

## Selichot

**Saturday 13 September (18:00)**

We are delighted to be joined by author, Francesca Segal who will be introducing us to her new book, *Island Calling*. Join us for this exciting book launch, followed by a light supper at 19:00 and our Selichot service, starting at 20:00.

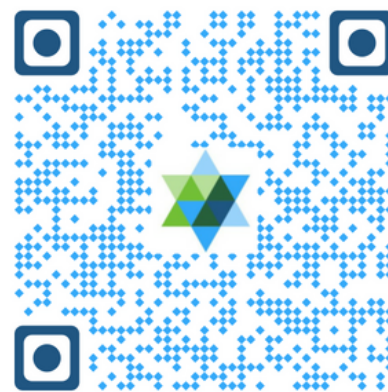
[Click here](#) to let us know you are attending so that we can cater appropriately.



## Wellbeing Day

**Wednesday 17 September (9:30 - 16:00)**

Please join us for a day of information and practice regarding our own wellbeing as we focus on the impending Jewish New Year. Topics include: How To Live Well; How To Eat Well; Neurobics; Getting Your House In Order (wills, LPA etc); Items To Make Everyday Living Easier; Yoga, Reiki and other help therapies and much more. Register your interest by clicking on the QR code below. Donation: £15.



 Alyth





## **The New Year for Animals Annual Dog Walk** **Sunday 14 September (10:00)**

According to the Mishnah, 1 Elul is the New Year for animals. Join Rabbi Hannah, Bailey (Marc and Lior) and the rest of the team for a walk on the Heath Extension and a run for our furry friends. We will meet at the Alyth gates and walk from there. If your kids go to SMG, pick up a bagel and coffee and join us for this walk. Come with or without a dog (but with an umbrella just in case!)





## How To Talk About The 'Big Stuff' With Your Children/Parents Thursday 18 September (19:00)

Two parallel sessions, one for children in Years 5 - 7 and one for their adults, on how to talk and listen when the conversation gets onto the 'big stuff'. As your children enter a transitional phase of their lives, leading up to secondary school and b'nei mitzvah, we hope this session will empower you all to face some of those difficult conversations.



## **First High Holy Days At Alyth Information Evening & Supper Tuesday 9 September (19:00)**

If you are spending your first High Holy Days with us at Alyth, we invite you to join us for a light supper with Sam (Head of Member Engagement) and the Alyth Clergy team to look through the programme in detail and help you find which space is right for you. Please let us know if you are intending on coming for catering purposes or if you have any questions by emailing: [sam@alyth.org.uk](mailto:sam@alyth.org.uk) or call on 020 8457 8796.