



Some of the sessions...

'If I am not for myself' Does this mean that we always have to be for ourselves in a communal sense? Should we always stick up for each other and not criticise ourselves publicly? Or are there times when we need to do this? Come and learn about the c19 novelist and poet Amy Levy, who wrote a satirical novel about her own Jewish community (West London Synagogue!) and incurred the wrath of the establishment. Hear some extracts and make your own mind up! With **Sherry Ashworth**

Learning from t'fillah. What are some of the values and kavannot that we can offer to our younger members through prayer, whether at home, in the classroom or the synagogue? With **Rabbi Debbie Young-Somers**

Im ein ani li mi li? An interfaith discussion of what it means to be ourselves with Christian and Muslim colleagues With **Anna Dyson**

'Well Being Time Together' on the theme of *im ein ani li mi li*: a Jewish experience of Mindfulness, Meditation, pain, anxiety, stress and sleeplessness management. **Rabbi Silverman** runs this every month before Shacharit, come along and experience this beautiful introduction to Shabbat.

Finding our Story in Torah. How can we help students find their voices in Torah, through craft, study and questioning? With **Rabbi Debbie Young Somers**

Stories from the past

Who has been for me? Who were those who lived, so that I could become?

If I care not about my ancestors, what does that say about me?

If I don't start to discover and record their memories now, will I ever do so?

Or will they be lost to me forever.

An opportunity to share memories and also to share information and experience about researching ancestry. With **Maureen Schiller**

Does Judaism care about Human Rights? David co-authored a book entitled "Human Rights in the UK: An Introduction to the Human Rights Act" This session will use Jewish texts to look at Judaism's relationship with Human Rights **A text based session** With **David Hoffman**

A taste of OY! Open Yeshivah. Encounter Jewish texts at your own level while exploring their relevance to today's most pressing issues. Join us for dynamic, interactive study of Jewish texts in small groups (*chevrutah*) on the topic of Belonging. Combining guidance with self-directed study OY! suits all levels from absolute beginners to Jewish scholars with **Rabbi Robyn Ashworth-Steen**

Empowering Judaism Judaism is an incredibly ritual heavy religion. Come along for a confidence-boosting 'how to...' session on anything from handling a Torah to laying t'fillin,

saying the right thing and everything you want to ask in-between – no question too basic!
With **Rabbi Paul Strasko**

Judaism and the Environment with **Rabbi Fabian Sborovsky**