



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.

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

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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

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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

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311220

YOUTH HUB FOR PRE-TEENS

Sternberg Centre: Akiva Classroom 2

Activities with the Youth and Education Hub.

TEEN NIDRE

Sternberg Centre: Akiva Classroom 1

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.

STUDY SESSIONS

This year, all our Yom Kippur study sessions will focus on Avinu Malkeinu – the prayer that we say and the ideas it evokes. Each of our four study sessions will examine this core part of the High Holy Day liturgy and provoke us to think and use the prayer as a way of examining our own lives.

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

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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. 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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*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

Who is doing God's PR? Why we worry about God's reputation.
Led by Rabbi Elliott.

[Click here](#)
for Zoom

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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 Izzie, Han Wood 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

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STUDY SESSION (13:30-14:20)

Sternberg Centre: Akiva 1st Floor Room

How (if at all) should we address the Divine? Is Avinu Malkeinu (Our Father, Our King) “redundant masculine imagery” as has been suggested, or is it still meaningful? What are some of the alternatives? 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

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667357

STUDY SESSION (14:30-15:30)

Sternberg Centre: Akiva 1st Floor Room

Humility in an Age of Hubris.

Led by Rabbi Professor 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

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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

The surprising Hope in Human Deedlessness

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, Rabbi Elliott 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 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 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 (17:15-19:00)

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 (18:15-19:23)

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.