



To pray. To learn. To live. Together.

# HIGH HOLY DAYS (5786 - 2025) IN DETAIL GUIDE

## 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  
AND TAKE PLACE AT ALYTH AND THE STERNBERG CENTRE



## MACHZOR - PRAYER BOOK

IN ALL SERVICES, APART FROM FAMILY & ALTERNATIVE SERVICES, WE  
WILL BE USING THE NEW (2024) MACHZOR. THESE CAN BE  
PURCHASED BY SCANNING THE QR CODE. THEY WILL ALSO BE ON  
SALE AT ALYTH ON SUNDAY 14 SEPTEMBER (10-12)



## 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 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 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 LOOK CAREFULLY AT THE PROGRAMME TO ENSURE THAT YOU ATTEND THE STYLE OF SERVICE WHICH BEST MEETS YOUR NEEDS.

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

### 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?

All services, apart from family and some alternative services will be using the new Reform Judaism Machzor. Please bring your personal copies as Alyth will not be able to provide spares.

Please [click here](#) to purchase your copy.

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 the morning of Monday 22 September and for Yom Kippur, from the morning of Wednesday 1 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. We will therefore be offering some of our programme online.

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 5786

## 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 at the [Sternberg Centre](#) on both Rosh Hashanah and Yom Kippur.

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 accept responsibility for children when they are in the Hub, but when children are around the site, they remain the responsibility of their parents.

We are not prescriptive about the ages of our family services. Here is an overview so that you can decide which are the most appropriate for your family:

- SHALEM is for all children and families with additional needs.
- SENSORY is designed to stimulate your babies' senses in the first years of their life.
- GESHER is when your child feels too old for Sensory, but Big Bang feels too grown up.
- BIG BANG is our participative musical tefillah experience for all the family with musicians on guitar and drums.
- INTERGENERATIONAL SERVICES AND GESHER MINCHA are for all generations.

On Yom Kippur, one of the ground floor Akiva classrooms will be made available for families to eat their lunch if they wish to stay at the Sternberg Centre throughout the day.

## SELICHOT SATURDAY 13 SEPTEMBER

### SELICHOT: ISLAND CALLING

**SATURDAY 13 SEPTEMBER (18:00)**

Before our Selichot service, and as we begin our period of deep personal reflection and discovery, we are excited to invite back Francesca Segal to explore her newest book, 'Island Calling'. Revisit the remote island of Tuga with us and vet Charlotte Walker, as she discovers more about her father, her love interest and herself as she escapes from her real life in London. Our book launch will be followed by a light supper and our Selichot service, where we will hear for the first time some of our High Holy Day melodies, to truly get us in the mood for this festive season.

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

## KOL NIDRE WEDNESDAY 1 OCTOBER

### THE FAST COMMENCES AT 18:24

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 RITUAL (19:00)

*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 19:00. Please note that there will be no entry to the Marquee while the cello is being played.

At 19:15, we will reopen the doors, before we rise together and remove our Sifrei Torah for the ritual of Kol Nidre.

[Click here](#)  
for Zoom

825 5918 6525  
785089

### KOL NIDRE SERMON (19:30)

*Sternberg Centre: Marquee*

Given by Rabbi Josh Levy (Alyth's Emeritus Rabbi, Chief Executive of the Movement for Reform Judaism and Co-Lead of Progressive Judaism).

Followed by a choice of five options at approximately 20:00.

### CHORAL KOL NIDRE SERVICE

*Sternberg Centre: Marquee*

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

### KOLLOT NIDRE

*Sternberg Centre: Akiva School Hall*

Our informal, unaccompanied, participatory service which takes place in the round, largely in Hebrew, containing familiar melodies sung together.

[Click here](#)  
for Zoom

850 6034 7771  
419423

### 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 and Justin Wise.

[Click here](#)  
for Zoom

840 8155 0527  
311220

### YOUTH HUB FOR PRE-TEENS

*Sternberg Centre: Akiva Classroom 1*

Activities with the Youth and Education Hub.

### TEEN NIDRE

*Sternberg Centre: Akiva Classroom 2*

With Rabbi Hannah and the Youth and Education team.

## YOM KIPPUR MORNING THURSDAY 2 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 SERVICES

#### KOLLOT SHACHARIT SERVICE (10:00-12:00)

*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

838 4715 3081  
419423

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

*Sternberg Centre: Marquee*

Our choral service with the beautiful sound of the Alyth choir. There will be a supervised kids area for children so that parents can enjoy the opportunity to pray.

[Click here](#)  
for Zoom

871 6747 2129  
785089

*The sermon will be given by Rabbi Elliott in both the Choral and Kollot services.  
There will be a supervised Kids Corner in both services*

### TORAH SERVICES

#### KOLLOT TORAH AND MUSAF SERVICE (12:00-13:30)

*Alyth: Beit Tefillah*

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

*Weather Depending:*

*Please feel free to join the Alyth EcoShul Team walk over to the Sternberg Centre.*

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.

#### STUDY SESSION (12:30-13:15)

*Sternberg Centre: Akiva 1st Floor Room*

Led by Rabbi Elliott.

[Click here](#)  
for Zoom

816 5950 2951  
311220

## YOM KIPPUR MORNING THURSDAY 2 OCTOBER

### FAMILY SERVICES

On Yom Kippur, our Family Services will be taking place at both Alyth and the Sternberg Centre. Please check the location of your chosen service. Youth and Education activities will be taking place at the Sternberg Centre. Please see overleaf for more information.

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

*Alyth: Leo Baeck Hall*

Join Rabbi Hannah 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.

### INTERGENERATIONAL GUITAR SERVICE (11:30-12:45)

*Sternberg Centre: Akiva School Hall*

Join us for a joyful musical Shacharit service for all generations. Led by Rabbi Hannah with a band of musicians, this service blends traditional Yom Kippur liturgy with familiar Shabbat melodies.

**JOIN US AT 16:00 FOR A SPECIAL GESHER MINCHA SERVICE FOR ALL GENERATIONS.**

### YOUTH & EDUCATION HUB ACTIVITIES

**10:30-13:30**

*Sternberg Centre: Akiva Classrooms 2 & 3*

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 accept responsibility for children when they are in the Hub, but when children are around the site, they are the responsibility of their parents/carers.

### FAMILY FOOD

One of the ground floor Akiva classrooms will be made available for families to eat their lunch if they wish to stay at the Sternberg Centre throughout the day.



## 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 of Classical services, alternative services and sessions, and Study sessions.

Follow one track through the afternoon, or to go to individual sessions that appeal to you.

## YOM KIPPUR MUSAF AVODAH

### CHORAL MUSAF AVODAH SERVICE (13:30-14:20)

*Sternberg Centre: Akiva School Hall*

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

[Click here](#)  
for Zoom

811 1415 4233  
419423

### STUDY SESSION (13:30-14:20)

*Sternberg Centre: Akiva 1st Floor Room*

Led by Rabbi Nicola.

Use the  
same link as the  
earlier Study  
Session

### SACRIFICE THROUGH MUSIC AND ART (13:30-14:20)

*Sternberg Centre: Akiva Classroom 1*

The alternative to temple sacrifice is worship of God. But when can that also feel like a sacrifice? And how can we prevent the loss of ourselves in the process of connection? Join Rabbi Hannah and Abi Brunner for a session of art, singing and study.

## YOM KIPPUR MUSAF MARTYROLOGY

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

*Sternberg Centre: Akiva School Hall*

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 Hannah and Cantor Sarah Grabiner.

Use the  
same link as the  
Musaf Avodah  
Service

# YOM KIPPUR 5786

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

*Sternberg Centre: Manor House - Drawing Room*

Join Lynette and Rabbi Elliott 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

825 8696 0104  
667357

## STUDY SESSION (14:30-15:30)

*Sternberg Centre: Akiva 1st Floor Room*

Led by Rabbi Dr Deborah Kahn-Harris.

Use the  
same link as the  
earlier Study  
Session

## YOM KIPPUR MINCHA

### MINCHA SERVICE (16:00-17:15)

*Sternberg Centre: Marquee*

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

[Click here](#)  
for Zoom

811 3392 5460  
785089

### MINCHA MEDITATION (16:00-17:00)

*Sternberg Centre: Akiva Classroom 1*

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

810 8359 0578  
667357

### STUDY SESSION: MINCHA (16:00-17:00)

*Sternberg Centre: Akiva 1st Floor Room*

Led by Cantor Sarah Grabiner.

Use the  
same link as the  
earlier Study  
Session

## GESHER MINCHA FOR ALL GENERATIONS

### GESHER MINCHA (16:00-17:00)

*Sternberg Centre: Akiva School Hall*

A special Yom Kippur version of our 'Gesher' family service for all generations. 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.



## 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](mailto:lynette@alyth.org.uk) or call her on 020 8457 8793.

### MEMORIAL BOOK

For each of the past five 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 2024.

Please send all contributions to the Memorial Book to [lynette@alyth.org.uk](mailto:lynette@alyth.org.uk) by 26 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.

Use the  
same link as  
the Mincha  
Service

### REFLECT WITH YEH (17:30-19:00)

*Sternberg Centre: Akiva Classroom 2*

Reflect together on 5785 and prepare form 5786. 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 (18:15-19:21)

*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 Nicola.

Use the  
same link as  
the Yizkor  
Service

### HAVDALLAH AND BREAKING THE FAST (19:23)

*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.