

Shabbat Yitro

17 Sh’vat 5785 / 14 - 15 February 2025

Erev Shabbat

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

Led by Rabbi Hannah and Rabbi Elliott.

Shabbat Morning

9.15 Breakfast honouring our lay leaders (upstairs under the Menorah)

Join us for breakfast to thank our Trustees for the work they do and honour those who are stepping down from their lay leadership positions in our Shabbat Service.

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

Led by Rabbi Hannah, Rabbi Elliott and the Alyth Choir, conducted by Viv Bellos.

The Torah will be read by Rabbi Nicola

The Sermon will be given by Rabbi Elliott

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

11:00 Gesher (in the Cecil Rosen Hall)

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

Led by Rabbi Hannah and Phoebe.

Highlights for February

Feb Fun for Young Ones – Monday 17 – Friday 21 February (9:00 – 12:30)

Feb Fun is a must-do for all children aged 2 to 4. Bringing everyone together, it is a chance to see friends from Alyth and to meet new people too. Feb Fun is a perfect way to spend the school holiday! It is staffed by Youth & Education Hub staff members and madrichim (youth leaders).

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, Monday Club is supporting our member, Anthony to record another song. Please check online for details.

We Need to Talk About.... Technology – Monday 24 February (19:30)

We Need to Talk About ... is a new series of evenings where we come together to discuss issues facing our community with experts in the field. Since the demands of the Covid pandemic, technology in services has literally become a part of the furniture in our building as a way of including more people in Alyth’s prayer life. Join us for a special evening of learning and conversation, in which we will consider the principles underlying our use of technology in services and reflect on the way in which it affects our experience of worship at Alyth. We are delighted to be joined by Student Rabbi Andrea Kulikovsky, who will speak about her rabbinic dissertation research in this area. Please see the Alyth website for details and to sign up.

Newlyweds Chavurah Dinner – Friday 28 February (18:30)

Are you a newly-wed after celebrating your marriage in 2024? Or are you eagerly counting down to your 2025 nuptials? Please join us for the Erev Shabbat service and stay for a Chavurah supper, hosted by Rabbi Hannah and Sam. As well as chatting, eating and drinking wine, we will use this evening as a mini focus group, so you can let us know what you want your Alyth journey to look like. Email sam@alyth.org.uk to let us know you are coming.

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

Yah Ribbon

Words: Rabbi Yisrael Najara

Music: Josh Warshawsky

יְהִ רבוֹן עֶלֶם וְעֹלְמַיָּא. אֲנַתְּ הוּא מִלְכָּא מְלַךְ מְלַכְיָא:

עובד גבוֹרְתֵךְ ותְּמַהִיָּא. שפִּיר קִדְמְךָ לְהַחְוִיָּה:

Yah ribbon, yah ribbon alam, v’almaya, ant hu malka ant hu malka melech malchaya x2

Yah ribbon alam, v’almaya, ant hu malka melech malchaya

Ovad g’vurteich v’timhaya, shappir kodamach l'hachavayah x2

Sovereign of the world and timeless master, You rule above all rulers we obey. Many deeds of Your might, and Your wonders, it delights You to display.

Yism’chu Ha-shamayim

Words: Psalm 96:11

יִשְׁמְחוּ הַשָּׁמַיִם ותִּגַּל הָאָרֶץ יָרַעַם הַיָּם ומְלאוּ:

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

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

Ya’aloz Sadai

Words: Psalm 96:12

Music: Yoel Sykes and Navot ben Barak

יַעְלוּ שְׂדֵי וְכַלְאֲשֶׁר־בו אֹז יִרְנְנוּ כַלְעֲצֵי־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

בוּאי כֵּלָה פְּנֵי שַׁבַּת נִקְבְּלָה, לְכָה דוּדֵי לְקִרְאַת כֵּלָה, לְכָה דוּדֵי פְּנֵי שַׁבַּת

נִקְבְּלָה

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 / Let There be Love

English words: Chaim Sterm

Music: Noah Aronson and Cantor Jodi Sufrin

הַשְּׁכִיבְנוּ יהוּה אֱלֹהֵינוּ לְשָׁלוֹם וְהַעֲמִידְנוּ שוּמְרַנּוּ לְחַיִּים וּפְרוּשׁ עֲלֵינוּ סַכַּת

שְׁלוֹמְךָ

Source of our life who watches over us, cause us to lie down in peace, and rise again to enjoy life. Spread over us the shelter of Your peace.

Hashkiveinu Adonai eloheinu, hashkiveinu l’shalom, v’ha’amideinu shomreinu l’chayyim u’fros aleinu sukkat shlomecha.

Let there be love and understanding among us;

Let peace and friendship be our shelter from life’s storms.

בְּרוּךְ אַתָּה יהוה. הַפּוֹרֵשׁ סַכַּת שָׁלוֹם עֲלֵינוּ 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

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

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 יהוה אֱלֹהֵינוּ מְלַךְ הָעוֹלָם מַתִּיר אֲסוּרִים:

Baruch attah Adonai eloheinu melech ha-olam matir asurim.

Blessed are you our Living God, who frees captives.

Olam Chesed Yibaneh / Oseh Shalom

Words: Psalm 89:3 / liturgy

Music: Menachem Creditor / Yoel Sykes

עוֹלָם חֵסֵד יִבְנֶה

Olam chesed yibaneh, yai dai dai, dai dai dai dai dai dai

The world will be built with loving kindness.

עֲשֵׂה שָׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֵׂה שָׁלוֹם עֲלֵינוּ וְעַל כָּל־יִשְׂרָאֵל וְעַל־כָּל־יְיּוֹשְׁבֵי

תְּבַל וְאִמְרוּ אָמֵן:

Oseh shalom bimromav, hu ya’aseh shalom aleinu v’al kol yisra’el, v’al kol yoshvei tevel

v'imru amen.

May the Maker of peace in the highest bring this peace upon us, upon all Israel and upon all who inhabit the world. Amen.

Torah Portion for Shabbat Yitro

Exodus 18:13-27

יְיָ וַיהִי מִמְּחֻרַת וַיָּשָׁב מֹשֶׁה לִשְׁפֹט אֶת־הָעָם וַיַּעֲמֵד הָעָם עַל־מֹשֶׁה מִן־הַבֹּקֶר עַד־הָעָרֶב:
וְיָרָא חִתָּן מֹשֶׁה אֶת כָּל־אַשְׁרֵי־הוּא עֹשֶׂה לָעָם וַיֹּאמֶר מֶה־הַדָּבָר הַזֶּה אֲשֶׁר אַתָּה עֹשֶׂה לָעָם מִדוֹעַ אַתָּה יוֹשֵׁב לְבִדְדֶךָ וְכָל־הָעָם נֹצֵב עֲלֶיךָ מִן־בֹּקֶר עַד־עָרֶב:
טו וַיֹּאמֶר מֹשֶׁה לְחִתְּנָו כִּי־יָבֵא אֵלַי הָעָם לִדְרֹשׁ אֵלָהִים:
טז כִּי־יִהְיֶה לָהֶם דָּבָר בָּא אֵלַי וְשִׁפְטַתִּי בֵין אִישׁ וּבֵין רֵעֵהוּ וְהוֹדַעְתָּי אֶת־חֻקֵי הָאֱלֹהִים וְאֶת־תּוֹרֹתָיו:

¹³Next day, Moses sat as magistrate among the people, while the people stood about Moses from morning until evening.
¹⁴But when Moses’ father-in-law saw how much he had to do for the people, he said, “What is this thing that you are doing to the people? Why do you act alone, while all the people stand about you from morning until evening?”
¹⁵Moses replied to his father-in-law, “It is because the people come to me to inquire of God.
¹⁶When they have a dispute, it comes before me, and I decide between one party and another, and I make known the laws and teachings of God.”

י’ וַיֹּאמֶר חִתָּן מֹשֶׁה אֵלָיו לֹא־טוֹב הַדָּבָר אֲשֶׁר אַתָּה עֹשֶׂה:
ו” נָבַל תְּבַל גַּם־אַתָּה גַּם־הָעָם הַזֶּה אֲשֶׁר עִמָּךְ כִּי־כַבֵּד מִמֶּךָ הַדָּבָר לֹא־תוּכַל עֲשׂהוּ לְבִדְדֶךָ:
ט” עַתָּה שָׁמַע בְּקַלִּי אֵינְעֻדָּ וַיְהִי אֱלֹהִים עִמָּךְ הִיָּה אַתָּה לָעָם מוֹל הָאֱלֹהִים וְהִבַּאת אַתָּה אֶת־יְהַדְּבָרִים אֶל־הָאֱלֹהִים:
כ וְהִזְרַתָּה אֹתָהֶם אֶת־הַחֻקִּים וְאֶת־הַתּוֹרֹת וְהוֹדַעְתָּ לָהֶם אֶת־יְהַדְּרֶךָ לָלוּ כוּהַ וְאֶת־הַמַּעֲשֶׂה אֲשֶׁר יַעֲשׂוּן:
כ” וְאַתָּה תִּחְוֶה מִכָּל־הָעָם אֲנָשֵׁי־חֵיל יִרְאִי אֱלֹהִים אֲנָשִׁי אָמַת שְׁנָאִי בְּצַע וְשִׁמְתָּ עֲלֵהֶם שָׂרֵי אֲלָפִים שָׂרֵי מֵאוֹת שָׂרֵי חֲמֻשִּׁים וְשָׂרֵי עֶשְׂרֹת:
כ” וּשְׁפִטוּ אֶת־הָעָם בְּכָל־עַת וְהָיָה כָּל־יְהַדְּבָר הַגָּדוֹל יָבִיאוּ אֵלֶיךָ וְכָל־הַדָּבָר הַקָּטָן יִשְׁפֹטוּ־הֶם וְהִקֵּל מֵעֲלֶיךָ וַנִּשְׁאֹן אַתָּה:
כ” אִם אַת־יְהַדְּבָר הַזֶּה תַּעֲשֶׂה וְצוֹנְךָ אֱלֹהִים וַיִּכְלַתְּ עִמָּךְ וּגַם כָּל־הָעָם הַזֶּה עַל־מִקְמוֹ יָבֵא בְּשָׁלוֹם:

¹⁷But Moses’ father-in-law said to him, “The thing you are doing is not right;
¹⁸you will surely wear yourself out, and these people as well. For the task is too heavy for you; you cannot do it alone.
¹⁹Now listen to me. I will give you counsel, and God be with you! You represent the people before God: you bring the disputes before God,
²⁰and enjoy upon them the laws and the teachings, and make known to them the way they are to go and the practices they are to follow.
²¹You shall also seek out, from among all the people, capable individuals who fear God—trustworthy ones who spurn ill-gotten gain. Set these over them as chiefs of thousands, hundreds, fifties, and tens, and
²²let them judge the people at all times. Have them bring every major dispute to you, but let them decide every minor dispute themselves. Make it easier for yourself by letting them share the burden with you.
²³If you do this—and God so commands you—you will be able to bear up; and all these people too will go home unwearied.”

כ” וַיִּשְׁמַע מֹשֶׁה לְקוֹל חִתְּנָו וַיַּעַשׂ כֹּל אֲשֶׁר אָמַר:
כ” וַיִּבְחַר מֹשֶׁה אֲנָשֵׁי־חֵיל מִכָּל־יִשְׂרָאֵל וַיִּתֵּן אֹתָם רִאשִׁים עַל־הָעָם שָׂרֵי אֲלָפִים שָׂרֵי מֵאוֹת שָׂרֵי חֲמֻשִּׁים וְשָׂרֵי עֶשְׂרֹת:
כ” וּשְׁפִטוּ אֶת־הָעָם בְּכָל־עַת אֶת־יְהַדְּבָר הַקָּשֶׁה וַיִּבְיֹאוּ אֶל־מֹשֶׁה וְכָל־יְהַדְּבָר הַקָּטָן יִשְׁפּוּטוּ הֶם:
כ” וַיִּשְׁלַח מֹשֶׁה אֶת־חִתְּנָו וַיֵּלֶךְ לוֹ אֶל־אַרְצוֹ:

²⁴Moses heeded his father-in-law and did just as he had said.
²⁵Moses chose capable individuals out of all Israel, and appointed them heads over the people—chiefs of thousands, hundreds, fifties, and tens;
²⁶and they judged the people at all times: the difficult matters they would bring to Moses, and all the minor matters they would decide themselves.
²⁷Then Moses bade his father-in-law farewell, and he went his way to his own land.

Haftarah Portion for Shabbat Yitro

1 Kings 3:1-15

'Solomon allied himself by marriage with Pharaoh king of Egypt. He married Pharaoh's daughter and brought her to the City of David [to live there] until he had finished building his palace, and the House of God, and the walls around Jerusalem. ²The people, however, continued to offer sacrifices at the open shrines, because up to that time no house had been built for God's name. ³And Solomon, though he loved God and followed the practices of his father David, also sacrificed and offered at the shrines. ⁴The king went to Gibeon to sacrifice there, for that was the largest shrine; on that altar Solomon presented a thousand burnt offerings. ⁵At Gibeon God appeared to Solomon in a dream by night; and God said, "Ask, what shall I grant you?" ⁶Solomon said, "You dealt most graciously with Your servant my father David, because he walked before You in faithfulness and righteousness and in integrity of heart. You have continued this great kindness to him by giving him a son to occupy his throne, as is now the case. ⁷And now, my Eternal God, You have made Your servant king in place of my father David; but I am a young lad, with no experience in leadership. ⁸Your servant finds himself in the midst of the people You have chosen, a people too numerous to be numbered or counted. ⁹Grant, then, Your servant an understanding mind to judge Your people, to distinguish between good and bad; for who can judge this vast people of Yours?" ¹⁰Pleased that Solomon had asked for this, ¹¹God said to him, "Because you asked for this—you did not ask for long life, you did not ask for riches, you did not ask for the life of your enemies, but you asked for discernment in dispensing justice— ¹²I now do as you have spoken. I grant you a wise and discerning mind; there has never been anyone like you before, nor will anyone like you arise again. ¹³And I also grant you what you did not ask for—both riches and glory all your life—the like of which no king has ever had. ¹⁴And I will further grant you long life, if you will walk in My ways and observe My laws and commandments, as did your father David." ¹⁵Then Solomon awoke: it was a dream! He went to Jerusalem, stood before the Ark of the Covenant of the Sovereign One, and sacrificed burnt offerings and presented offerings of well-being; and he made a banquet for all his courtiers.

Save The Dates for March

Alyth Community Dog Walk - Sunday 2 March (10:00)

Join Rabbi Hannah, Bailey (Marc and Lior) and for a walk on the Heath Extension and a run on the Heath for our furry friends. We will meet at Alyth and walk from there. Pick up a bagel and coffee and join us. No dogs needed. Wet weather plan – bring an umbrella! A new addition to our regular programming

Alyth's Iftar – Sunday 9 March (16:45)

Over 12 years, Alyth has brought communities together to talk, study and eat at our annual Iftar. We are grateful for the friendships which have grown over the years at this very special event in our annual calendar. It is vital that we continue to reach out beyond boundaries of difference, to cultivate friendships and to deepen our understanding of our brothers and sisters of different cultures, backgrounds and faiths. We will come together for the call to prayer, finishing in time to share our Iftar meal which, as always, will be plentiful and delicious. Please register online.

Purim Ma'ariv & Megillah Reading – Thursday 13 March (20:00)

Join us for a full reading of the Megillah together with Ma'ariv.

Purim Events at Alyth – Friday 14 March (various times)

Various Purim events are happening at Alyth... Purim Baby Den, Purim Family Tea and Ruach wide day, and a Carnival with a Street Food Feast. Come and celebrate with us.

Please look online for full details, timings and to register. If you would like to make a Purim donation, please call the office on 020 8455 6763.

Alyth's Adult Amateur Dramatic Group Taster – Sunday 16 March (10:00)

Following the carnival experience of Purim, are you interested in joining an adult amateur dramatic group at Alyth? Come and join us for a taster, facilitated by Ellen Scannell, and breakfast to discuss the future of this exciting new venture. If you are not able to join us but are still interested, email sam@alyth.org.uk.

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 email sam@alyth.org.uk for details and to sign up.

Proposed Alyth Poland Trip - Wednesday 8 - Sunday 12 April 2026

Would you be interested in joining an Alyth Journey to Poland?

We are planning Alyth's very first educational and informative four-day visit to Poland in April 2026.

We will go to Auschwitz and other places of Jewish interest, as well as experiencing the revival of Jewish life in Poland. There will also be an option for you to join the March of the Living. Cost will be approx: £900 to include accommodation, breakfast and coach travel. It excludes flights, travel insurance, lunches and dinner (except Shabbat) and cost for the March of the Living. In order to register your interest, please email Lynette by 31 March 2025 lynette@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:

Sam Aleksander, who is leading kiddush to celebrate his 21st birthday

We regret to announce the death of:

Peter Brunner, father of Michael Brunner and Jackie Becker, grandfather of Sam Heller, Jacob Brunner and Abi Brunner

Julia Stebbing, wife of David Stebbing and mother of Justin, Zoe and Sara

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

Lilly Allen, mother of Daniel Allen

Elyse Alperstein, mother of Caronne Graham and grandmother of Sophie, Lisa and Louis

Edith Alter, mother of Myra Bloch

Edith Baneth, mother of Victor Baneth

Hetty Baxter, mother of Linda Langer

Morris Berelowitz, husband of Sadie Berelowitz and father of Mark Berelowitz

Norma Blausten, mother of Simon Blausten

Henry Cohn, husband of Loretta Cohn

Jonathan Colson, brother of Naomi Inwald

Ronald Dell, husband of Jacqueline Dell

Peggy Epstein, mother of Jane Epstein and Jonathan Epstein

Harry Finlay, father of David Finlay

Stuart Glass, father of Rachel Jones

Gillian Gordon, mother of Alex Gordon

Tony Graham, father of David Graham and grandfather of Sophie, Lisa and Louis

Lilian Jonas, sister of Irene Rose

Leonard Jones, father of Susan Zamet

Rachel Klein, mother of Alexander Klein

David Krantz, husband of Anona Krantz

Betty Langer, mother of Henry Langer

Jack Levitt, father of John Levitt

Hannelore Mansbach, mother of Jacqueline Weinstein

Daphne Maxwell, sister of Aileen Jampel

Alan Maynard, father of Keith Maynard

Eveline Newgas, mother of John Newgas

Bea Phillips, mother of Mark Brozel

Roberta Rachamim Latreche, mother of Ella Selsick

David Rogers, brother of Carol Rogers

Peggy Rose, mother of Pam Morris

Anne Salter, mother of Susan Licht

Barney Salter, father of Susan Licht

Joe Saunders, father of Gay Berelowitz

Ruth Saunders, mother of Gay Berelowitz

Cyril Short, father of Geoffrey Short

Harry Singer, father of Thomas Singer and Victoria Schewitz

Samuel Skapinker, father of Michael Skapinker

Sandra Smith, sister of Annette Green

Edith Solovitz, mother of Maurice Solovitz

Gertrude Stone, mother of Judith Alterman

Maisie Tapper, mother of Carole Latter

Claire Tweg, mother of Tina Goodman

Bernie Wainer, father of Graham Wainer

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Rabbinic Team

Rabbi Hannah Kingston, Rabbi Elliott Karstadt, Rabbi Colin Eimer, Rabbi Nicola Feuchtwang
Rabbi Josh Levy (Emeritus)