

# Around Alyth

July & August 2022



## ALYTH OVER THE SUMMER

After the challenges of the last two years, we wish all Alyth members a summer of rest and relaxation. Alyth will be here throughout July and August with an extensive programme of activities—and please be in touch if you need us in any way.

After the summer, please join us refreshed for a full Elul programme starting on Sunday 28 August, followed by the High Holy Days 5783 (please save the dates below).

<b>Erev Rosh Hashanah</b>	Sunday 25 September
<b>Rosh Hashanah 1</b>	Monday 26 September
<b>Rosh Hashanah 2</b>	Tuesday 27 September
<b>Kol Nidre</b>	Tuesday 4 October
<b>Yom Kippur</b>	Wednesday 5 October

The Elul programme will be emailed in early August and our High Holy Days pack will be posted in the first week of September

## VOLUNTEERING OPPORTUNITIES

During the pandemic, hundreds of Alyth members volunteered in their community. As we return to normality, volunteering remains at the heart of our communal life. Each month we will highlight ways in which you can support Alyth life and one another. This month:

### Kiddush Rota

Each week there is a kiddush for our congregants after our Shabbat services. This is prepared by members before services begin. Please email [mail@alyth.org.uk](mailto:mail@alyth.org.uk) if you would like to join this rota - a commitment every 6-8 weeks restarting after the High Holy Days.

### Alyth Friendship Project

Can you spare an hour and a half on a Monday morning to help make sandwiches for our weekly Alyth Social tea, or occasionally to help cook and serve our meals for our monthly B'Yachad Shabbat lunches? Please email [lynette@alyth.org.uk](mailto:lynette@alyth.org.uk) for more information.

## Breakfast with Trustees and GMC to approve Subscriptions Sunday 17 July, 10:30

We are delighted to invite you to a Breakfast with the Alyth Trustees followed by a General Meeting of Congregants on Sunday 17 July 2022. The purpose of the general meeting is for congregants to approve the levels of subscriptions for the coming year as proposed by the Trustees.

[Click here](#) for the Notice, agenda and to register your attendance.

## Rabbi Josh on Sabbatical

As part of the rhythm of their work, clergy across our Movement are expected to take periods of sabbatical. At Alyth, we ask that our clergy take this as three months every three years, which ensures that they come to their work restored, while also reducing the impact on the life of the community. Rabbi Josh's sabbatical became due in November 2020 when he reached 12 years at Alyth. This was delayed through 2020 and 2021 due to the demands of the pandemic. He is taking his sabbatical this year, in two tranches. His second period of sabbatical began at the end of June and will continue to the end of August. We wish him well for this period of rest and study.

## EREV SHABBAT SERVICES

In-Person and Online every Friday at 18:30

### **Erev Shabbat Service (Fridays 1, 8, 15, 22, 29 July, 5, 12, 19, 26 August)**

We begin Shabbat with our uplifting and inspirational, intergenerational Erev Shabbat service. A unique combination of song, reflection, prayer & learning. The service takes place in the synagogue Beit Tefillah, and is also available through Zoom or YouTube.

## SHABBAT MORNING SERVICES

In-Person and Online every Saturday

### **Saturday 2 July**

#### **Gesher Service, 10:00**

Our new family service designed to bridge the gap between services. Led by Rabbi Hannah. *See over the page for more information.*

#### **Shabbat Morning Choral Service, 10:30**

Led by Rabbi Elliott and Cantor Tamara. Including the B'nei Mitzvah of Oliver Flemming and Oliver Weinstein.

#### **Sensory Shabbat, 11:00**

Our Shabbat experience designed to stimulate your babies' senses. Led by Rabbi Hannah. *See over the page for more information.*

### **Saturday 9 July**

#### **Shabbat Morning Service, 10:30**

An unaccompanied Shabbat morning service. Led by Cantor Tamara and Rabbi Elliott. Including the Bar Mitzvah of Ethan Gerrard.

### **Saturday 16 July**

#### **Shabbat Morning Service, 10:30**

Led by Rabbi Hannah and Rabbi Elliott. Including the Bar Mitzvah of Huxley Phillips.

#### **Gesher Service, 11:00**

Our new family service designed to bridge the gap between services. Led by Cantor Tamara. *See over the page for more information.*

### **Saturday 23 July**

#### **Shabbat Morning Service, 10:30**

Led by Rabbi Hannah and Justin Wise, accompanied by guitar. Including the Bat Mitzvah of Sophie Nouchi.

### **Saturday 30 July**

#### **Shabbat Morning Choral Service, 10:30**

Led by Cantor Tamara and Rabbi Elliott. Including the Bar Mitzvah of Noah Lasserson.

#### **Wellbeing Service, 10:30**

Our occasional service in which we have the opportunity to reflect on our own wellbeing with prayer, song, and readings. Led by Lynette Chazen and Justin Wise.

### **Saturday 6 August**

#### **Shabbat Morning Service, 10:30**

Led by Rabbi Hannah and Cantor Tamara in the new upstairs Prayer Space.

### **Saturday 13 August**

#### **Shabbat Morning Service, 10:30**

Led by Student Rabbi Nicola Feuchtwang, Lynette Chazen and members of the community in the new upstairs Prayer Space.

### **Saturday 20 August**

#### **Shabbat Morning Choral Service, 10:30**

Led by Cantor Tamara and Rabbi Colin. Including the Bar Mitzvah of Zacharie Dupont.

### **Saturday 27 August**

#### **Shabbat Morning Choral Service, 10:30**

Led by Cantor Tamara and Rabbi Hannah. Including the Bat Mitzvah of Annabel Hearn.

## Pray With Us for Young Families

### Baby Den

*Fridays 1, 8, 15, 22, 29 July (10:30)*

*Friday 5 August (10:30)*

Chug-a-lug into Shabbat. Sing your favourite Baby Den songs, dance to a Shabbat beat and wave to some familiar faces. For families with Young Children.

### Sensory Shabbat

*Saturday 2 July (11:00)*

Our Shabbat experience designed to stimulate your babies' senses in the first years of their life. Join Rabbi Hannah, Ella and the dungareenees in this service where you and your baby can touch, see, smell and hear your way through the service.

### Gesher Service

*Saturday 2 July (10:00)*

*Saturday 16 August (11:00)*

If your child feels too old for Sensory Shabbat, but Big Bang felt too grown up, join us for our new family service 'Gesher'. This service has been designed to bridge the gap between our two family prayer spaces, so that your child can grow through tefillah that works for them.

With Rabbi Hannah, Cantor Tamara, Ella and the Gesher Guitarists.

## Family Lunch

**Saturday 16 August (12:15)**

Following our Gesher service in the morning, join us for a Shabbat lunch before everyone heads off for the summer. This will be a chance to get to know families with similar aged children and to spend time with the Alyth Clergy. Please let us know you are coming by signing up [here](#).

## Sunday Shacharit

**In-person and Online**

*Sundays 3, 10, 17, 24, 31 July & Sundays 7, 14, 21, 28 July (9:00)*

Our lay-led minyan with bagel breakfast, led by Alyth members, in-person and available online.

*Shacharit on 7 August will include special elements to mark Tisha B'Av.*

*On 28 August, Rosh Chodesh Elul, Sunday Shacharit will take place off site.*

## Tisha B'Av

**6 and 7 August**

### Erev Tisha B'Av

*Saturday 6 August, 22:00-23:00*

Join Cantor Tamara and Rabbi Hannah for an evening of study, song, and the chanting of Lamentations as we explore the meaning of Tisha B'Av in our current moment.

### Tisha B'Av Sunday Shacharit

*Sunday 7 August, 9:00-10:30*

Our special lay-led minyan will also include a short study session on Tisha B'Av.

## Judaism the Essentials

Tuesdays 5, 12, 19 July, 20:00-21:00

Our regular introduction to Judaism class taught by our clergy with Jon Epstein. Essentials is the perfect class for those coming to Judaism for the first time, or looking to consolidate the learning of a lifetime - or anywhere in between.

**5 July**    **Death and the World to Come**

**12 July**    **The role of Women in Jewish Tradition**

**19 July**    **Jewish theology, Tisha B'Av and End of Year Siyyum**

*On Sunday 24 July, following the session on Death, join a special Essentials trip to Hoop Lane Cemetery with Rabbi Elliott and Jon Epstein.*

Please contact Rabbi Hannah ([hannah@alyth.org.uk](mailto:hannah@alyth.org.uk)) for more information about this programme. New students are always welcome.

## Adult Hebrew

### Intensive Hebrew Reading Course

*Tuesdays 5 & 12 July 19:00-19:45*

An intensive Hebrew course running for eight weeks, aimed to help beginners learn the Hebrew alphabet and the basic decoding skills needed to read. Taught by Alyth member Jan Roseman.

### Hebrew Reading Course

*Tuesdays 5 & 12 July 20:00-20:45*

A short course, running for eight weeks, aimed to help those already proficient in Hebrew reading to continue to develop their skills. Taught by Alyth member Jan Roseman.

*These Hebrew courses return in September. Contact [sam@alyth.org.uk](mailto:sam@alyth.org.uk) for more information.*

### Biblical Hebrew

*Sundays, 11:00-12:00*

A programme for those with high level Hebrew reading ability. Email [edwardjgold@hotmail.com](mailto:edwardjgold@hotmail.com) if you would like to join this class so that you can be sent the link and materials in advance.

## Shabbat Shiur with Rabbi Professor Jonathan Magonet

Saturday 9 July, 9:15-10:15

### How did Moses know he was a Hebrew?

We are delighted to welcome Rabbi Professor Jonathan Magonet to teach about his new book, "How Did Moses Know he was a Hebrew?" We know how a number of movies have explained this revelation, but Rabbi Magonet will use the Torah itself to try to resolve this particularly thorny issue of textual interpretation. Hosted by Rabbi Elliott.

## The Alyth Chavruta Project

The Alyth Chavruta Project returns for Elul and the High Holy Days with review sessions at our new time of 9:00 on Shabbat mornings. Work with a chavruta partner during the week, and then join us for Shabbat breakfast and discussion with the group.

Email Rabbi Elliott at [elliott@alyth.org.uk](mailto:elliott@alyth.org.uk) for more information.



## Learn With Us

July & August 2022

### Pardes (online only) Thursdays 14, 21, 28, 13:00-14:00

Following on from our Yom Ha'Atzmaut Pardes Special, you are invited to join us for three more special sessions that present an opportunity to deepen our connect with Israel. We are excited and delighted to welcome three Israeli rabbis to come and teach us remotely from the Land itself.

14 July: Rabbi Dr Michael Marmur (Hebrew Union College, Jerusalem)

21 July: Rabbi Dahlia Shacham (Or Chadash Synagogue, Haifa)

28 July: Rabbi Galit Cohen-Kedem (Kehillat Kodesh v'Chol, Holon)

### Pre Tisha B'Av Pardes Special Thursday 4 August, 13:00-14:00

On Tisha B'Av, some may choose to observe the mourning practice of refraining from listening to music. But the "music" of Tisha B'Av, the special trope used to chant the Book of Lamentations, grounds us in place and time and enables us to engage with the text of Eicha in a deeper way. Join Cantor Tamara for an exploration of the Eicha cantillation mode and its significance as we approach Tisha B'Av.

*Pardes will then take a break for the rest of August, returning on 1 September*

### British Museum Trip: 'Feminine Power The Divine to the Demonic' Tuesday 26 July, 11:00-15:00

A special trip to the British Museum to visit the special exhibition on 'Feminine Power: The Divine to the Demonic' – the first exhibition of its kind, taking a look at the profound influence of female spiritual beings within global religion and faith, from the Jewish demon Lilith, to Pele the Hawaiian goddess of volcanoes.

Meeting at: British Museum North Entrance, near Russell Square

Followed by lunch at which we will share our reflections on the exhibition and its relevance to our Jewish lives.

Total cost (including ticket to the exhibition and a contribution towards lunch): £30

[Click here](#) to sign up.

### Alyth's "Open Air" Film Club: Broken Wings Monday 18 July 2022, 19:30

The Alyth Film Club returns with a summer outdoor screening of Israeli award-winning 'Broken Wings' (2003). Daphne and her four children try to cope with the abrupt death of her husband and their father. As the family seems to fall apart, a sudden incident gives them a chance to heal their 'broken wings'. Followed by discussion with Rabbi Elliott. Tea, coffee, and popcorn provided.

## Regular Activities

### Monday Club

*Mondays 4, 11, 18 July, 19:00-20:30*

A friendly in-person meeting place for people with learning disabilities. For more information or to let us know that you will be attending, please email [lynette@alyth.org.uk](mailto:lynette@alyth.org.uk).

### Mellow Chair Yoga for All Ages

*Thursdays, 11:00-12:00*

Our special Chair Yoga and Meditation with Maxine, open to all ages wishing to enhance overall mental and physical wellbeing.

[Click here](#) to register and pay for the class.

### Synagogue Choir Rehearsal

*Saturdays 2 & 30 July, 9:15-10:15*

*Saturdays 20 & 27 August, 9:15-10:15*

Rehearsing Alyth's choral repertoire.

### High Holy Days Choir Rehearsal

*Sundays 10 & 17 July, 16:00-18:00*

Rehearsing for our HHD Choral services..

### Jewish Mindfulness and Meditation

*Fridays 1, 8, 15 July 17:00-18:00*

Jewish Mindfulness Meditation helps us to open our hearts and find peace through our spiritual heritage. [Click here](#) to make a donation towards the costs of employing the facilitators.

## Monthly Activities

### Alyth Book Club

*Monday 4 July, 18:30-19:30*

*Monday 1 August, 18:30-19:30*

In July we will be discussing WG Sebald, "Austerlitz", a remarkable novel on themes of time, loss and retrieval.

### Alyth Cycling Community Bike Ride

*Sunday 10 July, 08:15*

*Sunday 14 August, 08:15*

Bringing riders of all abilities together to enjoy cycling and conversation. For more information contact [laurancemendoza@aol.com](mailto:laurancemendoza@aol.com).

### Singing for Pleasure

*Sunday 24 July, 15:30-16:30*

*Sunday 14 August, 15:30-16:30*

Join Viv and sing songs from the shows, Israeli folksongs, songs from the 60s and more. No need to audition, read music or feel intimidated.

## Rehoming some of our Library books

Sundays 10, 17 and 24 July (10:00-12:00)

With the help of community members we have been auditing the Alyth library and moving books to their new space in the upstairs study room. As a result, there are books that now need a new home. These range from older books on Jewish Studies to 20th Century novels. We would like to offer everyone the opportunity to come and browse the shelves and take away any that might be of interest to them. Please do drop in and have a look.

## Young Adults Pimms and Pizza

Saturday 16 July, 15:30-17:30

Join the Alyth clergy, and their infamous pizza ovens, for an afternoon of Pimms, Pizza and Pondering! This is an informal opportunity for people to meet one another and talk about what you would like from the Alyth community and how we can build it together over the coming year. Please let us know you are coming by signing up [here](#).

## The Alyth Social Mondays at 14:00 – 16:00

Alyth Members (£25/annum; £3.50/week). Non Alyth Members (£30/annum; £5/week).  
Please call Deborah on 020 8455 6763 to book in so that we can cater accordingly.

- 4 July In Conversation: Cantor Tamara and Rabbi Elliott**  
Cantor Tamara and Rabbi Elliott will discuss their paths to becoming two of Alyth's Clergy Team and tell us what the difference is between a Rabbi and a Cantor!
- 11 July Judaic Embroidery with Louise Heilbron**  
You don't have to be a professional just have a love of Judaism and be willing to have a go. Come and see what you can create and make new family traditions.
- 18 July The Mysteries of Sleep and How to Sleep Demystified!**  
For most of human history, sleep was seen as a passive state to be resented or even feared! In this talk, Hugh Selsick, Consultant in Psychiatry and Sleep Medicine, will open the lid on sleep and show you some of the amazing things that happen to our minds and bodies during this time.
- 25 July Why was the Joseph Story Illustrated on French Renaissance Enamel Plates?**  
The Joseph story has inspired many creative responses over the centuries. The colourful sets of plates produced in Limoges, France, around 1600 are an intriguing example. Depictions of the story from other periods and contexts will be touched upon too by Alyth member, Suzanne Higgott, Curator of Glass, Limoges Painted Enamels, Earthenware and Early Furniture at the Wallace Collection.
- 1 August In Conversation: Thelma Ruby with Debbie Chazen**  
Thelma Ruby, star of screen and stage, and most noted for her role in Fiddler on the Roof will be in conversation with Debbie Chazen. Thelma, now in her 90s, is still performing and giving talks about her life as an actor, entertaining old and new audiences alike.
- 8 August General Knowledge Quiz**  
Brush up your knowledge of all things general!
- 15 August Games Afternoon**  
Join others to play Scrabble, Kalooki, Rummikub & any other game that takes your fancy.
- 22 August Debbie Chazen – Jazz with Pizzazz**  
Star of stage and screen, Debbie performs under the name The Brazen Ms Chazen, partially because it rhymes but mostly because it's true!! Debbie will sing her way through some of our favourite tunes.

## Shabbat B'yachad Lunch Saturdays 2 July and 6 August, 12:30

As part of the Alyth Friendship Project we are pleased to welcome you for a Shabbat lunch after the service. Please join us following the Shabbat Morning Service for a delicious lunch and good company. Contact Lynette on 020 8457 8793 for more information.

[Click here](#) to register so that we know how many people to cater for.

## Parents and Daughters pre Summer evening Monday 18 July, 18:30-20:00

A special evening for parents and daughters about to go away on camp or tour over the summer, following the effects of the lockdowns of last year. Many young girls spent increasing amounts of time on social media during the lockdown and since then we know that there have been higher rates of self harm, eating disorders and/or anxiety. Summers away from home comforts and the safety of family could exacerbate some of these feelings, even if not presently apparent, leaving girls and parents worried for what the summer may have in store.

In this facilitated space, Rabbi Hannah and Lynette, our Head of Community Care, alongside an expert child psychologist, will explore the issues raised by lockdown and strategies to respond to this concern. There will be time for parents and daughters together, as well as separate spaces for both parents and children to discuss. All spaces will be confidential.

[Click here](#) to let us know you are attending.

## Lunch for Members Hosting Ukrainian Refugees Sunday 24 July, 12:30

Are you hosting a Ukrainian refugee? Have you been matched and waiting for someone to arrive? Join us for a bagel lunch and share the challenges and joys you have experienced so far, and discuss how hosts from Alyth might be able to support each other.

Email Rabbi Elliott at [elliott@alyth.org.uk](mailto:elliott@alyth.org.uk) to let him know you are attending.

## New Year for Animals' dog walk Sunday 28 August, 10:00

Our annual community walk on the Heath Extension to celebrate the beginning of the month of Elul, which is the Mishnaic New Year for animals.

Join the Alyth team and their dogs at the corner of Wildwood Road and Hampstead Way.

No dogs needed but bring an umbrella just in case!

**Support the Alyth Building Project for free every time you shop at Amazon**



Every time you shop using [Amazon Smile](#), Amazon will donate a percentage of the purchase price to Alyth. Amazon Smile is the same Amazon you normally use, and you can use your normal Amazon account.



## Weekly Learning

### SMG

*Sundays 3 & 10 July (10:00-12:00)*

Our experiential Jewish education programme for Reception to Year 6. [Click here](#) to enrol into SMG. SMG returns on 11 September.

### Ruach 1 - 4

*Fridays 1 & 8 July (17:15-19:30)*

Ruach is our pre Bar/Bat Mitzvah programme delivered by our wonderful team of madrichim (youth leaders).

*Ruach returns on 9 September.*

## Year 6 Bowling Social

Saturday 2 July, 18:00

A brilliant opportunity for all those in Year 6 to spend a fun evening getting to know one another, as they embark on the Bnei Mitzvah journeys together in the coming year. The cost is £17 per person, which includes 2 games of bowling and a light dinner. Please [click here](#) to sign up.

## Summer Day Schemes

### Jolly July for Young Ones

**Monday 25 – Friday 29 July (9:00-12:30)**

In collaboration with Alyth Kindergarten, Jolly July is our fun and exciting day scheme for children aged 2 to 4. It is a chance to see friends from Alyth and to meet new people too. It is staffed by youth workers and madrichim (youth leaders).

Please [click here](#) to sign up or contact [ella@alyth.org.uk](mailto:ella@alyth.org.uk) for more information.

### Summer 2SY 2022

**Monday 15 – Thursday 18 August (9:00-15:30)**

Alyth and FRS are joining together again for a summer day camp running from 15-18 August 2022.

This unique day scheme is open for current Reception to School Year 6.

Please [click here](#) to sign up or contact [ella@alyth.org.uk](mailto:ella@alyth.org.uk) for more information.

## SWAY AWAY 22-26 August 2022

**For current Year 3-8.** Summer With Alyth Youth is an annual milestone in our young people's lives. It is our home away from home, led by our wonderful team of Alyth trained madrichim (youth leaders).

SWAY REGISTRATION IS NOW CLOSED.

## Hosting our Israeli Madrichimot - Opportunity to Help

Every year, we have the pleasure of two brilliant Israeli teenagers joining us on SWAY, our summer residential camp. We are looking for a household (or two) to host one or both of our Israeli guests, Tali and Yuval.

Please email [mike@alyth.org.uk](mailto:mike@alyth.org.uk) by the 22 July if you are able to help.