

Limmudfest08
Shabbat



Shabbat Morning

Saturday

Early Bird Sessions

08:30 – 09:00

Bibliyoga® Lovefest: Elightenment Express – Men only!

Marcus J Freed

S1

Going to shul on shabbat morning? Good. Never tried Bibliyoga? Even better. Now's your chance. Come along for just 30-45 minutes before you head for shaharit and taste the ultimate Limmudfest experience. Bring loose clothes (and even bring your kids if you want) and we'll rock through a Talmudically-inspired Bibliyoga warm-up. Beginners are welcome, all ages. You'll learn how to do a killer hagbar and discover why G-d commanded us to do Bibliyoga.

Early Bird Family Session

Limmudfest Team

Art Tent

For those whose young children have been awake for hours and are ready for something to do. Music, arts, crafts and silliness.

Saturday

Shabbat Services

09:00 – 11:00

Prayerobics – Get up and go the Jewish way

Shira Solomons

C3

A Shabbat morning service for children aged 3 and over and their parents as well as for anyone who wants to learn what davening is all about. Come and stretch and stomp with prayer-obics, sing some familiar songs and learn some new ones, and enjoy some stories along the way. A small snack will be provided.

Shabbat Morning Sing Along for Tots (2 of 2)

Eve Sacks, Rimona Weil

Tent Oy, if wet C2

Come and join us for a Shabbat morning sing along with your toddler.

Shabbat Morning 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 Shabbat Morning services:

Orthodox (traditional, with a mechitza)

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.

Saturday

Morning Sessions

09:30 – 11:00

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.

Shabbat Afternoon

Bibliyoga® Lovefest: Love the One you're with

Marcus J Freed

S1

The classic Limmudfest Shabbat morning energy connection. Bibliyoga is soulfood for the body; a system for experiencing Kabbalah, Tanach & Talmud with every fibre of your being. Bring loose clothes, an empty stomach and positive karma. We'll tap into the shabbat energy through dynamic yoga and ancient prayers, creating an experience that is authentic and powerful. Open to beginners and gurus, all genders/ages/spiritual inclinations. Room for 36 people. Please leave camels outside.

Saturday

Kiddush

11:15 – 11:45

Shabbat Morning Kiddush

Shabbat Team

Tikva Field

Join with the rest of the Limmudfest community on Saturday morning for a sumptuous Shabbat kiddush.

Saturday

Lunch and Learn Sessions

12:30 – 14:00

What's wrong with loving your neighbour as yourself?

Clive Lawton

S1

'Love your neighbour' is a seductive slogan and has not only been used by Jews. Christians espoused it as a central command – and yet we didn't necessarily find that a pleasant experience. And when Hillel was asked the core of Judaism, he carefully turned the topic around. So what's wrong with the idea and why do we have to move beyond it? Come and learn to be a Ben Azai groupie...

A Moldovan Revival?

Lidya Zambilovici

Tent Vey, if wet C7

Could you place Moldova on a map? Did you even know that there is a Jewish community there? Come and find out about the revival and the strong identity of the Jewish community today and how this was brought about. We will discuss some of the traditions that were kept hidden through communist times and that have survived today, as well as the foundations and support that Anglo and US Jewry have given to the Moldovan community.

Sixty

Anat Hoffman

C1

What lessons can we take from the first 60 years of the Jewish state? In what ways did the Progressive Movement, in Israel and the world, contribute to the Jewish basis of the state? What are the conquests, failures and challenges for the future? What is the most adequate "gift" for the Movement to give to the State of Israel at this time?

The Foundations of Jewish Prayer: Pesukei D'Zimra – Songs of Praise (2 of 4)

Chaim Weiner

C4

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.

Accommodating Your Neighbour I: Jews and Arabs in Contemporary Israel (1 of 3)

David Newman

C5

Are Jews and Arabs destined to hate each other for eternity? Is the Israel-Palestine conflict the issue preventing greater mutual understanding from taking place? How does Israel relate to its Arab citizens and could more be done to fully integrate this minority citizen group within Israeli society at large?

Soul Awareness and Personal Growth

Joanna Deller

Tent Achla

Soul awareness. Whether you have never thought about yourself as a soul before or are deeply conscious of an inner life this session is for you. Come, explore, discuss and share. What does this have to do with being Jewish? How can it contribute to your own personal growth?

Saturday

Lunch and Shabbat Picnic

12:30 – 14:00

Shabbat Picnic Lunch

Limmudfest Team

Kef Field

If you want a relaxed shabbat lunch out on the lawn just pick up your lunch and join us. We'll sing songs, eat and enjoy a shabbat dvar torah.

Saturday

Lunch

13:00 – 14:00

Shabbat Lunch

Shabbat Team

CH1

For those wanting a more traditional Shabbat lunch, join us in Ohel Ochel for eating, singing and a special Shabbat atmosphere.

Saturday

Early Afternoon Sessions

14:15 – 15:45

Kavanah – The Secret Art of being Present**Marc Soloway*****Tent Achla***

We often hear the word ‘kavanah’ these days, but what does it really mean? It is usually translated as ‘intention’ or ‘direction,’ describing an inner world. ‘Kavanah’ is the counterpoint to ‘keva,’ which refers to the fixed aspects of ritual and prayer. Using some classical rabbinic texts, some contemporary thought and our own experience, we will discuss this expansive concept and try to get to its heart.

Sign along to the Shema**Jonathan Samuel*****The Sukkah, if wet C8***

“And you shall bind them for a sign on your hand” Come along and I will teach you how to say the Shema with signs. An informal session that might not last long unless people want to chat. Children welcome. The Sign System used is Makaton (similar to Signalong and Babysigning).

Please Touch: Women, Sifrei Torah, and Women’s Tefillah Groups**Lindsey Taylor-Guthartz****C3**

What do the classic Jewish sources actually say about women touching sifrei Torah? Everyone has opinions, but we’ll study the relevant texts and try to make some sense of the issue. We’ll also look at women’s tefillah groups and their practices.

Shabbat Song Blend**Jess Gold*****Tent Vey, if wet C7***

The special rest of Shabbat is deepened through the opening of our voices and our souls. Come and sing freely and powerfully and let us strengthen our Shabbat joy together. All are welcome, experienced vocalists as well as shower performers.

The Song of Songs of Love

Jacqueline Nicholls

C1

Rabbi Akiva thought that the Song of Songs was the holiest book in the Bible. But what is it really about? The book is overflowing with luscious and evocative imagery from the natural world as well as love poetry. We will read extracts and sketch out different kinds of love relationships.

Godloving

Raphael Zarum

S1

What is the relationship between loving God and loving your neighbour? Is one dependant on the other? Using lessons from the Talmud, Maimonides and Erich Fromm we will try to uncover a Jewish perspective. The aim of the session is to help us love, better...

Shabbat Meditation

Danny Shine

C5

Shabbat is a time to stop with all the doing and start to focus on our being. For many, prayer is more 'doing' so this will be an opportunity to give your body and mind a rest and to sink into the spirit of Shabbat peace.

Shepherds, Tourists & Jerusalem – The Poetry of Yehuda Amichai

Adam Overlander-Kaye

Tent Oy, if wet C2

This session will enable participants to discuss and learn about poems written by the late, great Israeli poet, Yehuda Amichai. (No previous knowledge needed, just an open mind.)

Letakeyn – Transforming Lives... Transforming Worlds: Avodah (1 of 3)

Steve Miller

Tent Sababa

This session explores spirituality as a search for meaning and understanding in our lives focusing on our own experience and encounter with each other. In this session expect to walk a little and to participate actively in talking and reflecting on the world which often seems complex, ambiguous and confusing. The linking theme for all three sessions is integrating personal, social and political transformation – and looking at ways we can do this beyond Limmudfest

Shabbat Walk

Limmudfest Team

Meet at Helpdesk

Take some time out and enjoy a short, relaxed walk to explore the beautiful countryside around Cliff College. This walk will go beyond the eruv.

Saturday

Late Afternoon Sessions

16:00 – 17:30

Enhancing Significant Relationships through Communication

Brendan Beder

Tent Vey, if wet C7

It is so important to feel that we are being heard, acknowledged, appreciated and valued. We will discover how, by practicing “active listening” we can be more effective communicators and in so doing, enhance our significant relationships. We will also learn how to truly listen to others, suspend our judgements and deal with issues with “emotional intelligence”.

How do you say Tikkun Olam in Hebrew?

Anat Hoffman

S1

How can you translate Jewish values into “Israeli” and to day to day life in Israel? How can the Declaration of Independence be transformed into a document that will be as relevant in contemporary Israel as the Dead Sea Scrolls? Why do many secular Israelis find the Jewish religion boring and corrupted and feel its being coerced on them? What can be done to fix these problems?

Do Jewish Angels have Wings?

Jemma Lerner

The Sukkah, if wet C8

Come and find out more about angels in Judaism, through text study and practical meditation exercises. Angels are traditionally viewed as divine messengers and many people today believe that tuning in to angels can offer energy, healing and guidance. Everyone welcome – from experienced meditators to curious sceptics.

Limud: An Emerging Model For Global Jewish Education

Elliott Goldstein

C4

Limud: An Emerging Model For Global Jewish Education. Limud has grown to be one of the most exciting institutions in British (and indeed, world) Jewry – but what next? How will it remain at the cutting edge of Jewish education? Share your views, hear some ideas, and become part of the future of Limud.

Ladino music through the ages

Smadar Levi

Tent Achla

Come and explore the music of Ladino, its history, and the Arabic influences on it. With both discussion and performance, Smadar Levi will share with you the story of Ladino, its melodies and lyrics, going back to the middle ages.

HevrutTeva

Elana Levi, Ofer Shamir

Pardes

This Hevruta session in nature will take place in circles of learning with texts from the "Mekorot". The topic centres on the relationship between man and nature and on the commandment to take care of nature – our environment, so that it will keep and take care of us. In case of wet weather, this session will take place in C5.

I want to volunteer abroad!

Dan Berelowitz, Howard Brodie, Fiona Brodie

Tent Oy, if wet C2

Having volunteered all over the world, Fiona and Howard Brodie share their experiences, the ups and the downs.

Dan Berelowitz answers questions about how you can do it and things to think about to make sure that your volunteering is not doing more harm than good.

Limmudfest Bookclub: The Ministry of Special Cases, Nathan Englander

Limmudfest Team

C3

In this lively and interactive session we will explore Nathan Englander's intriguing, intricate and interesting novel 'The Ministry of Special Cases'. Great if you have read the book but don't worry if you haven't as we will look at some passages in detail and explore what are the key messages and themes that emerge. No doubt you will want to read it afterwards...! Facilitated by Deborah Brooks and Noa Heyman.

Let's play... rounders!

Limmudfest Team

Kef Field

You know the rules, you know the way so let's play rounders! Teams will be formed at the session so come on your own or with friends, just be prepared to get stuck in. All ages and abilities welcomed. See you at third base!

UK-Israel Academic relations: Crisis or Crossroads?

**Charles Keidan, Colin Shindler, David Newman,
Esty Namdar**
CH2

Are we at a crisis or crossroads in relations between British and Israeli Universities? How have calls for a academic boycott of Israeli Universities affected relationships between Britain and Israel? What role for British Jews in all of this? Hear from those on the frontline of this debate including Israeli and British academics and Foundation representatives.

Aliyah; A tale of Two Cities

Naomi Hass, Dan Zafer Smith
C1

What is aliyah really like for North West London Jews in their twenties? Naomi and Dan made Aliyah this year and will share their highs, lows, insights and experiences in what they still consider to be the greatest place to live. They will lead a discussion on Israel and what it means to them to be living there. They will happily attempt to answer questions on the topic of Aliyah and life in Israel.

Saturday

Mincha

17:30 – 18:00

Shabbat Mincha 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 Shabbat Mincha (Saturday afternoon) 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.

Saturday

Early Evening Sessions

18:00 – 19:30

Tikun Olam – Is This a Role for the Jewish Community in the 21st Century?**Vivian Silver****C4**

How much room should we make on our Jewish agenda for making the world a better place? Should we only be focused on the issues of direct concern to the Jewish people around the world? Is there a place for an Israeli-Diaspora partnership in Tikun Olam?

Shiatsu Workshop**Avivit Katzil****Ahava Field**

Shiatsu is a complementary contact therapy that combines Eastern and Western philosophies and involves pressure technique, deep breathing, controlled stretching and joint rotation. It can benefit a broad range of emotional and physical complaints. This Shiatsu workshop will bring together a group of people as they become more aware of each other and their surroundings, discover new channels of communication, lower their stress levels and relax in each others company.

One for the road!**Zvi Solomons****Tent Achla**

The recent furore over the Kashrus of Scotch is nothing new. It was the subject of some seminal halachic decisions about 40 years ago. Scotch will be provided as we explore this side of Jewish Law to the bottom of the glass. (Please note this session will not take place on the Cliff College Site and therefore is not contravening site rules!)

Y-Love Workshop

Y Love

S1

The story, life and work of a one-man scene, the multi-ethnic, multi-lingual MC who has redefined American Jewish identity and culture in one fell swoop. Yitz will be presenting his story of rising up from the crime-infested streets of East Baltimore to being a creator of a unique fusion of Hasidism and hip hop.

Love of self in relationship

Danny Shine

C3

How can we apply the principle of V'ahavta Lereyacha Kamocha when we are in relationship ? It is a great challenge to be true to ourselves when we are in relationship (parents, friends, partners etc) We are so used to either controlling or being controlled. We will explore ways of being and communicating which can create balance for us to love and remain true to ourselves and others.

Hey – I've heard that before!

Hillel Athias-Robles

C1

In this session we will be reading stories from the Talmud and Midrash and then comparing them to almost identical narratives found in world mythology and literature. Of special interest will be the discussion of a Talmudic passage from Nedarim seemingly transcribed into Don Quixote. Additionally, we will study an Egyptian myth that corresponds to a section in the Talmud Sota, and a Nigerian legend that is utterly indistinguishable from a tale in the Midrash.

Visions of a Compassionate World

Daniel Anderson

Tent Oy, if wet C2

Based on the book by Menachem Ekstein o"h, a Zhikover hassid who perished along with his family in the Holocaust, this is a practical guide for spiritual development and social transformation involving meditation, guided imagery, psychology and kabbalah, and encompassing mind, body, heart and soul.

Soulgrab

Zahavit Shalev

C5

Different factions within the organized Jewish community are commissioning research about you, throwing money at you, and yes, fighting over your Jewish soul. Everyone's obsessed with reaching out to unaffiliated Jews. Who qualifies as unaffiliated? How unaffiliated can you be and still be worth fighting for? And crucially, when they've got you to affiliate (by going to shul and attending fundraising dinners presumably) – then what?

“Loving Your Neighbour in 1948”: The War between Zionist Israelis and Palestinian Arabs.

Colin Shindler

C6

‘Love your neighbour’ did not apply during the birth of Israel in 1948. Since the creation of the state, both Israelis and Palestinians have created their own imageries of this conflict. Yet terrible things happened on both sides. It was not a John Wayne film where no blood is spilled and where everyone acts honorably. It was a bitter and brutal struggle which Israelis Jews knew that they must win or face annihilation.

Saturday

Evening Sessions or Seudah Shlishit 19:45 – 21:00

Seudah Shlishit

Shabbat Team

CH1

Are you feeling sleepy after your Shabbat afternoon schluff or are you exhausted from running around on the sports field? If so feel free to join us for a relaxed and traditional meal before Shabbat leaves us. If you are still full of energy – bring it along and contribute to the eclectic mix of stories and Jewish tidbits! (An evening meal is also available from Ohel Ochel, either to be eaten there or taken to a session.)

Brief Encounters

Golda Zafer

C3

‘Jewish Renaissance’ is now entering its eighth year of publication, and I have had the privilege of writing many of its celebrity interviews. Come and hear the interesting story behind the story in meeting a range of Jewish personalities – from Arnold Wesker to Oona King (and I will tell you about the one we could not publish!)

Inspired stories from the front-line

**Hannah Weisfeld, Nigel Savage, Zachary Katznelson,
Yehuda Shaul, Charles Keidan, Dan Berelowitz**

C6

This panel session brings together some of the leading grassroots Jewish activists from around the world, all working in very different fields. Each of them will share the stories and experiences that inspire them and we will discuss what makes people choose this kind of work, even in the face of adversity. The panel will be chaired by Charles Keidan.

Re-forming Reform prayer – what does the new siddur say about Reform Judaism?

Steve Miller

C1

The Reform Movement has published a new prayer book. I am an active member of my Reform ‘shul’ but also regularly use other siddurim. So I notice the differences, and they get me wondering about what lies beneath them. What does a particular text say about the people who use it for prayer? This session is for those who’d like to find out more about British Reform, and for those who think they already know!

Rivka: Unveiled

Shlomit naor

C4

In this session we will read the story of Rivka the Materirach through a feminist prism. We will explore her role in the rivalry between Jacob and Essau, her relationship with Issac and why God talks with her. Men and women are both welcomed, Handouts will be in Hebrew and English.

Singing in NO Rain: The Torah and Climate Change

Natan Levy

C5

The Torah loves climate catastrophe! While most other religions are built on spiritual doings, our faith plays on the stage of massive drought and famine. Join us in an exploration from Adam to Rabbi Akiva as they grapple with climate change. Their struggles might mirror our own, and their triumphs must just provide some helpful clues for today's climate forecast.

Saturday

Havdalah

21:00 – 21:45

Havdalah

Shabbat Team

Meet by Cliff Hall

Havdalah is always a special moment in a Limmud programme, and this occasion will be no exception. For the final time on Shabbat, the whole Limmudfest community will be brought together to say goodbye to Shabbat and launch the first evening of musical entertainment. We'll sing a little, reflect a little, smell spices by candlelight and make Havdalah at nightfall, bidding farewell to the Sabbath Queen until next time...

Saturday

Nightfest

21:45 – 22:30

The JCC Tribute Troupe do...

Simon and Garfunkel

JCC Tribute Troupe

Tent Achla

See the best up and coming Jewish talent pay homage to one of the greatest musical duos of all time. Join the JCC Tribute Troupe: singer/songwriters Ilana Bendel, Jonny Berliner, Jen Charlton, musician and actor Daniel Hart and storyteller Mekella Broomberg in a celebration of the masters of melody, harmony and lyrical wizardry, folk-pop superstars, Simon and Garfunkel.

Saturday Nightfest

Saturday

Nightfest

22:30 – 23:00

Ladino groove

Smadar Levi, Diwon

Tent Sababa

A combination of talents as Smadar brings her vocal range and Sephardi stylings, backed by Diwon's Yemenite sounds and hip-hop beats. Get the Saturday evening party going...

Saturday

Nightfest

23:00 – 00:00

Y-Love Live

Y Love, Diwon

Tent Sababa

Y-Love, supported by Diwon, fuses sounds from old school hiphop to the melodies traditionally found in the synagogues and seminaries of Ashkenazic Judaism. Thrill as Y-Love weaves his unique lyrical web in English, Hebrew, Yiddish, Aramaic and a few more tongues to boot...

Saturday

Nightfest

00:00 – 03:00

Diwon party

Diwon

Tent Sababa

Dressed in traditional garb and armed with a beat machine, and sounds of the semitic underground, Diwon is taking Yemenite culture to the masses. As a multicultural maestro, he produces a mix of Yemenite and Sephardic music blended with electro hip hop beats. His live set brings together textural fusions of live and recorded sound and often are accompanied by singers from various backgrounds. Come along ready to party!