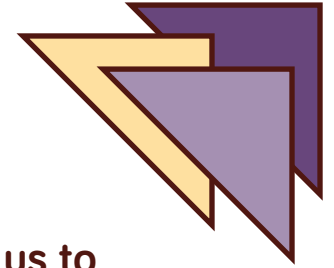




Your journey to the High Holy Days - Elul at Alyth



This year's High Holy Days will be unlike any other in history. For these days to be the powerful experience that we need them to be will require us to approach them with new thoughtfulness and preparation.

To help we are pleased to offer a number of ways that you can prepare during the month of Elul.

Alyth in Person

The opportunity, for those who wish and feel able, to gather for small, pre-booked, outside, in-person services in the Alyth Sukkah. We will be running these on some Shabbat mornings in August, and then on Mondays and Thursdays during Elul. In Elul they will include the reading of Psalm 27, the blowing of shofar, and study as we journey to the High Holy Days.

For details of these and other 'in-person' activities, including our annual Elul walk on 21 August, see the weekly email.

Elul Half Hours: Names of God

Our annual programme of reflection, study and contemplation before each of Alyth's Shabbat services during Elul. In this year's Elul Half Hours, each session will take a name or concept of God, exploring how it is used in our tradition, and how it might help or challenge us when we reflect on our own lives and the extraordinary experiences of the past year.

Fridays (17:45) and Saturdays (9:45) from 21 August

How to live a High Holy Days Online

The quality of this year's Yamim Noraim will depend in part on how we approach them, how well we prepare, what we can put in for ourselves.

Over four sessions we will think together about the challenges, and share some of what we have learned over the past few months, as well as practical ways to prepare for a High Holy Days unlike any other.

*Tuesdays from 25 August (19:00)
Beginning with 'How to be in shul from home' on 25/8*

Pardes: High Holy Day Liturgy

Over the last months the Alyth clergy have shared favourite texts, biblical characters, and Psalms in our weekly text-based class. In September, we will look at selections from the High Holy Day liturgy. Members of the team will share passages that are particularly profound or important for us, and why, to help the liturgy for the period to come alive.

Thursdays from 3 September (13:00)

Jewish Mindfulness Meditation

Our regular sessions with Alyth teachers from our Jewish Mindfulness Meditation group. Join for contemplation, breathing, movement and meditation, helping us to open our hearts and find peace through our Jewish heritage, especially in these challenging times.

Please note the different times in Elul to enable attendance at the Elul Half Hours.

*Fridays 28 August & 11 September (17:00)
Saturdays 22 August & 5 September (9:00)*

E-ssentials - The Yamim Noraim

Our regular introduction to Judaism class, completely redesigned to be taught online.

Whether you are coming to Judaism for the first time, or want to consolidate the learning of many years, these classes are the ideal way to build the foundations of your knowledge in advance of these High Holy Days

Tuesdays from 8 September (20:00)