

## Shabbat Va-eira

### 25 Tevet 5785 / 24 – 25 January 2025

### Erev Shabbat

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

Led by Rabbi Elliott, Rabbi Nicola and Katie

### Shabbat Morning

**10:30 Shabbat Choral Service** (in the Beit Tefillah)

Led by Rabbi Elliott and the Alyth Choir

The Torah will be read by Robin Pulis

The Sermon will be given by Rabbi Elliott

There will be an unsupervised kids corner in the Beit Tefillah

**10:30 Imrei Finu Shabbat Service** (in the Cecil Rosen Hall)

An informal Shabbat morning service with guitar, including the singing of new and familiar melodies

Led by Rabbi Josh

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

#### Highlights for the coming week

**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.

**Chavurah Supper** - Friday 31 January (19:30)

An opportunity for the Alyth family to come together, following the uplifting Erev Shabbat Service and catch up with old friends and new whilst enjoying a “pot luck” dinner, where everyone provides a vegetarian or fish (nut free) dish, main course or dessert. There will also be a lively music jam session with Rabbi Elliott and Gideon Lyons on guitar and Mark Greenfield on the beat box. **Please see the website for details and to sign up.**

**Shabbat Morning Shiur** - Saturday 1 February (9:15)

Rabbi Galit Cohen-Kedem from Cholon Progressive Community in Israel will join us to share her experiences over the past few months and explore ways in which we can engage with events in Israel.

**Havdalah with Yocheved Ruttenberg** – Saturday 1 February (17:00)

Please join us for Havdalah with special guest, **Yocheved Ruttenberg**, who is visiting the UK from Israel. Following the events of 7 October, Yocheved was drawn by the need to go to Israel to volunteer for two weeks. Now, more than a year later, she is still in Israel and is the founder of Sword of Iron Volunteering. We invite you to join us for a conversation with Yocheved, in which we will hear her story. Please see the website to sign up.

### 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

**Zamru l'Adonai**

Words: Psalm 98:5

Music: Yoel Sykes

זָמְרוּ לַיהוָה בְּכִנּוֹר; בְּכִנּוֹר, וְקוֹל זְמֵרָה

Zam'ru l'Adonai b'khinor, b'khinor v'kol zimra.

*Play to the Eternal with the harp, with the harp and the voice of music.*

**Adonai Oz**

Words: Psalm 29:11

Music: Yoel Sykes and Daphna Rosenberg

יְהוָה עֹז, לְעַמּוֹ יִתֵּן; יְהוָה, יְבַרֵךְ אֶת-עַמּוֹ בְּשָׁלוֹם

Adonai oz l'ammo yittein. Adonai y'vareich et ammo vashalom.

*God give strength to Your people, God bless Your people with peace.*

**Blessing on lighting Shabbat candles**

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְשָׁנוּ בְּמִצְוֹתָיו וְצַנְנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת:

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

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

**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**

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

Music: Shimon Smith

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. We wait and pray in hope that they will be returned to their loved ones. In this time of uncertainty, grant strength and resilience to them and their families. Give wisdom, courage and conviction to all those working to bring them home. Help us to understand what we too can do to support those in distress.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם מַתִּיר אֲסוּרִים:

Baruch attah Adonai eloheinu melech ha-olam matir asurim.

*Blessed are you our Living God, who frees captives.*

**Hineh Ma Tov**

Words: Psalm 133:1

Music: Elana Arian

הִנֵּה מֵה־טוֹב וּמֵה־נְעִים שְׁכֶת אַחִים גַּם־יָחַד:

Hineh ma tov uma na'im shevet achim gam Yachad

How good it is (How good it is);

How sweet it is (How sweet it is);

To be together on this day

Shalom aleichem, salaam aleikum

*How good it is and how pleasant when brothers live in unity together.*

### Torah Portion for Shabbat Va-eira

Exodus 6:2-17

כַּ וַיְדַבֵּר אֱלֹהִים אֶל־מֹשֶׁה וַיֹּאמֶר אֵלָיו אֲנִי יְהוָה: <sup>א</sup> וְאָרָא אֶל־אֲבֹרָהֶם אֶל־יִצְחָק וְאֶל־יַעֲקֹב בְּאֵל שַׁדַּי וּשְׁמִי יְהוָה לֹא נִדְעַתִּי לָהֶם: <sup>ב</sup> וְגַם הִקְמַתִּי אֶת־בְּרִיתִל אִתְּם לַתַּת לָהֶם אֶת־אֲרָץ כְּנָעַן אֵת אֲרָץ מִגְרִיהֶם אֲשֶׁר־גָּרוּ בָּהּ: <sup>ג</sup> וְגַם ו אֲנִי שְׁמַעְתִּי אֶת־נְאֻקַּת בְּנֵי יִשְׂרָאֵל אֲשֶׁר מִצְרַיִם מַעֲבָדִים אִתְּם וְאָזְכֹר אֶת־בְּרִיתִי: <sup>ד</sup> לָכֵן אָמַר לְבִנְי־יִשְׂרָאֵל אֲנִי יְהוָה וְהוֹצֵאתִי אֶתְכֶם מִתַּחַת סִבְלַת מִצְרַיִם וְהִצַּלְתִּי אֶתְכֶם מֵעַבְדֹתָם וְגָאֵלְתִּי אֶתְכֶם בְּזְרוּעַ נְטוּיָה וּבִשְׁפָטִים גְּדֹלִים: <sup>ה</sup> וְלִקְחַתִּי אֶתְכֶם לִי לְעַם וְהִיִּיתִי לְכֶם לֵאלֹהִים וַיְדַעְתֶּם כִּי אֲנִי יְהוָה אֱלֹהֵיכֶם הַמוֹצִיא אֶתְכֶם מִתַּחַת סִבְלוֹת מִצְרַיִם: <sup>ו</sup> וְהִבֵּאתִי אֶתְכֶם אֶל־הָאָרֶץ אֲשֶׁר נִשְׁאַתִּל אֶת־יְדֵי לַתַּת אִתּוֹה לְאֲבֹרָהֶם לְיִצְחָק וְלַיַּעֲקֹב וְנִתַּתִּי אִתָּהּ לְכֶם מוֹרֶשֶׁה אֲנִי יְהוָה: <sup>ז</sup> וַיְדַבֵּר מֹשֶׁה כֹּן אֶל־בְּנֵי יִשְׂרָאֵל וְלֹא שָׁמְעוּ אֶל־מֹשֶׁה מִקְּצָר רוּחַ וּמֵעַבְדָּה קָשָׁה:

<sup>2</sup>God spoke to Moses and said to him, “I am the Eternal”. <sup>3</sup>I appeared to Abraham, Isaac, and Jacob as El Shaddai, but I did not make Myself known to them by My name the Eternal. “I also established My covenant with them, to give them the land of Canaan, the land in which they lived as sojourners. <sup>4</sup>I have now heard the moaning of the Israelites because the Egyptians are holding them in bondage, and I have remembered My covenant. <sup>5</sup>Say, therefore, to the Israelite people: I am the Eternal. I will free you from the labours of the Egyptians and deliver you from their bondage. I will redeem you with an outstretched arm and through extraordinary chastisements. <sup>7</sup>And I will take you to be My people, and I will be your God. And you shall know that I, the Eternal, am your God who freed you from the labours of the Egyptians. <sup>8</sup>I will bring you into the land which I swore to give to Abraham, Isaac, and Jacob, and I will give it to you for a possession, I the Eternal.” <sup>9</sup>But when Moses told this to the Israelites, they would not listen to Moses, their spirits crushed by cruel bondage.

ׁ וַיְדַבֵּר יְהוָה אֶל־מֹשֶׁה לֵאמֹר: <sup>א</sup> בָּא דַבֵּר אֶל־פְּרַעֲה מֶלֶךְ מִצְרַיִם וַיִּשְׁלַח אֶת־בְּנֵי־יִשְׂרָאֵל מֵאֲרָצוֹ: <sup>ב</sup> וַיְדַבֵּר מֹשֶׁה לִפְנֵי יְהוָה לֵאמֹר הֵן בְּנֵי־יִשְׂרָאֵל לֹא־שָׁמְעוּ אֵלָי וְאִיךְ יִשְׁמַעֲנִי פְרַעֲה וְאֲנִי עֶרְל שִׁפְתָיִם: <sup>ג</sup> וַיְדַבֵּר יְהוָה אֶל־מֹשֶׁה וְאֶל־אַהֲרֹן וַיֹּצִיֵם אֶל־בְּנֵי יִשְׂרָאֵל וְאֶל־פְּרַעֲה מֶלֶךְ מִצְרַיִם לְהוֹצִיא אֶת־בְּנֵי־יִשְׂרָאֵל מֵאֲרָץ מִצְרַיִם:

<sup>10</sup> The Eternal spoke to Moses, saying, <sup>11a</sup>“Go and tell Pharaoh king of Egypt to let the Israelites depart from his land.” <sup>12</sup>But Moses appealed to the Eternal, saying, “The Israelites would not listen to me; how then should Pharaoh heed me, me—who gets tongue-tied!” <sup>13</sup>So the Eternal spoke to both Moses and Aaron in regard to the Israelites and Pharaoh king of Egypt, instructing them to deliver the Israelites from the land of Egypt.

יֵד אֶלֶה רֵאשֵׁי בֵית־אֲבֹתָם בְּנֵי רְאוּבֵן בְּכֹר יִשְׂרָאֵל חֲנּוּךְ וּפְלוּא חֲצֹרָן וְכַרְמִי אֶלֶה מִשְׁפַּחַת רְאוּבֵן: טוּ וּבְנֵי שְׁמַעוֹן יְמוּאֵל וְיִמִּין וְאֶהֱל וַיְכִין וְצַחַר וְשִׂאוּל בֶן־הַכְּנַעֲנִית אֶלֶה מִשְׁפַּחַת שְׁמַעוֹן: טז וְאֶלֶה שְׁמוֹת בְּנֵי־לוֹל לַתְּלֹדֹתָם גְּרִשׁוֹן וְקַהַת וּמִרְדַּי וּשְׁנִי חֲנִי לוֹי שִׁבְעַ וּשְׁלִשִׁים וּמֵאֵת שָׁנָה: יז בְּנֵי גְרִשׁוֹן לְבְנֵי וּשְׁמַעֲי לְמִשְׁפַּחְתָּם:

<sup>14</sup>The following are the heads of their respective clans. The sons of Reuben, Israel's first-born: Enoch and Pallu, Hezron and Carmi; those are the families of Reuben. <sup>15</sup>The sons of Simeon: Jemuel, Jamin, Ohad, Jachin, Zohar, and Saul the son of a Canaanite woman; those are the families of Simeon. <sup>16</sup>These are the names of Levi's sons by their lineage: Gershon, Kohath, and Merari; and the span of Levi's life was 137 years. <sup>17</sup>The sons of Gershon: Libni and Shimeia, by their families.

## Haftarah Portion for Shabbat Va-eira

### Ezekiel 20:2-12

<sup>2</sup>And the word of GOD came to me: <sup>3</sup>O mortal, speak to the elders of Israel and say to them: thus said the Sovereign GOD: have you come to inquire of Me? As I live, I will not respond to your inquiry—declares the Sovereign GOD.

<sup>4</sup>Arraign, arraign them, O mortal! Declare to them the abhorrent deeds of their ancestors.

<sup>5</sup>Say to them: thus said the Sovereign GOD: on the day that I chose Israel, I gave My oath to the stock of the House of Jacob; when I made Myself known to them in the land of Egypt, I gave my oath to them. When I said, “I the ETERNAL am your God,” <sup>6</sup>that same day I swore to them to take them out of the land of Egypt into a land flowing with milk and honey, a land that I had sought out for them, the fairest of all lands. <sup>7</sup>I also said to them: cast away, every one of you, the detestable things that you are drawn to, and do not defile yourselves with the fetishes of Egypt—I the ETERNAL am your God. <sup>8</sup>But they defied Me and refused to listen to Me. Not one of them cast away the detestable things they were drawn to, nor did they give up the fetishes of Egypt. Then I resolved to pour out My fury upon them, to vent all My anger upon them there, in the land of Egypt. <sup>9</sup>But I acted for the sake of My name, that it might not be profaned in the sight of the nations among whom they were. For it was before their eyes that I had made Myself known to Israel to bring them out of the land of Egypt. <sup>10</sup>I brought them out of the land of Egypt and I led them into the wilderness. <sup>11</sup>I gave them My laws and taught them My rules, by the pursuit of which humans shall live. <sup>12</sup>Moreover, I gave them My sabbaths to serve as a sign between Me and them, that they might know that it is I, GOD, who sanctify them.

### Save The Date

**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. To sign up, please email [lynette@alyth.org.uk](mailto: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. To sign up, please email [lynette@alyth.org.uk](mailto:lynette@alyth.org.uk) or call her on 020 8457 8793.

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

A six week preventative and rehabilitative treatment programme which invites people to “Challenge the Body, Stimulate the Brain & Lift the Heart.” To sign up and for more details, please email [lynette@alyth.org.uk](mailto:lynette@alyth.org.uk) or call her on 020 8457 8793. You can still join the course.

**Tu B'Shvat Supper Quiz** - Sunday 9 February (18:45)

Back by popular demand, the Alyth Supper Quiz is a fun evening with old and new friends and a delicious supper to feed your brain cells. Either make up your own table of 10 or we can allocate you a table. Cost is £30 a ticket. To buy your tickets and raffle tickets or for more information, please call Deborah on 020 8457 8784.

*We are also looking for donations of high quality, exceptional raffle prizes and volunteers to help on the team. Please contact Sarah on 020 8457 8787 or [sarah@alyth.org.uk](mailto:sarah@alyth.org.uk)*

**A Night Of Songs Concert** - Sunday 23 February (18:00 - 19:30)

Alyth will be filled with the voices of Katie Hainbach, Tom Morss and Janine Clements, accompanied by Stephen Hose on piano and Henry Gilbert on bass, all in support of our Monday Club, for adults with learning and other disabilities. Following the success of our inclusive recording project last year, we are excited to help member, Anthony, to record another song. We do hope you can join us.

**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. Alongside shared community times, there will be Israel with Rabbi Galit Cohen-Kedem, Learning, Music and Movement & Meditation tracks for you to dip in and out of depending on what sparks your interest. Or just read a newspaper and enjoy the spectacular view. 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.

## Contact Us

**Adam Martin**

*Community Director*

[adam@alyth.org.uk](mailto:adam@alyth.org.uk); 020 8457 8789  
(currently on paternity leave)

**Lynette Chazen**

*Head of Community Care and Life Cycle*

*Designated Safeguarding Lead*

[lynette@alyth.org.uk](mailto:lynette@alyth.org.uk); 020 8457 8793

**Sam Heller**

*Head of Member Engagement*

[sam@alyth.org.uk](mailto:sam@alyth.org.uk); 020 8457 8796

**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:

**Robin Pulis**, who is reading Torah for the first time in our Shabbat morning service to

celebrate becoming Bar Mitzvah

**Lilian Zhu**, who is reading haftarah to celebrate her 30<sup>th</sup> birthday

**Adam and Rachel Martin**, on the birth of their son Reuben Ayal, a brother for Amalia

**Rachel and Gary Lipman**, on the birth of their granddaughter Matilda Maeve Lightfoot, a daughter for Lydia and Jack

### We regret to announce the death of:

**Avril Joseph**, mother of Paul Joseph and Joanna Grankin

**Ann Kirk**, mother of David Kirk, mother-in-law to Jennie, grandmother to Devora, Ben and

Josh and great grandmother to Joey, Sophie, Sebi and Isaac

**Max Lemer**, cousin of Barbara Anders

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

**Joseph Abraham**, father of Isaac Abraham

**Michael Arnold**, brother-in-law of Sandra Weiner

**Yehudah Barlev**, father of Noemi Zell

**Peter Batkin**, father of Tobias Batkin

**Daniel Bloomstein**, father of Alan Blane

**Valery Blustin**, wife of John Blustin and mother of Nikki Blustin

**Stephen Brookner**, father of James Brookner

**Henrietta Cluer**, mother of Dexter Moscow

**Harold Cohen**, father of Elizabeth Campbell

**Benjamin Curiel**, son of Sophie and Carlos Curiel, brother of Joshua, Isaac, Moses and

Abraham and grandson of Jula Westman

**Samuel Delman**, father of Melvyn Delman

**Alfred Fertig**, father of Hilary Fertig

**Anthony Field**, brother of Judith Dell

**Lilian Gibeon**, mother of Simon Gibeon

**Freda Goldich**, mother of Brian Goldich

**Hetty Goldstein**, mother of Nathan Goldstein

**Daphne Gore**, mother of Sarah Ledermann

**Robyn Gorell**, sister of Jan Roseman

**Michael Green**, husband of Stefanie Green

**Margaret Guery**, sister of Robert Shipton

**Ruby Hamilton**, daughter of Suzanne and Derren Hamilton

**Lila Honey**, mother of Celia Newgas

**John Jacobs**, husband of Vanya Jacobs

**Cecilia Joseph**, mother of Michael Joseph

**Rose Kantor**, mother of David Kantor

**Harry Lecash**, father of Esther Rinkoff

**Ursula Leigh**, wife of Harold Leigh

**Lewis Liss**, father of Barrie Liss

**Ronnie Lubner**, father of Gary Lubner

**Len Marks**, father of Danielle Wise

**Bryan Music**, husband of Sherilyn Music

**Gerard Nouchi**, father of Laurent Nouchi

**Vitaly Novikov**, father of Yoneet Magarik

**Robin Phillips**, father of Lesley Grays

**Anne Rosen**, mother of Judith Litvin

**Sandra Schaverien**, mother of Robert Schaverien

**Robert Schlagman**, husband of Geraldine Schlagman

**Moses Schonfeld**, father of Victor Schonfeld

**Ethel Shankleman**, mother of Janice Parnes

**Tillie Sheldon**, mother of Anthony Sheldon

**Adrian Taylor**, brother of Joy Pozsonyi

**Rita Taylor**, mother of Joy Pozsonyi

**David Vides**, father of Danielle Vides