

HIGH HOLY DAYS PROGRAMME

5783 - 2022

MAKOR HAYIM



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ELUL LEARNING PROGRAMME

MAKOR HAYIM

NAVIGATING JUDAISM: PREPARING FOR THE FESTIVAL SEASON

If you're unsure of what to expect from this festival season then this course is the perfect way for you to ease into the season and be ready for what is to come. The course is intended for complete beginners to Judaism or those wishing to recap on long forgotten details.

The sessions will be taught by Rabbi Daniel Lichman and other educators from the community.

WHEN: 20:00-21:15 TUESDAY EVENINGS

WHERE: HYBRID - JOIN ON ZOOM OR IN PERSON (WILLEDEN GREEN LOCATION)

TUESDAY 30 AUGUST

Cycle of the Jewish year

How do the upcoming festivals fit into the broader pattern of the year of festivals? How are the dates of the festivals set? How can the Jewish calendar be both lunar and solar, particular and universal, material and spiritual?

TUESDAY 6 SEPTEMBER

Close up on Sukkot and Simchat Torah

We will start with the final festivals of the High Holiday Day (HHD) season and work backwards. We'll explore the joyful HHD afterparty that is Sukkot. What are its biblical and second-temple-era antecedents? What is the meaning of the symbols of the Sukkah and the Lulav and Etrog?

NAVIGATING JUDAISM: PREPARING FOR THE FESTIVAL SEASON CONTINUED

WHEN: 20:00-21:15 TUESDAY EVENINGS

WHERE: HYBRID - JOIN ON ZOOM OR IN PERSON (WILLESDEN GREEN LOCATION)

TUESDAY 13 SEPTEMBER

Close up on Yom Kippur

What is 'sin' and repentance in Judaism and how do we do it? What is the point of fasting and a whole day in synagogue - and anyway, what are we actually going to do for all those hours!

TUESDAY 20 SEPTEMBER

Close up on Rosh Hashanah

Apples, honey, shofar and a round challah - there are many symbols to explore and explain and more importantly why should we celebrate the birthday of the world?

TUESDAY 11 OCTOBER

Sukkah Sharing

Hopefully sitting in a Sukkah we will explore the journey we have been on over the 10 days of repentance and take this opportunity to ask any extra questions.

CAFÉ STUDY GROUP

WHEN: 08:00-09:00 WEDNESDAY MORNINGS

WHERE: A WILLESDEN GREEN CAFÉ

31 August

Jonah

Descend to the depths of the underworld and the heights of escape in this deep study of the remarkable book of Jonah one chapter at a time. This series will be collective study - with everyone invited to help guide it.

14, 21 September

The King is in the Field

Our sacred mythology tells us that in the month of Elul 'the King is in the field.' What does this mean? Travel with Rabbi Daniel Lichman through a series of rabbinic midrashim and chasidic tales. Will we be able to locate the field and step into the presence of the King?

12 October and beyond

It is all breath! Kohelet

Our deep study of the megillot (scrolls traditionally read on festivals) continues with the wise, stoic and beautifully realistic take on life offered by the ancient gatherer of the congregation Kohelet, often thought to be King Solomon himself.

SERVICES

MAKOR HAYIM



SELICHOT

SATURDAY 17 SEPTEMBER
LOCATION TBC

21:00-23:00

We accompany one another deeper into the practice of honesty and letting go, repentance and forgiveness.

Led by Jacqueline Kaye and Kalen Reid

EREV ROSH HASHANAH

SUNDAY 25 SEPTEMBER

HYBRID - JOIN US ONLINE OR IN PERSON (WILLESDEN GREEN LOCATION)

18:00-19:15

We welcome the new year as we set our intentions for ten days of transformation

Led by Rabbi Daniel Lichman and Michal Ish-Horowicz

ROSH HASHANAH

MONDAY 26 SEPTEMBER

HYBRID JOIN US ONLINE OR IN PERSON (WILLESDEN GREEN LOCATION)

ROOM ONE - MAIN SPACE

10:00-10:55 Rosh Hashanah Shacharit

We express gratitude, we cultivate wonder and we step into a humility that can change our lives as we affirm God as sovereign.

Led by Debbie Danon and Ed Teeger

10:55-11:15 Rosh Hashanah Kiddush

We break up the morning with some wine and honey cake!

11:15-12:30 Rosh Hashanah Torah Service

We locate ourselves within our collective story: seeking new pathways to step into the new year.

Led by Rabbi Daniel Lichman and Kate Lebow

12:30-13:30 Rosh Hashanah Musaf

The reality is awesome! We commit to transformation.

Led by Anne Kinderlerer and Sam Glatman

ROOM TWO - FAMILY SPACE

10:00-10:55 Free play

Toys and games available in a family friendly environment

11.15-12.15 Rosh Hashanah Family Service

An interactive service for babies and under 5s

Led by Daniel Mackintosh and Tarryn Klotnick

12:15-12:30 Children's Blessing

We join our friends in the main service for a children's blessing

12:30-13:30 Free play

Toys and games available in a family friendly environment

SHABBAT SHUVA

FRIDAY 30 SEPTEMBER - SATURDAY 1 OCTOBER

We come together and accept the task of Teshuvah which lies ahead.

Friday 30 September

18:30-19:45 Erev Shabbat Shuva

Join us for a service online

Led by Ed Teeger

Saturday 1 October

10:30-12:15 Shabbat Shuva Shacharit

Join us in person (Willesden Green Location)

Led by Rabbi Daniel Lichman

18:30-19:40 Shabbat Shuva Learning Session

A shiur discussing planning your ethical will, followed by Havdalah

Join us in person (Willesden Green Location)

Led by Rabbi Daniel Lichman

TASHLICH

SUNDAY 2 OCTOBER

JOIN US IN PERSON - HAMPSTEAD HEATH

14:00 - 15:30- Tashlich and Mikvah: Casting off and Immersion

Join us for an embodied Tashlich (casting off) ritual connecting to nature, reflecting on the last year and what we want to let go of. The ritual will include a child-friendly nature foraging activity.

Following Tashlich, there will be an optional opportunity for a community mikvah in the Highgate Ponds to prepare our bodies for Yom Kippur.

Bring thermos flask drinks and snacks to share!

Led by Daniel Mackintosh

EREV YOM KIPPUR

NIGHT OF TUESDAY 4 OCTOBER

FAST BEGINS 18:17

HYBRID - JOIN US ONLINE OR IN PERSON (WILLESDEN GREEN LOCATION)

18:30 - 20:00 - Kol Nidre

We let go of the stories that no longer serve us as we step closer, through confession, to the Holy of Holies of the heart.

20:00-21:00 - Learning

After the service, stay for teaching and discussion on 'For the sin we have committed before you: Collective Teshuvah in a time of War and Climate Devastation.'

Led by Rabbi Daniel Lichman and Sam Glatman

YOM KIPPUR

WEDNESDAY 5 OCTOBER
FAST ENDS AT 19.16

HYBRID - JOIN US ONLINE OR IN PERSON (WILLESDEN GREEN LOCATION)

MAIN SPACE

10:00-10:55 Shacharit

We offer up honesty and humility and invite love. Will it be received?
Led by Richard Rothschild Pearson

11:15-13:00 Torah Service

Torah invites us to notice our habitual distractions from our purpose: how can Torah help us identify the right path?
Led by Rabbi Daniel Lichman and Anne Kinderlerer

13:15-14:45 Musaf

We feel the vibrations of an ancient ritual and allow its magic to work through us.
Led by Sam Glatman, Debbie Danon and Yon Borthwick

ALTERNATIVE SPACE

Open meditation

Feel free to use this space for personal meditation when sessions are not programmed

11:15-12:15 Inner Dialogue and Inner Change

We look inward as we take the first step into the next year. In this interactive session you'll be guided through a visualisation exercise and use Internal Family Systems methodology to learn more about how your internal psychological system functions. Come with curiosity and a willingness to talk to yourself.
Led by Yon Borthwick

FAMILY SPACE

Throughout the Day

A space to play for any children and their parents

This is also a space for those who need to eat during Yom Kippur

YOM KIPPUR

CONTINUED

WEDNESDAY 5 OCTOBER
FAST ENDS AT 19.16

HYBRID - JOIN US ONLINE OR IN PERSON (WILLESDEN GREEN LOCATION)

MAIN SPACE

14:45-15:30 Break

Optional walk to nearby green space

15:30-16:45 Minchah

With Jonah we enter the depths of our soul: will we be ready to rise from the deep?

Led by Adam Rossano

17:00-17:45 Yizkor

We remember our loved ones and receive inspiration from their lives

Led by Melissa Raphael and Martin Dives

17:45-19:15 Neilah and Havdalah

The gates are closing: can we enter?

Led by Sam Glatman and Rabbi Daniel Lichman

ALTERNATIVE SPACE

13:15-14:15 On Reflection: carrying the spirit of Yom Kippur forward

How can we carry the reflective, reflexive spirit of Yom Kippur into our secular worlds in safe and purposeful ways? An experiential workshop.

Led by Naomi Soetendorp

16:45-17:00

Energising Movement Mini Session

Harness the power of your body's natural energy - even on an empty stomach! Bodies of all abilities are welcome to stretch, shake and sway in ways that feel good, inspired by Qi Gong, Ayurvedic massage and movement meditation.

Led by Debbie Danon

FAMILY SPACE

Throughout the Day

A space to play for any children and their parents

This is also a space for those who need to eat during Yom Kippur

SUKKOT

JOIN US IN PERSON (WILLESDEN GREEN LOCATION)

We return to the material world of feasting, vibrant colours and joy

SUKKAH MART TRIP

DATE AND TIME TBC

Ever wanted to buy your own lulav and etrog but feel intimidated by the process of heading to Golders Green and trying to work out your s'chach from your shmegegg? So was Richard Rothschild Pearson but after being shown the ropes by some friends, he's now seasoned in the art of buying dodgy lemons and other people's hedge trimmings.

All are welcome on this group visit to buy Sukkah supplies. the most amazing cultural experience Jewish London has to offer!

Led by Richard Rothschild-Pearson

SUKKAH FEST

SUNDAY 9 OCTOBER

09:00-12:00: Build your own Sukkah

Ever wanted to own your own Sukkah? Well now you can! Learn to make your very own and cheap Sukkah out of drain pipes and tarpaulin. Can be easily stored in a loft/shed and just clicks back together every year.

Led by Richard Rothschild Pearson

15:00-18:00: Sukkah-building Festival

Music, games, arts and crafts, and Sukkah building and decorating

18:00-19:30: Dinner

For both children and adults in and around the Sukkah

19:30-21:30

Sukkot Service & Wine Tasting

SUKKOT CONTINUED

JOIN US IN PERSON (WILLEDEN GREEN LOCATION)

Monday 10 October

Open Sukkah

You are invited to come and use the Sukkah on the first day of Sukkot!
Please contact Richard Rothschild Pearson to arrange a time.

Friday 14 October

18:30-20:00 Shabbat Chol Hamoed and Yom Tov Service

Location TBC

Saturday 15 October

10:15-15:30 Shabbat Chol Hamoed and Yom Tov Service followed by lunch

Location TBC

SIMCHAT TORAH

SUNDAY 16 OCTOBER

JOIN US IN PERSON - WILLESDEN GREEN LOCATION

17:30 - 20:00

We celebrate where we have come to and joyfully enter into the new cycles

Further details TBC