



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.

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.

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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).

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

KOL NIDRE FRIDAY 11 OCTOBER

THE FAST COMMENCES AT 18:02

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 different options reflecting the diverse prayer needs of our community.

KOL NIDRE (18:45)

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 18:45. Please note that there will be no entry to the Marquee while the cello is being played. At 19:00, we will reopen the doors, before we rise together and remove our Sifrei Torah for the ritual of Kol Nidre.

The sermon will be given by Rabbi Hannah at approximately 19:15.

Followed by a choice of four options at approximately 19:45:

CHORAL KOL NIDRE SERVICE

Sternberg Centre: Marquee

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

KOLLOT NIDRE

Sternberg Centre: Manor House - Old Synagogue

A Kollot style service containing familiar melodies sung together.

SOUL NIDRE

Sternberg Centre: Manor House - Drawing Room

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

YOUNG / PRE-TEEN / TEEN NIDRE

Sternberg Centre: Akiva Classroom

Three different age-appropriate activities with the Youth and Education Hub.

Young and Pre-Teen Nidre start at 19:15, with Teen Nidre starting after the sermon at 19:45.

[Click here](#)
for Zoom

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Use the
same link as
Kol Nidre

[Click here](#)
for Zoom

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824687

[Click here](#)
for Zoom

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YOM KIPPUR MORNING SATURDAY 12 OCTOBER

Morning services take place at Alyth and the Sternberg Centre.

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

SHACHARIT

KOLLOT SHACHARIT SERVICE (10:00-11:45)

Alyth: Beit Tefillah

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](#)
for Zoom

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

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](#)
for Zoom

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TORAH SERVICES

KOLLOT TORAH SERVICE (11:45-12:30)

Alyth: Beit Tefillah

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

Weather Depending:

Join Rabbi Hannah for a walk over to the Sternberg Centre with other Alyth congregants.

Uses the
same link as
the Shacharit
Services

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

Sternberg Centre: Marquee

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

YOM KIPPUR STUDY TRACK: THE BITS IN BLUE

This year's Yom Kippur study sessions will explore the additional readings in the new Reform Machzor.

YOM KIPPUR MORNING SATURDAY 12 OCTOBER

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: Cecil Rosen Hall

Join Rabbi Hannah, Han 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: Cecil Rosen Hall

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 and the Gesher Guitarists.

JOIN US IN THE MARQUEE AT 15:00 FOR A SPECIAL MUSICAL MINCHA SERVICE FOR ALL GENERATIONS.

YOUTH & EDUCATION HUB ACTIVITIES

Alyth: Kindergarten and Upstairs areas

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.

YOM KIPPUR THROUGH THE AFTERNOON

Please note: water and food will be available 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 Old Synagogue, the Tefillah and Spirituality Track in the Manor House or Akiva ground floor classrooms, and the Study Track in the Manor House Drawing Room.

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 (13:30-14:15)

Sternberg Centre: Manor House - Old Synagogue

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

[Click here](#)
for Zoom

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STUDY SESSION: MUSAF AVODAH (13:30-14:30)

Sternberg Centre: Manor House - Drawing Room

Led by Rabbi Nicola.

[Click here](#)
for Zoom

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YOM KIPPUR MUSAF MARTYROLOGY

MUSAF MARTYROLOGY SERVICE (14:30-15:15)

Sternberg Centre: Manor House - Old Synagogue

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 Viv Bellow.

Use the
same link as the
Musaf Avodah
Service

WELL BEING SERVICE: A REFLECTION FOR OURSELVES (14:30-15:15)

Sternberg Centre: Manor House - 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](#)
for Zoom

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749639

STUDY SESSION: MUSAF MARTYROLOGY (14:30-15:15)

Sternberg Centre: Manor House - Drawing Room

Led by Cantor Sarah.

Use the
same link as the
earlier Study
Session

MUSICAL MINCHA IN THE MARQUEE

MUSICAL MINCHA IN THE MARQUEE (15:00-16:00)

Sternberg Centre: Marquee

Join Rabbi Hannah, 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.

YOM KIPPUR MINCHA

MINCHA SERVICE (15:30-16:45)

Sternberg Centre: Manor House - Old Synagogue

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

Use the
same link as
the Musaf
Services

MINCHA MEDITATION (15:30-16:45)

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](#)
for Zoom

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STUDY SESSION: MINCHA (15:30-16:45)

Sternberg Centre: Manor House - Drawing Room

Led by Rabbi Josh.

Use 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 four 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 2023.

Please send all contributions to the Memorial Book to lynette@alyth.org.uk by 8 October.

YOM KIPPUR YIZKOR AND NEILAH

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

YIZKOR SERVICE (17:00-17:45)

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](#)
for Zoom

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REFLECT WITH YEH (17:00-18:55)

Sternberg Centre: Akiva Classroom

Reflect together on 5784 and prepare form 5785. 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.

SERMON AND NEILAH SERVICE (17:45-19:01)

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.

Use the
same link as
the Yizkor
Service

HAVDALLAH AND BREAKING THE FAST (19:01)

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.