

Shabbat Tol’dot

2 Kislev 5786 / 21 & 22 November 2025

Erev Shabbat

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

Led by Rabbi Elliott and Rabbi Nicola.

The D'var Torah will be given by Laura Marks, Founder and Chair, Mitzvah Day.

Shabbat Morning

9:15 Choir Rehearsal (in the Kindergarten)

Rehearsing Alyth’s Shabbat repertoire.

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

Led by Rabbi Elliott and the Alyth Choir with James Slimings, our newly appointed Head of Synagogue Choir.

The Torah will be read by Sadie Winner and Rabbi Elliott.

The Sermon will be given by Rabbi Colin.

There will be an unsupervised kids corner.

10:30 Imrei Finu (in the Cecil Rosen Hall)

An informal Shabbat morning service with guitar, including the singing of new and familiar melodies.

Led by Rabbi Josh and Justin Wise.

This Weekend

Mitzvah Day

Sunday 23 November

Join us on **Sunday 23 November at 10:15** with an intergenerational morning cupcake bake-in for Spring Grove Care Home and a visit to the food bank.

Mitzvah Day Food Bank Donations

This Mitzvah Day, we are collecting donations for All Saints Church, Childs Hill. Please bring in dried goods, tinned food and toiletries to Alyth and leave in the boxes in the front foyer. NNLS are also collecting toothpaste, shower gel, hats, scarves and gloves (adults and children). All donations will be gratefully received and will be taken to the food bank / NNLS on Sunday 23 November. Please drop off any items by 10.00.

Coming up

Year 7 Bowling

Saturday 29 November

Our annual bowling trip for year 7s as they bond and socialise ahead of their B’nei Mitzvah.

Contact eszter@alyth.org.uk for more information.

World Zionist Congress Debrief

Saturday 29 November, 17:00

Progressive Zionism In Action is holding Havdallah and a debriefing meeting about the World Zionist Congress in person in the Finchley area and online. Please see online to register (for in person or online): Discover how your vote had a real impact and how you can be part of shaping Israel's future. Whether you already know a lot or hardly anything, this event will give you an insight into Progressive Zionism in action.

Alyth Choral Society Concert

Sunday 7 December, 19:00

Alyth Choral Society will be holding a Brahams Ein Deutsches Requiem concert, featuring songs by Clara and Robert Schumann. Conducted by Alison Smart-Fisher. All tickets £20. Students and under 18s free. Available online or at the door. Refreshments free/donation.

Community Matters Advisory Group: High Holy Days Feedback

Monday 8 December, 19:00

This year 2,500 Alyth members joined us for a wide range of High Holy Day services and sessions. Now, we want to hear from you. Join us for an open, constructive conversation. We want you to share the moments which resonated, celebrate our successes and explore fresh ideas on how we can evolve and improve our High Holy Days experience for everyone. Your insights are the key to our growth. Please register online if you would like to take part in this important dialogue.

Additional Songs and Readings for Shabbat

Blessing on lighting Shabbat candles

בְּרוּךְ אַתָּה יְיָהוָה אֱלֹהֵינוּ מִלֶּךְ 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.

A Prayer for the Return of those Lost

Eternal God, we continue to pray for all those held in captivity. We remember in our hearts those families who are still waiting in uncertainty for their loved ones to be returned without the knowledge of where they are, still unable to grieve fully. We pray that the eventual return of their loved ones will give them closure and in time they are able remember them for the joy of their lives, rather than the tragedy of their deaths.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מִלֶּךְ הָעוֹלָם מֵתִיר אֲסוּרִים:

Baruch attah Adonai eloheinu melech ha-olam matir asurim.

Blessed are You our Living God, who frees captives.

Lo Alecha

Words: Pirkei Avot 2:16

Music: Jeff Klepper

לֹא עָלֶיךָ הַמְּלָאכָה לְגִמּוּר, וְלֹא אַתָּה בֶן חוֹרִין לִכְטֹל מִמְּנָה.

Lo alecha ham'lachah ligmor, v'lo atah ben chorin libatel mimmenah

It is not your responsibility to complete the work; nor are you free to desist from it.

Choref is RSY-Netzer's Winter Camp

29 December 25 to 1 January 26

This residential camp is the perfect opportunity to give RSY-Netzer a try for the first time or to reunite with your friends from Shemesh over the winter break!

Choref is a special environment where chaverimot (friends) of all ages can spend time together as part of the tight-knit RSY-Netzer community. This year is particularly special as you can expect 4 fun filled days culminating in a giant New Years celebration!

For more information or to signup head to our website or Instagram. Any questions, please email: Admin@rsy-netzer.org.uk

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.*

Torah Portion for Shabbat Tol’dot

Genesis 26:12-30

י' וַיִּזְרַע יִצְחָק בְּאֶרֶץ הַחֹזָא וַיִּמְצָא בִשְׁנָה הַהוּא מַאֲה שְׁעָרִים וַיִּבְרַכְהוּ יְהוָה:

יג וַיַּגְדֵּל הָאִישׁ וַיֵּלֶךְ הַלּוֹךְ וַגְּדֹל עַד כִּי־גָדַל מֵאֹד: יד וַיְהִי־לּוֹ מְקֵנָה־צֹאן וּמִקְנֵה בָקָר וַעֲבֹדָה רַבָּה וַיִּקְנְאוּ אֹתוֹ פְּלִשְׁתִּים: טו וְכָל־הַבְּאֵרֹת אֲשֶׁר חָפְרוּ עֲבָדֵי אָבִיו בְּיָמֵי אַבְרָהָם אָבִיו סָתְמוֹם פְּלִשְׁתִּים וַיִּמְלְאוּם עֶפְרָ: טז וַיֹּאמֶר אַבְיִמֶלֶךְ אֶל־יִצְחָק לֵךְ מֵעַמְּנוּ כִּי־עֲצַמְתָּ מִמָּנוּ מֵאֹד: יז וַיֵּלֶךְ מִשָּׁם יִצְחָק וַיְחַן בְּנַחֲל־גֶרָר וַיָּשֶׁב שָׁם:

¹²Isaac sowed in that land and reaped a hundredfold the same year. The Eternal blessed him, ¹³and the man grew richer and richer until he was very wealthy: ¹⁴he acquired flocks and herds, and a large household, so that the Philistines envied him. ¹⁵And the Philistines stopped up all the wells which his father’s servants had dug in the days of his father Abraham, filling them with earth. ¹⁶And Abimelech said to Isaac, “Go away from us, for you have become far too big for us.” ¹⁷So Isaac departed from there and encamped in the wadi of Gerar, where he settled.

יח וַיָּשֶׁב יִצְחָק וַיַּחְפֹּר אֶת־בְּאֵרֹת הַמַּיִם אֲשֶׁר חָפְרוּ בְּיָמֵי אַבְרָהָם אָבִיו וַיִּסְתְּמוּם פְּלִשְׁתִּים אַחֲרָי מוֹת אַבְרָהָם וַיִּקְרָא לָהֶן שְׁמוֹת כַּשְׁמֹת אֲשֶׁר־קָרָא לָהֶן אָבִיו: יט וַיַּחְפְּרוּ עֲבָדֵי־יִצְחָק בְּנַחַל וַיִּמְצְאוּ־שָׁם בְּאֵר מַיִם חַיִּים: כ וַיִּרְיָבוּ רַעֲי גֶרָר עִם־רַעֲי יִצְחָק לֵאמֹר לָנוּ הַמַּיִם וַיִּקְרָא שֵׁם־הַבְּאֵר עֶשֶׂק כִּי הִתְעַשְּׁקוּ עִמּוֹ: כא וַיַּחְפְּרוּ בְּאֵר אַחֲרֹת וַיִּרְיָבוּ גַם־עָלֶיהָ וַיִּקְרָא שְׁמָהּ שִׁטְנָה: כב וַיַּעֲתַק מִשָּׁם וַיַּחְפֹּר בְּאֵר אַחֲרֹת וְלֹא רָבוּ עָלֶיהָ וַיִּקְרָא שְׁמָהּ רְחֻבּוֹת וַיֹּאמֶר כִּי־עַתָּה הִרְחִיב יְהוָה לָנוּ וּפְרִינוּ בְּאֶרֶץ: כג וַיַּעַל מִשָּׁם בְּאֵר שָׁבַע:

¹⁸Isaac dug anew the wells which had been dug in the days of his father Abraham and which the Philistines had stopped up after Abraham’s death; and he gave them the same names that his father had given them. ¹⁹But when Isaac’s servants, digging in the wadi, found there a well of spring water, ²⁰the herdsmen of Gerar quarrelled with Isaac’s herdsmen, saying, “The water is ours.” He named that well Esek, because they contended with him. ²¹And when they dug another well, they disputed over that one also; so he named it Sitnah. ²²He moved from there and dug yet another well, and they did not quarrel over it; so he called it Rehoboth, saying, “Now at last the Eternal has granted us ample space to increase in the land.” ²³From there he went up to Beer-sheba.

כד וַיֵּרָא אֵלָיו יְהוָה בַּלַּיְלָה הַהוּא וַיֹּאמֶר אָנֹכִי אֵלֶיךָ אַבְרָהָם אָבִיךָ אֵל־תִּירָא כִּי־אַתָּה אָנֹכִי וּבְרַכְתִּיךָ וְהִרְבִּיתִי אֶת־יֹרְעֶךָ בְּעֵבּוֹר אַבְרָהָם עֲבָדִי: כה וַיָּבֶן שָׁם מִזְבֵּחַ וַיִּקְרָא בְשֵׁם יְהוָה וַיְטִשֵׁם אֱהֱלֹו וַיָּכְרוּ־שָׁם עֲבָדֵי־יִצְחָק בְּאֵר: כו וַאֲבִימֶלֶךְ הַלֵּךְ אֵלָיו מִגֶּרָר וַאֲחֻזַּת מִרְעָה וּפִיכָל שֹׁר־צִבְאוֹ: כז וַיֹּאמֶר אֲלֵהֶם יִצְחָק מִדּוֹעַ בָּאתֶם אֵלַי וְאַתֶּם שְׂנֵאתֶם אֹתִי וַתִּשְׁלַחוּנִי מֵאֲתָכֶם: כח וַיֹּאמְרוּ רֹאן רֹאִינוֹ כִּי־הִיָּה יְהוָה עִמָּךְ וְנֹאמַר תְּהִי נָא אֵלֶּה בֵּינוֹתֵינוּ בֵּינֵינוּ וּבִינְךָ וּנְכַרְתָּה בְּרִית עִמָּךְ: כט אַם־תַּעֲשֶׂה עִמָּנוּ רָעָה כַּאֲשֶׁר לֹא נִגְעַנּוּךָ וְכַאֲשֶׁר עֲשִׂינוּ עִמָּךְ רַק־טוֹב וְנִשְׁלַחְךָ בְּשָׁלוֹם אַתָּה עִתָּה בְּרוּךְ יְהוָה: ל וַיַּעַשׂ לָהֶם מִשְׁתֶּה וַיֵּאכְלוּ וַיִּשְׁתּוּ:

²⁴That night the Eternal appeared to him and said, “I am the God of your father Abraham’s [house]. Fear not, for I am with you, and I will bless you and increase your offspring for the sake of My servant Abraham.” ²⁵So he built an altar there and invoked יהוה by name. Isaac pitched his tent there and his servants started digging a well. ²⁶And Abimelech came to him from Gerar, with Ahuzzath his councillor and Phicol chief of his troops. ²⁷Isaac said to them, “Why have you come to me, seeing that you have been hostile to me and have driven me away from you?” ²⁸And they said, “We now see plainly that the Eternal has been with you, and we thought: Let there be a sworn treaty between our two parties, between you and us. Let us make a pact with you ²⁹that you will not do us harm, just as we have not molested you but have always dealt kindly with you and sent you away in peace. From now on, be you blessed of the Eternal!” ³⁰Then he made for them a feast, and they ate and drank.

Haftarah for Mitzvah Day

Micah 6:6-16

With what shall I approach God, do homage to God on high? Shall I approach with burnt offerings, with calves a year old? Would God be pleased with thousands of rams, with myriads of streams of oil? Shall I give my first-born for my transgression, the fruit of my body for my sins? “You have been told, O mortal, what is good, and what God requires of you: Only to do justice and to love goodness, and to walk modestly with your God; Then will your name achieve wisdom.” Hark! God summons the city: Hear, O scepter; For who can direct her but you? Will I overlook, in houses of the wicked, the granaries of wickedness and the accursed short ephah? Shall they be acquitted despite wicked balances and a bag of fraudulent weights? Whose wealthy are full of lawlessness, and whose inhabitants speak treachery, with tongues of deceit in their mouths. I, in turn, have beaten you sore, have stunned [you] for your sins: You have been eating without getting your fill, and there is a gnawing at your vitals; you have been conceiving without bearing young, and what you bore I would deliver to the sword. You have been sowing, but have nothing to reap; you have trod olives, but have no oil for rubbing, and grapes but have no wine to drink. Yet you have kept the laws of Omri, and all the practices of the House of Ahab, and have followed what they devised. Therefore, I will make you an object of horror and the city's inhabitants an object of hissing; And you shall bear the mockery of peoples.

Alyth’s Lecture Series

Thursdays (20:00)
For further information, please email sam@alyth.org.uk. Speakers include:
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.
Thursday 18 December: Sam Freedman, a senior fellow at the Institute for Government and a senior adviser to Ark Schools. He writes about policy and politics for numerous outlets including the Financial Times, Sunday Times, Guardian and New Statesman and alongside his father, he runs 'Comment is Freed', Britain's most popular politics Substack.
Thursday 8 January: Actor Elliot Levey will join us in to talk about his role in Giant.
Thursday 15 January: “We need to talk about: Assisted Dying” – more details to follow.

Chanukah with Alyth

Monday 15 December (19:00) Candle lighting and doughnuts at Alyth and in Muswell Hill.
Tuesday 16 December (19:30 - 21:30) Young adults games night, supper and candle lighting.
Wednesday 17 December (18:30) Chanukah @ Home - hosted in a member’s home in N20.
Thursday 18 December (13:00) Chanukah Pardes and lecture with candle lighting.
Friday 19 December (10:30) Chanukah Baby Den.
(16:00) Chanukah tea and early supper for primary school children.
(19:30) Community Chavurah Supper & Candle Lighting - join us for the Friday night Erev Shabbat Service at 18:30 followed by a community-wide Chavurah Supper & Candle Lighting for sixth night Chanukah. Please bring a savoury dish to share (vegetarian or fish, no nuts) and we will supply the doughnuts. Please click here to sign up.
Saturday 20 December (12:30) Geshet Chanukah Lunch & Candle Lighting.
(16:00) Sensory Havdallah & Candle Lighting.
Sunday 21 December Chanukah @ Home - hosted in members’ homes in Temple Fortune.

Alyth Trip to Poland
Wednesday 29 April - Sunday 3 May 2026
We are running a four-day educational and meaningful trip to Krakow and its surrounding areas. Offered in partnership with J-Roots and the Krakow Progressive Jewish Community, we will visit a number of sites, including a day in Auschwitz. Four-star accommodation, full coach travel, educator and guide all included - Cost for 20 - 24 people £1,650pp; 25 - 30 people £1550pp. Excludes flights and travel insurance. Last few places remaining.
For further details and to sign up, please email: lynette@alyth.org.uk by 30 November 2025.

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:
Sadie Winner, who is reading Torah for the first time in our Shabbat morning service to celebrate becoming Bat Mitzvah
Rebecca and Dexter Baum, on the baby blessing of their son Eli, mazaltov to grandparents Philippa and Graham Wainer and Michele and Laurence Baum
Daniel and Lauren Weiner, on the birth of their son Alec Josef Weiner, grandson for Ruth and Robert and great grandson for Pat Hasenson and Wendy Weiner
Merryl Futerman, who is celebrating her 60th Birthday
Selina Gellert, on winning the JVN Lifetime Achievement Award

We regret to announce the death of:
Michael Bogod, father of Howard Bogod, Richard Bogod and Stephen Bogod

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

Bernard Barnett, father of Deborah Pitish and Emma Spitzer
Nina Bechman, mother of Frederik Bechman
Victor Benjamin, father of Ruth Smilg
Roberta Bentley, sister-in-law of Elaine Bentley
Harry Bernstein, father of Lois Winter
Gertrude Blumenfeld, mother of Irene Newton
Galla Braier, mother of Janine Braier
Lilias Brody, mother of Serena Ryer
Jane Crasnow, mother of Eva Crasnow
Lionel Daiches, father of Michael Daiches
Lorraine Edelstein, mother of Livia Prior
Sidney Epstein, father of Rosalind Leigh
Anne Field, mother of Susan Pearl
Harold Franks, father of Jeremy Franks
Harry Freedman, father of Loretta Cohn
Stanley Freedman, brother of Loretta Cohn
Vera Gale, mother of Louise Gale
Lew Gold, father of Sheila Rosen
Michael Grabiner, brother of Robert Grabiner and Stephen Grabiner
Jack Green, husband of Suzette Green, father of Julia Brown
Davis Grossman, father of Merle Russell
Sylvia Haywood, mother of Roger Haywood
Rosalie Heydon, grandmother of Anna Beverly
Rosa Kaye, mother of Hilary Etheridge
Andrew Kirk, brother of David Kirk
Bob Kirk, father of David Kirk
Lloyd Kuber, husband of Linda Kuber, father of Matthew and Daniel Kuber, brother of Sheri Haywood
Bessie Lantin, mother of Sharon Tyler
Joan Lazarus, mother of Angela Maynard
Peter Levy, husband of Colette Levy, father of Melanie Levy
Leslie Lucas, father of Jack Lucas
Michelle Meltzer, aunt of Michael Woolf
Maureen Mendelsohn, mother of Jan Roseman
Gerald Parnes, father of Melanie Jawett
Lewis Phillips, father of Patricia Hasenson
Gil Poulos, brother of Rianna Poulos
Paul Quastel, father of David Quastel
Sue Sharp, wife of Gerard Sharp
Ulrich Skaller, father of Hanna Alexander
Gordon Weiner, father of Robert Weiner
Sidonie Weiner-Leiba, mother of Hanni Arnold, mother-in-law of Sandra Weiner
Maurice Winegarten, father of Susie Benson
David Winsor, stepfather of Allison Blitz

Contact Us

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Lynette Chazen	<i>Head of Community Care and Life Cycle Designated Safeguarding Lead</i> lynette@alyth.org.uk; 020 8457 8793
Rabbinic Team	Rabbi Hannah Kingston, Rabbi Elliott Karstadt, Rabbi Colin Eimer, Rabbi Nicola Feuchtwang, Rabbi Josh Levy (Emeritus)