

Shabbat Va-yeitzei

7 Kislev 5785 / 6 – 7 December 2024

Erev Shabbat

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

Led by Rabbi Elliott, Rabbi Hannah and Katie.

The D'var Torah will be given by Nicholas Aleksander, Alyth member and trustee of Rene Cassin, the Jewish Voice for Human Rights.

Shabbat Morning

9:00 Early Shabbat Morning Service (in the Cecil Rosen Hall)

Led by Rabbi Elliott.

The Torah will be read by Lucas Quastel.

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

Led by Rabbi Hannah and Rabbi Elliott.

The Torah will be read by Sasha Barrett and Antony Eden.

The Sermon will be given by Rabbi Daniel Lichman.

There will be an unsupervised kids corner in the Beit Tefillah.

12:30 Shabbat B’Yachad Lunch (in the Leo Baeck Hall)

Please join us for our monthly lunch open to all the community following kiddush.

Shabbat Afternoon

16:00 Sensory Havdalah (in the Upstairs Hall / Meeting Room)

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

Special Guest Teacher: Rabbi Daniel Lichman
We are delighted to be joined over the next few months by Rabbi Daniel Lichman, who will be a special guest teacher at Pardes and will give occasional sermons over Shabbat. Rabbi Daniel will be bringing his unique perspective on Jewish theology in these uncertain and troubling times.

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*

Additional Songs and Readings for Shabbat

Yism’chu Ha-shamayim
Words: Psalm 96:11

ישְׁמַחו הַשָּׁמַיִם וְתִגַּל הָאָרֶץ יְרַעַם הַיָּם וּמִלְאוּ:

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

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

Ya’aloz Sadai

Words: Psalm 96:12

Music: Yoel Sykes and Navot ben Barak

יעֲלוּ שְׂדֵי וְכָל־אֲשֵׁר־בוּ אֲז יִרְנְנוּ כָל־עֲצֵי־יַעַר:

Let the field be glad and all within it, let all trees of the forest sing out

Ya'aloz sadai v'chol asher bo, az y'rann'nu kol atsei ya'ar.

Blessing on lighting Shabbat candles

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מִלְךְ הָעוֹלָם אֲשֶׁר קִדְשָׁנוּ בְּמִצְוֹתָיו וְצוּגְנוּ לְהַדְלִיק נֵר שֵׁל שַׁבָּת:

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

Baruch attah Adonai eloheinu melech ha-olam, asher kidd'shanu b'mitsvotav, v'tsivvanu l'hadlik neir shel shabbat.

Nachman of Bratslav’s Prayer for Peace

May it be Your will, Eternal God, that war and bloodshed be abolished from the world, that a great and wondrous peace rule forever; that never again shall nation lift up sword against nation, and never again shall they train for war. But may all who dwell on the earth recognize and understand the basic truth: that we have not come into this world for strife and division, nor for hate and jealousy, contrariness and bloodshed; but we have come into this world to recognize and know You, may You be blessed forever.

A Prayer for the Release of Captives

God of Abraham, the first who risked his life for the release of captives. God of Moses, Miriam and Aaron, whose words and actions brought us out of slavery. God of Elijah, who was comforted through his deep despair, by your still small voice. Be with those everywhere who are enslaved and captive. Our thoughts and prayers go to those still held hostage by Hamas. Grant strength and resilience to them, and their families yearning and working for their release. Give wisdom, courage and conviction to all those working to bring them home. Help us to understand what we too can do to hasten the release of captives and to support those in distress.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מִלְךְ הָעוֹלָם מַתִּיר אֲסוּרִים:

Baruch attah Adonai eloheinu melech ha-olam matir asurim.

Blessed are you our Living God, who frees captives.

(Words: based on the words of Kol Haneshamah Reform Congregation, Jerusalem)

Ana El Na

Words: based on Numbers 12:13

Music: Daphna Rosenberg and Naveh Agmon

אָנָּא אֵל נָּא רַפָּא נָּא לָּהּ

Please God, please bring healing.
Ana El na, r'fa na la

Ivdu

Words: Psalm 100:2 and 95:3

Music: Or Zohar

עֲבֹדוּ אֶת־יְהוָה בְּשִׂמְחָה בָּאוּ לִפְנֵינוּ בְּרִנְנָה - כִּי אֵל מִלְךְ גָּדוֹל יְהוָה

Serve God in gladness; Come into God’s Presence with joy. For God is a great Sovereign.

Part 1:
Ivdu
et Adonai b'simcha
Bo'u
l'fanav birna'na...ah

Ki El melech gadol Adonai (x4)

Part 2:
(Ivdu...u...u)
(simcha, simcha, simcha...)
(Bo'u, bo'u bo'u...u)
(na, na, na, na, na...)

Torah Portion for Shabbat Va’yeitzei

Genesis 28:10-29:12

’ וַיָּצֵא יַעֲקֹב מִבְּאֵר שָׁבַע וַיֵּלֶךְ חֲרָנָה: ”א וַיִּפְגַּע בְּמַקְוֶם וַיִּלֶּן שָׁם כִּי־בָא הַשָּׁמֶשׁ וַיִּקַּח מֵאֲבָנֵי הַמַּקְוֶם וַיִּשֶׁם מִרְאשֹׁתָיו וַיִּשְׁכַּב בְּמַקְוֶם הַהוּא: ”ב וַיַּחְלֹם וְהִנֵּה סֹלֶם מַצֵּב אֲרָצָה וְרֹאשׁוֹ מִגִּיעַ הַשָּׁמַיְמָה וְהִנֵּה מִלְאָכֵי אֱלֹהִים עֲלִים וַיִּרְדּוּם בּוֹ: ”ג וְהִנֵּה יְהוָה נֹצֵב עָלָיו וַיֹּאמֶר אָנֹכִי יְהוָה אֱלֹהֵי אֲבֹתֶם אַבְרָם וְאַלְהֵי יִצְחָק הָאָרֶץ אֲשֶׁר אֲתָה שֹׁכֵב עָלֶיהָ לָךְ אֲתַנַּנְנָה וּלְזוֹרְעֶךָ: ”ד וְהִנֵּה זֶרַעַךָ כֹּעֶפֶר הָאָרֶץ וּפְרֻצַּת יָמָה וְקִדְמָה וְצַפְנָה וְנִגְבָּה וְנִבְרַכְו בְּךָ כָּל־מִשְׁפַּחַת הָאָדָמָה וּבְזוֹרְעֶךָ: ”ט וְהִנֵּה אָנֹכִי עֹמֵד וּשְׁמֶרְתִּיךָ בְּכָל אֲשֶׁר־תֵּלֵךְ וְהִשְׁבַּתִּיךָ אֶל־הָאָדָמָה הַזֹּאת כִּי לֹא אֶעֱזָבְךָ עַד אֲשֶׁר אִם־עֲשִׂיתִי אֵת אֲשֶׁר־דִּבַּרְתִּי לָךְ:

¹⁰Jacob left Beer-sheba, and set out for Haran. ¹¹He came upon a certain place and stopped there for the night, for the sun had set. Taking one of the stones of that place, he put it under his head and lay down in that place. ¹²He had a dream; a stairway was set on the ground and its top reached to the sky, and angels of God were going up and down on it. ¹³And standing beside him was GOD, who said, "I am the ETERNAL, the God of your father Abraham and the God of Isaac: the ground on which you are lying I will assign to you and to your offspring. ¹⁴Your descendants shall be as the dust of the earth; you shall spread out to the west and to the east, to the north and to the south. All the families of the earth shall bless themselves by you and your descendants. ¹⁵Remember, I am with you: I will protect you wherever you go and will bring you back to this land. I will not leave you until I have done what I have promised you."

ה טז וַיִּיקֶץ יַעֲקֹב מִשְׁנָתוֹ וַיֹּאמֶר אֲכֹן יֵשׁ יְהוָה בְּמַקְוֶם הַזֶּה וָאָנֹכִי לֹא יָדַעְתִּי: יז וַיִּירָא וַיֹּאמֶר מַה־נִּזְרָא הַמַּקְוֶם הַזֶּה אֵין זֶה כִּי אִם־בַּיִת אֱלֹהִים וְזֶה שַׁעַר הַשָּׁמַיִם: יח וַיִּשְׁכֹּם יַעֲקֹב בַּבֹּקֶר וַיִּקַּח אֶת־הָאֲבָן אֲשֶׁר־שָׁם מִרְאשֹׁתָיו וַיִּשֶׁם אֹתָהּ מַצֵּבָה וַיִּצַק שָׁמֶן עַל־רַאשָׁהּ: יט וַיִּקְרָא אֶת־שְׁמֵי־הַמַּקְוֶם הַהוּא בַּיִת־אֵל וְאוּלָם לְזוֹ שְׁם־הָעִיר לְרֹאשְׁנָה: כ וַיִּזְדַּר יַעֲקֹב נֶדַר לֵאמֹר אִם־יְהִיָּה אֱלֹהִים עִמָּדִי וּשְׁמֶרְנִי בְדַרְךָ הַזֶּה אֲשֶׁר אָנֹכִי הוֹלֵךְ וְנִתְּנָלִי לָחֵם לְאֹכַל וּבִגְד לְלִבְשׁ: כא וּשְׁבַתִּי בְשָׂלוֹם אֶל־בַּיִת אָבִי וְהִנֵּה יְהוָה לִי לְאֱלֹהִים: כב וְהָאֲבָן הַזֹּאת אֲשֶׁר־שָׁמַתִּי מַצֵּבָה יְהִיָּה בַּיִת אֱלֹהִים וְכָל אֲשֶׁר תִּתְּנָלִי עֲשֶׂר אֶעֱשְׂרֶנּוּ לָךְ:

¹⁶And Jacob awoke from his sleep and said, “Surely GOD is present in this place, and I did not know it!” ¹⁷Shaken, he said, “How awesome is this place! This is none other than the abode of God, and that is the gateway to heaven.” ¹⁸Early in the morning, Jacob took the stone that he had put under his head and set it up as a pillar and poured oil on the top of it. ¹⁹He named that site Bethel; but previously the name of the city had been Luz. ²⁰Jacob then made a vow, saying, “If God remains with me, protecting me on this journey that I am making, and giving me bread to eat and clothing to wear, ²¹and I return safe to my father’s house—the ETERNAL shall be my God. ²²And this stone, which I have set up as a pillar, shall be God’s abode; and of all that You give me, I will set aside a tithe for You.”

א וַיִּשָּׂא יַעֲקֹב רִגְלָיו וַיֵּלֶךְ אֲרָצָה בְּנֵי־קְדָם: ב וַיֵּרָא וְהִנֵּה בְּאֵר בְּשֹׂדֶה וְהִנֵּה־שָׁם שְׁלֹשָׁה עֹדְרֵי־צֹאן רֹבְצִים עָלֶיהָ כִּי מִן־הַבְּאֵר הַהוּא יִשְׁקוּ הַעֹדְרִים וְהָאֲבָן גְּדֹלָה עַל־פִּי הַבְּאֵר: ג וְנֹאסְפוּ־שָׁמָּה כָל־הַעֹדְרִים וּגְלָלוּ אֶת־הָאֲבָן מֵעַל פִּי הַבְּאֵר וְהִשְׁקוּ אֶת־הַצֹּאן וְהִשְׁיִבּוּ אֶת־הָאֲבָן עַל־פִּי הַבְּאֵר לְמַקְמָה: ד וַיֹּאמֶר לָהֶם יַעֲקֹב אַחִי מֵאֵין אַתֶּם וַיֹּאמְרוּ מִחֶרֶן אָנַחְנוּ: ה וַיֹּאמֶר לָהֶם הִידַעְתֶּם אֶת־לִבְךָ כִּן־נַחֲזֹר וַיֹּאמְרוּ יָדַעְנוּ: ו וַיֹּאמֶר לָהֶם הַשְׁלוֹם לוֹ וַיֹּאמְרוּ שְׁלוֹם וְהִנֵּה רַחֵל בָּתוּ בְּאָה עִם־הַצֹּאן: ז וַיֹּאמֶר הֵן עוֹד הַיּוֹם גְּדוֹל לֹא־עַת הָאֶסֶף הַמַּקְנֶה הַשְׁקוּ הַצֹּאן וּלְכוּ רְעוּ: ח וַיֹּאמְרוּ לֹא נֹכַח עַד אֲשֶׁר יֵאָסְפוּ כָל־הַעֹדְרִים וּגְלָלוּ אֶת־הָאֲבָן מֵעַל פִּי הַבְּאֵר וְהִשְׁקִינוּ הַצֹּאן:

¹Jacob resumed his journey and came to the land of the Easterners. ²There before his eyes was a well in the open. Three flocks of sheep were lying there beside it, for the flocks were watered from that well. The stone on the mouth of the well was large. ³When all the flocks were gathered there, the stone would be rolled from the mouth of the well and the sheep watered; then the stone would be put back in its place on the mouth of the well. ⁴Jacob said to the shepherds, “My friends, where are you from?” And they said, “We are from Haran.” ⁵He said to them, “Do you know Laban the son of Nahor?” And they said, “Yes, we do.” ⁶He continued, “Is he well?” They answered, “Yes, he is; and there is his daughter Rachel, coming with the flock.” ⁷He said, “It is still broad daylight, too early to round up the animals; water the flock and take them to pasture.” ⁸But they said, “We cannot, until all the flocks are rounded up; then the stone is rolled off the mouth of the well and we water the sheep.”

ט עֹדְנוּ מְדַבֵּר עִמָּם וְרָחֵל ׀ בָּאָה עִם־הַצֹּאֵן אֲשֶׁר לְאִבֶּיהָ כִּי רָעָה הוּא: ׀ וַיְהִי כַּאֲשֶׁר רָאָה יַעֲקֹב אֶת־רָחֵל בַּת־לְבֵן אֶתִּי אִמּוֹ וְאֶת־צֹאֵן לְבֵן אֶתִּי אִמּוֹ וַיִּגֵּשׁ יַעֲקֹב וַיִּגַּל אֶת־הָאָבֶן מֵעַל פִּי הַבְּאֵר וַיִּשָּׂק אֶת־צֹאֵן לְבֵן אֶתִּי אִמּוֹ: ׀” וַיִּשָּׂק יַעֲקֹב לְרָחֵל וַיִּשָּׂא אֶת־קִלּוֹ וַיִּבְדֶּךָ: ׀” וַיִּגַּד יַעֲקֹב לְרָחֵל כִּי אֶתִּי אִבִּיהָ הוּא וְכִי בְן־רִבְקָה הוּא וַתֵּרֶץ וַתִּגַּד לְאִבֶּיהָ:

⁹While he was still speaking with them, Rachel came with her father’s flock—for she was its shepherd. ¹⁰And when Jacob saw Rachel, the daughter of his uncle Laban, and the flock of his uncle Laban, Jacob went up and rolled the stone off the mouth of the well, and watered the flock of his uncle Laban. ¹¹Then Jacob kissed Rachel and broke into tears. ¹²Jacob told Rachel that he was her father’s kinsman, that he was Rebekah’s son; and she ran and told her father.

Haftarah Portion for Shabbat Va-yeitzei

From Joshua 4:1-14

¹When the entire nation had finished crossing the Jordan, GOD said to Joshua, ^{2a}Select twelve individuals from among the people, one from each tribe, ³and instruct them as follows: Pick up twelve stones from the spot exactly in the middle of the Jordan, where the priests’ feet are standing; take them along with you and deposit them in the place where you will spend the night.” ⁴Joshua summoned the twelve men whom he had designated among the Israelites, one from each tribe; ⁵and Joshua said to them, “Walk up to the Ark of the ETERNAL your God, in the middle of the Jordan, and each of you lift a stone onto his shoulder—corresponding to the number of the tribes of Israel. ⁵This shall serve as a symbol among you: in time to come, when your children ask, ‘What is the meaning of these stones for you?’ ⁷you shall tell them, ‘The waters of the Jordan were cut off because of the Ark of GOD’s Covenant; when it passed through the Jordan, the waters of the Jordan were cut off.’ And so these stones shall serve the people of Israel as a memorial for all time.” ⁸The Israelites did as Joshua ordered. They picked up twelve stones, corresponding to the number of the tribes of Israel, from the middle of the Jordan—as GOD had charged Joshua—and they took them along with them to their night encampment and deposited them there. ⁹Joshua also set up twelve stones in the middle of the Jordan, at the spot where the feet of the priests bearing the Ark of the Covenant had stood; and they have remained there to this day. ¹⁰The priests who bore the Ark remained standing in the middle of the Jordan until all the instructions that GOD had ordered Joshua to convey to the people had been carried out. And so the people speedily crossed over, just as Moses had assured Joshua in his charge to him. ¹¹And when all the people finished crossing, the Ark of GOD and the priests advanced to the head of the people. ¹²The Reubenites, the Gadites, and the half-tribe of Manasseh went across armed in the van of the Israelites, as Moses had charged them. ¹³About forty thousand shock troops went across at GOD’s behest, to the steppes of Jericho for battle. ¹⁴On that day GOD exalted Joshua in the sight of all Israel, so that they revered him all his days as they had revered Moses.

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.

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. Please see the website for details and to sign up.

Adults - £290/pp, Children (aged 6-16) - £85/pp, Family of 4 - £665

Please note that you can pay by instalments to spread the cost of the Weekend Away over a few months. The Clergy Jewish Participation Fund is available to enable all Alyth members to participate in Jewish activities where cost is a challenge, whatever the reason. To access the Fund, please email clergyfund@alyth.org.uk

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:

Lucas Quastel, who is reading Torah for the first time in our early Shabbat morning service to celebrate becoming Bar Mitzvah.

Anthony Eden, who is reading Torah for the first time in our Shabbat morning service to celebrate becoming Bar Mitzvah.

Sasha Barrett, who is reading Torah for the first time in our Shabbat morning service to celebrate becoming Bat Mitzvah.

Lilah Hyman and Dominic Murphy, on their recent engagement.

Adam Miller and Flora Harding, on their recent engagement.

We regret to announce the death of:

Jack Green, husband of Suzette Green, father of Julia Brown, Daniel Green and Harriet Green, and brother of Jane Christie

Bob Kirk, husband of Ann Kirk, father of David Kirk

Yvonne Klein, sister of Anita Alter, aunt of Paul Alter and Eric Alter

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

Emil Allen, father of Daniel Allen

Kitty Bellos, mother of Vivienne Bellos MBE

Maurice Winegarten, father of Susie Benson

Bill Benson, father of Neil Benson OBE

Harry Freedman, father of Loretta Cohn

Lionel Daiches, father of Michael Daiches

Daniel Ferrer, father of Alan Ferrer

Tessie Haller, mother of Frederic Haller

Arnold Gould, father of Tessa Thier

Phoebe Gould, mother of Tessa Thier

Lewis Phillips, father of Patricia Hasenson

Harold Hodes, husband of Harriet Hodes

Coral Kauffmann, wife of Arthur Kauffmann

Lloyd Kuber, husband of Linda Kuber, father of Daniel, Marc and Matthew Kuber, brother of Sheri Haywood

Gerald Langer, father of Henry Langer

Leopold Lennard, father of Raymond Lennard

Leslie Lucas, father of Jack Lucas

Adrienne Milan, mother of Warren Margolis

Paula Miller, mother of Basil Miller

Betty Mann, mother of Jackie Naftalin

Bella Jozef, mother of Rosine Perelberg

Gil Poulos, brother of Rianna Poulos

Eta Smith, mother of Maureen Rivlin

Maureen Mendelsohn, mother of Jan Roseman

Davis Grossman, father of Merle Russell

Elsie Savage, mother of Cyril Savage

Sue Sharp, wife of Gerard Sharp

Regina Libson, mother of Susan Shear

Regina Tessler, grandmother of Donna Sherrington

Michael Herman, father of Justine Silverstone

Malcolm Stanton, father of Kenneth Stanton

Bessie Lantin, mother of Sharon Tyler

June Vides, mother of Danielle Vides

Henry Wolosker, father of Arlene Seaton

Contact Us

Adam Martin	<i>Community Director</i> adam@alyth.org.uk; 020 8457 8789
Lynette Chazen	<i>Head of Community Care and Life Cycle Designated Safeguarding Lead</i> lynette@alyth.org.uk; 020 8457 8793
Sam Heller	<i>Head of Member Engagement</i> (currently on maternity leave)

Rabbinic Team

Rabbi Hannah Kingston, Rabbi Elliott Karstadt, Rabbi Colin Eimer, Rabbi Nicola Feuchtwang

Rabbi Josh Levy (Emeritus)