

# Around Alyth

November 2023



## VISITING RABBI: OR ZOHAR 5-25 November

We are delighted to welcome Rabbi Or Zohar for a three week residency in November, in which he will teach, lead services, and bring his unique musical gifts to our community. It is particularly meaningful to have Rabbi Or and his family with us in these troubled times. As a Progressive Rabbi in Israel Rabbi Or has a unique perspective to offer on what it means to live in Israel at this time.

At the heart of his visit will be a special “in residence” weekend for which he will be joined by his wife Feliza Bascara-Zohar. This will include a ‘Sing With Us’ and Erev Shabbat Service on Friday 17 November, and a special concert on Saturday 18 November, at 18:00 in which they will showcase some of their original compositions.

**BOOK NOW for the concert on Saturday 18 November by [clicking here](#).**

Rabbi Or Zohar is the Reform rabbi of the Misgav Region in the Galilee, founder of Hibura School for Kabbalah and Jewish Spirituality, and Director of the Spirit of the Galilee Association. He was ordained at the Jerusalem campus of Hebrew Union College and received his BA from the Hebrew University of Jerusalem and a Masters in Jewish Philosophy from Tel Aviv University.

Feliza Bascara-Zohar is a singer-songwriter, song leader, artist and choreographer. She teaches a mindful holistic approach to worship, which she calls Embodied Prayer and practices Voice Movement Therapy. She has an MA in Expressive Art Therapies from Tel Aviv University and a BA in Musicology and Literature from the Hebrew University of Jerusalem.

The “in residence” weekend is part of Alyth Composers and Songwriters in Residence, a programme made possible in memory of Raymond and Joy Goldman.

See inside for other highlights of Or’s residency, including:

**Pardes:** Introduction to Kabbalah and Jewish Mysticism (Thursdays, 13:00)

**The Alyth Chavruta Project:** Delve into a key text of Jewish Mysticism (Thursdays, 19:00)

**Essentials:** A special session on the development of Kabbalah (Tuesday 21, 20:00)

**Shabbat Shiur:** Studying the story of Jacob’s ladder (Shabbat 25, 09:15)

**Imrei Finu:** Rabbi Or will lead our regular musical service with guitar (Shabbat 25, 10:30)

**The Alyth Social:** Singing Israeli folk music classics (Tuesday 13, 14:00)

**A Special Young Adult Event:** Co-existence in Israel (Monday 20, 19:30)

## TALK TOGETHER Throughout November

As we mark the beginning of a new year it is time for us to turn our attention as a community towards the future. 5784 will be a year of celebration, as we open the new building, and also of transition, as we work to build on the strong foundations that have been laid under Rabbi Josh's exceptional leadership.

As we enter this period of transition, we have the opportunity to ask ourselves what we value about the community we have built so far, what we hope for the future, and what kind of leadership will support us as we meet the needs of both those who are with us today and those who will come in future generations.

See inside for more information and to sign up.

# Pray With Us

November 2023

## EREV SHABBAT SERVICES

In-Person and Online every Friday at 18:30

### Erev Shabbat Service (*Fridays 3, 10, 17, 24 November*)

We begin Shabbat with our uplifting and inspirational, intergenerational Erev Shabbat service. A unique combination of song, reflection, prayer & learning.

## SHABBAT MORNING SERVICES

In-Person and Online every Saturday

### *Saturday 4 November*

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

Led by Student Rabbi Eleanor and Rabbi Elliott with the Alyth Choir. Including the Bar Mitzvah of Leo Wolman.

#### **Sensory Havdallah, 16:00**

Join us for this special Sensory Havdallah experience. See 'Pray with us for Families' for more information.

### *Saturday 11 November*

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

Led by Rabbi Elliott with the Alyth Choir. Including the Bat Mitzvah of Sophie Kanter.

#### **Kollot, 10:30**

Our informal, unaccompanied, participatory minyan. Led by Rabbi Or and Justin Wise, with members of the community reading and teaching Torah.

#### **Shabbat Afternoon Service, 15:00**

Led by Lynette Chazen with Justin Wise. Including the Bat Mitzvah of Lily Bo Stanley-Hooper.

### *Saturday 18 November*

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

Led by Rabbi Elliott with Justin Wise. Including the Bat Mitzvah of Emily Rae.

Including a Torah Breakout with Student Rabbi Eleanor during the Torah service, and a sermon by Rabbi Or

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

Our musical service providing a bridge between our youngest family services and the next stage in Alyth families' prayer life. See 'Pray with us for Families' for more information.

### *Saturday 25 November*

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

Led by Rabbi Elliott with the Alyth Choir. Including the B'nei Mitzvah of Jonah and Minnie Conway

#### **Imrei Finu, 10:30**

An informal Shabbat morning service with guitar, including the singing of new and familiar melodies. Led by Rabbi Or.

### *Sing With Us (Friday 17 November, 17:15-18:15)*

Join Rabbi Or and Feliza Bascara-Zohar to sing new and familiar melodies, exploring harmonies and preparing our voices for our Shabbat service.

## SUNDAY SHACHARIT

Sundays 5, 12, 19, 26 November (09:00)

Every Alyth week begins with a lay-led minyan with bagel breakfast at Alyth, led by Alyth members. All are welcome.

## PRAY WITH US FOR FAMILIES ON SHABBAT

### Baby Den

*Fridays 3, 10, 17, 24 November (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 Havdallah

*Saturday 4 November (16:00)*

Havdallah is one of our most Sensory experiences. We see the flickering candle flame, smell the sweet spices and taste the wine. Join us for this special Sensory Havdallah experience where our youngest members can wave goodbye to Shabbat and prepare to start the week new.

Feel free to wear your PJs or onesies!

Led by Rabbi Hannah and Han.

### Gesher

*Saturday 18 November (11:00)*

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

## Chanukah Highlights

### Thursday 7 December

Candle-lighting at Home: please share your photos with us on our socials!

### Friday 8 December

Pre-Shabbat Service Community Chanukiah lighting (17:30)

### Saturday 9 December

Sensory Chanukah Havdallah (16:00)

### Sunday 10 December

Chanukah Concert featuring Alyth Youth Singers (15:00)

### Monday 11 December

Special Chanukah Film Club with Candle Lighting (19:00)

### Tuesday 12 December

Jewish Essentials Candle Lighting (20:00)

### Wednesday 13 December

Chanukah in the Home (see across)

### Thursday 14 December

Young Adult Board Game Café (19:30)

### Chanukah in the home

If you live in Borehamwood, Muswell Hill, Barnet, or anywhere else and would like to invite members into your home for a chanukiah lighting, please contact [alythadmin@alyth.org.uk](mailto:alythadmin@alyth.org.uk) to offer to host.

## Judaism: the Essentials

Tuesdays, 20:00-21:30ish

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. New students are always welcome. Please contact Rabbi Elliott [elliott@alyth.org.uk](mailto:elliott@alyth.org.uk) for more information.

### Jewish Texts

- 7 Foundations 3: Different genres in biblical texts and how they are used
- 14 The Formation of Judaism: Rabbinic Literature - Halachah & Aggadah
- 21 The Formation of Judaism: Jewish Mystical Texts (A special session with Rabbi Or)
- 28 Post Talmudic textual development

## Adult Hebrew

### Intensive Hebrew Reading Course

Tuesdays 7, 14, 21, 28 November, 19:00-19:45

For beginners, to learn the alphabet and basic decoding skills.

### Hebrew Reading Course

Tuesdays 7, 14, 21, 28 November, 20:00-21:00

For those already proficient in Hebrew reading, to continue to develop their skills.

*These sessions are taught by Alyth member Jan Roseman. Contact [sam@alyth.org.uk](mailto:sam@alyth.org.uk).*

### Biblical Hebrew

Sundays 5, 12, 19, 26 November, 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.

## Pardes - Kabbalah for the 21st Century

Thursdays 9, 16, 23 November, 13:00-14:00

Join Rabbi Or for a special series of Pardes, in which he will introduce the basic premises of the ancient spiritual path of the Kabbalistic tradition in a way that is approachable, meaningful, and useful for a progressive and curious 21st-century audience. We will explore various Kabbalistic ideas and practices, immerse ourselves in intriguing Kabbalistic texts, engage in Kabbalistic meditation, and discuss how these ancient concepts and practices can be relevant to our lives today.

## Special Shabbat Shiur with Rabbi Or Zohar

### The story of Jacob's ladder

Saturday 25 November, 09:15

Join Rabbi Or for a special shiur at the conclusion of his residency with us as he helps us to explore this week's parashah from Galilean, Israeli and global perspectives. The story of Jacob's ladder is one of obtaining new vision and shifting paradigms. It is also one that gives us new hope in a time of crisis, as we go in search of a new vision for the Holy Land.

## Learn With Us

November 2023

### The Alyth Chavruta Project A Special Series with Rabbi Or Zohar Thursdays 9, 16, 23, 19:00-21:30ish

The Alyth Chavruta Project returns for a special 3-week course taught by Rabbi Or. This course will take us on a textual journey into the mysteries of Kabbalah. Considered by many as the crown of the Kabbalistic tradition, the Zohar literature is intriguing, enigmatic, creative, thought-provoking, and radical. Described as one of Judaism's greatest cultural and spiritual treasures, the Zohar literature serves as a precious resource for those seeking inspiration from the ancient occult traditions of the world.

This course of the Chavruta Project will have the same format as previous courses. If you have someone in mind who you would like to study with, or if you would like us to try to find a study partner for you, please let us know. The text packs will be sent out each Friday, and we will come together as a group each Thursday at 19:00 at Alyth and online. The first text pack will be sent out on Friday 3 November.

Please let Rabbi Elliott ([elliott@alyth.org.uk](mailto:elliott@alyth.org.uk)) know if you would like to participate, or if you would like

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To support this conversation, the Trustees invite you to one of our upcoming 'Talk Together' events on one of the dates below. Each will last for two hours, will be held in person, and will be an opportunity to talk with other members of the community and to share your thoughts, hopes, insights, concerns and aspirations for the future of our community. What we learn together will be really valuable as we begin the process of search and recruitment later in the year.

You can sign up online by [clicking here](#). Full details of the venue will be sent to you when you sign up. If these dates are over-subscribed, we will offer more dates.

#### Dates

Monday 6 November 19:30-21:30

Monday 20 November 19:30-21:30

Thursday 30 November 19:30-21:30

Sunday 19 November 19:30-21:30

Sunday 26 November 10:30-12:30



### Weekly

#### Monday Club

*Monday 13, 20, 27 November 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).

#### Alyth Choral Society

*Tuesdays 7, 14, 21, 28 November 20:00-22:00*

New members are always welcome to join the choir. We have two or three concerts a year, one with full orchestra. Go to [alythchoralsociety.org](http://alythchoralsociety.org) or email [alythchoralsociety@gmail.com](mailto:alythchoralsociety@gmail.com) if our future programme inspires you.

#### Mellow Chair Yoga for All Ages

*Thursdays 2, 9, 16, 23, 30 November 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.

#### Choir Rehearsal

*Saturday 11 November, 9:15-10:15*

Rehearsing Alyth's choral repertoire for Shabbat Services.

### Monthly

#### Alyth Cycling Community Bike Ride

*Sunday 12 November, 8:15*

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

#### Refugee Choir

*Sunday 26 November, 13:30-14:30*

This multi-faith, multicultural choir is open to refugees, Drop-in volunteers and the wider Alyth community.

#### Singing for Pleasure

*Sunday 26 November, 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.

#### Jewish Mindfulness and Meditation (online)

*Fridays 3, 10, 17, 24 November 17:00-18:00*

Jewish Mindfulness Meditation helps us to open our hearts and find peace through our spiritual heritage. This month, including a guest appearance from Rabbi Or Zohar on 24 November.

[Click here](#) to make a donation towards the costs of employing the facilitators.

## Alyth Book Club: Nadia Ragozhina, Worlds Apart

**Monday 6 November (18:30-19:30)**

Author Nadia Ragozhina will be with us in-person to talk about her book "Worlds Apart". Adolphe and Marcus, two brothers from Warsaw, follow different life-paths 100 years ago. They never see each other again. Nadia Ragozhina, Marcus' great-granddaughter, rediscovers the missing parts of her broken family and finds an amazing story of six women who fought for the survival and happiness of their families. *This event is in-person only.*

## ACS Concert: An Evening of Opera Choruses

**Saturday 25 November (19:00)**

Alyth Choral Society welcome guests from Zeist in the Netherlands for an evening of opera choruses. Directed by Alison Smart Fisher and Michiel Van Laarhoven with accompanists Tim Hooper and Frank Leurs. Tickets £20 from [www.alythchoralsociety.org](http://www.alythchoralsociety.org).

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

Part of the Alyth Friendship Project. Join us for an afternoon of entertainment, discussion, tea and great company! Annual Membership: £25 per person members; £30 per person non-members; Weekly donation: £3.50 members; £5.00 non-members. Contact Lynette for more information.

### 6 **Louise Heilbronn: Amazing Women you have Never Heard of!**

Louise returns with one of her fascinating talks on Amazing Women you have Never Heard of!

### 13 **Rabbi Or Zohar and Adam Zohar**

Rabbi Or and Adam Zohar, our visiting Rabbi from Israel and his son, Adam, as part of our Musical Scholar in Residence made possible by the legacy of the late Joy and Raymond Goldman. Adam will play cello and Rabbi Or will sing for us and introduce some new melodies.

### 20 **News & Schmooze with Helen Ledermann**

Come and have your say about what is going on in the News today. Bring your own thoughts and your own newspaper articles to discuss.

### 27 **The Guildhall School of Music Concert: Jung Hwa Lee**

Returning in the first of many recitals over the coming months from Students of The Guildhall School of Music, Jung Hwa joins us and will play pieces by Haydn, Beethoven and Liszt.

## Shabbat B'Yachad Lunch

Saturday 4 November

As part of the Alyth Friendship Project, please join us for our Shabbat Morning Service at 10:30, followed by a lunch. For catering purposes, please let Lynette know you are coming at [lynette@alyth.org.uk](mailto:lynette@alyth.org.uk) or 020 8457 8793.

*There is no charge for this but donations are always appreciated.*

## A Special Young Adult gathering with Rabbi Or Zohar Monday 20 November (19:30-21:00)

Please join us for a conversation with Rabbi-in-Residence, Or Zohar. Rabbi Or is joining us for three weeks from the Misgav region of the Galilee, where he is Director of the Spirit of the Galilee Association, which works for the advancement of pluralistic Judaism and inter-religious dialogue, and Jewish-Arab shared society in Israel. In this special gathering for young adults, Rabbi Or will speak about this important work, the impact it has had on his community, and what lessons it can teach us in these troubled times.

## Alyth's Annual Supper Quiz Sunday 28 January 2024 (19:00-22:00)

Celebrate TuB'Shvat and eat, laugh and quiz with us. £25 per person (includes supper) in support of the Alyth Building Project.

Tables of 10 - make up your own table or we can allocate you to a table.

[Click here](#) to sign up or call Deborah on 020 8457 8784 or email [alythadmin@alyth.org.uk](mailto:alythadmin@alyth.org.uk).

# Learn With Us: Youth and Education

November 2023

## Weekly Learning

### SMG

*Sundays 5, 12, 19, 26 November (10:00-12:00)*  
Our Jewish education programme for Reception to Year 6. [Click here](#) to enrol into SMG.  
SMG provides our youngest members the opportunity to explore their Jewish identity, key Jewish behaviour and rituals and Jewish texts.

### Ruach 1 - 4

*Fridays 3, 10, 17, 24 November (17:15-19:30)*  
Our pre Bar/Bat Mitzvah programme delivered by our wonderful team of madrichim. Participants can come from 16:30 for Drop-In and are expected to stay for the Erev Shabbat Service, finishing at 19:30.

## Drama Activities

### Alyth Children's Theatre (ACT)

*Thursdays 2, 9, 16, 23, 30 November (17:00-18:15)*  
Our drama group for Primary School aged children. The group rehearse all year and then perform the show in June 2024.

### Academy of Performing Arts

*Sundays 5, 12, 19, 26 November (18:00-20:00)*  
A feature of the Alyth calendar for Secondary School aged children for over 20 years. The end of year production takes place in March.

Please contact [abi@alyth.org.uk](mailto:abi@alyth.org.uk) to sign up for any of our drama groups

## Hadracha: Year 10

**Tuesdays 7, 14, 21, 28 November (17:00-18:30)**

Our new Year 10 cohort comes together for our weekly leadership programme. This month we celebrate our extraordinary young people with a graduation and chavurah supper on Tuesday 28 November. Please contact [phoebe@alyth.org.uk](mailto:phoebe@alyth.org.uk) for more information.

## Secret Cinema

**Saturday 11 November (17:30-20:30)**

We are very excited to be launching our first Secret Cinema of 5784 for school years 5 and 6. Join us for an evening of games, adventures, dinner, immersive cinema and lots of chocolate, all right here at Alyth! This is an exclusive social event for Years 5 and 6; expect to see friends old and new. £15 for Alyth members, £20 for non Alyth members.  
Contact [hannahwood@alyth.org.uk](mailto:hannahwood@alyth.org.uk) for more information and to sign up.

## Year 5 B'nei Mitzvah Date Booking Information Evening

**Thursday 16 November (19:00-20:00)**

During this evening we will explain how booking a Bar or Bat Mitzvah date works, what sharing a date looks like, how the B'nei Mitzvah journey works and there will be an opportunity for questions. This is also a lovely opportunity to meet other parents in year 5 going on the B'nei Mitzvah journey together. This evening is for parents only. Contact [sam@alyth.org.uk](mailto:sam@alyth.org.uk) for more information.



# Learn With Us: Youth and Education

November 2023

## Year 7 Bowling

Saturday 25 November (17:00-19:30)

Part of the B'nei Mitzvah process at Alyth is focused on social bonding. Join Phoebe and madrichim for an evening of bowling with dinner and a chance to get to know people having a Bar or Bat Mitzvah in your year! Email [phoebe@alyth.org.uk](mailto:phoebe@alyth.org.uk) for more information and to book.

## Welcome to the Alyth Professional Team

Thank you to all those who joined us to say goodbye to Rabbi Josh. The legacy that Josh has left us with is a talented and dedicated professional team, to which we are delighted to welcome two new members. **Rupert Morris** joins us as **Ritual Administrator and Clergy PA**, and **Buddika Perera** as our new **Head of Finance**.



This year for Mitzvah Day, in addition to the activities that children doing at SMG, they will be delivering items for the All Saints Childs Hill Food Bank and Great Ormand Street Hospital.

The **All Saints Childs Hill Food Bank** is a community run food bank in association with the All Saints church. With an objective to be a constant source of help for families who do not have enough to feed their families, the All Saint Childs Hill Food Bank relies on local donations to keep everyone fed and sustained. Following the success of our visit on Mitzvah Day 5783, having donation 157 kilos of food, we will be returning with donations to stock up the food bank.

**We will be collecting: Rice, Pasta, Dried Lentils, Tinned Meats, Tinned Tuna, Tinned Fruit and Vegetables, Cereal, UHT Milk.**

Every day, around 750 seriously ill children and young people from across the UK are seen at **Great Ormand Street Hospital**. Many children, who visit GOSH have extended hospital stays, complex medical needs, illnesses, and go through great challenges. Despite the greatest challenges a child can face, the hospital is a place where being sick does not always mean being sad.

**We will be collecting new: board/card games, arts and crafts kits, construction toys, toy cars and planes, dolls, jigsaws and peg puzzles, jewellery making kits, pyjamas, blankets, duvet sets, colouring sets, sensory items, musical toys, stationery sets, toiletries and pamper items.**

*\*Please note GOSH cannot take any used or second-hand items, or home made knitted clothes or toys.*