



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.

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).

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.

ROSH HASHANAH 5786

EREV ROSH HASHANAH MONDAY 22 SEPTEMBER

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.

The D'var Torah will be given by Rabbi Colin.

[Click here](#)
for Zoom

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ROSH HASHANAH MORNING TUESDAY 23 SEPTEMBER

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.

JEWISH MINDFULNESS MEDITATION (9:00)

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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AT THE STERNBERG CENTRE

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

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TORAH STUDY BREAKOUT (12:00 APPROX)

Sternberg Centre: Akiva Classroom 1

During the Torah Service there will be 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: Beit Tefillah

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 by Rabbi Hannah in both the Kollot and Choral services.

ROSH HASHANAH 5786

FAMILY SERVICES

SHALEM SERVICE (9:30-10:15)

Alyth: Leo Baeck Hall

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

ROSH HASHANAH GESHER (9:30-10:30)

Alyth: Cecil Rosen Hall

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. Led by Rabbi Elliott, Abi Brunner and the Gesher Guitarists.

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

Alyth: Leo Baeck Hall

Join Izzie, Han Wood, and the dungareenies 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. Includes the sounding of the shofar.

ROSH HASHANAH BIG BANG (11:00-12:45)

Alyth: Cecil Rosen Hall

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 Cantor Sarah Grabiner and the Big Bang musicians. Includes the sounding of the shofar.

YOUTH & EDUCATION HUB ACTIVITIES

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 remain the responsibility of their parents/carers.

ROSH HASHANAH AFTERNOON TUESDAY 23 SEPTEMBER

TASHLICH TOGETHER WITH RABBI NICOLA (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.

Or perform the ritual of Tashlich yourself in your own time. A service guide can be found at www.alyth.org.uk/tashlich.

EREV SECOND DAY ROSH HASHANAH TUESDAY 23 SEPTEMBER

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 WEDNESDAY 24 SEPTEMBER

We join as a whole community together at Alyth for prayer, Torah and shofar.

CHORAL SHACHARIT SERVICE (10:15)

Alyth: Beit Tefillah

Our choral service with the beautiful sound of the Alyth choir.

The sermon will be given by Cantor Sarah Grabiner.

With an unsupervised Kids' Corner.

[Click here](#)
for Zoom

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INTERGENERATIONAL GUITAR LED SHACHARIT (10:30)

Alyth: Cecil Rosen Hall

Join us for a joyful musical Shacharit service for all generations. Led by Rabbi Hannah and Rabbi Elliott, this service blends traditional Rosh Hashanah liturgy with familiar Shabbat melodies.

[Click here](#)
for Zoom

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CHORAL TORAH AND MUSAF SERVICE (11:30)

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.

INTERGENERATIONAL TORAH CHAVRUTA & MUSAF (11:30)

Alyth: Cecil Rosen Hall

The service continues with participants of all ages coming together for Torah learning. Through guided chavruta study, we will explore the Torah portion, sparking conversation, connection, and mutual learning across age groups. The service will conclude with a Musaf.

Use the
same links as
above

ROSH HASHANAH B'YACHAD LUNCH (13:00)

Alyth: Leo Baeck Hall

Please join us for a communal lunch after the services.

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