

Shabbat B’reishit

26 Tishri 5786 / 17 & 18 October 2025

Erev Shabbat

18:30 ‬‬ ‬Erev Shabbat Service (in the Beit Tefillah)

Led by Rabbi Hannah and Rabbi Elliott.

Shabbat Morning

9:15 ‬‬ ‬Shabbat Shiur (in the Leo Baeck Hall)

You've heard of Eve... but did you know that Adam had a wife before her? One who refused to be submissive, and decided on a life of independence instead? Meet Lilith, Queen of the Demons, who has embodied the fears of men and women alike, but also served as inspiration for the rebellious amongst us. Please join Student Rabbi Yael Tischler to discuss Lilith Queen of the Demons.

10:30 ‬‬ ‬Shabbat Morning Service (in the Beit Tefillah)

Led by Rabbi Elliott and Rabbi Hannah, with guitar.

The Torah will be read by Sophie Kustow and Rabbi Elliott.

The Sermon will be given by Rabbi Hannah.

There will be an unsupervised kids corner.

10:30 ‬‬ ‬Gesher Service (in the Cecil Rosen Hall)

Our musical service providing a bridge between our youngest family services and the next stage in Alyth families’ prayer life.

Led by Izzie, Eszter and the Gesher Guitarists.

Highlight... this week

How To Talk About The ‘Big Stuff’ With Your Children / Parents

Thursday 23 October (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. Please contact sam@alyth.org.uk for further information.

Shabbat Services at Alyth

Throughout Jewish history, Shabbat has been at the heart of Jewish life, a distinctive and special time, different from the working week. At Alyth, we strive to uphold this holiness of Shabbat, with learning and multiple services to meet the needs of the community. Please help us to ensure that everyone can pray and participate by thinking about the needs of those around you. If you need to leave the service to avoid disturbing others, please note that the service can be watched on livestream, this week in the kindergarten.

To help us to separate Shabbat from the rest of the week, please switch off your mobile phone, and do not take photographs or video, or smoke/vape on the premises on Shabbat.

When we want to show appreciation during a service, it is traditional not to applaud but to shout ‘*yasher koach*’ or ‘*sh’koach*’, which means ‘strength to you.’ Please refrain from applauding but join in this greeting.

In case of an emergency, evacuation of the building is either through the main entrance doors, congregating on Temple Grove, or via the kindergarten into the cemetery. Please do not gather on Alyth Gardens as this may block emergency services access.

We will make Kiddush together over wine and challah on Friday nights & Shabbat mornings to end our services. We ask that you please not drink or eat until we have said the blessings.

On Shabbat, as through the week, we rely on the contribution of many of our members. Thank you to everyone who has helped to make this Shabbat special. *Shabbat Shalom.*

Additional Songs and Readings for Shabbat

Sham’ah vatis’mach

Words: Psalm 97:8 / Music: Daphna Rosenberg

שְׁמַעַה וּתְשַׁמַּח, צִיּוֹן, וּתְגַלְנָה, בְּנוֹת יְהוּדָה
Sham'ah vatismach sham'ah vatismach Tsiyyon Tsiyyon
Vatageilnah b'not Y'hudah

Zion heard and rejoiced, the daughters of Judah were glad.

Or Zarua

Words: Psalm 97:11 / Music: Jeff Klepper

אור-זָרַע לְצַדִּיק וּלְיִשְׂרָאֵל שְׁמַחָה:

Or zaru'a la-tsaddik, ul'yishrei leiv simchah

A harvest of light is sown for the righteous, and joy for the constant heart

Rom’mu

Words: Psalm 99:9 / Music : Craig Taubman

רוֹמְמוּ יְהוָה אֱלֹהֵינוּ וְהִשְׁתַּחוּ לְהַר קְדֹשׁוֹ
כִּי־קָדוֹשׁ יְהוָה אֱלֹהֵינוּ:

Rom’mu Adonai eloheinu, v'hishtachavu l'har kodsho, ki kadosh Adonai eloheinu

Exalt the Eternal our God, bow down before God's holy mountain,

for holy is the Eternal our God.

Blessing on lighting Shabbat candles

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת:

Baruch attah Adonai eloheinu melech ha-olam, asher kidd'shanu b'mitsvotav, v'tsivvanu l'hadlik neir shel shabbat.

Blessed are You, our Living God, Sovereign of the universe, whose commandments make us holy, and who commands us to light the Sabbath candles.

Hashkiveinu

Music: Dan Nichols

הַשְׁכִּיבֵנוּ יְהוָה אֱלֹהֵינוּ לְשָׁלוֹם וְהַעֲמִידֵנוּ שׁוֹמְרֵינוּ לְחַיִּים

Hashkiveinu Adonai eloheinu l'shalom, v'ha'amideinu shomreinu l'chayyim

Spread the shelter of Your peace over us; Guide us in wisdom, compassion and trust

Save us for the sake of Your name; Shield us from hatred, sorrow and pain

בָּרוּךְ אַתָּה יְהוָה. הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עַלְיָנוּ וְעַל-עַמּוֹ יִשְׂרָאֵל וְעַל-כָּל־הָעוֹלָם:

Baruch attah Adonai, ha-poreis sukkat shalom aleinu v'al ammo yisra'el, v'al kol ha-olam

Blessed are You God, spreading the shelter of peace over us, over Your people Israel, and over all the world.

A Prayer for the Return of those Lost

Eternal God, the return of 20 living hostages and the hope of ceasefire holding has filled our hearts with joy. Yet we still grieve for those families for whom hope has been extinguished. We share their pain, for loved ones murdered in unthinkable circumstances, whose bodies have been returned among the living. For those families, we pray that the return of their loved ones will give them closure.

And we continue to hold in our hearts those families who are still waiting in uncertainty, without the knowledge of where their loved ones are, still unable to grieve fully. We pray that in time they are able remember their loved ones for the joy of their lives, rather than the tragedy of their deaths.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם מְתִיר אֲסוּרִים:

Baruch attah Adonai eloheinu melech ha-olam matir asurim.

Blessed are You our Living God, who frees captives.

Ana El Na

Words: based on Numbers 12:13 / Music: Daphna Rosenberg and Naveh Agmon

אָנָּא אֵל נָּא רַפָּא נָּא לָּהּ

Ana El na, r’fa na la

Please God, please bring healing.

Oseh Shalom

Music: Yoel Sykes

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם עַלְיָנוּ וְעַל כָּל־יִשְׂרָאֵל וְעַל־כָּל־יְיּוֹשְׁבֵי תְּבֵל וְאַמְרוּ אָמֵן:

Oseh shalom bimromav, hu ya'aseh shalom aleinu v'al kol yisra'el, v'al kol yoshvei tevel v'imru amen.

May the Maker of peace in the highest bring this peace upon us, upon all Israel and upon all who inhabit the world. Amen.

Od Yavo Shalom Aleinu

Music: Mosh ben Ari

עוֹד יָבוֹא שְׁלוֹם עַלְיָנוּ וְעַל כָּלָם: סְלָאם. עַלְיָנוּ וְעַל־כָּל־הָעוֹלָם. סְלָאם סְלָאם:

Od yavo shalom aleinu x3, v'al kulam.

Salaam, aleinu v'al kol ha-olam, salaam, salaam. X2

Peace will come to us, and everyone. Salaam, peace for us and for all the world, peace, peace.

Hineh Ma Tov

Words: Psalm 133:1

הִנֵּה מַה־טוֹב וּמַה־נָּעִים שְׁכֶת אַחִים גַּם־יַחַד:

Hineh ma tov uma na'im shevet achim gam yachad

How good it is and how pleasant when brothers live in unity together.

Torah Portion for Shabbat B’reishit

Genesis 3:1-13

א וַהֲנַחֵשׁ הָיָה עָרוֹם מְכַל חֵית הַשָּׂדֶה אֲשֶׁר עָשָׂה יְהוָה אֱלֹהִים וַיֹּאמֶר אֶל־הָאִשָּׁה אַף כִּי־אָמַר אֱלֹהִים לֹא תֹאכְלוּ מִכָּל עֵץ הָגֶן: **ב** וּתְאַמַּר הָאִשָּׁה אֶל־הַנָּחַשׁ מִפְּרִי עֵץ־הָגֶן נֹאכָל: **ג** וּמִפְּרִי הָעֵץ אֲשֶׁר בְּתוֹךְ־הָגֶן אָמַר אֱלֹהִים לֹא תֹאכְלוּ מִמֶּנּוּ וְלֹא תִגְעוּ בּוֹ פֶּן תָּמוּתוּן:

¹Now the serpent was the shrewdest of all the wild beasts that God the Eternal had made. It said to the woman, “Did God really say: You shall not eat of any tree of the garden?” ²The woman replied to the serpent, “We may eat of the fruit of the other trees of the garden. ³It is only about fruit of the tree in the middle of the garden that God said: ‘You shall not eat of it or touch it, lest you die.

ד וַיֹּאמֶר הַנָּחַשׁ אֶל־הָאִשָּׁה לֹא־מוֹת תָּמוּתוּן: **ה** כִּי יִדַּע אֱלֹהִים כִּי בְיוֹם אֲכָלְכֶם מִמֶּנּוּ וּנְפַקְחוּ עֵינֵיכֶם וְהִייתֶם כְּאֱלֹהִים יֹדְעֵי טוֹב וָרָע: **ו** וּתְרֹא הָאִשָּׁה כִּי טוֹב הָעֵץ לְמֹאכָל וְכִי תֹאנֶה־הִוא לְעֵינַיִם וּנְחַמֵּד הָעֵץ לְהִשְׂכִּיל וּתִקַּח מִפְּרִיו וּתֹאכַל וּתְתֵן גַּם־לְאִישָׁהּ עִמָּה וַיֹּאכַל: **ז** וּתַפְקַחְנָה עֵינֶי שִׁנְיָהֶם וַיִּדְעוּ כִּי עִירְמָם הֵם וַיִּתְּפְרוּ עָלֶה תֹאנָה וַיַּעֲשׂוּ לָהֶם חֲגֹרֶת: **ח** וַיִּשְׁמְעוּ אֶת־קוֹל יְהוָה אֱלֹהִים מֵתְּהִלָּד בִּגֵּן לְרוּחַ הַיּוֹם וַיִּתְּחַבֵּא הָאָדָם וְאִשְׁתּוֹ מִפְּנֵי יְהוָה אֱלֹהִים בְּתוֹךְ עֵץ הָגֶן:

⁴And the serpent said to the woman, “You are not going to die,⁵but God knows that as soon as you eat of it your eyes will be opened and you will be like divine beings who know good and bad.” ⁶When the woman saw that the tree was good for eating and a delight to the eyes, and that the tree was desirable as a source of wisdom, she took of its fruit and ate. She also gave some to her husband, and he ate. ⁷Then the eyes of both of them were opened and they perceived that they were naked; and they sewed together fig leaves and made themselves loincloths. ⁸They heard the sound of God the Eternal moving about in the garden at the breezy time of day; and the Human and his wife hid from God the Eternal among the trees of the garden.

ט וַיִּקְרָא יְהוָה אֱלֹהִים אֶל־הָאָדָם וַיֹּאמֶר לוֹ אֵיכָּה: **י** וַיֹּאמֶר אֶת־קִלְךָ שָׁמַעְתִּי בִגֵּן וַאֲיֹרָא כִּי־עִירַם אָנֹכִי וּאֲחַבָּא: **יא** וַיֹּאמֶר מִי הִגִּיד לְךָ כִּי עִירַם אֲתָה הֵמָּן־הָעֵץ אֲשֶׁר צִוִּיתִיךָ לִבְלֹתִי אֲכַל־מִמֶּנּוּ אָכַלְתָּ: **יב** וַיֹּאמֶר הָאָדָם הָאִשָּׁה אֲשֶׁר נָתַתָּה עִמָּדִי הִוא נָתַנָּה־לִּי מִן־הָעֵץ וָאֹכַל: **יג** וַיֹּאמֶר יְהוָה אֱלֹהִים לָאִשָּׁה מַה־נָּתַת עֲשִׂית וּתְאַמַּר הָאִשָּׁה הִנָּחֵשׁ הִשְׁיֹאֲגִי וָאֹכַל:

⁹God the Eternal called out to the Human and said to him, “where are you?” ¹⁰He replied, “I heard the sound of You in the garden, and I was afraid because I was naked, so I hid.” ¹¹“Who told you that you were naked? Did you eat of the tree from which I had forbidden you to eat?” ¹²The Human said, “the woman You put at my side—she gave me of the tree, and I ate.” ¹³And God the Eternal said to the woman, “what is this you have done!” The woman replied, “the serpent duped me, and I ate.”

Haftarah for Shabbat B’reishit

Isaiah 61:1-11

¹The spirit of my Sovereign God is upon me, because God has anointed me. I have been sent as a herald of joy to the humble, to bind up the wounded of heart, to proclaim release to the captives, liberation to the imprisoned; ² to proclaim a year of God’s favour and a day of vindication by our God; to comfort all who mourn— ³ To provide for the mourners in Zion— to give them a turban instead of ashes, the festive ointment instead of mourning, a garment of splendour instead of a drooping spirit. They shall be called terebinths of victory, planted by God for glory’s sake. ⁴ And they shall build the ancient ruins, raise up the desolations of old, and renew the ruined cities, the desolations of many ages.

⁵ Strangers shall stand and pasture your flocks, aliens shall be your plowers and vine-trimmers; ⁶ while you shall be called “Priests of God,” and termed “Servants of our God.” You shall enjoy the wealth of nations and revel in their riches. ⁷ Because your shame was double— men cried, “Disgrace is their portion”— assuredly, they shall have a double share in their land; joy shall be theirs for all time.

⁸ For I God love justice, I hate robbery with a burnt offering. I will pay them their wages faithfully, and make a covenant with them for all time. ⁹ Their offspring shall be known among the nations, their descendants in the midst of the peoples. All who see them shall recognize that they are a stock God has blessed. ¹⁰ I greatly rejoice in God, my whole being exults in my God— who has clothed me with garments of triumph, wrapped me in a robe of victory, like a bridegroom adorned with a turban, like a bride bedecked with her finery. ¹¹For as the earth brings forth her growth and a garden makes the seed shoot up, so my Sovereign God will make victory and renown shoot up in the presence of all the nations.

Coming up in November

Thursday Lecture Series

Thursdays From 13 November (19:00)

We are delighted to be bringing you a series of lectures throughout November and December, bringing together people from the arts, legal world and charity. Speakers include: Thursday 13 November: Tim Franks in conversation with Peter Hyman.

Thursday 20 November: Laura Marks (to mark the 20th anniversary of Mitzvah Day).

Thursday 27 November: Nigel Leskin and Sonia Routledge to host a Q&A session around immigration and the myths surrounding the subject.

Thursday 4 December: Carolina Guiloff, criminal defence specialist, will talk about her career.

Actor Elliot Levey will join us in the New Year to talk about his role in Giant.

For further information, please email sam@alyth.org.uk.

New Members Breakfast

Saturday 15 November (9:15)

We are delighted to have welcomed over 100 new members since January 2025. Thank you for being with us. If you have recently joined the community, please join us for breakfast before the Shabbat service. This will be an opportunity to meet one another and members of the Alyth team and lay leadership. Contact sam@alyth.org.uk for more information.

Secret Cinema - Years 5 & 6

Saturday 15 November (17:00)

Join us for an evening of games, adventures, dinner, and immersive cinema. This is a social event where you can expect to see friends old and new. The movie is a secret for now but look online at the flyer to get some clues and to sign up if you would like your child(ren) to participate. Contact eszter@alyth.org.uk for more information.

Mitzvah Day

Sunday 23 November

To celebrate Mitzvah Day’s 20th anniversary, we are excited to announce a week of activities in the lead up to Sunday 23 November.

We start the week with a concert on **Sunday 16 November** celebrating all the Alyth choirs, including the Community Choir, Singing for Pleasure, Refugee Choir and AYS Alumni, as well as performances from our drama groups. Throughout the week, there will be opportunities to donate to a food bank, cooking for our Winter Shelter and one of our lecture series culminating on Sunday 23 November with intergenerational activities.

More details to follow in the weekly email.

Community News

Alyth is built on a foundation of mutual care, in which we share one another’s joys and sorrows, and accompany one another through our life journeys.

On this Shabbat we celebrate with:

Sophie Kustow, who is reading Torah for the first time in our Shabbat morning service to celebrate becoming Bat Mitzvah

Lisa and Zaeв Leonard, on the baby blessing of their son, Nathaniel

Rebecca Hore and Ollie Craig, on the baby blessing of their daughter, Ella

Beatrice Kelly and Gabriel Pogrund, on the baby blessing of their daughter, Dorothy

We regret to announce the death of:

Jack Herman, husband of Carmel Herman and father of Jackie Jacobs and Marty Truman

We join with those marking the anniversary of the death of a loved one:

Peter Angus-Leppan, father of Heather Guiloff

Lionel Baker, father of David Baker

Jacob Baker, father of Leonard Baker

Lea Binstock, mother of Deborah Binstock

Konrad Blumenthal, father of Irene Newton

Harry Chippeck, father of Mark Chippeck

Peadar Conneely, uncle of Maev Conneely

Lotka Ferster, mother of Alexi Marmot

Tess Finlay, mother of Ron Finlay and Larry Finlay

Michael Franks, husband of Sonya Franks

Gillian Fraser, mother of Melinda Flesch

Daniel Freedman, son of Brenda Freedman

Felix Grayeff, father of Leonie Sara Breeds

Marianne Grayeff, mother of Leonie Sara Breeds

Susi Horwitz, mother of Cheryl Brodie

Samson Judah, husband of Maureen Judah

Leonard Kay, father of Priscilla Wise

Lesley Levy, wife of Anthony Levy

Judith Lieberman, mother of Jay Lieberman

Dorothy Lipman, mother of Larry Lipman

Elisabeth Mendel, aunt of Richard Mansell and Deborah Mansell

Michael Millstone, father of Howard Millstone and Yvette Levett

Gwendoline Peterman, mother of Jonathan Peterman

Bill Phillips, husband of Naomi Phillips

Boris Rabinovich, father of Fanny Sigler

Adele Rose, sister of John De Lange

Anthony Rosenfeld, father of Sarah Mendoza

Naomi Saunders, mother of Andrew Saunders

Michael Shafran, father of Julie Katz

Abraham Silverman, father of Manny Silverman

Leon Smith, husband of Gloria Smith

Benjamin Solomons, son of Janet and Anthony Solomons

Carola Weldon, mother of Paul Weldon

Kitty Yaros, mother of Fran Moscow and Anita Perry

Oscar Zelmanovits, brother of David Zell

Contact Us

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Rabbinic Team

Rabbi Hannah Kingston, Rabbi Elliott Karstadt, Rabbi Colin Eimer, Rabbi Nicola Feuchtwang
Rabbi Josh Levy (Emeritus)