

Shabbat Va-y’chi

11 Tevet 5785 / 10 – 11 January 2025

Erev Shabbat

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

Led by Rabbi Hannah, Rabbi Elliott and Katie.

Shabbat Morning

10:30 Shabbat Service (in the Beit Tefillah)

Led by Rabbi Elliott

The Torah will be read by Jesse Lexton.

The Sermon will be given by Rabbi Elliott.

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

10:30 Kollot (in the Cecil Rosen Hall)

Our informal, unaccompanied, participatory minyan, led by Rabbi Hannah.

The Dvar Torah will be given by Keith Maynard.

The Torah will be read by Elinor Furman.

There will be an unsupervised kids corner in the Cecil Rosen Hall.

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 Leo Baeck Hall)

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, Hanhah Wood and the dungareenees, for this special Sensory Havdalah experience where our youngest members can wave goodbye to Shabbat and prepare to start the week new. Feel free to wear your PJs or onesies!

<p>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 <i>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</i></p>

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

Ma Tovu	
Words: Numbers 24:5	

מִה־טֹבוּ אֵהְלִיךָ יַעֲקֹב. מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל:

Mah tovu ohalecha ya’akov, mishk’notecha yisra’el.

How good are your tents, O Jacob, and your homes, O Israel!

Ya’aloz Sadai	
Words: Psalm 96:12	Music: Yoel Sykes and Navot ben Barak

יַעֲלוּ שְׂדֵי וְכָל־אֲשֶׁר־בוֹ אֲזוּ יִרְנְנוּ כָּל־עֲצֵי־יַעַר:

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

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

Bo’i khallah	
Music: Lior Ben Hur & Sol Tevel	

בּוֹאֵי כְּלָה פְּנֵי שִׁבְת גְּקַבְּלָהּ, לְכָה דוּדֵי לְקִרְיַת כְּלָה, לְכָה דוּדֵי פְּנֵי שִׁבְת

גְּקַבְּלָהּ

Bo'i khallah, bo'i khallah, p'nei Shabbat n'kab'lah, bo'i khallah, bo'i khallah, bo'i khallah

L'chah dodi, l'chah dodi likrat kalla, p'nei Shabbat n'kab'lah

Come, my bride, to welcome in the Shabbat eve.

Come, my friend, to greet the bride, to welcome in the Shabbat eve.

Hashkiveinu	
Music: Dan Nichols	

הַשְׁכִּיבֵנוּ יְהוָה אֱלֹהֵינוּ לְשָׁלוֹם וְהַעֲמִידֵנוּ מִלְּפָנָיו לְחַיִּים

Hashkiveinu Adonai eloheinu l'shalom, v'ha'amideinu malkeinu 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 יְהוָה. הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עַלְיָנוּ 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.

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.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מִלְּךָ 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)

Ivdu	
Words: Psalm 100:2 and 95:3	Music: Or Zohar

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

Part 1:	Part 2:
Ivdu	(Ivdu...u...u)
et Adonai b'simcha	(simcha, simcha, simcha...)
Bo'u	(Bo'u, bo'u bo'u...u)
l'fanav birna'na...ah	(na, na, na, na, na...)

Ki El melech gadol Adonai (x4)

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

Torah Portion for Shabbat Va-y’chi

Genesis 48:8-22

יַ וַיֵּרָא יִשְׂרָאֵל אֶת־בְּנָי יוֹסֵף וַיֹּאמֶר מִי־אֵלֶּהָ: ט וַיֹּאמֶר יוֹסֵף אֶל־אָבִיו בְּנֵי הֵם אֲשֶׁר־נָתַן־לִי אֱלֹהִים בְּנֵה וַיֹּאמֶר קַח־סֵנָא אֵלַי וְאֲבָרְכֶם: ז' וַעֲיַנִּי יִשְׂרָאֵל כְּבָדוֹ מִזֶּקֶן לֹא יוּכַל לְרֹאֹת וַיִּגַּשׁ אֹתָם אֲלָיו וַיִּשַׁק לָהֶם וַיַּחֲבֹק לָהֶם: י"א וַיֹּאמֶר יִשְׂרָאֵל אֶל־יוֹסֵף רְאֵה פָנָיִךְ לֹא פָלַלְתִּי וְהִנֵּה הִרְאָה אֹתִי אֱלֹהִים גַּם אֶת־נְרַעְךָ: י"ב וַיּוֹצֵא יוֹסֵף אֹתָם מֵעַם בְּרַכְּו וַיִּשְׁתַּחוּ לְאִפְּיוֹ אַרְצָה: י"ג וַיִּקַּח יוֹסֵף אֶת־שְׁנֵיהֶם אֶת־אֶפְרַיִם בְּיָמִינוֹ מִשְׁמָאל יִשְׂרָאֵל וְאֶת־מְנַשֶּׁה בְּשִׂמְאֵלוֹ מִיַּמִּין יִשְׂרָאֵל וַיִּגַּשׁ אֲלָיו:

⁸Noticing Joseph’s sons, Israel asked, “Who are these?” ⁹And Joseph said to his father, “they are my sons, whom God has given me here.” “Bring them up to me,” he said, “that I may bless them.” ¹⁰Now Israel’s eyes were dim with age; he could not see. So [Joseph] brought them close to him, and he kissed them and embraced them. ¹¹And Israel said to Joseph, “I never expected to see you again, and here God has let me see your children as well.” ¹²Joseph then removed them from his knees, and bowed low with his face to the ground. ¹³Joseph took the two of them, Ephraim with his right hand—to Israel’s left—and Manasseh with his left hand—to Israel’s right—and brought them close to him.

י' וַיִּשְׁלַח יִשְׂרָאֵל אֶת־יָמִינוֹ וַיִּשֶׁת עַל־רֹאשׁ אֶפְרַיִם וְהוּא הִצַּעִיר וְאֶת־שִׂמְאֵלוֹ עַל־רֹאשׁ מְנַשֶּׁה שִׁכַּל אֶת־יָדָיו כִּי מְנַשֶּׁה הִבְכוּר: ט"ו וַיְבָרֶךְ אֶת־יוֹסֵף וַיֹּאמֶר הָאֱלֹהִים אֲשֶׁר הִתְהַלְכוּ אַבְתִּי לִפְנֵיו אֲבָרְהֶם וַיִּצְחַק הָאֱלֹהִים הִרְעָה אֹתִי מֵעוּדַי עַד־הַיּוֹם הַזֶּה: ט"ז הַמְּלֹאךָ הַגָּאֵל אֹתִי מִכָּל־רָע יְבָרֶךְ אֶת־הַנְּעָרִים וַיִּקְרָא בָהֶם שְׁמֵי וְשֵׁם אַבְתִּי אֲבָרְהֶם וַיִּצְחַק וַיִּדְגּוּ לְרֹב בְּקִרְבַּ הָאָרֶץ: י"ז וַיֵּרָא יוֹסֵף כִּי־יִשְׁיֵת אָבִיו יַד־יָמִינוֹ עַל־רֹאשׁ אֶפְרַיִם וַיִּרַע בְּעֵינָיו וַיִּתְמַךְ יַד־אָבִיו לְהִסִּיר אֹתָהּ מֵעַל רֹאשׁ־אֶפְרַיִם עַל־רֹאשׁ מְנַשֶּׁה: י"ח וַיֹּאמֶר יוֹסֵף אֶל־אָבִיו לֹא־כֵן אָבִי כִי־נָה הִבְכוֹר שֵׁים יָמִינְךָ עַל־רֹאשׁוֹ:

¹⁴But Israel stretched out his right hand and laid it on Ephraim’s head, though he was the younger, and his left hand on Manasseh’s head—thus crossing his hands—although Manasseh was the first-born. ¹⁵And he blessed Joseph, saying, “The God in whose ways my fathers Abraham and Isaac walked, the God who has been my shepherd from my birth to this day—¹⁶The Messenger who has redeemed me from all harm—Bless the lads. In them may my name be recalled, And the names of my fathers Abraham and Isaac, And may they be teeming multitudes upon the earth.” ¹⁷When Joseph saw that his father was placing his right hand on Ephraim’s head, he thought it wrong; so he took hold of his father’s hand to move it from Ephraim’s head to Manasseh’s. ¹⁸“Not so, Father,” Joseph said to his father, “for the other is the first-born; place your right hand on his head.”

ט"ט וַיִּמְאַן אָבִיו וַיֹּאמֶר יַדְעֹתִי בְנֵי יַדְעֹתִי גַם־הוּא יְהִי־הַלְעָם וְגַם־הוּא יִגְדֹּל וְאוֹלָם אֹתִיו הַקָּטָן יִגְדֹּל מִמֶּנּוּ וְזָרְעוֹ יִהְיֶה מְלֹא־הַגּוֹיִם: כ' וַיְבָרְכֶם בַּיּוֹם הַהוּא לֵאמֹר בְּךָ יְבָרֶךְ יִשְׂרָאֵל לֵאמֹר יִשְׁמַךְ אֱלֹהִים כָּאֶפְרַיִם וְכַמְנַשֶּׁה וַיִּשֵׁם אֶת־אֶפְרַיִם לִפְנֵי מְנַשֶּׁה: כ"א וַיֹּאמֶר יִשְׂרָאֵל אֶל־יוֹסֵף הִנֵּה אָנֹכִי מֵת וְהִנֵּה אֱלֹהִים עִמָּכֶם וְהַשִּׁיב אֹתְכֶם אֶל־אֶרֶץ אַבְתֵיכֶם: כ"ב וְאָנֹכִי נָתַתִּי לָךְ שָׂכָם אַחַד עַל־אַחֶיךָ אֲשֶׁר לְקַחְתִּי מִיַּד הָאֹמְרֵי בְּחַרְבֵי וּבִקְשָׁתַי:

¹⁹But his father objected, saying, “I know, my son, I know. He too shall become a people, and he too shall be great. Yet his younger brother shall be greater than he, and his offspring shall be plentiful enough for nations.” ²⁰So he blessed them that day, saying, “By you shall Israel invoke blessings, saying: God make you like Ephraim and Manasseh.” Thus he put Ephraim before Manasseh. ²¹Then Israel said to Joseph, “I am about to die; but God will be with you and bring you back to the land of your ancestors. ²²And now, I assign to you one portion more than to your brothers, which I wrested from the Amorites with my sword and bow.”

Haftarah Portion for Shabbat Va-y’chi

Proverbs 4:1-15

¹Sons, heed the discipline of a father; listen and learn discernment,² for I give you good instruction; do not forsake my teaching.

³ Once I was a son to my father, the tender darling of my mother.

⁴ He instructed me and said to me, “let your mind hold on to my words; keep my commandments and you will live.

⁵ Acquire wisdom, acquire discernment; do not forget and do not swerve from my words.

⁶ Do not forsake her and she will guard you; love her and she will protect you.

⁷ The beginning of wisdom is—acquire wisdom; with all your acquisitions, acquire discernment.

⁸ Hug her to you and she will exalt you; she will bring you honor if you embrace her.

⁹ She will adorn your head with a graceful wreath; crown you with a glorious diadem.”

¹⁰ My son, heed and take in my words, and you will have many years of life.

¹¹ I instruct you in the way of wisdom; I guide you in straight courses.

¹² You will walk without breaking stride; when you run, you will not stumble.

¹³ Hold fast to discipline; do not let go; keep it; it is your life.

¹⁴ Do not enter on the path of the wicked; do not walk on the way of evil men.

¹⁵ Avoid it; do not pass through it; turn away from it; pass it by.

Save The Dates

Bereavement Café - Every Other Wednesday, from 15 January (14:00 – 15:30)

As part of our new Well Being Wednesdays. Have you recently been bereaved? Come and meet others in a similar situation to talk, chat and make new friendships. Facilitated by Lynette with guest speakers. To sign up, please email lynette@alyth.org.uk or call her on 020 8457 8793.

Social Café - Every Other Wednesday, starting 22 January (14:00 – 15:30)

Come and meet others in the Alyth Community, over a cuppa for a chat about what’s going on in the world and anything else that takes your fancy! All are welcome to join for an afternoon of meeting others and enjoyable discussion which may lead to new friendships and other group activities at Alyth. To sign up, please email lynette@alyth.org.uk or call her on 020 8457 8793.

Alyth Winter Concert - Sunday 19 January (16:00 - 18:00)

Join us for a fun filled concert with Singing for Pleasure, the Synagogue Choir, the newly formed SMG Choir and the Alyth Choral Society. Featuring guest vocals from the Alyth professional team. Light refreshments will be served. Please bring some non-perishable food for our local food banks.

We need to talk about... - Monday 20 January (19:30)

A new series of evenings to talk about issues facing our community with experts in the field. First up: Israel in our liturgy.

Neurobics Brain & Body Fitness – Every Wednesday, from 22 January for six weeks (11:00 – 12:30)

A six weeks preventative and rehabilitative treatment programme which invites people to “Challenge the Body, Stimulate the Brain & Lift the Heart.” Simple brain-fitness exercises are an essential way to slow down cognitive decline, improve brain fitness and harness the power of the brain’s ability to change. £12 per session. To sign up and for more details, please email lynette@alyth.org.uk or call her on 020 8457 8793.

Holocaust Memorial Week Event - Tuesday 28 January (19:00)

As part of Alyth’s Holocaust Memorial Week events, Leslie Michaels and Dr Toby Simpson, Director of The Wiener Holocaust Library, will be speaking about the life of Margrit Hochschild Stern (1921 - 1998), who came to Britain as an unaccompanied child refugee, as well as that of Jews in Germany before the Second World War. Leslie has written a book about Margrit and her family, which will be available against a donation to The Wiener Holocaust Library. For security and planning purposes, please register via the Alyth website.

Contact Us

Adam Martin

Community Director

adam@alyth.org.uk; 020 8457 8789

Lynette Chazen

Head of Community Care and Life Cycle

Designated Safeguarding Lead

lynette@alyth.org.uk; 020 8457 8793

Sam Heller

Head of Member Engagement

(currently on maternity leave)

Rabbinic Team

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

Rabbi Josh Levy (Emeritus)

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:

Jesse Lexton, who is reading Torah for the first time in our Shabbat morning service to celebrate becoming Bar Mitzvah

Jeannette Cohen and Tracey Kieve, who have both been nominated for the Jewish

Volunteering Network Awards for their volunteering work at Alyth

Margaret Harris, who is reading haftarah to celebrate her 80th birthday

We regret to announce the death of:

Caryl Aitchison, sister of Lynn Levy

Susan Bolsom, wife of Alan Bolsom, mother of Jo Cosbert and Richard Bolsom

Leon Cohen, husband of Peggy, father of John, Paul and Daniel. Grandfather of Joshua,

Gideon and David, and father-in-law of Noeleen and Stephne

Denis Vandervelde, father of Judith Vandervelde and Ruth Cusack

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

Fay Adelman, mother of Gillian Jay

Igor Alexander, husband of Hanna, and father of Caroline Alexander and Nicholas

Aleksander

Arno Baum, father of Jeremy Baum

Martin Bedeman, father of Hazel Beiny

Sol Ben Zken, mother of Sam Benson

Rebecca Benson, mother of Neil Benson OBE

Sidney Bradley, father of Annette Green

Lilian Bray, mother of David Bray

Erica Burkeman, mother of Robert Burkeman

John Burns, father of Hugh Burns

Edyth Detsiny, mother of Joan Robinson

Marie Gold, mother of Linda Kuber

Eva Graham, mother of David Graham

Isidore Green, father of Gloria Smith

Morris Green, father of Aubrey Green

Brian Green, husband of Evelyn Greene

Lorna Hickey, sister of Josephine Haller

Mathew Horne, brother of Annabel Horne

Albert Isaac, father of Jeanette Jonas

Michael Kessel, father of Anthony Kessel

Max Kingsley, father of Jacqueline Barre

Edgar Kohll, father of Barbara Fletcher

Ruth Langdon, aunt of Selina Gellert

Solomon Lenz, father of Maurice Lenz

Martin Leskin, father of Nigel Leskin

Gladys Lewis, mother of Marcia Lieberman

Millie Lewis, mother of Sandra Lewis

Aubrey Lister, father of Michelle Abrahams

Valerie Mansell, mother of Deborah, Richard and Josie Mansell

Cynthia Maynard, mother of Keith Maynard

Lillian Mitchell, mother of Maureen Mellow

Hettie Nathan, mother of Lynn Silver

Rabbi Morris Nemeth, father of Hannah Jacobs

Barnet Oberman, father of Wendy Weiner

Joy Rack, mother of Gregory Rack

Jeffery Rose, father of Simon Rose

Dorie Rubin, mother of Rachel Gerrard and Naomi Hartnell

Joseph Rubin, father of Vicky Fobel

Rena Salinger, mother of Janice Kirby and Mike Salinger

Bruno Seligman, father of Jeffrey Seligman

Gisela Sigler, mother of Nicholas Sigler

Brian Silverstone, father of Lanny Silverstone

Hanni Sunderland, mother of Roy Sunderland

Iran Tebbi, mother of Nassrin Harris

Sonny Warner, father of Clive Warner

Barney Warrington, uncle of Maurice Solovitz

Leslie White, father of Vivien Hilson

Julian Zidel, father of Hillel Zidel