

TIKKUN LEIL SHAVUOT

SINAI FROM THE SOFA



Alyth



THE PROGRAMME



Thursday 28 May 2020, from 5.30pm

tinyurl.com/sinaifromthesofa

★ ARE YOU READY FOR REVELATION? ★

Cantor Sarah Grabiner

We've been counting down (/up) to Shavuot since Pesach, but how does the Omer actually prepare us for Sinai? We will explore texts on physical, spiritual, and mystical readiness for Torah.

Zoom link to come • Meeting ID to come • Password to come

★ PREPARING FOR A ROMAN WEDDING FEAST ★

Some Different Aspects of Revelation at Sinai

Student Rabbi Dr Tali Artman

This session will look into the theatrical aspects of the Revelation at Sinai, as rabbinic literature portrays and redesigns it. We will look closer at what being 'married to God' as a nation means.

Zoom link to come • Meeting ID to come • Password to come

★ PRE-SHAVUOT MINDFULNESS & MEDITATION ★

"Where you go I will go... Your people will be my people and your God my God." (Ruth 1:16)

Mika Borthwick

A look at the theme of connectedness in the story of Ruth, and the oneness with nature in Rabbi Nachman's 'Song of The Grass'. Through meditation and contemplation, we'll explore connectedness to others, to nature and Spirit. Mika Borthwick runs Alyth Jewish Mindfulness Meditation.

Zoom link to come • Meeting ID to come • Password to come



17:15- 18:15 CONT... YOUTH OPTIONS

★ PRE-SHAVUOT STORYTIME LIVE ★

Rabbi Hannah Kingston

Those pre-school in age (and in heart) are invited to join Rabbi Hannah for a story and singing to help bring in Shavuot.

Zoom link to come • Meeting ID to come • Password to come

★ CHEESECAKE-OFF ★

Join the youth and education teams from the three synagogues to bake together. All are welcome.

If you plan on attending the Cheese Cake making session you will need: 650g cream cheese, 175g Digestive biscuits, 75g Butter, 175g caster sugar, 100ml double cream, 3 large eggs, 1 tsp vanilla extract.

Zoom link to come • Meeting ID to come • Password to come

18:30 - 19:30 ★ INDIVIDUAL COMMUNITY
EREV SHAVUOT SERVICES

ALYTH

Joining details to come

FRS

Joining details to come

RADLETT

Joining details to come



★ GOD SPOKE ALL THESE WORDS? ★

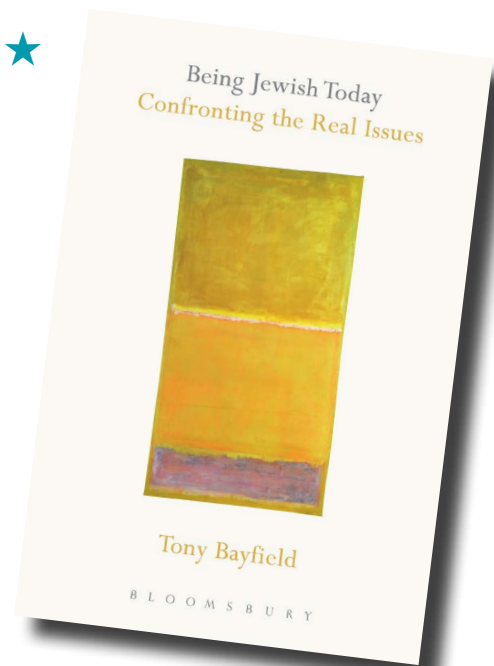
Torah is Judaism's USP

Rabbi Professor Tony Bayfield

Rabbi Bayfield argues that the centrality of the Torah is what gives Judaism its most distinctive characteristic, but also makes Judaism so vulnerable today.

The first in a series of 5 sessions called "Confronting Torah". See tinyurl.com/confrontingtorah for more info.

Zoom link to come • Meeting ID to come • Password to come



★ WALKING ROUND SINAI: GOD ON THE RUN ★

Rabbi Celia Surget

And opportunity to head out the front door, spend a bit of time stretching your legs and get to meet with old friends and new ones, as we prepare to celebrate Shavuot from the Sofa!

Zoom link to come • Meeting ID to come • Password to come



★ 'DON'T MAKE YOURSELF AN IDOL' ★

The Image of Ourselves in our New Zoom World

Rabbi Hannah Kingston & Student Rabbi Deborah Blausten

A dialogue between classical Jewish texts about idolatry and contemporary research on the self, selfie, and what is happening when we interact through a screen. As our lives have moved online, what does this do to our understanding of who we are? Is the person someone else meets through a screen really 'us' at all?

Zoom link to come • Meeting ID to come • Password to come

★ JEWISH HISTORY IN THE BRITISH MUSEUM ★

A Virtual Tour

Rabbi Josh Levy

Some of the most significant extra-Biblical artefacts from the ancient near-East can be seen in the heart of London – if only we could get there. Together, we will use the evidence found in the British Museum to piece together ancient Jewish History, and the important role of the prohibition on idolatry.

Zoom link to come • Meeting ID to come • Password to come

★ ELOHAYICH ELOHAI ★

Ruth Chooses Monotheism

Cantor Sarah Grabiner, Cantor Zöe Jacobs, Cantor Tamara Wolfson, & Francesca Weiner

Jump into the book of Ruth through its music... trope, tunes, and more! Learn the beautiful cantillation of Ruth, and hear how it has been used in compositions, old and new.

Zoom link to come • Meeting ID to come • Password to come



★ JE SUIS CHARLIE ★

Rabbi Celia Surget

Charlie Hebdo is a satirical French magazine that has a long history of causing discomfort and outrage, blurring the lines of acceptability and even, often, crossing those lines. Through the magazine's front covers, let's think about what blasphemy means.

Zoom link to come • Meeting ID to come • Password to come

★ GOOD ENOUGH FOR JEHOVAH ★

Rabbi Paul Freedman

The Ultimate Four-Letter Word and how (not) to pronounce it. Let's meet Matthias, son of Deuteronomy of Gath, who enjoyed a piece of halibut for supper and ended up being stoned to death. A bit of Hebrew, a bit of Mishnah, a bit of Monty Python and (perhaps) some blasphemy...

Zoom link to come • Meeting ID to come • Password to come

★ ON NOT USING GOD'S NAME IN VAIN ★

A Neo-Hasidic approach?

Rabbi Howard Cooper

A reflective session – based on a story about Rabbi Zusya – on why we might always be taking God's name in vain in our liturgy and during our prayers. The session will include discussion (as far as Zoom allows) and some time for personal meditative engagement with the theme.

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22:40 - 23:30 ★ DAN NICHOLS CONCERT

★ SINAI SINGALONG WITH DAN NICHOLS★



We are incredibly excited to be welcoming Dan Nichols, the renowned American Jewish composer, to give an exclusive concert. Dan is a singular talent in the world of Jewish music. His melodies have become an integral part of the spiritual and liturgical experience of countless individuals and Jewish communities across the world, and he has written many settings of the liturgy that we sing regularly in our services, including *Hashkiveinu* and *Or Zarua*.

Zoom link to come • Meeting ID to come • Password to come



★ HOW COME WE ARE ZOOMING ON SHABBAT? ★

Rabbi Josh Levy

The challenge of lockdown has produced a flourishing of creativity and innovation in Progressive Judaism around the world. What are the underlying assumptions about *halakhah* (Jewish law) that have allowed this creativity? How do we understand our obligations on Shabbat, and what do we mean by community?

Zoom link to come • Meeting ID to come • Password to come

★ GREETING THE ANGELS ★

Cantor Zöe Jacobs & Rabbi Miriam Berger

Does the melody determine the meaning or does meaning determine melody? We'll dive into the text and share melodies of *Shalom Aleichem*, as we seek the significance that both words and musical midrash might offer.

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★ THE ONE TASK FOR WHICH THERE IS NO TRAINING ★

Rabbi Colin Eimer

Even when the relationship of parents and children is good, it may not always be straightforward. And what happens when things go seriously wrong? Are there limits to where this 5th commandment might apply? What insights can Jewish teaching provide? (Only perfect parents and blameless children should come to this session...)

Zoom link to come • Meeting ID to come • Password to come



0:25- 1:00 CONT...

★ HOW ARE YOU COPING WITH PARENTING DURING LOCKDOWN? ★

Rabbi Miriam Berger

Parenting during lock down has complexities no one could have predicted. The solitude of the early hours of the morning gives us the peace and quiet to reflect, forgive ourselves and laugh about “those” moments. Whether you are tearing your hair out with toddlers, wishing your 20-something would move out, feeling too far from your adult kids or wishing grandparenting duties could resume... come and be part of an honest conversation and a ritual you can use any time you wish you could restart your day.

Zoom link to come • Meeting ID to come • Password to come

1:10 - 1:45 ★ 6. YOU SHALL NOT MURDER

★ WHEN PRIESTS KILL ★ A Close Reading of Yoma 23a-b

Rabbi Josh Levy

For the last five years, Rabbi Josh has offered a regular shiur at Alyth looking at ‘The Sugyot Every Educated Jew should know’. (A sugya is a discrete section of Talmud). One of the most challenging and interesting sessions has been looking at this extraordinary text from Masechet Yoma which includes a story in which priests kill. Together, we will explore the real meaning of religious life.

Zoom link to come • Meeting ID to come • Password to come



1:10- 1:45 CONT...

★ ARE PEOPLE BORN AS MURDERERS? ★

Rabbi Hannah Kingston & Rob Sixsmith

As our morbid fascination with true crime podcasts and documentaries increases, join a conversation between documentary maker Rob Sixsmith and Rabbi Hannah on serial killers and the yetzer hara. *Pre-recorded session.*

Zoom link to come • Meeting ID to come • Password to come

1:55 - 2:30 ★ 7. YOU SHALL NOT COMMIT ADULTERY

★ POLYAMORY AND JUDAISM: UNCOMFORTABLE BEDFELLOWS ★

Cantor Sarah Grabiner

One partner says, “You are sacred to me,” to the other at a Jewish wedding... Does this mean that committed relationships of three people (“thruples”) are inherently unacceptable? What about those Biblical trios like Jacob, Leah, and Rachel?

Zoom link to come • Meeting ID to come • Password to come

2:40 - 3:15 ★ 8. YOU SHALL NOT STEAL

★ LIVING IN THE GREY ★

Things that aren't technically stealing, but... (Gittin 59b)

Student Rabbi Deborah Blausten

A chance to study a discussion from the Babylonian Talmud about the grey areas of theft, and consider how its teaching might be applicable to issues around ownership and the use and sharing of objects and ideas today.

Zoom link to come • Meeting ID to come • Password to come



3:25-4:00 ★ 9. YOU SHALL NOT BEAR FALSE WITNESS

★ HAVE I GOT FAKE NEWS FOR YOU? ★

Cantor Tamara Wolfson & Rabbi Hannah Kingston

Our days are filled with a barrage of mixed messages and it can feel hard to discern the truth. Join us to look at this week's top stories, with a Jewish take on the popular comedy quiz show.

Pre-recorded session

Zoom link to come • Meeting ID to come • Password to come

★ AUDACIOUS JEWS – JUDAH... LIAR OR HERO? ★

Jonathan Bergwerk

Judah put the 'Ju' in Judaism, but is he a role model or just another dysfunctional Genesis male? A psychological exploration of the founder of the most successful tribe.

Optional reading at <https://audaciousjews.com>

Zoom link to come • Meeting ID to come • Password to come

4:10-4:45 ★ 10. YOU SHALL NOT COVET

★ THE HEBREW (AND PHOENICIAN) TEXT OF THE COVETING COMMANDMENT ★

Rabbi Paul Freedman

There are 15 words in this (Exodus) commandment. We'll read each one carefully to learn a bit of Biblical Hebrew and maybe even some Phoenician script (with help from Cecil B DeMille).

Zoom link to come • Meeting ID to come • Password to come



4:50 ★ SHACHARIT

Dawn Shacharit with RSY-Netzer.

8:00-9:00 ★ SHAVUOT MORNING HITBODDEDUT

Maxine Levy

Rabbi Nachman of Bratslav wrote that we should, “set aside time each day to meditate and pray alone in a room or on a meadow”. His followers called this practice ‘Hitbodedut’. There is no such thing as total silence – there is the ebb and flow of life force. Start your day with an early morning *hitbodedut* practise out in nature with Maxine Levy, to experience our capacity for heightened awareness and calm presence.

9:30-10:15 ★ MOVING AWAY FROM SINAI: MORNING SHIUR

★ YERIDAT HADOROT – ARE THE GENERATIONS DECLINING OR ASCENDING? ★

Rabbi Josh Levy & Cantor Sarah Grabiner

A little known but hugely influential idea in Rabbinic Literature is *Yeridat HaDorot* – ‘the decline of the generations’. This is the idea that each generation is intellectually inferior to those that came before, which were nearer to Sinai. Together we will explore some texts expressing this idea, its implications for our religious life, and the alternative view, ‘the ascent of the generations’.

10:30 ★ INDIVIDUAL COMMUNITY SHACHARIT SERVICES

