant of responsibility

Every time we come together we bring the risk of transmission, so we need to work to keep each other safe.

The first way to keep each other safe is to avoid bringing Covid into the Alyth building.

Everyone coming to Alyth over the age of 11 should be either fully vaccinated (including a booster) or take a negative lateral flow test up to 24 hours before attending.

Members should be prepared to show evidence of this on entry to the synagogue, and will not be able to enter if they cannot show evidence when asked to do so.

No-one should attend if feeling unwell, even with the symptoms of a cold, or within the isolation period after having tested positive for Covid.

Even with these measures in place, we know that there is no guarantee that someone in attendance is not asymptomatic but infectious. We also need to reduce risk of transmission taking place through other measures:

Mask wearing

Ventilation

Masks or face coverings must be worn at all times in the Alyth building by those who are not exempt who are over the age of 11. This includes when singing.

We know that ventilation is key to avoiding transmission. Windows will therefore be fully open for all activities. Please dress appropriately. Blankets are available for those who need.

Reduced capacity

At this time, capacity in the Beit Tefillah still needs to be limited to prevent overcrowding. We ask that all members and friends let us know that you are coming to services and activities. For those who do not wish to sit next to others: please pick up a sign to place on the chair/s next to you.

Contact Us

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

Adam Martin Community Director

adam@alyth.org.uk; 020 8457 8789

Lynette Sunderland Head of Community Care and Life Cycle

lynette@alyth.org.uk; 020 8457 8793

Sam Heller Head of Member Engagement

sam@alyth.org.uk; 020 8457 8796

Mike Mendoza Head of Family Programming

mike@alyth.org.uk; 020 8457 8788

Clergy Team

Rabbi Josh Levy; Rabbi Hannah Kingston; Cantor Tamara Wolfson Rabbi Elliott Karstadt; Rabbi Colin Eimer

Shabbat at Alyth

Throughout Jewish history, Shabbat has been at the heart of Jewish life, a distinctive and special time, different from the working week. At Alyth, we strive to uphold this holiness of Shabbat, with learning and multiple services to meet the needs of the community.

Please help us to ensure that everyone is able to pray and participate by thinking about the needs of those around you. To help us to separate Shabbat from the rest of the week, please switch off your mobile phone, and do not take photographs or smoke on the premises on Shabbat.

When we want to show appreciation during a service, it is traditional not to applaud but to shout 'yasher koach' or 'sh'koach', which means 'strength to you.' Please refrain from applauding but join in this greeting.

Erev Shabbat Supplement

Hava Nashirah

Music: Josh Nelson

הָבָה נָשִׁירָה שִׁיר הַלְלוּיַה

Hava, Hava Nashirah; Shir Halleluyah, Shir Halleluyah Let us sing a song of praise

Yah Ribbon

Words: Rabbi Yisrael Najara Music: Josh Warshawsky

> יָה רְבּוֹן עָלַם וְעָלְמַיָּא. אַנְתְּ הוּא מַלְכָּא מֶלֶךְּ מַלְכַיָּא: עוֹבַד גָבוּרְתָּךְ וִתִּמְהַיָּא. שַׁפִּיר קַדְמָךְ לְהַחַוַיָה:

Sovereign of the world and timeless master, You rule above all rulers we obey. Many deeds of Your might, and Your wonders, it delights You to display.

Yah ribbon, yah ribbon alam, v'almaya, ant hu malka ant hu malka melech malchaya x2 Yah ribbon alam, v'almaya, ant hu malka melech malchaya Ovad q'vurteich v'timhaya, shappir kodamach l'hachavayah x2

Zamru l'Adonai

Words: Psalm 98:5 Music: Yoel Sykes

זַמָּרוּ לַיהוָה בָּכְנּוֹר; בָּכְנּוֹר, וַקוֹל זַמְרַה

Play to the Eternal with the harp, with the harp and the voice of music. Zam'ru l'Adonai b'khinor, b'khinor v'kol zimra.

Blessing on lighting Shabbat candles

בָּרוּךְ אַמָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. אֲשֶׁר קִדְשָׁנוּ בְּמִצְוֹתָיו. וִצְוַנוּ לִהַדְלִיק גֵר שֵׁל שַׁבָּת:

Blessed are You, our Living God, Sovereign of the universe, whose commandments make us holy, and who commands us to light the Sabbath candles.

Baruch attah Adonai eloheinu melech ha-olam, asher kidd'shanu b'mitsvotav, v'tsivvanu l'hadlik neir shel shabbat.

Ivdu

Words: Psalm 100:2 and 95:3

Music: Or Zohar

עָבְדוּ אֶת־יהוה בְּשִּׂמְחָה בֹּאוּ לְפָנֵיו בִּרְנָנָה כִּי אֵל מֶלֶךְ גָּדוֹל יהוה

Serve God in gladness; Come into God's Presence with joy. For God is a great Sovereign.

Ivdu (Ivdu...u...u) et Adonai b'simcha (simcha, simcha, simcha...) Bo'u (Bo'u, bo'u bo'u...u) l'fanav birna'na...ah (na, na, na, na, na....)

Ki El melech gadol Adonai (x4)

Ozi v'zimrat yah

Words: Exodus 15:2 / Psalm 118:14

עזי וזמרת יה ויהי לי לישועה

God the Eternal is my strength and song and has become my salvation! Ozi v'zimrat yah vay'hi li lishu'ah

Shabbat Morning Supplement Torah portion for Shabbat B'shallach: Exodus 15: 1-27

אַז יַשֶּׁיר־מֹשָׁה וּבָנֵי יִשְרָאֵל אַת־הַשִּׁירָה הַזֹּאַת לִיהוֹה וַיֹּאמְרוּ אשירה ליהוה כי־גאה גאה לאמר* 2 עזי וזמרת לה ויהי-לי ורכבו רמה בים: אלהי זה אלי ואנוהו לישועה ניהוה איש מלחמה יהוה 3 אַבֵּי וַאַרמִמֶנְהוּ: 4 מרכבת פרעה וחילו ירה בים ומבחר :שמו 5 תהמת יכסימו ירדו במצולת כמו־ שלשיו טבעו בים־סוף: 6 יְמֵינְךְ יְהוֹה נָאִדְרֵי בַּכַּחְ יִמְינְרֶ : אַבֶּן זוברב גאונה תהרס יהוה תרעץ אונב: תשלח חרנה יאכלמו בקש: 8 וברוח נצבו כמו־נד אפיר נערמו מים 9 אמר קפאו תהמת בלבים: נזלים אַחַלֵּק שַׁלֵל תִּמְלַאֵמוֹ אויב ארדף אשיג 10 נַשַּׁבְתַּ נפשי אַרֵיק חַרְבִּי תּוֹרִישֵׁמוֹ יַדֵי: צַלֵלוּ בַעוֹפֶּׁרֶת בִּמַיִם ברוחה כסמו ים וו מי־כמכה* בַּאַלִם יהוֹה אדירים: נורא תהלת עשה כמכה* נאדר בקדש יּנְעָית יִמֵינְךְ תִּבְלָעֲמוֹ אֲרֶץ: פלא: 13 נחית בחסדה עם־זו גאלת נהלת בעזר אל־נוה חיל ון שמעו עמים ירגוון 14 ַ קַדִשֶׁךְ: 15 אז נבהלו אלופי אחז ישבי פלשת: אילי מואב יאחזמו רעד נמגר אדום 16 תפל עליהם אימתה בַל ישבי בנען: בָּגִדֹל זְרוֹעֲךָ יִדְמְוּ כָּאֶבֶן עד-ופחד עד־יעבר עם־זוּ יעבר עמר יהוה זו תַבָּאָמוֹ וָתַטַעַמוֹ בָּהַר נַחַלַתְרָּ מכון : קנית מִקְרַשׁ אַדֹנָי כּוֹנְנָוּ לשבתה פעלת יהוה ו ימלך לעלם ועד: 18

¹Then sang Moses and the children of Israel this song to the Almighty: I will sing to the Almighty who has risen in triumph, horse and rider God hurled into the sea. ² The Almighty is my strength and song and has become my salvation. This is my God, whom I will praise, my father's God, whom I will exalt. ³The Almighty is a warrior, so is the Almighty known. ⁴ Pharaoh's chariots and army God cast into the sea, the pick of his officers are sunk in the sea of reeds. ⁵ The depths cover them, they went down to the bottom like a stone. ⁶ Your right hand, Almighty, is majestic in power, Your right hand, Almighty, shatters the enemy. 7 In the fullness of Your triumph You throw down Your foes. You unleashed Your anger, it consumed them like chaff. 8 A blast of Your nostrils, the waters piled high, the waves stood up like a wall, in the heart of the sea the deeps congealed. ⁹ The enemy said 'I will chase - overtake! Divide the spoil! Devour my fill! Draw my sword! My hand destroy them!' 10 One puff of Your breath and the waters covered them, they sank like lead in the terrible waters. 11 Who is like You, Almighty, among the gods men worship? Who, like You, is majestic in holiness, awesome in praise, working wonders? 12 You stretched out Your right hand, the earth swallowed them. ¹³ You led with constant love Your ransomed people. You guided them with Your strength to Your holy place of rest. ¹⁴ Peoples hear and tremble! Tremors grip the dwellers in Philistia. ¹⁵ Edom's chieftains are now dismayed. Shuddering grips Moab's leaders. All dwellers in Canaan are in turmoil. 16 Dread and terror fall upon them. Through the power of Your arm they are still as stone, until Your people pass over, Almighty God, till the people You have gained pass over. ¹⁷ You will bring them and plant them on the mountain that is Your own, the place You have made Your dwelling, God, the sanctuary, God, prepared by Your own hands. ¹⁸ God alone shall rule forever and ever.

¹⁹ For the horses of Pharaoh, with his chariots and horsemen, went into the sea; and the Eternal turned back on them the waters of the sea; but the Israelites marched on dry ground in the midst of the

²⁰ Then Miriam the prophetess, Aaron's sister, took a timbrel in her hand, and all the women went out after her in dance with timbrels. ²¹ And Miriam chanted for them: Sing to the Eternal, for God has triumphed gloriously; Horse and driver God has hurled into the sea.

²² Then Moses caused Israel to set out from the Sea of Reeds. They went on into the wilderness of Shur; they travelled three days in the wilderness and found no water. ²³ They came to Marah, but they could not drink the water of Marah because it was bitter; that is why it was named Marah. 24 And the people grumbled against Moses, saying, "What shall we drink?"

²⁵ So he cried out to the Eternal, and the Eternal showed him a piece of wood; he threw it into the water and the water became sweet. There God made for them a fixed rule, and there God put them to the test. ²⁶ God said, "If you will heed the Eternal your God diligently, doing what is upright in God's sight, giving ear to God's commandments and keeping all God's laws, then I will not bring upon you any of the diseases that I brought upon the Egyptians, for I the Eternal am your healer." ²⁷ And they came to Elim, where there were twelve springs of water and seventy palm trees; and they encamped there beside the

פי בא סוס פרעה ברכבו ובפרשיו בים וַישַׁב יִהוָה עלהם אַת־מֵי הַיָּם וּבְנֵי יִשְׂרָאֵל הַלְּכָוּ בַיַּבַּשָׁה בְּתִוֹךְ הַיַּם: פּ

20 וַתַּקָח מְרַיָּם הַנְבִיאָה אַחוֹת אָהַרֹן אַת־הַתַּף בִּיַרָה וַתַּצֵאוַ כַל־הַנַּשִׁים אַחַלֵּיהַ בִּתְפֵּים וּבִמְחֹלְת:יַנַן לָהֵם מרים

> שירו לַיהוָה כֵּי־גַאָה גַאַה סוס ורכבו רמה בים: ס

122 ויּסֹע משׁה את־ישׂראל מים־סוף ויצאוּ אל-מדבּר-שוּר ויּלכוּ שׁלשׁת־ימים במדבר ולא־מצאו מים: 23 ויבאו מרתה ולא יכלו לשתת מים ממרה כי מרים הַם עַל־בֵּן קָרֵא־שִׁמָה מַרָה: 24 וַיִּלְנוּ הַעֵם על־משה לאמר מה־נְשָׁתָה: 25 וַיִּצְעַק אַל־יִהוָה וַיּוֹרֵהוּ יִהוָה עֵץ וַיַּשְׁלֶךְ אֵל־ המים וימתקו המים

שם שם לו חק ומשפט ושם נסהו: יהוָה וּ יִהוָה עַמִּעמי הַשָּמוֹע הָשָׁמֵע לְקוֹל וּ יִהוָה 26 אַלהֵׁיךּ וָהַיַּשַׁר בִּעִינִיוֹ תַּעשָׂה וָהַאַזַנִתַּ לִמְצִוֹתֵיו וְשַׁמַרָתַּ כַּל־חָקִיו כַּל־הַמַּחֵלֶה אַשֶּׁר־שַׂמִתִּי בִמְצְרַיִם לֹא־אַשִּׁים עַלֵּיךְ כַּי אַנִי יָהוָה רֹפָאַך: ס

27 ויבאו אילמה ושם שתים עשרה עינת מַיִם וְשִׁבְעֵים תִּמָרֵים וַיַּחֵנוּ־שֵׁם עַל־ : המים

Haftarah for Shabbat B'shallach: Judges 4: 1-7, 12-23

¹The Israelites again did what was offensive to the Eternal. ² And the Eternal surrendered them to King Jabin of Canaan, who reigned in Hazor, His army commander was Sisera, whose base was Haroshet-goyim. ³ The Israelites cried out to the Eternal, for he had nine hundred iron chariots, and he had oppressed Israel ruthlessly for twenty years. 4 Deborah, wife of Lapidot, was a prophetess; she led Israel at that time. ⁵ She used to sit under the Palm of Deborah, between Ramah and Bethel in the hill country of Ephraim, and the Israelites would come to her for decisions. ⁶ She summoned Barak son of Abinoam, of Kedesh in Naphtali, and said to him, "The Eternal, the God of Israel, has commanded: Go, march up to Mount Tabor, and take with you ten thousand men of Naphtali and Zebulun. 7 And I will draw Sisera, Jabin's army commander, with his chariots and his troops, toward you up to the Wadi Kishon; and I will deliver him into your hands."

¹² Sisera learned that Barak son of Abinoam had gone up to Mount Tabor. ¹³ So Sisera ordered all his chariots—nine hundred iron chariots—and all the troops he had to move from Haroshetgoyim to the Wadi Kishon. ¹⁴ Then Deborah said to Barak, "Up! This is the day on which the Eternal will deliver Sisera into your hands: the Eternal is marching before you." Barak charged down Mount Tabor, followed by the ten thousand men. ¹⁵ The Eternal threw Sisera and all his chariots and army into a panic before the onslaught of Barak. Sisera leaped from his chariot and fled on foot. Barak pursued the chariots and the soldiers as far as Haroshet-goyim. All of Sisera's soldiers fell by the sword; not a man was left. 17 Sisera, meanwhile, had fled on foot to the tent of Jael, wife of Heber the Kenite; for there was friendship between King Jabin of Hazor and the family of Heber the Kenite. ¹⁸ Jael came out to greet Sisera and said to him, "Come in, my lord, come in here, do not be afraid." So he entered her tent, and she covered him with a blanket. 19 He said to her, "Please let me have some water; I am thirsty." She opened a skin of milk and gave him some to drink; and she covered him again. ²⁰ He said to her, "Stand at the entrance of the tent. If anybody comes and asks you if there is anybody here, say 'No." ²¹ Then Jael wife of Heber took a tent pin and grasped the mallet. When he was fast asleep from exhaustion, she approached him stealthily and drove the pin through his temple till it went down to the ground. Thus he died. ²² Now Barak appeared in pursuit of Sisera. Jael went out to greet him and said, "Come, I will show you the man you are looking for." He went inside with her, and there Sisera was lying dead, with the pin in his temple. ²³ On that day God subdued King Jabin of Canaan before the Israelites.

Community News

Alyth is built on a foundation of mutual care, in which we share one another's joys and sorrows, and accompany one another through our life journeys.

On this Shabbat we celebrate with:

Brenda Freedman, on the occasion of her second Bat Mitzvah

We regret to announce the death of:

Hans Alter, husband of Anita Alter, father of Eric and Paul Alter, brother of Suzy Engelman Daniel Brummer, brother of Alex Brummer, uncle of Jessica Rosenfield Tony Graham, father of David Graham, Suzanne Hollamby and Peter Graham, husband of Irene Gee, brother of Joanna D'Angelo, Judy Graham and Michael Graybow Joan Klein, wife of Alexander Klein, mother of Michelle Humphries and Diane Spender

We join with those marking the anniversary of the death of a loved one:

Edith Baneth, mother of Victor Baneth Jenny Barnett, sister-in-law of Julia Stebbing John Barnett, brother of Julia Stebbing

Peter Batkin, husband of Judith Kellermann and father of Alice Batkin

Sophie Black, mother of Jack Black

Jonathan Colson, brother of Naomi Inwald

Gil Davis, father of Gideon Davis

Sydney Davis, father of Susan Egri

Solomon Fine, father of Michael Fine

Stuart Glass, father of Rachel Jones

Gillian Gordon, mother of Alex Gordon

Otto Greenwood, father of Connie Sendak

Henry Jackson, husband of Kathrine Jackson and father of Anthony Jackson

Lilian Jonas. sister of Irene Rose

David Krantz, husband of Anona Krantz and father of Caroline Krantz

Jack Levitt, father of John Levitt

Rachamim Levy, father of Aviva Wiser

David Lyons, father of Alan Lyons

Bertram Mann, father of Jackie Naftalin

Hannelore Mansbach, mother of Jacqueline Weinstein

Alan Maynard, father of Keith Maynard

Eveline Newgas, mother of John Newgas

Hannelore Orlander, mother of Miriam Jackman

Jacob Orlander, father of Miriam Jackman

Peggy Rose, mother of Pam Morris Nathan Rosen, father of Judith Litvin

Barbara Rossiter, mother of James Rossiter and sister of Carol Rogers

Joe Saunders, father of Gay Berelowitz

Blanche Seaton, mother of Roger Seaton

Armand Shoukrun, father of Danielle Katz

Edith Solovitz, mother of Maurice Solovitz

Rose Stebbing, mother of David Stebbing

Gertrude Stone, mother of Judith Alterman

Maisie Tapper, mother of Carole Latter

Eva Wolosker, mother of Arlene Seaton

Chaim Zlotnicki, father of Genia Neugarten

We invite all those who come to Shabbat in mourning to lead the community in the Mourners' Kaddish on page 316 of the siddur, supported by the Sh'liach- or Sh'lichat-Tzibbur.