

Welcome to

THE CHIEF RABBI'S



SHABBAT UK - 24/25 OCT '14

What **ShabbatUK** is all about and how you can play a part.

**The
Shabbos
Project**
KEEPING IT TOGETHER

In association with the International Shabbos Project

In loving memory of Dr. Israel Cohen,
Yisroel ben Tzvi Aryeh HaCohen z"l.

In association with

**THE
JC**
THE JEWISH CHRONICLE

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The New York Times

On the 1st January 2000, the New York Times ran a 'millennial edition' with three front pages. One was a reprint of the front page from January 1st 1900, a second ran the news of January 1st 2000, and a third projected a future front page from January 1st 2100, which included discussions such as voting rights for robots.

But there was a fascinating little detail as well. At the bottom of the page was the candle lighting times for Friday, January 1st 2100.

When the production manager - an Irish Catholic - was quizzed about it, he replied:

“We don't know what will happen in the year 2100. It is impossible to predict the future. But one thing you can be certain: in the year 2100 Jewish women will be lighting Sabbath candles.”



A Message From The Chief Rabbi

Dear Friends,

I am truly delighted to introduce this ground-breaking initiative; a project that seeks to promote active engagement with Shabbat throughout the UK.

At its core, ShabbatUK is about harnessing all the goodness and uniqueness of a traditional, authentic Shabbat and inviting Jews around the country to celebrate it in a way they never have before. Shabbat is a central part of what it is to be Jewish. It plays a crucial role in Jewish identity with its powerfully uplifting and transformative qualities.

Last year South African Jewry ran a highly successful Shabbos Project. This year I am calling on Jews across the UK, regardless of their level of religious observance, to celebrate a Shabbat unlike any other, on the weekend of Friday 24th and Saturday 25th October. The weekend coincides with that of the South African project, and hundreds of communities worldwide will be participating.

Everyone can participate in ShabbatUK, from the most observant Jews to those who may have never experienced the beauty of a Shabbat. It is about reaching out to people and inspiring communities. Some will keep Shabbat, perhaps for the first time, others will participate in the numerous communal events taking place. Many will find ways to bring Shabbat into their homes, whether by lighting Friday night candles, blessing their children or by inviting others into their home to share the Shabbat experience. The possibilities are endless.

Synagogues, Jewish schools and other Jewish organisations are planning a series of events to mark ShabbatUK. This is an incredible opportunity to join with fellow Jews around the world, to experience life, for just one day, disconnected from the daily grind and engage with Shabbat in a meaningful way.

I invite you to join with me and with tens of thousands of Jews across the country, in celebrating together a Shabbat like no other.

A handwritten signature in blue ink, which appears to read 'Ephraim Mirvis'.

Chief Rabbi Ephraim Mirvis

“I am truly delighted to introduce this ground-breaking initiative; a project that seeks to promote active engagement with Shabbat throughout the UK”

A Resting Development in South Africa

Simon Apfel, 28th October 2013

(excerpted from the Jerusalem Post)

THE JERUSALEM POST
Israel's first daily newspaper and the national newspaper

Earlier this month in South Africa, in defiance of almost everybody's expectations, against all sober-minded forecasts, something extraordinary happened. Tens of thousands of South African Jews of all backgrounds and levels of Jewish observance joined together to keep a Shabbat.

Early estimations are that more than 30,000 South African Jews, almost half of the community, kept the Shabbat... Many of South Africa's arena-sized synagogues reported capacity turnouts – crowds exceeding those of Kol Nidrei and first night Rosh Hashana – and almost eerily empty parking lots.



Immediately after Shabbat, more than 6,000 gathered at free open-air "havdalah concerts" in Johannesburg and Cape Town, and on the Thursday evening before Shabbat, almost 3,000 women participated in the "Great Street Challah Bake," flooding the streets of Johannesburg to prepare challah dough.

Perhaps just as remarkably, hundreds of residents of Oaklands, Johannesburg, gathered together in the

streets of the suburb for a massive Friday night "dinner under the stars."

The idea was put forward by Clive Blechman, chairman of the local synagogue.

"I told people I wanted to have a Shabbat dinner in my front yard, and the idea caught fire... except the front yard became the entire street, and a handful of families from the shul quickly became 600 people from the wider area."

Non-Jewish residents seemed confused, but intrigued. It was a strange, beautiful experience. People phoned afterwards to say how they had been touched by the atmosphere of togetherness, and how thrilling it was to have had dinner with their families while sitting in the street!"...

A grade nine pupil at King David Linksfield, South Africa's largest Jewish Day School, said he couldn't think of a single one of his peers who wasn't keeping that Shabbat.

"My children were so enthusiastic and I must commend the organizers for actively involving the Jewish Day schools – I think this was the key to families buying into the initiative," says Gayle Landau, whose own family was keeping Shabbat for the first time...

"On our walk to shul on Friday night we were met by our neighbors, and it was so wonderful to shout out 'Shabbat Shalom!' in the streets of Johannesburg. It was an especially beautiful sight to see so many families walking together to shul. It amazed me how the shul kept filling up yet there was somehow room for us all."



What's Happening This Year Across The UK

Buoyed by the success of South Africa's Shabbos Project, Chief Rabbi Ephraim Mirvis launched ShabbatUK. The initiative is a bold and wide ranging call to Jews across the United Kingdom to join together for 25 hours of Shabbat.

"Shabbat is the centre point of Judaism, and it belongs to every Jew, whether observant or not," said the Chief Rabbi at a recent meeting to promote the project, "For one day let us all embrace, engage with and celebrate a Shabbat like no other!"

The date, from sundown October 24th to nightfall October 25th is designed to coincide with the South African Shabbos Project, and parallel initiatives taking place in 500 cities in 120 countries worldwide.

The Chief Rabbi has issued the call and set the bar. But the project belongs to everyone. Every community, family and individual can take ownership of the project and add their creativity to it.

One of the most exciting elements of the project is the sheer number and range of the communal organisations that have taken parts of the project.

Already dozens of communities are making special arrangements, with some putting together enormous communal gatherings, others working on street-party lunches, still others creating networks of families hosting one another.

Almost all the Jewish primary schools are finding ways to involve kids in the project, teenagers are competing to create the best ShabbatUK videos, and campuses are putting on special events.

Young professional business networks are on board, together with young Jewish charitable networks, to put on big events for young Jewish singles.

Outreach organisations are helping put together special education programmes both before and on the day, whilst youth movements are recruiting and training

hundreds of young madrichim to staff community youth programmes.

Welfare organisations are joining in to make sure that every Jew can be reached. The Judith Trust, an organisation that helps promote the inclusion of people with special needs, is working with communities to ensure maximum provision, whilst the United Synagogue's Chessed networks are working to ensure people who are home-bound are able to be included. Organisations like Jewish Care and Norwood

are working to ensure special outreach to those in special care, and prisons and hospital chaplaincy are being engaged to reach their respective clientele.

"This truly is a project for everyone, because Shabbat is a day for everyone," said Carly McKenzie, director of communications for the office of the Chief Rabbi, "we want as many people as possible to be able to enjoy the Shabbat as best as possible."

Indeed there has been an incredible cross over of organisations not typically accustomed to working with one another. Over two hundred schools, Shuls, and communal organisations are involved - a record for British Jewry.

But the real action is in homes across the community, as individuals, flat-mates, families and friends decide how to engage with Shabbat. Whether meals at home, inviting or being invited to others, or through all sorts of creative ideas of their own.

"It really is up to each of us to take ownership of our precious Jewish heritage," says McKenzie, echoing a line from the South African project, "and, for 25 hours, to wear it as a badge of honour, together with Jews across the UK, and across the whole world."

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Key Observances Of Shabbat

Shabbat is a day that has unified Jews across the world throughout history. We invite you, on ShabbatUK, to engage with Shabbat, bringing as much of its warmth, joy and spirituality into your homes as you can. What follows is a concise statement of a few of the key observances.



1. From price to priceless.

On Shabbat we do not buy or sell items. We refrain from pricing and purchasing things. Instead we focus on what we have, and we focus the day on those things that are priceless. In general in life, that which has true value is beyond purchase.¹



2. Switch off to Switch on.

On Shabbat we refrain from activating technology. We switch off our machines and put them aside. Free from all distractions, we can truly focus on the people that matter most: our friends, family, community; on ourselves and on God. We use the time to rejuvenate ourselves physically, emotionally, intellectually and spiritually. A family meal with no calls, tweets and devices is something to be treasured.

3. Walking range only.

On Shabbat we don't drive, which means we spend the time with our neighbours and communities, going for walks, inviting or visiting others, and relaxing.



1. See former Chief Rabbi Jonathan Sacks' Hayek Memorial Lecture, 'Morals and Markets', Institute of Economic Affairs, 1988



6. Bless the children.

Shabbat is a time to appreciate the blessings of the world. So often parents spend too little time with their children. The custom on Friday night is for every parent to bless each child. Many use the time to whisper something special and personal. It is a precious moment that bonds parents and children, as Shabbat bonds generations.



4. Enjoy meals with family and friends.

On Shabbat there is a mitzva to enjoy food and company. There are three meals and many courses. Make sure to plan who to invite when, and to decide whether to join together as a family, join with other families, or join in communal meals and activities. Each child can have their moment to shine and share an idea they have prepared. There are traditional songs worth learning and singing together. The meals are fantastic times to really share the joy of Shabbat at every level.

5. Bringing light to the world.

Shabbat is brought in with the lighting of two candles. It is brought out with the lighting of an intertwined candle. Amongst the symbolism is the idea that Shabbat is a day of bringing light into our lives and into the world. It is also a time to ensure that what begins as separate becomes joined together in the light of Shabbat.



7. Elevate the world.

We begin Shabbat with 'Kiddush', sanctifying the day over a glass of wine (or grapejuice). The very fruit that can bring out the worst in man, can also bring lightness, joy, warmth and break boundaries. The world is neutral; it is for us to elevate it. Over Shabbat, as we reflect deeply on our lives, we get to realign our priorities, and to work out how to elevate our physical, financial and emotional blessings, and use them to better the world.

Of course this is not a comprehensive list of all the observances of Shabbat, which are numerous and intricate.

For ways to learn more, see Resources, p.11

Sharing Shabbat With Others

The joy of Shabbat is enriched when it is shared with others. We strongly encourage people to ensure that their celebrations include others. Whether it is shared with family or friends, or whether you invite guests to your home, or join others at their table, sharing Shabbat only increases the serenity and joy of the day. If you wish to be hosted by others, or who wish to host others, you can visit our website, speak to your local community or visit our partners at www.shabbat.com/shabbatuk.

Preparing for ShabbatUK

Shabbat Times for London, England, United Kingdom Chesvan 1, 5775	
Candle Lighting	17:34 24 October 2014
Havdalah	18:35 25 October 2014
Weekly Parsha	Noach

1. Decide what you are doing

This is the time to decide whether you are planning to join a community event, do something in your home, invite others, get invited etc. Obviously the earlier you know what you're doing, the more likely that your community will have space, or that your invitees will be available.



2. Who needs to know?

If you are planning to observe more of Shabbat, there may be appointments that need to be cancelled or moved to another day. Likewise if you need to leave early on Friday, employers will need to know. There should be little problem securing an early leave, as most employers will be understanding and the Office of the Chief Rabbi will be happy to supply you with a letter explaining any early absence (within reason) but it is only fair to them to let them know as early as possible and to arrange with them when to make up any missing hours.

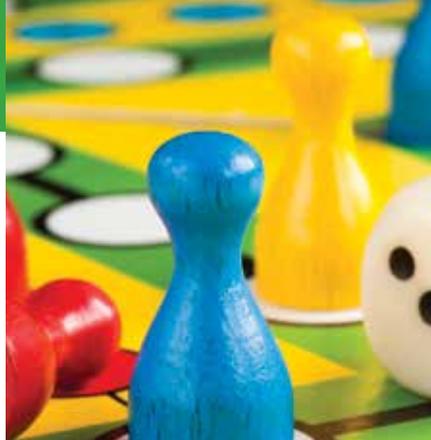
3. Plan a great meal

If there are large numbers of you either as host or a guest, you may want to plan to share the cooking or buying. Make sure to allow for any time needed to research (and trial) any great new recipes, and know how long you will need for shopping and cooking. Also make sure you know about any dietary requirements, whether vegetarian, vegan or various allergies, well in advance (whilst most people will tell you, you can never be too safe!)



4. Ensure it's enjoyable for everyone

Ensuring everyone has a great Shabbat meal can take time and preparation, but the investment is really worth it. You may want to plan quizzes for kids with sweets or other rewards. You may want to ensure everyone can join in some songs, by sending round an audio track or two to invited families, and having printed out song sheets. If the kids are not going to be using iPads and electronics, it's crucial to have planned games and activities for them (and for adults!)

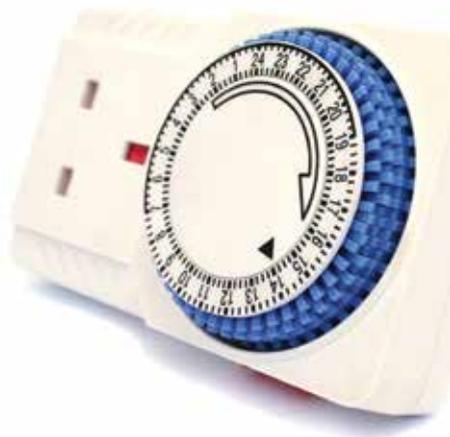


5. Plan walking routes

If you are going to be walking to Shul, or anywhere else, and are not used to the route, it may be necessary to take the time to work out the best walking route in advance. You may also want to walk with others, and arrange who is picking up whom and when.

6. Keeping things on, off, warm and cold

If you are planning not to switch electrical items on or off, then time-switches become extremely valuable. If one is keeping Shabbat then cooking can't be done on Shabbat, but heating pre-cooked food is fine. Hot-plates or other simple solutions are available. Some communities are planning to make such Shabbat equipment available for families. Otherwise if you wish to purchase or borrow some, see Resources (p.11) or see the website for easy ways to get hold of Shabbat equipment.



7. Knowledge is power!

Like all great activities, Shabbat has many rules and customs. There are also many options and avenues to learn more. From one hour 'Shabbat primers' to web mini-courses, to phone tutorials, there are so many ways to get the gist pretty quickly. See Resources (p.11) and our website for more details.

The Great Challah Make

One of the highlights of South Africa's project was a massive Challah Make that took place on the Thursday night. More than two thousand South African Jewish women converged on a street in Johannesburg's Glenhazel neighbourhood, to join together in the preparing of the Challah.

Geoff Sifrin, writing for Ha'aretz, described the scene, "Their degree of religiosity ranged from secular to committedly frum. The event had the feeling of a festival, but with a serious intention."

This year in the UK at least four major Challah Make events have been planned nationwide. In London, Allianz Park has been booked for a huge event, with parallel events taking place in Essex, in Manchester and in Leeds.

The festive fun of thousands gathered together to prepare the dough is only one aspect of the event. There is also expert guidance as to how to bake and make a sensational Challah, and inspirational presenters available during the time waiting for the dough to rise.

Shaina Kazarnovsky, who attended the Johannesburg event said, "I just loved everything about it. The unity... The Jewish pride, the Jewish heritage. Women going back for many, many years doing this. And we've lived through Jewish history in Johannesburg tonight."

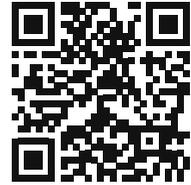


This year, on October 23rd, it's our turn to make history!

For more information, and to book your place at a Great Challah Make event, visit our website

www.shabbatuk.org/challah-make/

There are numerous resources in print and on the web covering every aspect of Shabbat - from observance to getting the most from the day; from prayers to the best recipes and just about anything else.



For great Shabbat resources -

www.shabbatuk.org/resources

There is so much you will find on our website.

Here are some highlights:

- Shabbat recipes
- KidZone with learning games
- Music videos
- Essays on Shabbat
- Educational videos
- Stories to share at the Shabbat table

The website includes: how to find out what's going on near you, how to learn more about keeping Shabbat, how to access time-switches, learning key prayers and songs, activities and fun for all age groups, entertainment for kids, great recipes, how to purchase top quality kosher food and wine, and so much more!



If you want to learn more about any aspect of Shabbat, there are four main ways to do so.

- Firstly you can contact your community to find out if there are any special educational programmes that may be helpful
- Secondly you can reach out to any of the many communal adult informal Jewish educational networks and organisations.
- Thirdly, if you want a personalised learning programme, PaL run phone tutorials, free of charge with tutors hand-picked to suit your requirements and availability. Contact info@phoneandlearn.org for more information.
- Fourthly there are numerous web-resources. One excellent on-line course covering all Shabbat observances is www.jewishpathways.com/laws-shabbat. www.chabad.org also offers numerous articles and resources.

Likewise, there are many beginners books.

ShabbatUK has produced a “guide through the day” pack that will be distributed nearer the time, and will be available for downloading.

It's Got My Vote



In the State Senate, I had a Democratic colleague and friend named Con O'Leary, who later became the Senate majority leader. One day in 1988, during my first run for the US Senate, against the incumbent Republican senator Lowell Weicker, Con called and said to me, "Joe, I think you're going to win this election."

"That's great, Con," I said, knowing most people felt otherwise, "Why?"

"I went to visit my mother yesterday," he explained, "and three of her lady friends were with her having afternoon tea. So you had four silver-haired Catholic ladies there. I asked them who they planned to vote for in the presidential race. They said they were going to vote Republican - for Bush, not Dukakis. I argued with them, but I finally gave up and said, 'What about the Senate - Weicker or Lieberman?' And my mother said, 'That's easy, I'm voting for Lieberman.' All the other women said, 'Yes, we're voting for Lieberman.'"

"Why is that such an easy choice?" O'Leary asked his mother.

And Mrs. O'Leary said, "I like the fact that Joe Lieberman is a religious man and keeps his Sabbath." "And," Con concluded, "the three other silver-haired heads nodded."

Joe Lieberman

United States Senator and former Vice-Presidential Candidate, Jewish Action, May 25th, 2011

Across the globe, communities are coming together for one Shabbat.

The Shabbos Project
שבתות בלתי נגמרות

The map displays numerous global locations marked with red dots and labels, including: Vancouver, Richmond, Washington, Oregon, Nevada, California, Arizona, Texas, Mexico, Guatemala, Panama, Peru, Chile, Cordoba, Montevideo, Uruguay, Buenos Aires, Quebec, Toronto, Ottawa, North Dakota, Rhode Island, Connecticut, Michigan, Ohio, Pennsylvania, New Jersey, New York, Illinois, Indiana, Alabama, Georgia, Florida, Venezuela, Rio de Janeiro, São Paulo, Cordoba, Montevideo, Uruguay, Buenos Aires, London, Dublin, Manchester, Edinburgh, Switzerland, France, Milan, Rome, Gibraltar, Copenhagen, Moscow, Lithuania, Belarus, Ukraine, China, Japan, Israel, Africa (Addis Ababa, Ethiopia), Hong Kong, Johannesburg, Pretoria, Durban, East London, Port Elizabeth, Cape Town, Perth, Adelaide, Melbourne, Sydney, Brisbane, and New Zealand.