



# High Holy Days 5785 - 2024

## Location Key

Services and Sessions in green take place  
at Alyth (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

**Alyth**

To pray. To learn. To live. Together.

## GUIDE TO THE HIGH HOLY DAYS

Our programme of services and sessions for this year has been created to reflect the diversity of our Alyth family. 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 will be holding the inaugural Shalem service on first day Rosh Hashanah, for all children and families with additional needs.

We invite you to use this guide to plan your own journey through the High Holy Days. If you need guidance, please contact us by calling 020 8455 6763 or emailing [alythadmin@alyth.org.uk](mailto:alythadmin@alyth.org.uk).

### WHERE ARE SERVICES TAKING PLACE THIS YEAR?

This year, we will offer activities at Alyth and the Sternberg Centre.

PLEASE NOTE: SERVICES AND SESSIONS WILL NOT NECESSARILY TAKE PLACE IN THE SAME LOCATIONS AS IN PREVIOUS YEARS. PLEASE DOUBLE CHECK BEFORE ATTENDING.

As in past years, 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 which was warmly received by those who have previously attended. We are grateful to those who prefer to stay in the Choral Service throughout Yom Kippur afternoon for enabling this service to take place.

PLEASE LOOK CAREFULLY AT THE PROGRAMME TO ENSURE THAT YOU ATTEND THE STYLE OF SERVICE WHICH 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?

This Rosh Hashanah and Yom Kippur, the services will follow the new Reform Judaism Machzor. Please bring your personal copies if already purchased or to purchase, please [click here](#).

For those attending online, there are supplements for both Rosh Hashanah and Yom Kippur which can be downloaded by clicking [here](#). These will be available for Rosh Hashanah from Wednesday 2 October and for Yom Kippur, from the morning of Friday 11 October.

### 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. Consequently, we will 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, the "Zoom screen" from services can also be seen via our YouTube channel ([www.youtube.com/c/AlythRS](http://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.

# HIGH HOLY DAYS 5785

## 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 and Yom Kippur there will be a Hub at Alyth and at the Sternberg Centre. 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.

## SELICHOT SATURDAY 28 SEPTEMBER

### SELICHOT UNDER THE STARS

**SATURDAY 28 SEPTEMBER (19:30)**

Selichot is a beautiful way to begin your preparation for the High Holy Days and to enhance their spiritual impact. We come together on this Saturday evening for a light supper before our candlelit service outside on the forecourt, where we will have the opportunity to hear the melodies of the High Holy Days for the first time in this contemplative and reflective service, with choir, guitar and the poems which search our souls.

[Click here](#) to let us know you are attending so that we can cater appropriately.

# ROSH HASHANAH 5785

## EREV ROSH HASHANAH WEDNESDAY 2 OCTOBER

### 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.

[Click here](#)  
for Zoom

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## ROSH HASHANAH MORNING THURSDAY 3 OCTOBER

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

Age-appropriate family services.

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

### AT THE STERNBERG CENTRE

#### JEWISH MINDFULNESS MEDITATION (9:00)

*Sternberg Centre: Manor House Classroom*

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

[Click here](#)  
for Zoom

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311220

#### ROSH HASHANAH CHORAL SERVICE (10:15)

*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](#)  
for Zoom

893 1358 1373  
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#### TORAH STUDY BREAKOUT (12:00 APPROX)

*Sternberg Centre: Akiva Classroom*

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

[Click here](#)  
for Zoom

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### AT ALYTH

#### KOLLOT SERVICE WITH KIDS' CORNER (10:15)

*Alyth: Cecil Rosen Hall*

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 so that parents can enjoy the opportunity to pray.

[Click here](#)  
for Zoom

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*The sermon will be given in both the Kollot and Choral services.*

# ROSH HASHANAH 5785

## FAMILY SERVICES

### SHALEM SERVICE (9:30-10:15)

*Alyth: Leo Baeck Hall*

Join Rabbi Hannah and Han for our newly created Rosh Hashanah service for all children and families with additional needs.

### ROSH HASHANAH GESHER (10:00-11:00)

*Alyth: Beit Tefillah*

Our musical service providing a bridge between our youngest family services and the next stage in Alyth families' prayer life. This is ideal for those who feel they are too old for Sensory, but not quite ready for Big Bang.

### ROSH HASHANAH SENSORY (11:00-12:00)

*Alyth: Leo Baeck Hall*

Join Rabbi Hannah, Han 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)

*Alyth: Beit Tefillah*

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.

## YOUTH & EDUCATION HUB ACTIVITIES

*Alyth: Kindergarten and Upstairs Hall*

*AND Sternberg Centre: Manor House 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), these areas 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.

## ROSH HASHANAH AFTERNOON THURSDAY 3 OCTOBER

### TASHLICH TOGETHER (16:00)

*NW11 7AR (the bottom of Heathgate)*

If you would like company for the symbolic 'casting away of sins', join us for a brief Tashlich ceremony on the Heath Extension on Rosh Hashanah afternoon. Please meet at 15:50 for a 16:00 start at the bottom of Heathgate where it meets Meadway.

Perform the ritual of Tashlich yourself in your own time. A service guide can be found at [www.alyth.org.uk/tashlich](http://www.alyth.org.uk/tashlich).



## EREV SECOND DAY ROSH HASHANAH THURSDAY 3 OCTOBER

### EREV ROSH HASHANAH SERVICE (18:30)

*Alyth: Cecil Rosen Hall*

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

[Click here](#)  
for Zoom

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## SECOND DAY ROSH HASHANAH FRIDAY 4 OCTOBER

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 our Alyth members.

### COMMUNITY SHACHARIT SERVICE (10:15)

*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](#)  
for Zoom

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### FAMILY TORAH AND MUSAF SERVICE (11:15)

*Alyth: Upstairs Hall*

An immersive telling of the story with activities to help you explore what the Torah portion is 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 before the Torah service. This will be followed by a choice of two services:*

### CHORAL TORAH AND MUSAF SERVICE (11:15)

*Alyth: Beit Tefillah*

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

Use the  
same link as  
Community  
Shacharit  
Service

### TORAH STUDY AND GUITAR-LED MUSAF SERVICE (11:45)

*Alyth: Cecil Rosen Hall*

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

[Click here](#)  
for Zoom

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