

Shabbat Tazria-M'tzora/Atzma'ut/Rosh Chodesh 1 Iyyar 5786 / 17 & 18 April 2026

Erev Shabbat

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

Led by Rabbi Elliott and Cantor Sarah.

Shabbat Morning

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

Led by Rabbi Nicola and Cantor Sarah.

The Torah will be read by Rabbi Nicola, Philip Brodie and Noam Tamir.

The sermon will be given by Cantor Sarah.

There will be an unsupervised kids corner.

11:00 Geshher (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 Rabbi Elliott, Izzie and the Geshher guitarists.

Next Shabbat
Saturday 25 April, 10:30
An Imrei Finu style Shacharit, followed by a guitar-led Torah service and study together. Imrei Finu is an informal morning service in the round, with new and familiar melodies, accompanied by guitar. Led by Rabbi Josh (Rabbi Emeritus and Co-Lead of the Movement for Progressive Judaism)

Save the dates

Election Hustings: Barnet Local Elections

Wednesday 29 April, 19:30

Alyth, in partnership with the Board of Deputies of British Jews and the London Jewish Forum is hosting an election hustings for the London Borough of Barnet. A chance to meet all the candidates and ask your questions before the Local Elections in May. Please register by visiting the website to let us know you are attending and please add any questions you'd like asked in advance.

Spring Lecture Series

Thursday 23 April – Thursday 25 June, 20:00

Our first of nine lectures begins this evening with Alyth member, Elena Marks, who will be speaking about her work on technology-facilitated child abuse and the systems, platforms, and policies that enable or prevent it as well as her 24 hour trip to Rome to meet the Pope. If you would like to sign up to any of the lectures or if you would like to give a lecture in our autumn/winter series or have any suggestions of who you would like to hear from, please email sam@alyth.org.uk.

Bye Bye Birdie

Sunday 3 May, 14:00 and 18:30

Come along to support our teenage cast of Academy of Performing Arts’ show: Bye Bye Birdie. The cast have been rehearsing weekly since September and we would love them to have a packed house to support them. Contact izzie@alyth.org.uk for more 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. **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

Yism’chu Ha-shamayim

Words: Psalm 96:11

Music : Craig Taubman

ישְׁמְחוּ הַשָּׁמַיִם וְתִגַּל הָאָרֶץ יְרַעַם הַיָּם וּמְלֵאוֹ:

Yism'chu ha-shamayim v'tageil ha-arets, yir'am ha-yam um'lo'o.

Let the heavens rejoice and the earth delight, let the sea thunder in its fullness.

Ya’aloz Sadai
Words: Psalm 96:12
Music: Yoel Sykes and Navot ben Barak
יַעֲלוּ שְׂדֵי וְכָל־אֲשָׁר־בוֹ אֲזוּ יִרְנְנוּ כָּל־עֵצֵי־יַעַר:
Ya'aloz sadai v'chol asher bo, az y'rann'nu kol atsei ya'ar.
<i>Let the field be glad and all within it, let all trees of the forest sing out</i>

Blessing on lighting Shabbat candles

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מְלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוְּנוּ לְהַדְלִיק נֵר שֵׁל 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

הַשְׁכִּיבֵנו 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

בְּרוּךְ אַתָּה יְהוּה. הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ 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.

Counting the Omer

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מְלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוְּנוּ עַל סְפִירַת הָעֵמֶר:

Baruch attah Adonai eloheinu melech ha-olam, asher kidd'shanu b'mitsvotav v'tsivanu al s'firat ha-omer.

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

הַיּוֹם שִׁשָּׁה עָשָׂר יוֹם שָׁהֵם שְׁנֵי שְׁבוּעוֹת וּשְׁנֵי יָמִים לְעֹמֶר

Hayom shishah asar yom sh'hem shavuot u'shnei yamim la'omer.

Today is the sixteenth day, which is two weeks and two days of the Omer.

Olam Chesed Yibaneh / Oseh Shalom
Words: Psalm 89:3 / liturgy
Music: Menachem Creditor / Yoel Sykes
עוֹלָם חֶסֶד יִבְנֶה

Olam chesed yibaneh, yai dai dai, dai dai dai dai dai dai

The world will be built with loving kindness.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל־יִשְׂרָאֵל וְעַל־כָּל־יְיוֹשְׁבֵי תִבְל וְאָמְרוּ 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.

Torah Portion for Shabbat Tazria-M'tzora
Leviticus 14:43-46

מִגַּ וְאִם־יִשׁוּב הַנִּגַּע וּפְרַח בְּבֵית אַחַר חֲלָץ אֶת־הָאֲבָנִים וְאַחֲרֵי הַקְּצוֹת אֶת־הַבַּיִת וְאַחֲרֵי הַטּוֹחַ: ^מ וְכֹא הִכְהִן וּרְאָה וְהִנֵּה פֶשֶׁה הִנָּגַע בְּבֵית צְרַעַת מִמֶּאֶרֶת הוּא בְּבֵית טָמֵא הוּא: ^מ וְנִתַּן אֶת־הַבַּיִת אֶת־אֲבָנָיו וְאֶת־עֵצָיו וְאֵת כָּל־עֵפֶר הַבַּיִת וְהוֹצִיא אֶל־מַחוּץ לְעִיר אֶל־מְקוֹם טָמֵא: ^מ וְהִבֵּא אֶל־הַבַּיִת כָּל־יְמֵי הַסִּגִּיר אֹתוֹ יִטְמֵא עַד־הָעֶרֶב: ^מ וְהִשְׁכַּב בְּבֵית יְכַסֵּ אֶת־בְּגָדָיו וְהֵאָכַל בְּבֵית יְכַסֵּ אֶת־בְּגָדָיו: ^מ וְאִם־בֵּא יָבֵא הִכְהִן וּרְאָה וְהִנֵּה לֹא־פֶשֶׁה הִנָּגַע בְּבֵית אַחֲרֵי הַטָּח אֶת־הַבַּיִת וְטַהַר הִכְהִן אֶת־הַבַּיִת כִּי נִרְפָּא הַנִּגַּע:

⁴³If the plague again breaks out in the house, after the stones have been pulled out and after the house has been scraped and replastered, ⁴⁴the priest shall come to examine: if the plague has spread in the house, it is a malignant eruption in the house; it is impure. ⁴⁵The house shall be torn down—its stones and timber and all the coating on the house—and taken to an impure place outside the city. ⁴⁶Whoever enters the house while it is closed up shall be impure until evening. ⁴⁷Whoever sleeps in the house must wash their clothes, and whoever eats in the house must wash their clothes. ⁴⁸If, however, the priest comes and sees that the plague has not spread in the house after the house was replastered, the priest shall pronounce the house pure, for the plague has healed.

Torah Portion for Rosh Chodesh Iyyar

Genesis 1:14-19

י' וַיֹּאמֶר אֱלֹהִים יְהִי מְאֹרֶת בְּרִקיעַ הַשָּׁמַיִם לְהַבְדִּיל בֵּין הַיּוֹם וּבֵין הַלַּיְלָה וְהָיוּ לְאֹתוֹת וּלְמוֹעֲדִים וּלְיָמִים וּשְׁנָיִם: ^ט וְהָיוּ לְמְאֹרֹת בְּרִקיעַ הַשָּׁמַיִם לְהָאִיר עַל־הָאָרֶץ וַיְהִי־כֵן: ^ט וַיַּעַשׂ אֱלֹהִים אֶת־שְׁנֵי הַמְּאֹרֹת הַגְּדֹלִים אֶת־הַמְּאֹר הַגְּדֹל לְמַשְׁלַת הַיּוֹם וְאֶת־הַמְּאֹר הַקָּטָן לְמַמְשַׁלַּת הַלַּיְלָה וְאֵת הַכּוֹכְבִּים: י' וַיִּתֵּן אֹתָם אֱלֹהִים בְּרִקיעַ הַשָּׁמַיִם לְהָאִיר עַל־הָאָרֶץ: י" וְלְמַשֵּׁל בַּיּוֹם וּבַלַּיְלָה וּלְהַבְדִּיל בֵּין הָאֹר וּבֵין הַחֹשֶׁךְ וַיֵּרָא אֱלֹהִים כִּי־טוֹב: י" וַיְהִי־עֶרֶב וַיְהִי־בֹקֶר יוֹם רִבְעִי:

¹⁴God said, “Let there be lights in the expanse of the sky to separate day from night; they shall serve as signs for the set times—the days and the years; ¹⁵and they shall serve as lights in the expanse of the sky to shine upon the earth.” And it was so. ¹⁶God made the two great lights, the greater light to dominate the day and the lesser light to dominate the night, and the stars. ¹⁷And God set them in the expanse of the sky to shine upon the earth, ¹⁸to dominate the day and the night, and to separate light from darkness. And God saw that this was good. ¹⁹And there was evening and there was morning, a fourth day.

Torah Portion for Shabbat Atzma’ut

Deuteronomy 11:8-12

ח וּשְׁמַרְתֶּם אֶת־כָּל־הַמִּצְוָה אֲשֶׁר אָנֹכִי מִצְוֶה הַיּוֹם לְמַעַן תִּחְזְקוּ וּבִאתֶם וַיִּרְשַׁתֶּם אֶת־הָאָרֶץ אֲשֶׁר אֲתֶם עֹבְרִים שָׁמָּה לְרִשְׁתָּהּ: ט וּלְמַעַן תִּאָּרִיכוּ יָמִים עַל־הָאָדְמָה אֲשֶׁר נִשְׁבַּע יְהוָה לְאַבְרָהָם לְתַתּ לָהֶם וּלְזַרְעָם אֶרֶץ זָבַת חֶלֶב וּדְבָשׁ: י כִּי הָאָרֶץ אֲשֶׁר אֲתֶה בֹא־שָׁמָּה לְרִשְׁתָּהּ לֹא כְאֶרֶץ מִצְרַיִם הוּא אֲשֶׁר יֵצְאתֶם מִשָּׁם אֲשֶׁר תִּזְרַע אֶת־זֵרְעֶךָ וְהִשְׁקִיתָ בְּרַגְלֶךָ כַּגַּן הַיֵּרֶק: י" וְהָאָרֶץ אֲשֶׁר אֲתֶם עֹבְרִים שָׁמָּה לְרִשְׁתָּהּ אֶרֶץ הָרִים וּבִקְעֹת לְמִטֵּר הַשָּׁמַיִם תִּשְׁתַּה־מִּיָּם: י" אַרְץ אֲשֶׁר־יְהוָה אֱלֹהֶיךָ דִּרְשׂ אֹתָהּ תִּמְיֵד עֵינֶי יְהוָה אֱלֹהֶיךָ בָּהּ מִרְשִׁית הַשָּׁנָה וְעַד אַחֲרִית שָׁנָה:

⁸Keep, therefore, all the Instruction that I enjoin upon you today, so that you may have the strength to enter and take possession of the land that you are about to cross into and possess, ⁹and that you may long endure upon the soil that God swore to your fathers to assign to them and to their heirs, a land flowing with milk and honey. ¹⁰For the land that you are about to enter and possess is not like the land of Egypt from which you have come. There the grain you sowed had to be watered by your own labors, like a vegetable garden; ¹¹but the land you are about to cross into and possess, a land of hills and valleys, soaks up its water from the rains of heaven. ¹²It is a land that the Eternal your God looks after, on which the Eternal your God always keeps an eye, from year’s beginning to year’s end.

Haftarah for Shabbat Atzma'ut

Micah 4:1-13

¹ It shall come to pass in the latter days that the mountain of the house of the Eternal shall be established as the highest of the mountains, and it shall be lifted up above the hills; and peoples shall flow to it, ² and many nations shall come, and say: "Come, let us go up to the mountain of the Eternal, to the house of the God of Jacob, that he may teach us his ways and that we may walk in his paths." For out of Zion shall go forth Torah, and the word of the Eternal from Jerusalem.

³ He shall judge between many peoples, and shall decide for strong nations far away; and they shall beat their swords into plowshares, and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war anymore; ⁴ but they shall sit every man under his vine and under his fig tree, and no one shall make them afraid, for the mouth of the Eternal of hosts has spoken.

⁵ For all the peoples walk each in the name of its god, but we will walk in the name of the Eternal our God forever and ever. The Eternal Shall Rescue Zion ⁶ in that day, declares the Eternal, I will assemble the lame and gather those who have been driven away and those whom I have afflicted; ⁷ and the lame I will make the remnant, and those who were cast off, a strong nation; and the Eternal will reign over them in Mount Zion from this time forth and forevermore. ⁸ And you, O tower of the flock, hill of the daughter of Zion, to you shall it come, the former dominion shall come, kingship for the daughter of Jerusalem.

⁹ Now why do you cry aloud? Is there no king in you? Has your counselor perished, that pain seized you like a woman in labor? ¹⁰ Writhe and groan, O daughter of Zion, like a woman in labour, for now you shall go out from the city and dwell in the open country; you shall go to Babylon. There you shall be rescued; there the Eternal will redeem you from the hand of your enemies. ¹¹ Now many nations are assembled against you, saying, "Let her be defiled, and let our eyes gaze upon Zion."

¹² But they do not know the thoughts of the Eternal; they do not understand his plan, that he has gathered them as sheaves to the threshing floor. ¹³ Arise and thresh, O daughter of Zion, for I will make your horn iron, and I will make your hoofs bronze; you shall beat in pieces many peoples; and shall devote their gain to the Eternal, their wealth to the Eternal of the whole earth.

Yom HaZikaron and Yom Ha'Atzma'ut

Tuesday 21 April

Yom Ha'Atzma'ut Tea, 16:00

Join us on 21 April for a Family Yom Ha'atzma'ut Tea as we celebrate 77 years of Israel together. We'll "travel" across Israel in an afternoon of culture, creativity and celebration experiencing the sights, sounds and flavours that make Israel so special. It's a wonderful opportunity for families to come together, mark this meaningful day, and share in the festivities. A delicious tea will be provided for children. Please email izzie@alyth.org.uk to sign up or if you have any questions.

Yom Hazikaron and Yom Ha'Atzma'ut, 18:30

Join us as we mark Yom HaZikaron (Israeli Day of Remembrance) and Yom Ha'Atzma'ut (Israeli Day of Independence) with events of commemoration and celebration. We will begin with a service that helps us to transition from mourning to joyfulness, as we mark the deaths of those who fought for Israel's independence before celebrating that independence and the variety of life and culture that comes with it. After the service there will be a falafel dinner, and then an opportunity to join in smaller groups, including:

- a special Yom Ha'atzma'ut book club with Rabbi Colin (information below),
- the screening of a new film about the life of Zionist founder, Theodore Herzl, presented by David Baddiel
- singing Israeli folk songs
- For teens, a space to talk about the question of what it means to be a Zionist today.

We also invite participants to bring photos from trips to Israel in years past to contribute to our memories wall, which will be displayed throughout the evening, allowing us to share what we think is so special about Israel for our lives (if you only have a photo in digital copy, please email it to [Rabbi Elliott \(elliott@alyth.org.uk\)](mailto:elliott@alyth.org.uk) and he will be able to print it for you). Register on shulcloud to sign up with a £10 donation for dinner.

Etgar Keret: *Seven Good Years* Keret is one of Israel's leading novelists, humourists and commentators. The 'Seven Good Years' were from the birth of his son to the death of his father. The book is a series of short reflections on what was happening in his life, in Israel, during those years. They are a mixture of the serious, the social, the political, the 'laugh-out-loud' - often all at the same time. Please register by visiting the website.

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:

Hannah Kieve and Alex Talir, on their engagement.

Nick Shinder and Rona Mckee, on their forthcoming wedding.

We regret to announce the death of:

Estelle Roith, wife of Jacob Roith and mother of Stephen Roith.

Jennifer Standish, mother of Lucy Harley and Ed Sussman, sister of Suzette Green.

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

Percival Adams, father of Ian Adams

Rouhollah Aframian, brother of Ata Aframian

Victor Berman, father of Karen Permutt

Alan Bobroff, father of Katie Kersen and Lara Chinn

Esther Bright, mother of Spencer Bright

Bruce Cohen, father of Claire Salt

Sonia Dirmeik, mother of Felicity Dirmeik

Adelaide Gold, mother of Paul Gold

Edward Gore, brother of Sarah Ledermann

Susan Halter, friend of Danielle Vides

John Harper, wife of Rowena Harper, father of Peter and Charlotte Harper, mother-in-law of Jenny Harper, and grandfather of Jack and Ben Harper

Lionel Hollander, father of Janet Raphael

Leon Isserow, father of Rory Isserow

Joan Klein, mother of Michael Klein

Alfred Levy, father of Anthony Levy

Leonie Lewis, sister of Bernard Merkel

Harry Lynford, father of Colette Levy

Willie Mansbach, father of Jacqueline Weinstein

Alan Miller, father of Juliet Most

Eyal Mizrahi, brother of Erez Mizrahi

Martha Neufeld, mother of Inge Hyman

Eli Neumann, father of Irit Burkeman, grandfather of Libby Shaul-Burkeman

Rietje Oltheten, mother of Carien Smith

Ralph Pope, father of Hayley Baneth

Michael Popper, father of Jonathan Popper

Leonard Rickman, father of Simon Rickman

Sally Shabathai, mother of Donna Rothbart

Sidney Solomons, husband of Brenda Solomons, father of Davina Solomons-Wise and Ruth Davis

George Stakol, father of David Stakol

Venie Stein, mother of Peter Stein

Gillian Strauss, wife of Peter Strauss, sister of Adele Seligman

Steven Strauss, father of Jennifer Finlay

Lady Hazel Sternberg, mother of Ruth Tamir

Peggy Susman, mother of Dan Susman

Gershon Tamir, father of Noam Tamir

Jacqueline Tulip, mother of Philippa Solovitz

Norman Weston, father of Suzanne Simpkin

Leslie Wise, father of Jan Wise

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Clergy Team

Rabbi Elliott Karstadt, Rabbi Colin Eimer, Rabbi Nicola Feuchtwang, Rabbi Josh Levy (Emeritus), Cantor Sarah Grabiner
Rabbi Hannah Kingston (on maternity leave)

Alyth

To Pray. To Learn. To Live. Together



Welcome to Alyth

We are delighted that you are with us this Shabbat, whether you are a regular or joining us for the first time.

If we can help in any way, please do not hesitate to speak with one of our Rabbis, lay leaders or a member of the staff team.

Shabbat Shalom

