

Alyth



The

Weekend

Away

2022

# Welcome to the Alyth Weekend Away 2022



To pray. To learn. To live. Together.

We are hugely excited that the Weekend Away is finally here.

Together we will enjoy a weekend of learning, *tefillah* (prayer), song, laughter and the joy of being together with Alyth family and friends.

This pack contains everything that you need to know about the programme of activities - what is happening, where to go and what time to be there.

## Finding your way around the site

There is a map of the site at the back of this programme. Please look out for Alyth signs that will direct you to the rooms we are using. If you are lost, just ask one of the team—we are wearing green lanyards.

## Food and drink

Meal times are included in this programme. Please make sure that you arrive in time for meals so we can eat together as a community - we are sorry that we cannot arrange food outside of these times. All meals served over the weekend are meat-free. There are vegetarian and fish options at lunch and dinner.

Tea and coffee are available in the lounge from 8am to 8pm. There are water coolers around the site. Alcohol and soft drinks are available to buy at the bar in the evenings - please note that the site is cash free.

## For Babies and Toddlers



We are delighted that there are so many very young children on this year's Weekend Away. In a number of places we have prepared activities specifically for those with babies and toddlers, including early dinner at 17:30 and a baby listening service from 21:00 on both evenings. These activities are marked with this symbol and shaded blue.

When they are not otherwise catered for, babies and toddlers are always welcome to attend sessions with parents. There is also an unsupervised kids' area in the corner of the Garden Lounge.

There is a fridge and microwave in the Barclay Restaurant for the storing and heating of milk and baby food only. Please make sure that this is well labelled.

# About the Programme: Making Connections



To pray. To learn. To live. Together.

This year's Weekend Away programme has a loose theme running through it - **Making Connections**.

After the challenges of the last few years, this weekend is an opportunity for us to make and re-make connections: with each other, with our community and with our Jewish lives.

The programme is designed to help us to do this in a variety of different ways, using all aspects of ourselves—our minds, hands, bodies, voices and so on.

Often there will be a number of options. But, please remember that there is no pressure to go to any sessions that you don't want to. If you would rather sit in the lounge or walk in the beautiful grounds, that is OK, too.

**For adults:** Most of the programme is suitable for adults and teenagers. There are a couple of sessions that we do not believe are appropriate for teenagers - these are clearly marked in the programme.

**For year 8 and under:** The Alyth Youth and Education Hub and their fantastic team of *madrachimot* (youth leaders) will be making sure that children have a fantastic weekend, too.



Activities specifically for children (Primary School to Year 8) are clearly marked in the programme - shaded in green with this symbol. These activities will be based in the Barclay Hall and Oak Room, which are just off the reception area.

Whenever children in Year 8 or under are being supervised, they will be given an Alyth wristband. At all other times, including mealtimes, please note that they are the responsibility of their parents.




**For the whole Alyth family:** Many of our activities, including services, are designed to be suitable for children to participate with their parents. These are marked with this symbol and shaded in yellow.



## Check out

Please note that final check out on Sunday morning is at 09:30. There is a luggage store in the reception area. We hope that you will use this so that you can join us for Sunday morning's programme.


## Friday 2 December - Welcome to High Leigh

From 17:00	<b>Registration</b>	Reception
	<b>Welcome tea and coffee</b> After you have settled in to your room, join us in the lounge for tea and coffee.	Garden Lounge
17:00-18:15 	<b>Welcome to the Youth Hub</b> The Youth Hub will be open from 17:00 to welcome our Primary School age children, who can be left here while parents settle in.	Barclay Hall



### Pre-Shabbat activities:

17:30-18:15	<b>Connecting with our Bodies:</b> <b>Pre-Shabbat JMM</b> Join Maxine Levy to make the transition into Shabbat with some chair-based mind-body practice.	Willow Hall
	<b>Connecting with our Voices:</b> <b>Free your voice for Shabbat</b> Warm up your voices for Shabbat with Katie. Learn about vocal health and technique while singing Shabbat melodies.	Chapel Barn
	<b>Connecting with each other:</b> <b>Pre-Shabbat Gathering</b> Gather to meet one another over tea and coffee in the lounge area.	Woodland Suite
	<b>Connecting with our Hands:</b> <b>Pre-Shabbat Creativity</b> Prepare for Shabbat by making paper kippot and woven challah covers to use later in the evening. With David Baker.	Sycamore 2
17:30 	<b>'Den over dinner'</b> Early dinner for little ones hosted by Rabbi Hannah and Ella.	Barclay Restaurant early dinner area

## Friday 2 December - Erev Shabbat Service and Dinner

<p>18:30-19:30</p> 	<p><b>Erev Shabbat Service</b></p> <p>We gather as a whole 'Weekend Away' community for a special Friday night service, welcoming Shabbat together.</p> <p>With a supervised Kids' Corner to allow parents to pray.</p>	<p><b>Yew Tree Hall</b></p>
<p>19:30-20:45</p>	<p><b>Dinner</b></p> <p>We will begin dinner by making Kiddush together.</p> <p>The Bar will be open for those who wish to buy drinks.</p>	<p><b>Barclay Restaurant</b></p>


### After dinner

<p>20:45-22:30</p> 	<p><b>Baby Listening Service</b></p> <p>Some of our teenagers will be stationed to listen out for crying children between 20:45 and 22:30 to enable parents to join the Oneg Shabbat. To sign up for the baby listening service please speak to Sam.</p>	
<p>21:00-22:15</p>	<p><b>Connecting with each other: Oneg Shabbat</b></p> <p>'Oneg Shabbat' means 'Shabbat delight' and refers to a gathering held on Erev Shabbat with singing, readings, study and socialising.</p> <p>As well as singing and readings, we will also use our Oneg Shabbat to make new connections with each other. <b>Please bring with you the significant item that you have brought to speak about.</b> Teenagers are invited to join us for our Oneg Shabbat.</p>	<p><b>Yew Tree Hall</b></p>
<p>21:00</p> 	<p><b>The Youth Hub is open: Film Night</b></p> <p>The Youth Hub is open for our younger participants to watch a film together, supervised by our Youth and Education team.</p>	<p><b>Barclay Hall and Oak Room</b></p>



## Friday 2 December - Late Night Sessions

<p>22:30-23:15</p>	<p><b>Connecting with our Minds:</b>  <b>Late night text study: X-Rated Talmud</b>          The return of an Alyth Weekend Away tradition - Rabbi Josh's X-Rated Talmud session. We will study the most X-Rated sugya in the whole Talmud. <b>For adults only!</b></p>	<p>Sycamore 2</p>
	<p><b>Connecting with our Minds:</b>  <b>Late night light learning: Bibliodrama</b>          Join Rabbi Elliott as we fill the textual gaps in Torah through the medium of drama, finding new interpretation of the narrative of Jacob and the switching of Rachel and Leah.</p>	<p>Upper Lounge</p>
<p>From 22:30</p>	<p><b>Connecting with our Eyes and Ears:</b>  <b>Late night Film</b>          The first of three very special films brought to the Weekend Away by Alyth member Lucie Kon, who commissions BBC Storyville.  <i>Running time: 62 minutes</i></p>	<p>Sycamore 4</p>
<p>From 22:30</p>	<p><b>Connecting with our Voices:</b>  <b>Late night Shira</b>          Bring your instrument as we sing together into the night.</p>	<p>Chapel Barn</p>



## Saturday 3 December - Good Morning!

<p>07:15</p> 	<p><b>Morning Walk - all welcome</b>          Join Katie for a gentle stroll around the Centre's grounds. This walk is pushchair friendly for those up early with little ones.</p>	<p><b>Meet in the reception area</b></p>
<p>08:00-09:00</p>	<p><b>Breakfast</b></p>	<p><b>Barclay Restaurant</b></p>

**Saturday 3 December - Pre-Service options**  
**A choice of ways to prepare for *tefillah***




<p>09:00-09:45</p> 	<p><b>Connecting – it all starts with an outstretched hand.</b>  <b>Morning Inter-Generational Art</b></p> <p>Join Abi and Rabbi Hannah to extend a hand and find your creativity. All you need is your hands and the desire to try something new.</p>	<p>Barclay Hall</p>
<p>09:00-09:45</p>	<p><b>Connecting with our Minds:</b>  <b>Gentle Morning Study</b></p> <p>Can you 'capture' what Shabbat is about through an image? A journey across time and space with Rabbi Colin.</p>	<p>Sycamore 2</p>
	<p><b>Connecting with our Bodies:</b>  <b>Pre-Service Yoga</b></p> <p>Welcoming the day with body, breath and yoga-based movement. With Maxine Levy.</p>	<p>Willow Hall</p>
	<p><b>Connecting with our Voices:</b>  <b>Kavannot to start the day</b></p> <p>Singing new and familiar melodies to start the day. With Cantor Tamara and Katie.</p>	<p>Chapel Barn</p>
	<p><b>Connecting with each other:</b>  <b>News and Schmooze</b></p> <p>Come and share what is in the news and how we feel about it. With Lynette.</p>	<p>Upper Lounge</p>
	<p><b>Connecting with our Jewish stories:</b>  <b>Dear Diary</b></p> <p>How do diaries help us to understand the Jewish experience? Looking at extracts from a range of Jewish diaries. With David Finlay.</p>	<p>Sycamore 3</p>
<p>09:00-09:45</p> 	<p><b>The Youth Hub is open</b></p> <p>The Youth Hub will be open for games from 09:00 to 09:45 for our younger participants.</p>	<p>Oak Room</p>

## Saturday 3 December - Shabbat morning Service


<p>10:00-11:00</p> 	<p><b>Shacharit from all of our Traditions</b></p> <p>A special Shacharit drawing from all of our different service traditions from choral to Kollot, Big Bang to Sensory.</p> <p>With a supervised Kids' Corner to allow parents to pray.</p>	<p><b>Yew Tree Hall</b></p>
<p>11:00</p>	<p><b>Morning Coffee and Snack</b></p>	<p><b>Garden Lounge</b></p>
<p>11:30-12:15</p>	<p><b>Torah Service Option 1: Torah Service</b></p> <p>The continuation of our service with a classical Torah service with Rabbi Colin, Student Rabbi Nicola and Katie Hainbach.</p>	<p><b>Yew Tree Hall</b></p>
	<p><b>Torah Service Option 2: Chevruta</b></p> <p>The opportunity to study the Torah portion in chavruta, a traditional form of Jewish study in pairs. Hosted by Rabbi Elliott.</p>	<p><b>Upper Lounge</b></p>
	<p><b>Torah Service Option 3: Learning to Chant</b></p> <p>Learn how to sing the Torah trope. Join Cantor Tamara and Lynette to learn about the chanting of Torah and together how to chant some of this week's portion.</p>	<p><b>Woodland Suite</b></p>
	<p><b>Torah Service Option 4: Family Torah</b></p> <p>A special immersive journey through the Torah portion with a variety of age appropriate activities. With Rabbi Hannah, Ella and Abi.</p>	<p><b>Mulberry Room</b></p>
<p>12:15-12:30</p>	<p><b>Concluding Prayers all together</b></p> <p>Coming back together to conclude our service as a whole community.</p>	<p><b>Yew Tree Hall</b></p>
<p>13:00-14:00</p>	<p><b>Lunch</b></p>	<p><b>Barclay Restaurant</b></p>



## Saturday 3 December - After Lunch Relaxation from 14:00

<p><b>From 14:15</b></p> 	<p><b>Connecting with our Bodies:</b> <b>Shabbat Afternoon Sports</b></p> <p>Join us on the field behind the centre for a multi-generational game of Rounders.</p>	<p>Meet in Barclay Hall</p>
<p><b>14:15-15:30</b></p>	<p><b>Connecting with our Hands:</b> <b>Knitting with Ruth</b></p> <p>Whether you are an experienced knitter or want to learn the basics, join Ruth Weiner for some Shabbat afternoon creativity.</p>	<p>Woodland Suite</p>
	<p><b>Connecting with our Jewish lives:</b> <b>Writing our own Spiritual Stories</b></p> <p>Larry Hoffman's students at HUC are asked to write autobiographical theologies - now you can do so, too. Join Cantor Tamara for a creative, theological, and reflective space.</p>	<p>Sycamore 2</p>
<p><b>14:15-16:00</b></p>	<p><b>Connecting with our Eyes and Ears:</b> <b>Film Matinee</b></p> <p><b>For adults only</b></p> <p>The second of three films brought to the Weekend Away by Alyth member Lucie Kon, who commissions BBC Storyville.</p> <p><i>Running time: 90 minutes, followed by a discussion of the themes raised.</i></p>	<p>Sycamore 4</p>
<p><b>Or...</b></p>	<p><b>Connecting with our Pillows:</b> <b>Time for an Afternoon Schluff</b></p>	
<p><b>14:15-15:30</b></p> 	<p><b>Creche</b></p> <p>To sign up your 0-3 year old for the Shabbat afternoon creche, please speak to Ella.</p>	<p>Oak Room</p>

## Saturday 3 December - Shabbat Afternoon

<p><b>From 15:00</b></p> 	<p><b>World Cup game</b></p> <p>The two Saturday World Cup games will be shown for those who wish to watch.</p>	<p><b>Sycamore 1</b></p>
<p><b>From 15:30</b></p> <p><b>Afternoon Tea</b></p>		<p><b>Garden Lounge</b></p>


### Shabbat afternoon sessions:


<p><b>15:45-17:00</b></p> 	<p><b>Connecting with each other:</b> <b>ALYTHOPOLY</b></p> <p>Grab a quick tea before immersing yourself in a life size game of 'Monopoly' with an Alyth twist! Purchase the Beit Tefillah, travel to Golders Green Tube station and make sure you don't end up in jail!</p>	<p><b>Chapel Barn</b></p> 
<p><b>16:00-17:00</b></p>	<p><b>Connecting with our Minds:</b> <b>Mincha Torah Study</b></p> <p>Is it ever possible to put an end to a long-standing 'broiges'? What can Jacob and Esau teach about facing fears and mending relationships? Join Student Rabbi Nicola for a look at next week's Torah portion.</p>	<p><b>Sycamore 2</b></p>
	<p><b>Connecting with our Community:</b> <b>Big Questions for Alyth's Future</b></p> <p>Join Rabbi Josh and Alyth Chairman Justin Wise as we explore the challenges and opportunities for Alyth in the years ahead.</p>	<p><b>Upper lounge</b></p>
	<p><b>Connecting with Each Other:</b> <b>Seudah Shlishit / Shabbat M'nuchah</b></p> <p>Shabbat afternoon is traditionally about relaxation and restoration. Through readings and song, we will kick back and enjoy an hour of relaxation to restore our emotional and physical wellbeing from the week behind us. With Lynette.</p>	<p><b>Woodland Suite</b></p>

## Preparing for Havdalah

<p>17:15- 18:15</p>	<p><b>Guest Teacher, Rabbi Larry Hoffman</b> <b>Authentic Jewish Spirituality</b></p> <p>We are delighted to welcome our special guest, Larry Hoffman—one of the world's leading thinkers and teachers about Jewish prayer and communal life.</p> <p>This session will explore 'authentic' Jewish spirituality - even for sceptics who think there isn't any!</p>	<p>Walnut Hall</p>
	<p><b>Connecting with our Hands:</b> <b>Shabbat afternoon creativity</b></p> <p>For those who want something more physical on Shabbat afternoon. Join David Baker to make origami spice boxes for Havdalah without the need to cut.</p>	<p>Sycamore 2</p>
	<p><b>Youth Hub Havdalah Prep</b></p> <p>Join the Youth team from 17:15 to prepare for Havdalah together.</p>	<p>Barclay Hall</p>
<p>17:30</p> 	<p><b>Warming up our senses over dinner</b></p> <p>Early dinner for little ones hosted by Rabbi Hannah and Ella with activities preparing for Havdalah.</p>	<p>Barclay Restaurant</p>
<p>18:30</p> 	<p><b>Havdalah all together</b></p> <p>We gather to say a soulful goodbye to Shabbat together.</p>	<p>Outside Yew Tree Hall</p>
<p>From 19:00</p> 	<p><b>World Cup game</b></p> <p>The two Saturday World Cup games will be shown for those who wish to watch.</p> <p>The bar will be open from 18:00.</p>	<p>Sycamore 1</p>
<p>19:30- 20:30</p>	<p>Dinner</p>	<p>Barclay Restaurant</p>

## Saturday 3 December - Saturday night

<p>20:45-22:15</p> 	<p><b>Alyth's House of Games</b></p> <p>'Light entertainment' for Saturday night. An evening of fun based on the BBC2 show 'Richard Osman's House of Games'.</p>	<p><b>Yew Tree Hall</b></p>
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<p>20:45-22:15</p> 	<p><b>Baby Listening Service</b></p> <p>To sign up for the baby listening service please speak to Sam.</p>	
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### Late night sessions:

<p>22:30</p>	<p><b>Connecting with each other:</b> <b>Live Jazz in the lounge</b></p> <p>Relax and unwind listening to live late-night singing with Katie.</p>	<p><b>Woodland Suite</b></p>
	<p><b>Connecting with our Pillows:</b> <b>Sleep Hacks</b></p> <p>An interactive talk on how to sleep better. With Dr Hugh Selsick.</p>	<p><b>Sycamore 1</b></p>
	<p><b>Connecting with our Community:</b> <b>10 years of the Alyth Refugee Drop-In</b></p> <p>Join Cheryl Brodie to look back on 10 years of one of Alyth's most valued programmes.</p>	<p><b>Sycamore 2</b></p>


	<p><b>Connecting with our Eyes and Ears:</b> <b>Film Night</b></p> <p>The third of our films brought to the Weekend Away by Alyth member Lucie Kon, who commissions BBC Storyville.</p>	<p><b>Sycamore 4</b></p>
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<p>22:30</p>	<p><b>Would I lie to Jew?</b></p> <p>A madrichim only edition of a comedy show favourite...</p>	<p><b>Oak Room</b></p>
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## Saturday 3 December - Saturday night continued

23:30	<p><b>Connecting with our Bodies:</b>  <b>Preparing for Bed</b></p> <p>End the day with 15 minutes of breathing exercises before bed with Maxine Levy.</p>	Willow Hall
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## Sunday 4 December - Good Morning!

07:15	<p><b>Connecting with our Bodies:</b>  <b>Early Morning Yoga</b></p> <p>Start the day with yoga and meditation with Maxine Levy.</p>	Willow Hall
	<p><b>Connecting with each other:</b>  <b>Run Talk Run</b></p> <p>A conversational jog to start off your morning. Hosted by Marc Bear.</p>	Meet in the reception
07:15-08:00 	<p><b>Early morning CBeebies</b></p> <p>Watch CBeebies with other early risers supervised by a member of the Youth team.</p>	Oak Room

08:00-09:00	Breakfast	Barclay Restaurant
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09:00-09:45 	<p><b>The Youth Hub is open</b></p> <p>The Youth Hub will be open for games so parents can pack and check out.</p>	Barclay Hall
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09:30	<p><b>CHECK OUT</b></p> <p>Please check out of your rooms by 09:30. There is a luggage storage area in reception.</p>	
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## Sunday morning Shacharit - a choice of four options

10:00-11:00	<p><b>Option 1: Sunday Morning Shacharit</b></p> <p>Every Sunday, Alyth hosts lay-led Shacharit. Join members of the Shacharit group for <i>tefillah</i> and see what happens every week.</p>	Sycamore 4
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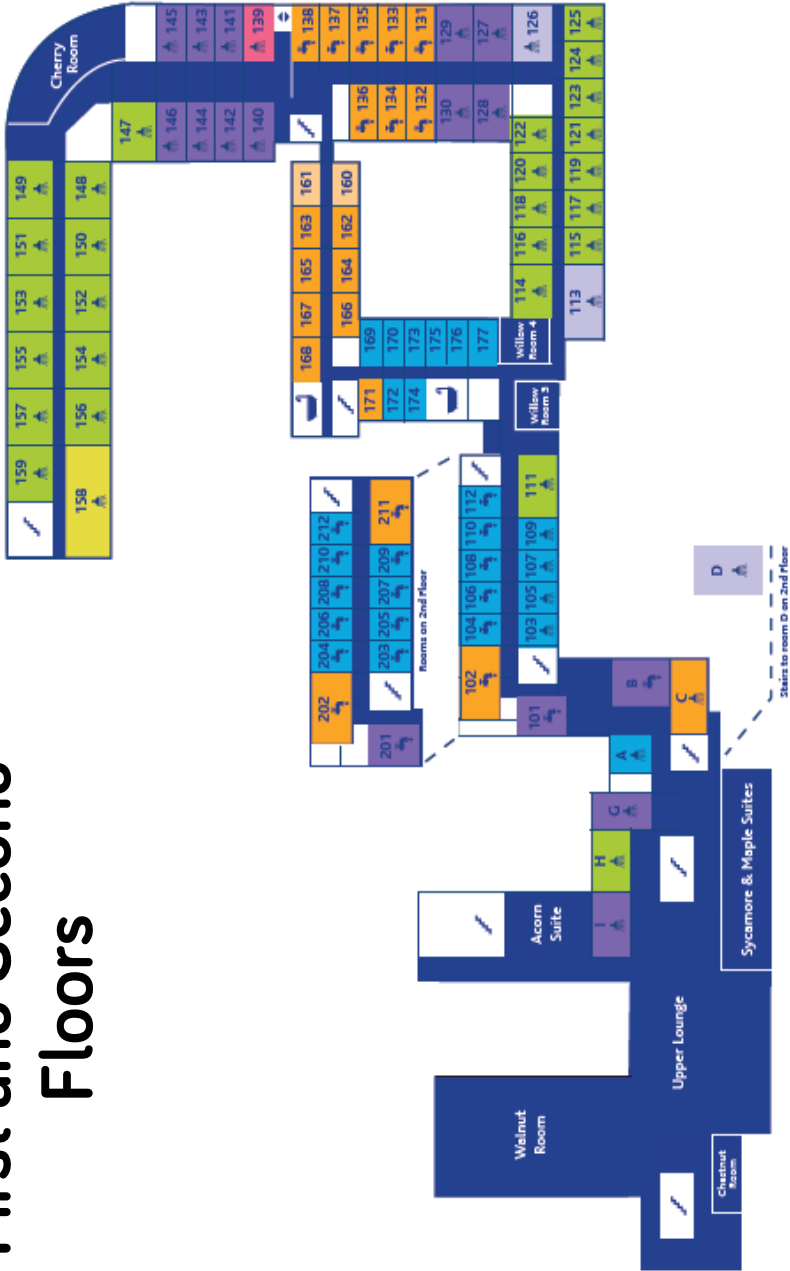
## Sunday 4 December - Shacharit

10:00-10.45	<p><b>Option 2: Desert Island Liturgy: The One Prayer You Can't Live Without</b></p> <p>Cantor Tamara will share her favourite piece of liturgy along with some commentaries. Come prepared to share your favourite prayer, and why it resonates with you.</p>	Sycamore 2
	<p><b>Option 3: Sensory Shacharit</b></p> <p>A special Shacharit service based on our world famous Sensory Shabbat. With Rabbi Hannah and Ella. Everyone is welcome.</p>	Mulberry Room
	<p><b>Option 4: Tefillah Jam</b></p> <p>Bring your instrument and jam through Shacharit with Rabbi Josh.</p>	Chapel Barn
10:45	Morning coffee	Garden Lounge

## Sunday morning sessions

11:15-12:30	<p><b>Guest Teacher, Rabbi Larry Hoffman</b> <b>Redefining Judaism and Rethinking Synagogues For Our Time</b></p> <p>The opportunity to discuss what Judaism and synagogues can be in the 21st Century with one of the leading thinkers in the field.</p>	Walnut Hall
	<p><b>The Great Alyth Wide Game</b></p> <p>Join us for a good old-fashioned whole community wide game! Bring your ruach (spirit) and your running shoes...</p>	Meet in Barclay Hall
	<p><b>Creche</b></p> <p>To sign up your 0-3 year old for this creche, please speak with Sam or Ella.</p>	Oak Room
12:30	<b>Closing: Singing and saying thank you</b>	Walnut Hall
13:00	Lunch	Barclay Restaurant

# First and Second Floors



# Ground Floor

