



To pray. To learn. To live. Together.

HIGH HOLY DAYS

5784 - 2023

GUIDE TO THE HIGH HOLY DAYS

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.

We invite you to use this guide 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.

WHERE ARE SERVICES TAKING PLACE THIS YEAR?

This year, we will offer activities in the Marquee and in Akiva School at the Sternberg Centre, as well as making 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. PLEASE DOUBLE CHECK BEFORE ATTENDING.

Limitations on space mean that we have once again had to divide family services into age-based sittings on Rosh Hashanah and Yom Kippur mornings.

As last year, we will be running a large 'all-families' service on Yom Kippur afternoon in the Marquee. This allows more of our community to access the Marquee, and was warmly received by those who attended last year. We are grateful to those who prefer to stay in the choral service throughout Yom Kippur afternoon for enabling this service for families to take place.

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

THE HIGH HOLY DAYS TEAM

Our core clergy team for this year will consist of Rabbi Josh, Rabbi Elliott, Rabbi Colin and Student Rabbi Nicola. We are grateful that Rabbi Hannah will also be briefly returning from maternity leave to run our family services. We are delighted to enjoy the support of Rabbi Dr Deborah Kahn-Harris, Alyth member and Principal of Leo Baeck College, and of Cantor Sarah Grabiner, who will be with us from Israel, for Yom Kippur. Our choir will be led by Director of Music Emerita, Viv Bellos, and our accompanist will once again be Andrea Van Pelt.

WHAT DO I NEED TO BRING?

On Rosh Hashanah, we will be using a draft of the new Reform Judaism Machzor, which will be provided at services. If you are joining the services online, you can pick up a machzor from the Alyth office between 10:00-16:00 Monday to Friday, or view it online [here](#).

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](#).

HIGH HOLY DAYS 5784

There are supplements for both Rosh Hashanah and Yom Kippur, for those attending online, which can be downloaded by clicking [here](#). These will be available for Rosh Hashanah from the afternoon of Thursday 14 September, and for Yom Kippur from the morning of Sunday 24 September.

JOINING OUR HIGH HOLY DAYS FROM HOME

We recognise that, for a variety of reasons, many of our members are not able to join us in person at Alyth or the Sternberg Centre. During Covid, we also found new friends and members around the world. We will therefore be offering our programme on Zoom, YouTube and Facebook.

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).

If you are joining online, we invite you to begin your services with our “[Kavannot of preparation at home](#)” before logging on.

PROTECTING ONE ANOTHER THIS YEAR

During the pandemic, we learned the importance of protecting one another when we are unwell. This is especially important in a large and diverse community, in which we hope all members are able to come to shul.

We ask that, if you are not well and might be infectious, you join us online rather than in person. Government advice remains that if you have Covid, you should try to avoid contact with others for 5 days and to avoid meeting those who are more likely to get seriously ill from viruses for 10 days

YOUTH & EDUCATION HUB ACTIVITIES

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

On Rosh Hashanah the Hub will be in the Akiva classrooms at the Sternberg Centre, and on Yom Kippur this will be at Alyth.

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 be aware that everyone in School Year 8 and younger will need to be signed in and out of the Hub by an adult. The Youth and Education team will have responsibility for children when they are in the Hub, but when children are around the site, they are the responsibility of their parents/carers.

On Rosh Hashanah, the Choral service will be streamed into the Akiva foyer.

SELICHOT SATURDAY 9 SEPTEMBER

We come together on Saturday evening for Selichot, a beautiful way to bring yourself towards the High Holy Days and to enhance their spiritual impact. We start at 19:00 with a viewing of “**Witness for the Prosecution**”, followed by discussion of the themes it raises. Soup and a roll will be served at approx. 20:30 between the film and the start of the **Choral Selichot Service**, which will start at 21:00.

EREV ROSH HASHANAH FRIDAY 15 SEPTEMBER

EREV ROSH HASHANAH SERVICE (18:30)

Alyth: Beit Tefillah

We start the Yamim Noraim as one community. Join our clergy team for this music-filled beginning to the year.

The D'var Torah to begin this year's High Holy Days will be given by Rabbi Josh.

[Click here](#)

to join on Zoom
860 1203 5505
785089

ROSH HASHANAH MORNING SATURDAY 16 SEPTEMBER

A choice of services, reflecting the diverse prayer needs of our community.

Age-appropriate family services.

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

AT THE STERNBERG CENTRE

ROSH HASHANAH CHORAL SERVICE (10:30)

Sternberg Centre: Marquee

Our choral service with the beautiful sound of the Alyth choir will be taking place in the Marquee. Including the sounding of the shofar.

[Click here](#)

to join on Zoom
883 6964 9426
785089

TORAH STUDY BREAKOUT (12:00 APPROX)

Sternberg Centre: Akiva Classroom

Following the sermon, join Student Rabbi Nicola for a study session looking at the portion for the morning. Rejoining the service for Musaf.

[Click here](#)

to join on Zoom
873 1147 8038
311220

AT ALYTH

KOLLOT SERVICE WITH KIDS CORNER (10:30)

Alyth: Beit Tefillah

Our informal, unaccompanied, participatory service which takes place in the round, largely in Hebrew, and encourages communal singing. Including the sounding of the shofar. There will be a supervised area for children in the Kindergarten so that parents can enjoy the opportunity to pray.

[Click here](#)

to join on Zoom
838 7176 4926
125439

JEWISH MINDFULNESS MEDITATION (11:40 APPROX)

Alyth: Meeting Room

Join the JMM team as we prepare for Rosh Hashanah opening our hearts and finding peace through our spiritual heritage. Rejoining the service for the sermon and Musaf.

[Click here](#)

to join on Zoom
861 3499 0152
472016

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

FAMILY SERVICES

ROSH HASHANAH SENSORY (10:00-11:00)

Sternberg Centre: Akiva Hall

Join Rabbi Hannah, Ella and the dungareenees for a Rosh Hashanah 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. Including the sounding of the shofar.

ROSH HASHANAH BIG BANG (11:30-12:45)

Sternberg Centre: Akiva Hall

The Big Bang is Alyth's participative musical tefillah experience for all the family. Enjoy the joyful sounds of our annual Rosh Hashanah Big Bang with Rabbi Hannah and the Big Bang musicians. Including the sounding of the shofar.

[Click here](#)

to join on Zoom
865 8262 4743
851217

YOUTH & EDUCATION HUB ACTIVITIES

Sternberg Centre: Akiva Ground floor

Young people in Reception to School Year 8 are invited to join our Youth and Education Hub for a rolling programme of arts and crafts, meditation, 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 be aware that everyone in School Year 8 and younger will need to be signed in and out of the Hub by an adult. The Youth and Education team will have responsibility for children when they are in the Hub, but when children are around the site, they are the responsibility of their parents/carers.

PLEASE SEE THE YOUTH AND EDUCATION SECTION AT THE BACK OF THIS BOOKLET FOR THE FULL TIMETABLE OF ACTIVITIES.

ROSH HASHANAH AFTERNOON SATURDAY 16 SEPTEMBER

HOSTED TASHLICH (17:00)

NW11 7AR (the bottom of Heathgate)

If you would like company for the symbolic 'casting away of sins', join Student Rabbi Nicola for a brief Tashlich ceremony on the Heath Extension on Rosh Hashanah afternoon.

Please meet at 16:50 for a 17:00 start at the bottom of Heathgate where it meets Meadway.

It would be helpful to know how many people we should wait for, so please register [here](#) by 10:00 on Friday 14 September if you are intending to join us.

DO IT YOURSELF TASHLICH

Perform the ritual of Tashlich yourself in your own time.

A service guide can be found at www.alyth.org.uk/tashlich

EREV SECOND DAY ROSH HASHANAH SATURDAY 16 SEPTEMBER

EREV ROSH HASHANAH SERVICE (18:30)

Alyth: Beit Tefillah

A gentle service to bring in the second day of Rosh Hashanah.

[Click here](#)

to join on Zoom
817 9907 2646
785089

SECOND DAY ROSH HASHANAH SUNDAY 17 SEPTEMBER

We join as a whole community together at Alyth for prayer, Torah and shofar. Our Shacharit will bring us together as one community, before we split into smaller groups, reflecting the diverse needs of different Alyth members.

COMMUNITY SHACHARIT SERVICE (10:30)

Alyth: Beit Tefillah

A special service for the whole community. With a supervised kids' corner so that our youngest members can be with us before their own special Torah and Musaf service.

[Click here](#)

to join on Zoom
820 6412 0894
785089

FAMILY TORAH AND MUSAF SERVICE (11:30)

Alyth: Kindergarten

An immersive telling of the story with activities to help you explore what Abraham and Isaac are teaching us. Followed by the sounds of the Shofar as we sing our way through a Musaf for the whole family.

The sermon will be given by Student Rabbi Nicola before the Torah service. This will be followed by a choice of two services:

CHORAL TORAH AND MUSAF SERVICE (11:45)

Alyth: Beit Tefillah

The service continues in the Beit Tefillah with a choral Torah and Musaf service with the beautiful sound of the Alyth choir. Including the sounding of the shofar.

[This is the same link as the Community Shacharit Service](#)

IMREI FINU TORAH STUDY AND MUSAF SERVICE (11:45)

Alyth: Upstairs Prayer Space

Following a short Torah study in place of a Torah service, we join together for a guitar led service with new and familiar melodies which will include sung passages for the Malchuyot, Zichronot and Shofarot. Including the sounding of the shofar.

Led by Rabbi Josh and Justin Wise.

[Click here](#)

to join on Zoom
837 9061 9864
721892

KOL NIDRE SUNDAY 24 SEPTEMBER

THE FAST COMMENCES AT 18:40

Water and food will be available at both sites throughout Yom Kippur for those who need.

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 (19:15)

Sternberg Centre: Marquee

CELLO RECITAL: We begin with our annual cello recital of Kol Nidre to help us to prepare for the day ahead. This will take place from 19:15. Please note that there will be no entry to the Marquee while the cello is being played.

KOL NIDRE: At 19:30, we will reopen the doors, before we rise together and remove our Sifrei Torah for the ritual of Kol Nidre.

[Click here](#)

to join on Zoom
828 2575 9648
785089

Followed by a choice of four options:

CHORAL KOL NIDRE SERVICE

Sternberg Centre: Marquee

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

[This is the same
link as the
Kol Nidre Service](#)

KOLLOT NIDRE

Sternberg Centre: Akiva Hall

A Kollot style service containing familiar melodies sung together.

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

[Click here](#)

to join on Zoom
890 7210 1681
555591

SOUL NIDRE

Sternberg Centre: Akiva Classroom

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

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

[Click here](#)

to join on Zoom
818 0659 2707
311220

TEEN NIDRE: BREAKING THE FOURTH WALL

Sternberg Centre: Akiva Classroom

Join the Youth and Education Hub for an in-depth evaluation of apologies made in film and TV. Are they genuine? And do they effect society beyond the silver screen?

YOM KIPPUR MORNING MONDAY 25 SEPTEMBER

Water and food will be available at both sites throughout Yom Kippur for those who need.

A choice of 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.

SHACHARIT

CHORAL SHACHARIT SERVICE (10:15-12:30)

Sternberg Centre: Marquee

Our choral service with the beautiful sound of the Alyth choir

[Click here](#)

to join on Zoom

860 3524 8287

785089

KOLLOT SHACHARIT SERVICE (10:15-12:30)

Sternberg Centre: Akiva Hall

Our informal, unaccompanied, participatory service which takes place in the round, largely in Hebrew, and encourages communal singing. There will be a supervised kids area for children so that parents can enjoy the opportunity to pray.

[Click here](#)

to join on Zoom

865 4419 1223

249608

The sermon will be given by Rabbi Dr Deborah Kahn Harris in both the Choral and Kollot services

TORAH SERVICES

CHORAL TORAH SERVICE (12:30-13:15)

Sternberg Centre: Marquee

The continuation of our choral service, including the Torah service.

KOLLOT TORAH SERVICE (12:30-13:15)

Sternberg Centre: Akiva Hall

The continuation of our Kollot service, including the Torah service.

STUDY SESSION: WHO IS A JEW? (12:30-13:15)

Sternberg Centre: Akiva Classroom

In an era in which ever greater numbers of Jews live in mixed faith households, and identity is increasingly complex, does Jewish status still matter? Should whether someone has Jewish lineage make a difference to involvement in communal life?

[Click here](#)

to join on Zoom

853 6909 5972

311220

With Rabbi Josh

YOM KIPPUR STUDY TRACK: FOUR BIG QUESTIONS FOR PROGRESSIVE JUDAISM TODAY

This year's Yom Kippur study sessions will explore four big questions for Progressive Judaism and Progressive Jews today.

- Who is a Jew? (12:30)
- How do we respond to new models of family life? (13:30)
- The Carlebach Question (14:45)
- What does it mean to be a Progressive Zionist today? (16:00)

YOM KIPPUR MORNING MONDAY 25 SEPTEMBER

FAMILY SERVICES

In the morning of Yom Kippur our Family Services and Youth and Education activities will be taking place at Alyth.

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

Alyth: Beit Tefillah

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)

Alyth: Beit Tefillah

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.

JOIN US IN THE MARQUEE AT 14:45 FOR A SPECIAL MUSICAL MINCHA SERVICE FOR ALL GENERATIONS.

YOUTH & EDUCATION HUB ACTIVITIES

Alyth: Kindergarten and Upstairs areas

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

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YOM KIPPUR THROUGH THE AFTERNOON

Please note: water and food will be available at both sites throughout Yom Kippur for those who need.

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.

The Classical Track will take place in the Akiva Hall, the Tefillah and Spirituality Track in the Akiva Moadon and ground floor classrooms, and the Study Track in a ground floor Akiva classroom.

The Marquee will be rearranged for a special musical Mincha service, appropriate for families and all the Alyth community.

YOM KIPPUR MUSAF AVODAH

CHORAL MUSAF AVODAH SERVICE (13:30-14:45)

Sternberg Centre: Akiva Hall

Joining together in the Akiva School Hall to continue our Choral Service with the drama of the Avodah service.

[Click here](#)

to join on Zoom
836 4862 2442
088408

IMREI FINU AVODAH (13:30-14:30)

Sternberg Centre: Akiva Moadon

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 and Cantor Sarah.

[Click here](#)

to join on Zoom
891 8765 0292
228951

STUDY SESSION: HOW DO WE RESPOND TO NEW MODELS OF FAMILY LIFE? (13:30-14:30)

Sternberg Centre: Akiva Classroom

It is becoming increasingly common for people to choose more than one intimate partner to spend their lives with. As those in polyamorous relationships bring their families to shul and perhaps even want to formalise their relationships with a religious blessing, rabbis and communities need to think carefully about how we respond. Join Rabbi Elliott and Rabbi Dr Deborah Kahn Harris as we learn more about new ways of defining our intimate relationships, where they can be found in our religious texts, and how Jewish tradition might help us to navigate these new forms of family life.

[This is the same link as the earlier Study Session](#)

YOM KIPPUR
MUSAF MARTYROLOGY

MUSAF MARTYROLOGY SERVICE (14:45-16:00)

Sternberg Centre: Akiva Hall

The new Reform machzor is due to be ready at some time in the coming year. For this year's martyrology we will use a liturgy taken from the new Machzor, as we reflect on the history of our people and the needs of our time.
Led by Rabbi Colin and Cantor Sarah.

[This is the same link as the Musaf Avodah Service](#)

WELL BEING SERVICE: A REFLECTION FOR OURSELVES (14:45-15:45)

Sternberg Centre: Akiva Classroom

Join Rabbi Elliott and Lynette Chazen as we focus on the start of a new year. Through readings and songs we will explore how we 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
849 9271 0053
722812

STUDY SESSION: THE CARLEBACH QUESTION (14:45-15:45)

Sternberg Centre: Akiva Classroom

Shlomo Carlebach has been called 'the foremost Jewish religious songwriter of the 20th century'. He was also a prolific abuser. Should we stop singing his music (including popular favourites such as Essa Einai)? What do our decisions say about our own religious values and priorities? With Student Rabbi Nicola.

[This is the same link as the earlier Study Session](#)

MUSICAL MINCHA IN THE MARQUEE

MUSICAL MINCHA IN THE MARQUEE (14:45-16:15)

Sternberg Centre: Marquee

Join Rabbi Hannah, Rabbi Josh, the Youth & Education Hub 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
847 2985 4204
785089

YOM KIPPUR
MINCHA

MINCHA SERVICE (16:00-17:15)

Sternberg Centre: Akiva Hall

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

[This is the same link as the Musaf Service](#)

MINCHA MEDITATION (16:00-17:00)

Sternberg Centre: Akiva Classroom

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
868 0365 3850
107010

STUDY SESSION: WHAT DOES IT MEAN TO BE A PROGRESSIVE ZIONIST TODAY? (16:00-17:00)

Sternberg Centre: Akiva Classroom

We are Progressive Jews living outside Israel. Particularly in the light of events there before the summer, what does that mean? What might it mean? What should it mean? in terms of our relationship with Israel?
With Rabbi Colin and Cantor Sarah.

[This is the same link as the earlier Study Session](#)

YIZKOR RECITATION OF NAMES AND MEMORIAL BOOK

As we approach the High Holy Days, our thoughts turn to those who are no longer with us, who we remember in our Yizkor service on Yom Kippur afternoon.

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 or call her on 020 8457 8793.

MEMORIAL BOOK

For each of the past three 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.

We invite you to submit a photo and a biography of no more than 100 words for this year's Memorial Book of those who have died since Yom Kippur 2022.

Please send all contributions to the Memorial Book to lynette@alyth.org.uk by 18 September.

YOM KIPPUR YIZKOR AND NEILAH

Coming together for Yizkor and Neilah as a whole community with parallel activities for our younger members.

YIZKOR SERVICE (17:30-18:15)

Sternberg Centre: Marquee

Our memorial service begins with Psalm 23.

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.

Please arrive in good time for the start of Yizkor as you will not be allowed entry into the Marquee once the service has started.

[Click here](#)

to join on Zoom
832 8659 4231
785089

REFLECT WITH YEH (17:30-18:15)

Sternberg Centre: Akiva Classroom

Create rainmakers and dreamcatchers as we reflect together on 5784 and prepare for 5785.

SERMON AND NEILAH SERVICE (18:15-19:39)

Sternberg Centre: Marquee

Our concluding service for Yom Kippur with the Alyth choir and clergy. The final sermon of Yom Kippur will be given by Rabbi Colin.

This is the same
link as the
Yizkor Service

NEILAH WITH YEH (18:15-19:39)

Sternberg Centre: Akiva Classroom

Take some time to write to your future self. What do you want to achieve this year? What do you hope to see happen? Write it all down and wait and see if you predict correctly! We will join the service in the Marquee for the final Avinu Malkeinu and Shofar Blast.

HAVDALLAH AND BREAKING THE FAST (19:39)

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.

ROSH HASHANAH 5784 AT AKIVA SCHOOL

SERVICES

ROSH HASHANAH SENSORY (10:00-11:00)

Sternberg Centre: Akiva Hall

ROSH HASHANAH BIG BANG (11:30-12:45)

Sternberg Centre: Akiva Hall

YOUTH & EDUCATION HUB ACTIVITIES

Sternberg Centre: Akiva Ground floor

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

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ARTS & CRAFTS

10:00–10:55 Apple Placemats

Design your very own Rosh Hashanah placemat for your High Holy Day meals.

11:00–11:55 Beeswax Candle Making

Learn about the sweetness of the new year by making your own honey candles.

12:00–12:55 Rosh Hashanah Cards

Creating Rosh Hashana cards for our loved ones.

CHILL ZONE

10:00–12:55 Friendship bracelets, Colouring, Crosswords & Wordsearches, Lego, Board games, Reading corner

MEDITATION

11:00–11:55 Yoga: The Rosh Hashanah Edition

Experience the Rosh Hashanah journey through Yoga.

12:00–12:55 Reflection and Preparation Meditation

Reflect on 5783 and prepare for 5784 with a special guided meditation.

YOUTH PROGRAMME

YOM KIPPUR MORNING 5784 AT ALYTH

SERVICES

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

Alyth: Beit Tefillah

GESHER SERVICE (11:30-12:30)

Alyth: Beit Tefillah

YOUTH & EDUCATION HUB ACTIVITIES

Alyth: Kindergarten and Upstairs areas

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

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ARTS & CRAFTS

10:00–10:55 Apology and Resolution Rolodex

Create your own special deck of apology and resolution cards for the coming year.

11:00–11:55 Reflection Art

Make your own reflected artworks, both literally and figuratively!

12:00–12:55 Papier Mache Whales

Learn about the story of Jonah through our interactive Papier Mache making session!

MIND, BODY AND SOUND

10:00–10:55 Senses Meditation

Connecting our whole selves with a guided meditation that engages the senses.

11:00–11:55 Stream of Consciousness Meditation

A space to let the past year go and to allow space for the new year.

12:00–12:55 Yoga and the Whale

A yoga storytelling of the story of Jonah.

CHILL ZONE

10:00–12:55 Friendship bracelets, Colouring, Crosswords & Wordsearches, Lego,

Loiter with purpose in the Youth and Education Hub's Chill Zone. Open all morning.

**JOIN US IN THE MARQUEE AT 14:45 FOR A SPECIAL MUSICAL MINCHA SERVICE
FOR ALL GENERATIONS.**