



To pray. To learn. To live. Together.

# YOM KIPPUR

## 5783

## GUIDE TO YOM KIPPUR

After the challenges of the last two years, it is with great joy that we are once again able to gather as a community to pray, study and reflect together.

Our programme of services and sessions for this year has been created to reflect the diversity of the Alyth community. There will be choral, Kollot, reflective and family services, as well as study and mindfulness sessions, and a full programme run by our Youth and Education Team.

As every year, we invite you to plan your own journey through the High Holy Days.

If you need guidance, please contact us by calling 020 8455 6763 or emailing [sam@alyth.org.uk](mailto:sam@alyth.org.uk).

### WHERE ARE SERVICES TAKING PLACE THIS YEAR? WHY IS THIS DIFFERENT TO PREVIOUS YEARS?

This year, we will once again offer activities in the Marquee and Manor House at the Sternberg Centre, as well as making full use of available areas of the Alyth building.

**PLEASE NOTE: SERVICES AND SESSIONS WILL NOT NECESSARILY TAKE PLACE IN THE SAME LOCATIONS AS IN PREVIOUS YEARS.**

**THIS INCLUDES BOTH CHORAL AND KOLLOT SERVICES.**

There are a number of reasons that we are experimenting this year.

On a practical level, this year we only have two large spaces available to us - the Marquee and Alyth's Beit Tefillah. The community has grown and evolved over the last few years to such an extent that we now have three large services that need to share these two spaces. We have therefore had to move one of the Choral or Kollot services back to Alyth - one on Rosh Hashanah and one on Yom Kippur.

This will also mean that diverse services will take place in the Beit Tefillah, in which we have invested heavily in high-quality technology for online provision.

Limitations on space mean that we have also had to split the family services over three age-based sittings, introducing a large 'all-families' service on Yom Kippur afternoon in the Marquee. This will also allow more of our community to access the Marquee. Last year we received positive feedback from those who have previously been in other locations about the opportunity to pray in the Marquee. It feels important to try this again this year.

**PLEASE LOOK CAREFULLY AT THE PROGRAMME TO ENSURE THAT YOU ATTEND THE STYLE OF SERVICE THAT BEST MEETS YOUR NEEDS.**

### LOCATION KEY

Services and Sessions in green take place at Alyth Synagogue (NW11 7EN)

Services and Sessions in dark blue take place at The Sternberg Centre (N3 2SY)

Services and Sessions in light blue are for families and our younger members

### WHAT DO I NEED TO BRING?

Most Yom Kippur services will be led from the 1985 Reform machzor. We have a very limited stock of these which can be borrowed at the services.

A newer version of the service liturgy can be viewed online [here](#).

Download supplements from the Alyth website by [clicking here](#). These will be available for Yom Kippur from the morning of Tuesday 4 October.

## GUIDE TO YOM KIPPUR

### JOINING OUR HIGH HOLY DAYS FROM HOME

While many of us are able to join together in person this year, it remains important that we also offer an extensive online programme for those who are not able to join us at Alyth or the Sternberg Centre. For a significant number of our members, in-person attendance is still not possible, and over the last few years we have also found new friends and members around the world.

All services and activities can be joined via Zoom using the links in this booklet. If you are unable or prefer not to use Zoom, then the “Zoom screen” from services can also be seen via our YouTube channel ([www.youtube.com/c/AlythRS](http://www.youtube.com/c/AlythRS)).

The services taking place in the Beit Tefillah offer the best quality zoom experience, including sound. On Rosh Hashanah, this will be our Choral service, and on Yom Kippur morning, our Kollot service. In these services, you can also join the praying community ‘in the room’ by showing yourself on the screens in the Beit Tefillah.

We invite you to begin your services with our [Kavannot of preparation at home](#) before logging on.

### YOUTH & EDUCATION HUB (YEH) ACTIVITIES

Young people in Reception to School Year 8 are invited to join our Youth and Education Hub in the Manor House for a rolling programme of arts and crafts, drama, music and much more.

Staffed by our trained madrichim (youth leaders) this area will be a safe space for your children to engage with the High Holy Days.

Please note: All those in School Year 8 and younger will need to be signed in and out of the Manor House space. When in the care of the Alyth Youth and Education team we will ask our members to wear an Alyth wristband so that they are recognisable as Alyth members.

The Youth and Education Hub will have responsibility for children when they are in the Manor House space under their care, but all children are the responsibility of their parents/carers when moving around the Sternberg Centre site.

## KOL NIDRE TUESDAY 4 OCTOBER

### THE FAST COMMENCES AT 18:17

For those who need, water and food will be available at both sites.

Having been separated for so much of the last two years, we join as a whole community for the ritual of Kol Nidre, standing together as we open the ark and remove our Sifrei Torah. After this ritual, there will be the choice of four different options reflecting the diverse prayer needs of our community.

### KOL NIDRE (18:45)

*Sternberg Centre: Marquee*

We begin with our annual cello recital of Kol Nidre to help us to prepare for the day ahead. This will take place from 18:45. Please note that there will be no entry to the Marquee while the cello is being played.

At 18:55, we will reopen the doors, before we rise together and remove our Sifrei Torah for the ritual of Kol Nidre.

Followed by a choice of four options:

### CHORAL SERVICE (19:15)

*Sternberg Centre: Marquee*

The choral service continues with the beautiful sound of the Alyth choir.

### KOLLOT NIDRE (19:15)

*Sternberg Centre: Old Synagogue*

A Kollot style service containing familiar melodies sung together.

*The sermon will be given by Rabbi Josh in both the Kollot and Choral services*

### KOL NIDRE FOR THE SOUL (19:15)

*Sternberg Centre: Room of Prayer*

A more gentle, intimate and reflective service with songs and readings, and space for silence and contemplation. Led by Rabbi Hannah and Lynette Chazen.

*This service will finish in time for you to join the Choral service for the sermon.*

### TEEN NIDRE: 'EVERY STEP YOU TAKE... I'LL BE WATCHING YOU' (19:15)

*Sternberg Centre: Drawing Room*

Join Ella and Rabbi Elliott to discuss whether our sins are for the public eye and public discussion. We'll explore Jonny Depp, Harry Styles and other controversial figures of society and the media.

[Click here](#)

to join on Zoom  
823 3118 0517  
873318

[Click here](#)

to join on Zoom  
823 3118 0517  
873318

[Click here](#)

to join on Zoom  
880 9233 8140  
785089

[Click here](#)

to join on Zoom  
820 4549 2280  
311220

## YOM KIPPUR MORNING WEDNESDAY 5 OCTOBER

A choice of two services or a study option.  
Two age-appropriate family services.

A Youth and Education Hub space for young people to gather, be creative and learn.

### SERVICES

#### KOLLOT SHACHARIT SERVICE (10:00-13:00)

*Alyth: Beit Tefillah*

Our informal, unaccompanied, participatory service which takes place in the round, largely in Hebrew, and encourages communal singing. This service will be streamed into the Kindergarten with an area for children so that parents can enjoy the opportunity to pray.

[Click here](#)

to join on Zoom  
892 1673 3035  
785089

#### CHORAL SHACHARIT SERVICE (10:15-13:15)

*Sternberg Centre: Marquee*

Our choral service with the beautiful sound of the Alyth choir

*The sermon will be given by Rabbi Elliott in both the Choral and Kollot services*

[Click here](#)

to join on Zoom  
843 0373 4952  
182267

#### TORAH LISHMA - STUDY SESSION (10:15-11:00)

*Alyth: New Meeting/Prayer Space*

Abraham argues with God... so do Moses and Job (among others). What does rabbinic tradition do with that? Is it 'kosher' to confront God? Midrash gives us some wonderfully subversive possibilities. As we confront God and ourselves on Yom Kippur, come and explore with Rabbi Colin.

[Click here](#)

to join on Zoom  
811 9010 6113  
395991

*This study session will finish in time to joining the Kollot service for the sermon.*

### SHUTTLE BUS

Alyth will be providing a shuttle bus from the Sternberg Centre to Alyth at 9:20 and 9:40 for the start of Kollot, and then from Alyth to the Sternberg Centre at the end of the service (13:00) for those who wish to attend Musaf options.

Please [click here](#) to register your seat on the bus and to indicate if you require it in both directions or just one way. Please register no later than Friday 30 September so we can make appropriate arrangements.

## YOM KIPPUR MORNING WEDNESDAY 5 OCTOBER

### FAMILY SERVICES

#### YOM KIPPUR SENSORY (10:00-11:00)

*Sternberg Centre: Old Synagogue*

Join Rabbi Hannah, Ella and the dungareenees for a Yom Kippur experience designed to stimulate your babies' senses in the first years of their life.

Based on our sensory Shabbat and den services, you and your baby can touch, see, smell, hear and taste your way through the service.

#### GESHER SERVICE (11:30-12:30)

*Sternberg Centre: Old Synagogue*

If your child feels too old for Sensory Shabbat, but Big Bang feels too grown up, join us for a special Yom Kippur version of our new family service 'Gesher'. This service will bring the familiar Shabbat melodies alongside special High Holy Day tunes, making it accessible for your children.

With Rabbi Hannah, Ella and the Gesher Guitarists.

*Please feel free to go into the Sternberg Centre Old Synagogue Annexe after the services.*

[Click here](#)

to join on Zoom  
848 7692 5659  
311220

**NEW FOR 5783: Join us in the Marquee at 14:15 for a special Musical Mincha service for all generations.**

### YOUTH & EDUCATION HUB ACTIVITIES

10:00-12:30

*Sternberg Centre: Manor House*

Young people in Reception to School Year 8 are invited to join our Youth and Education Hub in the Manor House for a rolling programme of arts and crafts, drama, music and much more. Staffed by our trained madrichim (youth leaders) this area will be a safe space for your children to engage with the High Holy Days.

Please note: All those in School Year 8 and younger will need to be signed in and out of the Manor House space. When in the care of the Alyth Youth and Education team we will ask our members to wear an Alyth wristband so that they are recognisable as Alyth members. The Youth and Education Hub will have responsibility for children when they are in the Manor House space under their care, but all children are the responsibility of their parents/carers when moving around the Sternberg Centre site.

## YOM KIPPUR THROUGH THE AFTERNOON

We once again offer our traditional Yom Kippur afternoon “Tracks”:  
“Classical”, “Tefillah and Spirituality”, and “Study”.

Follow one track through the afternoon, or to go to individual sessions that appeal to you.  
Each of our afternoon study sessions is the first of what will be a new monthly series,  
continuing on Thursday evenings in November.

The Classical Track will take place in the Old Synagogue, the Tefillah and Spirituality Track in the Manor House Drawing Room, and the Study Track in a ground floor Akiva classroom.

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NEW FOR 5783: The Marquee will be reimagined for a special musical Mincha service,  
appropriate for families and all the Alyth community.

There is also a service at Alyth for those who would value an abridged  
Yom Kippur afternoon service in a location with easier access.

## YOM KIPPUR MUSAF AVODAH

### MUSAF AVODAH SERVICE (13:45-15:00)

*Sternberg Centre: Old Synagogue*

Joining together in the Old Synagogue to continue our Choral Service with the drama of the Avodah service.

[Click here](#)

to join on Zoom  
818 3954 4094  
785089

### IMREI FINU AVODAH (13:45-14:45)

*Sternberg Centre: Drawing Room*

Imrei Finu is a guitar led service with singing to new and familiar melodies and readings. In this special service, we echo the path taken by the High Priest during the Avodah service in our own songs and reflections. Led by Rabbi Josh.

[Click here](#)

to join on Zoom  
876 3501 1938  
252985

### STUDY SESSION: JUDAISM AND THE BIG ETHICAL QUESTIONS (13:45-14:45)

*Sternberg Centre: Akiva Classroom*

Our religious tradition provides us with frameworks for understanding the big ethical questions of our time. Join Rabbi Elliott as we launch a new series of sessions through 5783 that will examine how Jewish texts can help us to navigate through these questions. On this Yom Kippur we will begin by confronting the question of Assisted Dying.

[Click here](#)

to join on Zoom  
822 1811 2262  
311220

### MUSICAL MINCHA IN THE MARQUEE (14:15-15:45)

*Sternberg Centre: Marquee*

Join Rabbi Hannah, Ella and musicians from our community in this Mincha service for all generations. Including a creative telling of the story of Jonah, helping us all to reflect on what Jonah can teach us today.

[Click here](#)

to join on Zoom  
883 7009 8243  
335721



## YOM KIPPUR MUSAF MARTYROLOGY

### MUSAF MARTYROLOGY SERVICE (15:00-16:00)

*Sternberg Centre: Old Synagogue*

A martyrology service using a special liturgy to reflect the history of our people and the needs of our time.

Led by Rabbi Elliott and Viv Bellos.

[Click here](#)

to join on Zoom  
818 3954 4094  
785089

### WELL BEING SERVICE: A REFLECTION FOR OURSELVES (15:00-15:45)

*Sternberg Centre: Drawing Room*

At this point in the Yom Kippur afternoon, we may feel that, in line with Teshuvah, we are denying ourselves the comforts of our everyday lives. Join Lynette Chazen and Justin Wise, who through readings and songs will explore how we begin to prioritise ourselves and begin to think about those things that will hopefully bring balance and well being to our lives.

[Click here](#)

to join on Zoom  
859 7054 7501  
993830

### STUDY SESSION: JEWISH MUSIC FOR THIS MOMENT (15:00-15:45)

#### THE MUSIC AND MEANING OF YOM KIPPUR MUSAF

*Sternberg Centre: Akiva Classroom*

The additional service on Yom Kippur contains within it some of the most poignant and emblematic music of the High Holy Days. Join Cantor Tamara to study and sing some of the liturgical settings that can help illuminate the meaning of these High Holy Days for us. From November, join Cantor Tamara for a monthly session looking at the breadth of Jewish music, and introducing new music to help us to meet this moment in time.

[Click here](#)

to join on Zoom  
813 0101 5880  
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## YOM KIPPUR MINCHA

### MINCHA SERVICE (16:00-17:15)

*Sternberg Centre: Old Synagogue*

Our afternoon service, accompanied by the Alyth Choir, in which we hear Torah and the Book of Jonah.

[Click here](#)

to join on Zoom  
818 3954 4094  
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### MINCHA MEDITATION (16:00-17:00)

*Sternberg Centre: Drawing Room*

Allow stillness to infuse your inner Yom Kippur journey through Jewish Mindfulness and Meditation. Mika Hadar-Borthwick and the JMM group will guide you down into yourself and back to the possibilities of the coming year in this relaxing and restful hour of mediation.

[Click here](#)

to join on Zoom  
890 0650 0705  
632444



## STUDY SESSION (16:00-17:00)

### ISSUES THAT DIVIDE US AND HOW WE CAN FIND COMMON GROUND

*Sternberg Centre: Akiva Classroom*

Launching a new interfaith programme which will run throughout the year, in which our Alyth clergy will teach alongside other faith leaders and speakers to get to the root of difficult and divisive issues and find the common ground in them.

Taught by Rabbi Hannah with Muslim commentator Remona Aly and Revd Robin Sims-Williams from All Saints' Church, Child's Hill.

[Click here](#)

to join on Zoom

879 3227 7920

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## TEEN AVODAH (16:15-17:00)

*Sternberg Centre: Room of Prayer*

A session especially for our teenagers. Join Ella and the Youth and Education Hub for a mid-afternoon meditation, reflection, and relaxation, as we move into the final part of Yom Kippur.

## ABRIDGED AFTERNOON SERVICE

### ABRIDGED YOM KIPPUR AFTERNOON SERVICE (15:40-17:00)

*Alyth: Beit Tefillah*

An abridged service for those who would value a shortened Yom Kippur afternoon service in a location with easier access.

Join Rabbi Colin and Student Rabbi Nicola Feuchtwang at Alyth for an abridged service which will include Mincha and Yizkor prayers. For further information or for transport please contact Lynette on 020 8457 8793 or at [lynette@alyth.org.uk](mailto:lynette@alyth.org.uk) no later than 30 September.

[Click here](#)

to join on Zoom

836 6448 9595

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### YIZKOR RECITATION OF NAMES AND MEMORIAL BOOK

For the first time since October 2019, we are able this year to hold our Yizkor service in the Marquee, standing together with those who are in mourning.

#### RECITATION OF NAMES

As every year, we will name out loud those who have died in the past year.

If you have experienced a bereavement in this period and do not wish the name to be read out loud, or have not previously informed us of a death, please email Lynette at [lynette@alyth.org.uk](mailto:lynette@alyth.org.uk) or call her on 020 8457 8793.

#### MEMORIAL BOOK

For each of the last two years, we have also produced a Memorial Book, including photographs and brief biographies of some of those who have died, submitted by those who have experienced a bereavement. As we are now able to be together in person, this year's book will include all those who have died since October 2019.

If you have lost someone in this period, we invite you to submit a photo and a biography of no more than 100 words for this year's Memorial Book. If your loved one has previously been included, and you would like him or her to be included again, please also let us know.

Please send all contributions to the Memorial Book to [lynette@alyth.org.uk](mailto:lynette@alyth.org.uk).

## YOM KIPPUR YIZKOR AND NEILAH

Coming together for Yizkor as a whole community.  
Followed by the choice of two Neilah services:  
a Choral Neilah or Neilah for the Soul, a last opportunity for reflection.  
Parallel activities for our younger members.

### YIZKOR SERVICE (17:30)

*Sternberg Centre: Marquee*

Our memorial service begins with Psalm 23, immediately followed by the final sermon of Yom Kippur, given by Rabbi Hannah.

The service also includes the recitation of names of those who have died in the past year, and concludes with El Malei Rachamim and Kaddish.

[Click here](#)

to join on Zoom  
831 9233 5259  
010432

### REFLECT WITH YEH (17:30-18:20)

*Sternberg Centre: Drawing Room*

Search your draws and cabinets for last years "message to self". Who was I a year ago? Who am I now? And who do I want to be in the future?

All young people are invited to join the Youth & Education Hub for our annual "message to self" session as we relax & reflect on all that was and prepare for what may be.

### NEILAH SERVICE (18:20-19:16)

*Sternberg Centre: Marquee*

Our concluding service for Yom Kippur with the Alyth choir and clergy.

[Click here](#)

to join on Zoom  
831 9233 5259  
010432

### NEILAH FOR THE SOUL (18:20-19:05)

*Sternberg Centre: Old Synagogue*

As the gates of Yom Kippur close, we take a final moment to reflect in this intimate and gentle service with songs and readings.

*We will join the service in the Marquee for the final Avinu Malkeinu and Shofar Blast.*

[Click here](#)

to join on Zoom  
893 6850 0066  
785089

### LOITER WITH PURPOSE (18:20-19:15)

*Sternberg Centre: Drawing Room*

Led by members of the Youth & Education Hub and madrichim, come to "hang-out" with fun and chilled activities as we bring Yom Kippur to an end.

All ages are welcome.

*We will join the service in the Marquee for the final Avinu Malkeinu and Shofar Blast.*

### HAVDALLAH & THE END OF THE FAST (19:16)

*Sternberg Centre: Marquee*

We will be making Havdalah, the concluding ceremony for Yom Kippur, in front of the Marquee. Honey cake and challah will also be available for those who wish to break the fast together.