

# Around Alyth

November 2024



## Is November Marcheshvan?

The month of Cheshvan this year coincides with the Gregorian month of November. It is also known as Marcheshvan, according to one tradition because it is a bitter month (mar can mean bitter—as in maror, the bitter herbs at Pesach).

Why is the month bitter? After the excitement of Tishrei, it is a month with nothing special in it.

At Alyth, though, there is no cause for the month of Cheshvan to feel left out. Please see inside for more information about all the services, learning opportunities and community activities taking place in November.

**NEW!**

## Music On A Winter's Afternoon

Wednesdays at 12:30 – 14:30

**NEW!**

Please join us for a cup of soup to warm your body, and music to soothe your soul from world class musicians from the Guildhall School of Music and Drama.

Contact [lynette@alyth.org.uk](mailto:lynette@alyth.org.uk) for more information. Suggested donation: £5

## Mitzvah Day

This year for Mitzvah Day, in addition to the activities that children are doing at SMG, they will be delivering items for the All Saints Childs Hill Food Bank and Great Ormond Street Hospital. See inside for more information and how to donate to the collections.

## The next Chair(s) of Alyth's Board of Trustees

Alyth's Nominations Advisory Group is seeking candidates for the Chair/Co-Chairs of Alyth's Board of Trustees for a 3-year term beginning early 2025.

This entirely voluntary leadership role is critical for ensuring the strategic, operational, and statutory health of our community. The position requires significant time commitment, flexible availability, prior leadership experience, deep understanding of Alyth, and strong governance capabilities.

If you are interested in applying, please email [nominations@alyth.org.uk](mailto:nominations@alyth.org.uk) before midday on Friday 15 November.

### EREV SHABBAT SERVICES

In-Person and Online every Friday at 18:30

#### Erev Shabbat Service (*Fridays 1, 8, 15, 22, 29 November*)

We begin Shabbat with our uplifting and inspirational, intergenerational Erev Shabbat service. A unique combination of song, reflection, prayer & learning.

*The D'var Torah on:*

- 8th will be given by the New Israel Fund Human Rights Award winners Eran Nissan (*Mehazkim*), and Rawyah Handakalu (*National Forum to Combat Violence in Palestinian Society*).
- 23rd will be given by Laura Marks, Alyth member, and Mitzvah Day Founder and Chair.

### SHABBAT MORNING SERVICES

In-Person and Online every Saturday

#### *Saturday 2 November*

##### **Shabbat Morning Service, 10:30**

Led by Rabbi Hannah and Gideon Lyons accompanied by guitar. Including the Bar Mitzvah of Max Bloom.

#### **Sensory Havdalah, 16:00**

Join us for this special Sensory Havdallah experience. See 'Pray with us for Families' for more information.

#### *Saturday 9 November*

##### **Shabbat Morning Choral Service, 10:30**

Led by Rabbi Nicola with the Alyth choir. Including the Bat Mitzvah of Louisa Feldman.

#### **Kollot, 10:30**

Our informal, unaccompanied, participatory minyan. Led by Rabbi Elliott and Justin Wise, with members of the community reading and teaching Torah.

#### *Saturday 16 November*

##### **Shabbat Morning Service, 10:30**

Led by Rabbi Hannah and Nicky Minter Green accompanied by guitar. Including the Bat Mitzvah of Joni Minter Green.

#### **Gesher, 11:00**

Our musical service providing a bridge between our youngest family services and the next stage in Alyth families' prayer life. See 'Pray with us for Families' for more information.

#### *Saturday 23 November*

##### **Shabbat Morning Choral Service, 10:30**

Led by Rabbi Elliott with the Alyth choir. Including the Bar Mitzvah of Lev Elton.

#### *Saturday 30 November*

##### **Shabbat Morning Service, 10:30**

Led by Rabbi Hannah and Rabbi Elliott accompanied by guitar. Including the Bar Mitzvah of Benjamin Simmonds and Bat Mitzvah of Ava Francken.

#### **Wellbeing Service, 10:30**

Our occasional service in which we have the opportunity to reflect on our own wellbeing with prayer, song, and readings.

Led by Lynette and Justin Wise.

### SUNDAY SHACHARIT

Sundays 3, 10, 17, 24 November (9:00)

Every Alyth week begins with a lay-led minyan with bagel breakfast at Alyth, led by Alyth members.

All are welcome.

### PRAY WITH US FOR FAMILIES ON SHABBAT

#### Baby Den

*Fridays 1, 8, 22, 29 November (10:30)*

Chug-a-lug into Shabbat. Sing your favourite Baby Den songs, dance to a Shabbat beat and wave to some familiar faces. For families with Young Children.

#### Sensory Havdalah

*Saturday 2 November (16:00)*

Havdalah is one of our most sensory experiences. We see the flickering candle flame, smell the sweet spices and taste the wine. Join Rabbi Hannah, Han and the dungareenees, for this special Sensory Havdalah experience where our youngest members can wave goodbye to Shabbat and prepare to start the week anew. Feel free to wear your PJs or onesies!

#### Gesher

*Saturday 16 November (11:00)*

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

### Alyth's Weekend Away Friday 28 - Sunday 30 March 2025

The Alyth Weekend Away is back, bigger and better than ever before. Offering something for everyone, with a variety of indoor and outdoor activities to choose from or just read a newspaper and enjoy the spectacular view. [Click here](#) for the flyer.

Alongside shared community times, there will be Israel, Learning, Music, and Movement & Meditation tracks for you to dip in and out of depending on what sparks your interest. Our Youth & Education team will also run a full programme for children during the day and in the evenings.

[Click here to sign up.](#) Adults - £290/pp, Children (aged 6-16) - £85/pp, Family of 4 - £665 .

### Save the dates in December

#### Whisky Tasting (Sunday 8 December, 19:30)

Come and enjoy five wee drams and learn about different whiskies with the Really Good Whisky Company – for regulars and those new to the amber nectar. In the interests of health and safety, we ask people not to drive to this event. [Click here](#) to sign up (£20 or £10 for 18 – 25 year olds).

#### Alyth Choral Society Concert: The Seasons (Sunday 8 December, 19:30)

ACS and Orchestra perform The Seasons by Haydn. [Click here](#) or email [alythchoralsociety@gmail.com](mailto:alythchoralsociety@gmail.com) for tickets (£20 per person, under 18s are free)).

#### Chanukah (26 December - 2 January)

This year erev first night Chanukah falls on Wednesday 25 December. Please see the December Around Alyth for all our Chanukah activities at Alyth and at homes.

### Judaism: the Essentials

Tuesdays, 20:00-21:30ish

Our regular introduction to Judaism class taught by our clergy. Essentials is the perfect class for those coming to Judaism for the first time, or looking to consolidate the learning of a lifetime - or anywhere in between. New students are always welcome.

Please contact Rabbi Elliott [elliott@alyth.org.uk](mailto:elliott@alyth.org.uk) for more information.

**5** Foundations 1: Introduction, What's in the bible?

**12** *No Essentials*

**19** Foundations 2: Authorship and authority

**26** Foundations 3: Different genres in biblical texts and how they are used

### Adult Hebrew

#### Intensive Hebrew Reading Course

Tuesdays 5, 19, 26 November, 19:00-19:45

For beginners, to learn the aleph-bet and basic decoding skills.

#### Hebrew Reading Course

Tuesdays 5, 19, 26 November, 20:00-21:00

For those already proficient in Hebrew reading, to continue to develop their skills.

*These sessions are taught by Alyth member Jan Roseman. Contact [alythadmin@alyth.org.uk](mailto:alythadmin@alyth.org.uk).*

#### Biblical Hebrew

Sundays, 11:15-12:30 and Wednesdays 18:00-19:15

A programme for those with high level Hebrew reading ability. Email [edwardjgold@hotmail.com](mailto:edwardjgold@hotmail.com) if you would like to join this class so that you can be sent the link and materials in advance. Sundays class is "Prayer Book Hebrew: studying the Hebrew and how it is translated" and Wednesdays class is "Biblical Hebrew: Studying the Weekly Parashah".

### Pardes: Let There be Light

Thursdays 21 & 28 November and 5 & 12 December, 13:00-14:00

At this darkest time of year, come and explore what Jewish tradition has to say about light – and in particular how our Chanukah compares with the winter light festivals of other religions and cultures. Taught by Rabbi Nicola.

### Shabbat Shiurim

Saturdays 2 & 30 November, 9:15-10:15

#### 2 November - Noah: Just Who Is He?

What's he doing in the Torah? What sort of person is he? The midrash is divided on the question: "What are the seven commandments of the descendants of Noah?" Explore these and other questions with Rabbi Colin.

#### 30 November - is it ok for Jewish to be wealthy?

In this week's Torah portion, we read about the biblical figure of Isaac becoming very wealthy. The trope of the rich and greedy Jew is one that has fuelled antisemitic prejudice for centuries. Join Rabbi Elliott to explore this biblical episode and to consider the question: is it ok for Jewish to be wealthy?

## Weekly

### Monday Club

*Mondays 11, 18, 25 November, 19:00-20:30*

A friendly in-person meeting place for people with learning disabilities. For more information or to let us know you will be attending, please email [lynette@alyth.org.uk](mailto:lynette@alyth.org.uk).

### Alyth Choral Society

*Tuesdays, 19:30-21:30*

We have two or three concerts a year, one with full orchestra. New members always welcome. [Click here](#) or email [alythchoralsociety@gmail.com](mailto:alythchoralsociety@gmail.com) if our future programme inspires you.

## Monthly

### Alyth Book Club

*Monday 4 November, 18:30*

The December book club is on 2 December. Email [colin@alyth.org.uk](mailto:colin@alyth.org.uk) for more information.

### Choir Rehearsal

*Saturday 9 November, 9:15-10:15*

Rehearsing Alyth's choral repertoire for Shabbat Services. Email [katie@alyth.org.uk](mailto:katie@alyth.org.uk) if you would like to join the choir.

### Alyth Cycling Community Bike Ride

#### Remembrance Sunday Ride

*Sunday 10 November, 8:15*

Bringing riders of all abilities together to enjoy cycling and conversation. For more information, please contact [laurancemendoza@aol.com](mailto:laurancemendoza@aol.com).

### Rainbow Lunch

*Sunday 10 November, 12:30-14:30*

A lunch for LGBTQ+ refugees and asylum seekers, where they are offered food, friendship and a safe place to be themselves.

### Refugee Choir

*Sunday 24 November, 13:30-14:30*

This multi-faith, multicultural choir is open to refugees, drop-in volunteers and the wider Alyth community.

### Singing for Pleasure

*Sunday 24 November, 15:30-16:30*

Join Viv and sing songs from the shows, Israeli folksongs, songs from the 60s and more. No need to audition, read music or feel intimidated.

## Mindfulness and Meditation

### Monthly JMM

*Friday 1 November, 17:00-18:00*

Welcome in Shabbat with us in a peaceful and reflective environment. Free of charge. All welcome.

### Weekly Move, Breathe and Connect

*Tuesdays, 20:00-21:00*

Our new Tuesday sessions are designed to help you press 'pause' in the middle of your week. Through embodied Kavannah practices, we'll guide you in movement, breathing, and meditation to help you reconnect with your inner stillness and rejuvenate. Cost: 12 Sessions @ £12 per session or £100 for a block of 10 sessions. Payment via cash or card on the day.

### Mellow Chair Yoga for All Ages

*Wednesdays, 11:00-12:00*

Our weekly classes are now on Wednesday and **in person** (*continuing online for those who are unable to come to Alyth*). Email Maxine for more information at [info@maxineyoga.com](mailto:info@maxineyoga.com).



### The Alyth Social Mondays at 14:00 – 16:00

Part of the Alyth Friendship Project. Join us for an afternoon of entertainment, discussion, tea and great company! Annual Membership: £25 per person members; £30 per person non-members; Weekly donation: £3.50 members; £5.00 non-members. Contact Lynette for more information. All are welcome.

**4 Concert: Piano Trio**

Lara Cuci, piano; Paddy Kearney, bassoon; Linda Moscoso-Bemal, oboe;

**11 Alan Dein – At the BBC**

Alan Dein – returns to us to talk about his life as a journalist and broadcaster with the BBC.

**18 Concert: Andrew Gellert (Piano)**

Andrew Gellert – Alyth member will perform and play some of his favourite piano pieces.

**25 Tamara Rabin: Powerful Women**

**Sophia Duleep Singh**

Tamara returns in her series on powerful women. Sophia Duleep Singh was a remarkable woman. Sophia was born in the UK and was the goddaughter of Queen Victoria. She was inspired by the cause of women's suffrage and became a very active suffragette, much to the consternation of the Royal family.

**Bringing Generations Together** (*Monday 25 November, 13:15-13:45*)

We know that the younger generation can learn from their elders, but those of more advanced years can also benefit hugely from spending time with children. Alyth Social has joined forces with Alyth Kindergarten to bring the generations together once a month to have fun and learn together. Future dates are: 27 January, 24 February, 24 March, 28 April.

**Shabbat B'Yachad Lunch** (*Saturday 2 November, 12:30-14:00*)

Please join us and your fellow members for a delicious three course meal in our new space. Contact Lynette on [lynette@alyth.org.uk](mailto:lynette@alyth.org.uk) / 020 8457 8793. Voluntary donation: £5

**NEW!**

### Music On A Winter's Afternoon

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Contact [lynette@alyth.org.uk](mailto:lynette@alyth.org.uk) for more information. Suggested donation: £5

**6 Salome Jordania**

Winner of the New York Concert Artists Worldwide Competition, Salome will play works by Chopin, Ravel and Scriabin.

**13 Yu Chieh Lin**

Yu-Chieh Lin is a Taiwanese classical pianist and will be accompanied by Jane Chapman on the harpsichord.

**20 Rose McLachlan**

Rose plays frequently with the BBC Concert Orchestra. She will perform works by Beethoven, Debussy, and Schumann.

**27 Donglai Shi**

Donglai Shi was born in China and moved to Montreal in 2010. Donglai will be performing both sets of Impromptus by Schubert.

### Weekly Learning

#### SMG

*Sundays 10, 17, 24 November (10:00-12:00)*

Our Jewish education programme for Reception to Year 6. [Click here](#) to enrol into SMG.

SMG provides our youngest members the opportunity to explore their Jewish identity, key Jewish behaviour and rituals and Jewish texts.

#### Ruach 1 - 4

*Fridays 8, 15, 22, 29 November (17:15-19:30)*

Our pre Bar/Bat Mitzvah programme delivered by our wonderful team of madrichim. Participants can come from 16:30 for Drop-In and are expected to stay for the Erev Shabbat Service, finishing at 19:30.

### Drama Activities

#### Alyth Children's Theatre (ACT)

*Thursdays 7, 14, 21, 28 November (17:00-18:15)*

Our drama group for primary school aged children. The group rehearse all year and then perform the show in the summer.

#### Academy of Performing Arts

*Sundays 10, 17, 24 November (18:00-20:00)*

A feature of the Alyth calendar for secondary school aged children for over 20 years. The group perform a show in May.

### Hadracha: Year 10

**Tuesdays 5, 19, 26 November (17:00-18:30)**

Our new Year 10 cohort comes together for our weekly leadership programme.

### Year 7 Bowling

**Saturday 9 November (17:00-19:30)**

Part of the B'nei Mitzvah process at Alyth is focused on social bonding. Join madrichim for an evening of bowling with dinner and a chance to get to know people having a Bar or Bat Mitzvah in your year! Email [abi@alyth.org.uk](mailto:abi@alyth.org.uk) for more information and to book.

### Secret Cinema

**Saturday 30 November (17:30-20:30)**

We are very excited to be launching our first Secret Cinema of 5785 for school years 5 and 6. Join us for an evening of games, adventures, dinner and immersive cinema, all right here at Alyth! This is an exclusive social event for Years 5 and 6; expect to see friends old and new. £16 for Alyth members, £21 for non Alyth members.

[Click here](#) to sign up.

Contact [hannahwood@alyth.org.uk](mailto:hannahwood@alyth.org.uk) for more information and to sign up.

# Mitzvah Day



## Sunday 24 November

Mitzvah Day is the UK's largest faith-led day of social action. Over 55,000 people around the world, come together to give their time, to make a difference to the community around them. Mitzvah Day introduces people to social action, to their neighbours and to local charities, setting up projects which address real needs. We are delighted that Laura Marks CBE, Founder and Chair, Mitzvah Day, and Alyth member will give the D'var Torah on Erev Shabbat (22 November).

This year for Mitzvah Day, in addition to the activities that children are doing at SMG, they will be delivering items for the All Saints Childs Hill Food Bank and Great Ormond Street Hospital.

The **All Saints Childs Hill Food Bank** is a community run food bank in association with the All Saints church. With an objective to be a constant source of help for families who do not have enough to feed their families, the All Saint Childs Hill Food Bank relies on local donations to keep everyone fed and sustained.

**We will be collecting: Rice, Pasta, Dried Lentils, Tinned Meats, Tinned Tuna, Tinned Fruit and Vegetables, Cereal, UHT Milk.**

Every day, around 750 seriously ill children and young people from across the UK are seen at **Great Ormond Street Hospital**. Many children, who visit GOSH have extended hospital stays, complex medical needs, illnesses, and go through great challenges. Despite the greatest challenges a child can face, the hospital is a place where being sick does not always mean being sad.

**We will be collecting new: board/card games, arts and crafts kits, construction toys, toy cars and planes, dolls, jigsaws and peg puzzles, jewellery making kits, pyjamas, blankets, duvet sets, colouring sets, sensory items, musical toys, stationery sets, toiletries and pamper items.**

*\*Please note GOSH cannot take any used or second-hand items, or home made knitted clothes or toys.*