



The Liberal Jewish Synagogue

28 St John's Wood Road, London, NW8 7HA

High Holy Days 5782/2021

Information booklet for online services and for those who would like to attend in person

Preparing for the *Yamim Nora'im* (Days of Awe)

'You shall cause the Shofar to be sounded...and proclaim liberty throughout the earth to all its inhabitants.'

Leviticus 25: 9-10



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The LJS is a company limited by guarantee (Company No. 09113305)
and a registered charity in England and Wales (Charity No. 1159292)
Registered office: 28 St John's Wood Road, London, NW8 7HA
Telephone: 020 7286 5181 Email: ljs@ljs.org



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Website: www.ljs.org

Dear Members, Friends, and Guests of the LJS,

We are delighted to welcome you to The Liberal Jewish Synagogue for the High Holy Day Services 5782. These services are the highlight of our liturgical year, providing time for us to reflect on our relationships and what we hold to be significant in our lives during a challenging year.

At the time of preparing this information booklet, we are working towards welcoming as many people who wish to attend safely into our Sanctuary as possible. But we are aware that we may still have to restrict our numbers. We are fully equipped to stream all our services online, so if you prefer to remain at home, you will still be able to participate virtually from wherever you are. Please note that to limit screen time, services will be shorter than usual. We expect our wonderful musicians will be in the Sanctuary with us for most of our services. We are happy to announce that Family and Children Services will resume this year.

We have staggered the times of our services to reduce the footfall in the building.

For those of you who would like to attend a service in person, we request that you fill in the application form which is enclosed and post it back to us as soon as possible. Details of how to apply for tickets online are also on the form. We ask you very respectfully to ensure that your membership subscription is up-to-date in order to receive tickets.

We want to thank you for your loyalty to and support of the LJS over the past eighteen months. It has sustained and encouraged all of us in our work during the pandemic.

We wish you and your dear ones a peaceful and healthy Shanah Tovah for 5782,

Rabbi
Alexandra Wright

Rabbi
Igor Zinkov

Sue Head,
Chairman

For further assistance please phone the office on: 020 7286 5181

High Holy Day Services Calendar

Members and Friends who wish to attend services in the Sanctuary will be issued with tickets. All our services will be live streamed via Zoom and on the LJS YouTube channel (<https://tinyurl.com/LJSyoutube>) or Facebook. We recommend that you subscribe to our YouTube channel to receive timely reminders of services.

<i>Selichot</i>		
Saturday 28 August <u>Online only</u>	8.30pm	<i>Selichot</i> Service: This service will be pre-recorded and streamed via the LJS YouTube channel (https://tinyurl.com/LJSyoutube)
<i>Erev Rosh Hashanah</i>		
Monday 6 September	6.45pm	Evening Service: for congregants who wish to attend in the Sanctuary and online via Zoom, the LJS YouTube channel or Facebook.
<i>Rosh Hashanah</i>		
Tuesday 7 September	10.00am	Family Service (7-14 years) with Rabbi Igor Zinkov and Student Rabbi and Rimon Lead Matt Turchin in the Montefiore Hall.
	10.30am	Young Children's Services (0-6 years) upstairs at the LJS.
	11.00am	Morning Service: for congregants who wish to attend in the Sanctuary and online via Zoom, the LJS YouTube channel or Facebook.
	10.45am-11.45am	Children's activities upstairs at the LJS. Parents are invited to join the main service following the Family Service in the Sanctuary.
<i>Shabbat Shuvah</i>		
Friday 10 September	6.45pm	Erev Shabbat Service: for congregants who wish to attend in the Sanctuary and online via Zoom, the LJS YouTube channel or Facebook.
Shabbat 11 September	11.00am	Shabbat Morning Service: for congregants who wish to attend in the Sanctuary and online via Zoom, the LJS YouTube channel or Facebook. The sermon will be given by Rabbi Dr Michael Hilton, the LJS's Scholar in Residence.

<i>Kol Nidre</i>		
Wednesday 15 September	7.01pm	Fast commences
	7.15pm	Evening Service with Gemma Rosefield and Martin Sanders-Hewett playing Bruch's <i>Kol Nidre</i> in the Sanctuary and online via Zoom, the LJS YouTube channel or Facebook.
<i>Yom Kippur</i>		
Thursday 16 September	10.00am	Family Service (7-14 years) with Rabbi Igor Zinkov and Student Rabbi and Rimon Lead Matt Turchin in the Montefiore Hall.
	10.30am	Young Children's Services (0-6 years) upstairs at the LJS.
	11.00am	Morning Service: for congregants who wish to attend in the Sanctuary and online via Zoom, the LJS YouTube channel or Facebook.
	10.45am- 11.45am	Children's activities upstairs at the LJS. Parents are invited to join the main service following the Family Service in the Sanctuary.
	1.00pm	Study sessions with the Rabbis
	2.30pm	Musaf (Additional) Service: a shortened version of our beautiful service that embraces our Jewish narrative from creation to redemption.
	4.15pm	Minchah (Afternoon) Service: during this hour, we will be joining with other LJ communities and participating in a range of discussions and reflections.
	5.15pm	Yizkor (Memorial) Service: losing family members and friends in the last eighteen months has been difficult and painful. Our service will acknowledge these losses in the light of Covid and the severe restrictions it has imposed on grieving families.
	6.15pm	Ne'ilah (Concluding) Service
	7.15pm 8.00pm	Service ends Fast ends <i>Havdalah</i> with tea and honey cake – in the Montefiore Hall or if you are watching online, please provide your own!

The High Holy Days at the LJS and at Home

The synagogue will be open for all who wish to attend services for the festivals and Shabbat services – in person or online.

Online access for all

All services from the Sanctuary will be streamed live via the LJS YouTube channel (<https://tinyurl.com/LJSyoutube>), via Zoom, which will also allow you to dial in by telephone, and Facebook. We recommend that you subscribe to our YouTube channel to receive timely reminders of services. With new technology in place and the experience of our online services over the past few months, we hope that we will be able to provide a spiritually uplifting experience for everyone who cannot attend in person.

Attending LJS services in person

At the time of producing this booklet, we are permitted to hold services in the Sanctuary and we plan to accommodate as many Members and Friends as we can based on our own risk assessments, which are under constant review.

We also plan to hold Family and Children's services as well as activities at the LJS on Rosh Hashanah and Yom Kippur:

- The Family Services (for children ages 7-14 and their parents at 10.00am) will be led in the Montefiore Hall by Rabbi Igor Zinkov and Matt Turchin, our Student Rabbi and Rimon Lead.
- There will be services and activities for children ages 0-7 upstairs in the Assembly Hall and Mattuck Room from 10.30 am onwards. We regret that we cannot provide a crèche for young children this year.

The Family and Children's services will be in person only and will not be streamed.

Please apply for tickets! Our aim is to provide places for everyone who wishes to attend. You will find full details and an application form with this booklet. You may apply electronically, by post or telephone. We must have all requests by **3.00pm on Friday 27 August**.

Tickets for services will be posted first class on Friday 3 September. These will include joining instructions and guidelines. You must bring your tickets with you.

Please bring your own *Machzor*. There will be no prayer books available to borrow this year. New *Machzorim* may be purchased from the synagogue prior to the festivals. If you would like your own, please call the office on 020 7286 5181 or email ljs@ljs.org. Each page of the service will be projected on to the wall of the Sanctuary so you will be able to follow if you do not own a *Machzor*.

Getting to the Synagogue

Please note there will be no parking on the synagogue forecourt.

On weekdays there are parking restrictions until 7.00pm in the parking bays. Before this, there is limited parking in the surrounding roads, which needs to be paid for using your phone. Please read all instructions on the signposts before leaving your car to ensure you do not receive a ticket or get towed away.

There are several routes by public transport:

- Underground: St John's Wood – Jubilee Line (15 minutes' walk), and all within 20 minutes' walk: Baker Street, Warwick Avenue, Marylebone, Edgware Road
- Buses: 13, 113, 139, 189, 274 stop nearby
- Bicycle: there is ample cycle parking nearby on St John's Wood Road including Santander Bicycle Docking Stations.

Special parking facilities

We are hoping to be able to provide some special parking for those of limited mobility. Please email communitycare@ljs.org or telephone the synagogue (020 7286 5181) if you require assistance.

Keeping everyone safe

We are doing all that we can to keep everyone safe at the LJS. This includes:

- Roping off some of the rows in the Sanctuary to ensure social distancing;
- Requiring worshippers to wear masks when moving around the building and during the services (unless medically exempt);
- Encouraging worshippers to bring water bottles into the Sanctuary (except on Yom Kippur) so they can remove their masks briefly and stay hydrated;
- Asking everyone to sanitise their hands on entering and leaving the building;
- Inviting all to join in with the prayers. We would love to encourage you to join in with the singing, but we know that singing causes a higher risk of transmission of the virus.

We ask that you observe these and all other guidance as advised (when you receive your tickets).

Guests

We regret that we will not be admitting visitors to the Sanctuary this year. However, we are keen to welcome guests to our online services. Please invite your friends and family and encourage them to join us. For security reasons we do ask that they register at ljs@ljs.org. We can then send all of the service information and how to join the YouTube channel.

The LJS, like many other charities, is currently experiencing a significant drop in its income, and we ask that all visitors and guests make a donation to the LJS or consider joining the synagogue. Email membership@ljs.org or phone 020 7432 1296 if you'd like to find out more about membership. To donate directly to the LJS, please go to <https://ljs.org/donate> or email ljs@ljs.org or phone the office on 020 7286 5181.

Future Services

We look forward to welcoming you to these forthcoming services and events (online or in person). Please add these dates to your diary and for more information see Shalom LJS (the e-newsletter), the LJS website or contact the synagogue office.

Full details about Children and Family Services will be included in the Rimon newsletter and Shalom LJS.

Please join us on Shabbat 18 September to help us decorate the Sukkah

Sukkot		
Monday 20 September	6.45pm	Erev Sukkot Service online and in the Sanctuary.
Tuesday 21 September	11.00am	Sukkot Morning Service online and in the Sanctuary. The service will be followed by a light lunch catered by Restaurant Tuesday.
	11.00am	Children's services and activities
Friday 24 September	6.45pm	Erev Shabbat Chol-Ha-Mo'ed Sukkot
Shabbat 25 September	11.00am	Shabbat Chol Ha-Mo'ed Sukkot. The service will be followed by a picnic lunch for new members. Details in Shalom LJS.
Shemini-Atzeret/Simchat Torah		
Friday 27 September	6.45pm	Erev Simchat Torah Service online and in the Sanctuary.
Tuesday 28 September	11.00am	Simchat Torah Service online and in the Sanctuary.
	11.00am	Children's services and activities

If you need assistance, please email ljs@ljs.org or phone the office on: 020 7286 5181. The office hours are Monday – Thursday: 9.30am to 5.00pm, Friday: 9.30am to 3.00pm. You will need to leave a message; this will be relayed automatically as the staff team are working from home.
We will call you back as soon as we can.

Reflections on the *Yamim Nora'im* (Days of Awe)

The following passages are taken from *Beginning Anew, A Woman's Companion to the High Holy Days*, edited by Gail Twersky Reimer and Judith A. Kates

As the High Holy Days approach, I find myself involved in three levels of *teshuvah* (repentance, return). First, there is the internal process of returning to myself. I ask myself for forgiveness for the ways in which I have not been a good enough friend and caretaker of my body and soul. I also need to forgive myself, and this is just as difficult as the acknowledgement of the need for *teshuvah*.

The next level of *teshuvah* is that which the rabbis call *bein adam lechavero*, between an individual and his or her friends and fellow human beings. There are many relationships to consider – loved ones, relatives, friends and co-workers.

When I was younger I learned that one had to ask forgiveness of others three times, and then, no matter the answer, the duty of *teshuvah* was complete. Now my life demands a model that goes far beyond 'I am sorry, I am sorry, I am sorry.' I want to be able to acknowledge the way that differences between individuals can be painful but also strengthening...

Then, of course, there's God, the Divine, or in the words of the wonderful traditional phrase *teshuvah bein adam lamakom* (between a person and God). Because my reckoning with God is not confined to repentance for 'sins' committed against God, I see this level of *teshuvah* as an opportunity to continue working through the very complex relationship I have with God as a Jewish feminist.

Tamara R. Cohen

On Yom Kippur morning we stand again at Sinai, hearing the voice that comes not from heaven, but from the quiet place inside of us. The Torah we receive is the Torah of our lives, the divinity we encounter in our relationships with other people, the holiness of our own stories. Knowing that each of our stories is part of the Jewish story gives us the power and the confidence to claim our tradition. We were there; we can discover what God wants from us, we can learn how to create lives of meaning and purpose.

Laura Geller

Full details including access to Zoom will be sent out via the Rimon newsletter and Shalom LJS. If you need assistance with accessing the LJS YouTube channel or Zoom please ring the office on 020 7286 5181 and we will ring you back during office hours to arrange training or additional support.