

# ShabbatUK

1-2 March  
2019

Exciting Ideas for  
Your Community



# A Message from the Chief Rabbi

Recently, I was privileged to welcome Rabbi Yosef Mendelevich into my home. He is a gentle and unassuming man, who was imprisoned for 11 years by the KGB in a Soviet Gulag. It was only after a 56 day hunger strike that he was released and allowed to make Aliyah.

While imprisoned, Rabbi Mendelevich went to extraordinary lengths to find ways to keep Shabbat. He used a rag to clean the filthy walls and floor as best he could and he used a rusted nail to cut two grooves in the wall to represent candles. He had a separate shirt which he would wear only on Shabbat and which he would 'launder' each week under a tap. He made Kiddush over a supply of raisins, which he thought made a good substitute for wine.

His is a story from which, I believe, we can all derive a great deal of inspiration. If Rabbi Yosef Mendelevich was able to celebrate the beauty of Shabbat even in such oppressive circumstances, how grateful should we be, to be able to keep Shabbat with all of the freedom and opportunity that is available to us? Shabbat is an obligation and also a great privilege. Through ShabbatUK we seek to generate the passion and enthusiasm which will hopefully inspire as many as possible to embrace a life of Shabbat observance.

With ShabbatUK now at a different time of year, we can find new ways of bringing this precious gift to our congregants. In this spirit, this brochure presents many fresh ideas to you.

I encourage you to reach out to my office to find out how you can use ShabbatUK as an opportunity to raise the bar even higher. Together, let's guarantee that ShabbatUK 2019 will, indeed, be the best ever.



# Ideas For

# Pre ShabbatUK



## ShabbatUK Ways To Get Involved

Ensure you partner up with your local Jewish school (consider inviting the school's Kodesh teacher on to your ShabbatUK committee) for maximum impact on children and their parents.

### Challah Makes

During the time it takes for the challah dough to rise, there is a perfect opportunity to organise an additional activity:

- Arts & crafts (decorate and laminate the Shabbat Bracha Card/ Design your own table cloths/challah covers, etc).
- Challah 'Design' workshop.
- Wine tasting for your Shabbat Table.
- Simcha/Israeli dancing.
- Shabbat related Shiurim or other educational presentations.
- Shabbat themed cookie making for the younger members for your ShabbatUK kiddush.
- Partnerships with other organisations in the area.

### #Challenge25

- Encourage less observant members to deposit phones and other devices at a central location for 25 hours.
- Seek sponsorship for local causes for a 25 hour digital detox.
- Create a packed programme for participants to observe a full halachic Shabbat.



## Educational Programmes

- Seven speakers at seven different homes (a great way to reach people who wouldn't usually attend an educational programme like this).
- Encourage young members to create Shabbat guide/resource pack with Divrei Torah, stories, games, etc. to be distributed in time for ShabbatUK.
- Create a ShabbatUK challenge in the weeks or months prior to the big weekend that covers the key elements of enjoying and keeping Shabbat: A Challah Make, a Communal Havdalah, a Friday night experience, Shabbat cooking workshops etc.
- Put on a series of special 'enhanced' Kiddushim that feature traditional foods like kugel and chicken soup, along with a short shiur from the Rabbi or a community member.
- Start up Shabbat service classes for those who don't feel confident finding their way around a Siddur on Friday night or Shabbat day. Guide them through the services, teaching them prayers and niggunim, while providing further background on their origins and meaning.
- Arrange a series of ShabbatUK chaburot (group learning sessions) that promote further study of commentary on this year's ShabbatUK parasha, Vayek'hel (Shekalim).
- Arts & crafts day for young children.

## Other Ideas

- Raise money for local families to meet the cost of Shabbat meals.
- Train women to take part in and run a women's only Kabbalat Shabbat.
- A 'ShabbatUK Shuk' with stalls at which you can prepare elements of your Shabbat e.g. Havdalah candle making, recipe swap, buy Judaica, wine tasting, select besamim and design a container, paint a Kiddush cup/challah plate, etc.
- Create communal campaigns around the setting and breaking of community 'records' e.g. the largest number of boys doing Anim Zmirot at one time or the most children singing yigdal.
- Run a themed Shabbat cooking workshop that introduces participants to traditional dishes from different Jewish communities around the world.

## Friday Night

- Special Kiddush.
- Communal Dinner with an unusual theme, entertainment or speaker.
- Community oneg.
- Travelling Minyanim, visiting elderly/infirm people who wouldn't otherwise make it to shul.
- Partner with another local shul, charity or communal organisation.
- Encourage children to learn and 'perform' a part of the davening.



## Shabbat Day

- Communal Lunch with an unusual theme, entertainment or speaker.
- In communities with an eruv, take Shabbat lunch around to the elderly/infirm.
- Bring in Madrichim to run an afternoon programme for the youth – leading into Havdalah where the families will come and join them.
- Walk to your local hospital to visit Jewish patients to try to make them feel part of ShabbatUK
- Visit local Jewish residents who live alone on Shabbat afternoon.



# Ideas For

# ShabbatUK

## Seuda Shlishit

- Encourage your members to invite people into their home who don't usually experience Shabbat to be involved with Seuda leading into a beautiful Havdalah.
- Shabbat crawl (go to different houses/ different Shabbat experiences).



## Havdalah

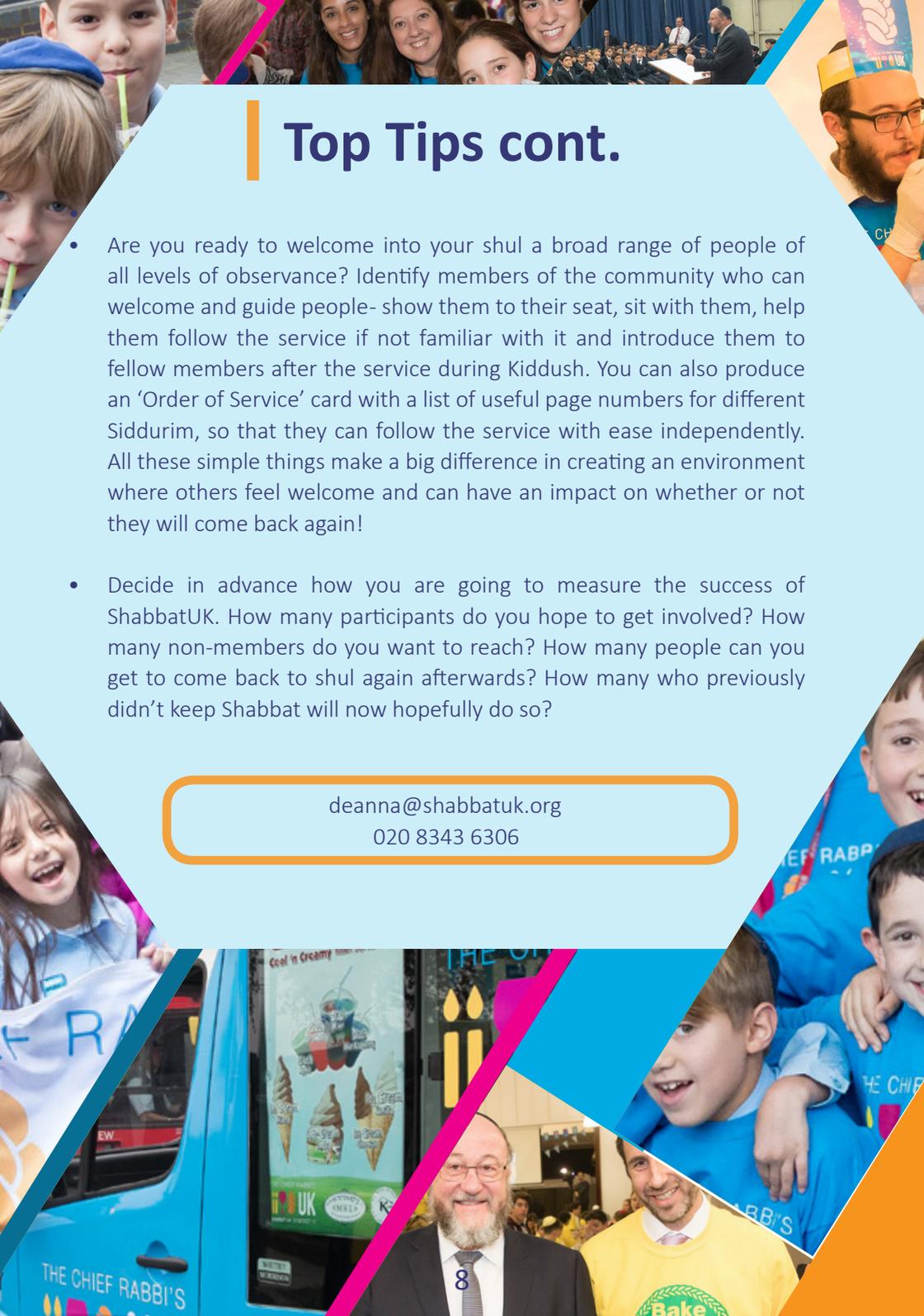
- Community Kumzits with performers from your local community.
- Lively Melava Malka with BBQ style food/ fish & chips.
  - Musical Havdalah.



# Top Tips

- We would like communities to make ShabbatUK as inclusive as possible, in order to make this a special Shabbat for all members of the community. Ask yourselves for example what additional provision you can make for members with disabilities. There may be something which you couldn't provide all year round but as a one-off, would be worth trying.
- In the lead up to ShabbatUK it is important to engage with those who might not otherwise be involved in communal events. The most powerful way of doing this is building a list of key influencers/organisers and contact them directly, either over the phone or in person and invite them to take part or even to get involved in the delivery of an event.





## Top Tips cont.

- Are you ready to welcome into your shul a broad range of people of all levels of observance? Identify members of the community who can welcome and guide people- show them to their seat, sit with them, help them follow the service if not familiar with it and introduce them to fellow members after the service during Kiddush. You can also produce an 'Order of Service' card with a list of useful page numbers for different Siddurim, so that they can follow the service with ease independently. All these simple things make a big difference in creating an environment where others feel welcome and can have an impact on whether or not they will come back again!
- Decide in advance how you are going to measure the success of ShabbatUK. How many participants do you hope to get involved? How many non-members do you want to reach? How many people can you get to come back to shul again afterwards? How many who previously didn't keep Shabbat will now hopefully do so?

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