

Limmudfest08

Friday



Friday

Welcome to Fest

14:00 – 15:30

Friday Afternoon**Zen And The Art of (Jewish) Bicycle Maintenance****Nigel Savage****1**

I'm a product of King David and Manchester Grammar, and only discovered planet earth by accident, in my early thirties. But in 2000 I launched Hazon with a 3000-mile cross-USA bike ride. In this session I'll talk about the evolution of Hazon, and about what I've learned in the course of building the organization.

A Session of Songs from Jonny Berliner**Jonny Berliner*****Tikva Field***

Jonny sings songs about lots of things from lobsters to computers and everything in between. Sometimes its funny. Usually it leaves you feeling better about the world.

Bake challah with the time travelling gefilte fish**Kevin Sefton*****Art Tent***

Yeast, sugar, warm water. Leave. Flour, egg, salt. Pinch. Mix. Slop. Flavour. Knead. Rest. Punch. Take challah. Shape. Bake. Wash. Hamotzi. Eat. Shabbat. Make challah while enjoying stories about the history of Jewish food. Because the dough needs to be left to rise, this session will be subject to 'odd' timings.

Love Your neighbour as yourself**Danny Shine****C1**

Hillel, our great sage, suggested that this idea sums up the whole of Judaism. The expression clearly implies that we can only love another as much as we love ourselves. But we are often our own worst critic, even enemy. We will explore what gets in the way of self love and practice some processes together designed to increase our compassion towards ourselves. Please bring a small mirror if you have one.

Friday Afternoon

Friday

Preparing for Shabbat

15:30 – 17:00

Too Much Fun – Stories and Songs from the Jewish Tradition

Jewish Storytelling

Tikva Field

Talking roosters! Flying objects! Disappearing Challahs!

Rejoice in the magic of Jewish storytelling and song as Renée and Mark delight young and old alike with their unique blend of traditional tales, music, and juggling feats. This session is suitable for families with children aged 5 and older. In case of wet weather, this session will take place in Ohel Ochel.

Food, Sex and Torah

Marc Soloway

C5

Do you know that feeling of never quite being satisfied, always feeling hungry for something else? What is the essence of that hunger? What is the nature of our cravings? The Jewish tradition has plenty to say on this subject. We will delve into some amazing classical and contemporary texts to open a discussion exploring the mystery of our appetites.

Sukkah buiding workshop

Jonathan Samuel

Ahava Field

DIY family Sukkah for under £50, as seen in the Jewish Chronicle. Learn to create an “Ohel Avraham” family Sukkah, a sacred space, a mitzvah you can really get into.

Jewish Tribal Drumming and Chanting

AkivaTheBeliever

Ahava Field

No text. No info. No confusion. No frowns. Just drumming and chanting in a circle of ecstatic souls. Bring your drums and your closed eyes and smiles. Dance, sing, dream. Or just come and listen. Led by AkivaTheBeliever famed drummer of many, many such gatherings. In case of wet weather, this session will take place in CH2.

Introduction to YoungFest for Parents

The YoungFest Team

C4

YoungFest is a stimulating, fun and safe programme for your children. If you have children in YoungFest, please come along to this session to meet the Chairs of YoungFest. This is a chance to hear more about how YoungFest works and to let the Chairs know of any concerns that you might have.

Bibliyoga® Lovefest: Enlightenment in 60 Minutes

Marcus J Freed

1

Loving your neighbour starts with loving yourself. Friday afternoon is prime time for Bibliyoga – a system for experiencing spirituality through the body, and an AMAZING way to connect with the shabbat energy. This session is primarily for people who've attended Bibliyoga at prior conferences and limited to 35 participants. It'll be profound fun and there could be a special surprise in store. Dress to stretch.

The Foundations of Jewish Prayer: Opening Prayers (1 of 4)

Chaim Weiner

C6

Jewish prayer evolved over time until it reached the form we are familiar with today. Hidden between the lines of the prayers are traces of our history – controversies, debates, mystic visions, superstitions and heroic martyrdom. I aim to uncover the hidden layers of the siddur and explain the circumstances under which specific prayers entered the siddur and what they meant in their original context.

Changing Tents!

Limmudfest Team

Art Tent

Would you like to have the most stylish tent at Limmudfest? If so come along to this arts session where we will use a range of materials to create beautiful decorations for our tents. Children of all ages welcomed, with an accompanying adult.

Write Reaction to Limmudfest

Naomi Soetendorp

C3

Bring your handbook and your ideas of what you think you are going to get out of Limmudfest and let's play with them both. Using creative writing, some synchronicity and a little ingenuity Write Reaction will help you have an even better Fest than you previously hoped for.

Come and meet The Apples

The Apples

Tent Sababa

A chance for the Apples, one of Fest's big musical attractions, to introduce themselves and their music – part workshop, part performance, hear about their influences and how they get their funky sound. Start Shabbat off in style!

Festnav

Limmudfest Team

Meet at Helpdesk

Come and meet others, discover the site, learn about volunteering and find the helpdesk! This informal session will be lead by the Limmudfest team and is aimed at all participants, not just first timers. Includes a tour of the site. Drinks and nibbles provided en route.

Friday

Kabbalat Fest & Candlelighting 17:30 – 19:00

Kabbalat Fest

Shabbat Team

Tikva Field

Before the sun sets on Friday afternoon, we will welcome each other and find out what Shabbat and the rest of Fest will have in store. We will make new friends, listen to stories, sing songs and Niggunim new and old, and hear some Tikkun Trek adventure stories. Following Kabbalat Fest, we will light the candles and welcome the Shabbat Queen into our newly-formed and unique community.

Kids' Dinner and Tots' Kabbalat Shabbat

Shabbat Team, Rimona Weil, Eve Sacks

CH1

A special Shabbat dinner for young families, followed by a Sing-a-Along Kabbalat Shabbat with your toddlers.

Friday Nightfest

Friday

Shabbat Services

19:00 – 20:00

Kabbalat Shabbat Services

Shabbat Team

Various

Limmud does not organise services, but people may arrange services if they wish. At the time of printing this handbook, we were aware of the following Kabbalat Shabbat (Friday night) services:

Orthodox (traditional, with a mechtiza)

Masorti (traditional egalitarian, mixed seating, led by both men and women)

Progressive (fully egalitarian, may involve musical instruments)

Please see the noticeboard in the Dining Room for further details including rooms, and any other services that have been organised.

Friday

Shabbat Dinner

20:00 – 21:30

Friday Night Dinner

Shabbat Team

Various

A traditional Friday night dinner, complete with singing and plenty of delicious food. You can choose to eat either in the dining room (CH1), or in Ohel Ochel.

Friday

Nightfest

21:45 – 23:00

Friday Nightfest**Bibliyoga® Lovefest:
Friday Night is Mitzvah Night****Marcus J Freed****1**

Limmud rule No.1: never go to a session just because it's got a good title. The real title is 'The Kosher Sutras – a lecture-demonstration about the ancient system of Bibliyoga that has emerged over the last five years, exploring texts in a traditional way that is ideal for people who've always wanted to Bibliyogacise but don't want to actually do yoga'. Less catchy, I know, and you get to keep your clothes on...

Hip Hop Tisch**Y Love, Diwon****Tent Achla**

Rap with no sound system? A DJ with no decks? Listening is believing... experience Y-Love and co's extremely popular Shabbat Evening Hip Hop Tisch – beat box and rhymes rule!

Israeli Poetry – Not Only Amichai**Shlomit naor****C3**

We all know Yehuda Amichai as one of Israel finest poets. In this session we will get familiar with the works of other contemprory Israeli poets such as Shimon Adaf, Admiel Kosman and Sivan Har Shefi. We will explore the different themes and images and discuss the new wave in Israeli poetry. No previous knoweledge of Hebrew is needed, all poems will be handed in Hebrew and English.

The Mitzvot of Friday Night [or... 'it's that Jewish time of the week again... ']

Gila Sacks

C1

However we mark it, Friday night is for many people 'the Jewish bit' of their week. Whether weekly routine or the stuff of family myth and memory, the mitzvot of Friday night are some of the most universal Jewish symbols and experiences. In this relaxed interactive session we will explore the texts and rituals of Friday night, and try to discover the building blocks of Jewish time.

Friday

Oneg

23:00 – 01:00

Friday Night Oneg

Shabbat Team

Tent Achla

As evening turns into night, continue that special summer Shabbat mood with some stories, singing, and Torah. Bring your own favourites and let your soul take its fill.