

LIMMUD IN THE WOODS

PROGRAMME GUIDE 2016

Thursday 25th August

Afternoon Sessions

16:30-17:30

Debbie Young-Somers: immersive immersion (18+) *Miriam's Oasis* - We are all equally impure, and the Mikveh isn't going to fix that. So what is it for? How can we engage with it more meaningfully and widely regardless of gender?

Clive Lawton: a backward look at the 3 Weeks *King David's Disco* - Often missing from Jewish lives because they happen in the summer holidays, we'll look at what these add to a Jewish life.

Gabriela Pomeroy: alephs in the woods (4+) *Sara's Open House* - For kids and parents, let's make big Alefs out of cardboard and decorate them with paint, collage, material, patterns & anything you can forage. We'll hang them from the branches of the Enchanted Alef Tree. Great for families.

17:50-18:50

Jemma Jacobs: Yom Kippur, broiguses, karma and Hawaii (15+) *King David's Disco* - Kabbalah reminds us, we are not our stories, we are the storyteller. Discover the history of and practice an extraordinary Hawaiian forgiveness meditation with breath-work, to transform your Yom Kippur experience.

Karen Orange: board gaming for fun! (15+) *Miriam's Oasis* - Come and relax with some board, card and other games. Do bring your own if you have one with you.

Ruby Radwan & Lufti Radwan: Islam, environment and responsibility (11+) *Ezekiel's Vision* - Islamic environmental ethics. The story of Willowbrook farm and the concept of Khilafa (stewardship).

Joseph Symons-Smith: Chavruta (15+) *Sara's Open House* - We'll be using the Limmud Chavruta book "responsibility".

Collecting fire wood *Burning Bush* - Come give a helping hand to prepare the fire!

18.30-19.15 Join our lovely Layla Tov team for a beautiful bedtime session in the Young Woods area. Great for families

Evening Sessions

20:00-21:00

[Note: This session starts at 19.45] **Jess Gold and Rosalyn Miller in concert** *King David's Disco* - Singer-songwriter Rosalyn Miller performs a short set of comedy and pop songs from her new musical "Casual Fling". Jess Gold will then join Ros for a set of contemporary Jewish songs they love, don't miss this exciting debut performance.

Elya Steinberg: Are you touched by the Holocaust? Transgenerational trauma and its transmission (15+) *Ezekiel's Vision* - This workshop offers a space in which to

explore, share and reflect upon our experiences of transgenerational & intragenerational trauma.

[Panel Discussion] Ethical eating: what does it mean for us? (11+) *Sara's Open House* - Kosher? Halal? Vegetarian? Vegan? Whatever your dietary choices, let's discuss how we can live and eat ethically.

Dan Jacobs, Leon Pein, Ruby Radwan & Michael Green - Chaired by Gabi Markham

Bonfire *Burning Bush* - What is a camp without a bonfire to sit by?

21:20-22:20

Seth Breitman & Mountain Spring Music: things that come from the heart, enter the heart (15+) *King David's Disco* - This is one man's funny, heart-breaking, very messy and epic search for and discovery of meaning in his life. The story will be punctuated with songs written over the last 20 years of his journey.

Dan Mackenzie & Jonny Hunter: an introduction to modern jive (15+) *Taurus Lodge* - Come and experience the fun of learning to dance without the complications and difficulties of learning the footwork :P Modern jive is a fun, relaxed partner dance that is very easy to learn. Beginners welcome.

Cinema evening: The Prince of Egypt (PG) *Ezekiel's Vision* - An Egyptian prince learns of his identity as a Hebrew, and later, his destiny to become the chosen deliverer of his people. Great for families!

Bonfire *Burning Bush* - What is a camp without a bonfire to sit by?

22:40-23:40

Acoustic Café Team: open mic night *King David's Disco* - A night for open mic music, poetry, comedy or whatever you feel like expressing – share your talent or just your enthusiasm! All welcome to take part or just come and enjoy (double session).

Cinema evening continued: The Prince of Egypt (PG) *Ezekiel's Vision* - An Egyptian prince learns of his identity as a Hebrew, and later, his destiny to become the chosen deliverer of his people. Great for families!

Bonfire *Burning Bush* - What is a camp without a bonfire to sit by?

Friday 26th August

Early Morning Sessions

08:20-09:20

Paul Silk: Stand up and be counted (7+) *King David's Disco* - Qi Gung aka 'standing for health' benefits the joints and cardiovascular system with slow, gentle movements and calms the mind due to its meditative focus. Returners and newbies welcome. Comfortable clothing recommended. Great for teens.

Naomi Webber: V'yarutz V'yomer: he ran and he talked (15+) *Outdoors, meet at the Helpdesk* - Fancy stretching your legs and enjoying more of the countryside? Great for teens. Come for a run and chat. Depending on ability we will run for 30min - 1 hour.

Early bird arts and crafts (All Ages) *Sara's Open House* - Up early? Come and do some Arts and Crafts before Young Woods. Great for families.

Morning Sessions

09:40-10:40

Or Erlich: AbraCadabra - "I create as I speak." (11+) *King David's Disco* - Can Movement create a sensation? We will gather together, trying to take off the familiar and known, free our body & mind and explore; what is the connection between movement, connection between people, and our personal reality? The movement session will be accompanied by the live music of "Mountain Spring Music".

Elya Steinberg: Perceived stress and biodynamic psychology (15+) *Ezekiel's Vision* - Stress and anxiety exist not only in our minds but also in our bodies. In biodynamic psychology we work with our bodies, minds, energy and spirit to support our well-being.

Joseph Symons-Smyth: Tzitzit (11+) *Sara's Open House* - What are tzitzit, why do (or don't) we wear them, and how do you make them? While practising the "how", we'll talk about the "what" and "why". Also, what's with the blue?

11:00-12:00

Mountain Spring Music: Come write a song in an hour with us! (11+) *King David's Disco* - Requirement: A desire to have massive fun and to collaborate together. Everyone is invited, no musical ability required. In our 1 hour session, we'll write lyrics, make a beat, a melody, harmony, and a sing-a-long chorus. This is going to be a blast!!! Great for teens.

Navleen Kaur: Taking a magical journey into healing through sacred chants and stories (15+) *Miriam's Oasis* - Our music and stories will create a mesmerising environment and hold a sacred safe space for people to search within for creativity and wisdom.

Nicky Spencer Hutchings: Reflexology informed relaxation technique to promote emotional wellbeing in children (18+) *Sara's Open House* - Learn a taster of functional reflex therapy to practice on your child's hands. Maximum 8 people. Please bring a pillow and a towel with you.

Leon Pein: Why does kosher meat cost much more than conventional meat? (11+) *Ezekiel's Vision* - Everything you did (and didn't!) want to know about the production of kosher meat and poultry, from a layman. Warning: some previous attendees have turned vegetarian :) Great for teens.

Debbie Young-Somers: Jews in tents (15+) *Outdoors, meet at helpdesk* - Camping is a long and honourable Jewish tradition. What can Torah and the Rabbis add to our woods values and experience?

Afternoon Sessions

13:40-14:40

David Hoffman: Jam in the Woods (15+) *King David's Disco* - Live music work out for any budding instrumentalists or singers; new tunes and classics; or just come and listen.

Jumana Moon & Debbie Young-Somers: Friendships and fault lines: a look at interfaith in today's world (15+) *Miriam's Oasis* - We will look at some contemporary

interfaith projects, particularly around Jewish-Muslim connections, exploring the ethos of the groups involved, the rewards and come of the challenges.

Rachel Rose Reid: Charms, amulets & soul candles (15+) *Sara's Open House* - Salt healing rituals? Candlewick grave-encircling? Bowls to bury demons beneath your house? Some Jewish rituals just didn't make the cut for the siddur.

Anna Lawton: "Boys" and "girls" - how do classical Jewish texts cope with a challenge to the binary (18+) *Ezekiel's Vision* - Classical Jewish thought loves binaries. 'Male' or 'female' was always an important binary, and yet traditional Jewish texts recognised that it was a complicated topic 2,000 years ago. We will explore and discuss these texts and their relevance to Halacha today.

Jonathan Schick: A photographic amble (15+) *Outdoors, meet at helpdesk* - If a Limmudnik takes photographs in the woods but nobody sees, did it really happen? Bring a camera (or your phone) for a wander and let's find out.

15:00-16:00

Nechama Goldman Barash: Permitted but prohibited: a look at women's role in contemporary Jewish practice (18+) *Miriam's Oasis* - We will explore the rabbinic and Jewish legal approach to women, dating back 2000 years. While many things may be technically permitted, society and community play a tremendous role.

Adele Silk: What is Montessori? (11+) *King David's Disco* What is the Montessori method, and what is it like in a Montessori nursery? Find out some background to Maria Montessori and her educational philosophy, and try for yourself the process of 'control of error' in Montessori materials.

Leon Pein: Why is kosher slaughter more ethical, less cruel & less stressful than conventional slaughter (15+) *Devorah's Date-Palm* - Find out why kosher slaughter, despite being thousands of years old, is arguably more ethical, less cruel & less stressful than conventional slaughter.

Angela Gluck: "If you prick us, do we not bleed?" (11+) *Ezekiel's Vision* - Portrayals of the iconic Shylock in film Shakespeare's 400th, Venice Ghetto's 500th... a perfect time to focus on 'The Merchant of Venice' and ask whether Shakespeare's Shylock is a positive representation of the Jew. Great for teens.

Siv Anderson & Stav Cohen: Enchanted adventure (15+) *Sara's Open House* - We will play magical games that brightens our perception, hear enchanted stories that reinforce the tools inside us. Delve into secret gardens in our soul to bring our deepest thoughts to life. And create harmony through music. It is recommended to go through the "realizing your dream" workshop after this workshop.

16:30-17:30

Katie Shaw & Tommy Molotov: The wonder & interconnectedness of nature & absolutely everything (7+) *Ezekiel's Vision* - What does it mean to be human, how do we depict the relationship between us and our environment? We will look at some fascinating examples of how elements of nature and our ecosystems are deeply interconnected. (Be prepared for some rocking David Attenborough excerpts).

David Hoffman & Judith Silver: Shir Chadash (a new song) (11+) *King David's Disco* - Come learn some lively and contemporary Jewish music including Shabbat tunes for use in services. Play, sing or just listen. Great for teens.

Izzy Pozen: From Chareidism to Judaism; how I abandoned God and discovered my people (11+) *Miriam's Oasis* - Having been raised to believe that Judaism meant a life of dedication to technical minutiae and unquestionable abidance to texts, Izzy Posen had to rediscover his Jewish identity. Join him as he takes you through his journey from a theistic-based Judaism, to a humanistic one.

Jumana Moon: 'The eggshell boat' and other Muslim stories from around the world (4+) *Sara's Open House* - Jumana will tell a selection of stories from Muslim folklore - come and find the threads and themes that run through both our traditions! Great for families

Steve Miller: Backwoods cooking - cooking over a fire with no or very few utensils (7+) *Outdoors, meet at the helpdesk* - A survival skill or just for fun - we will learn about the best cooking fires, and cook up a couple of tasty dishes. Great for teens

17:30-18:15 Families dinner

18:20-18:40 Candle lighting

18:40-19:40 Friday night Services *Various spaces, see Hub*

19:45-21:45 Friday night dinner

All Evening (Starting at 18.20):

Shabbat quiet space *Healing Tent* - A programmed space that is programming free throughout Shabbat. Come and use this space to meditate or have some time-out to think about life, the universe and everything.

Evening Sessions

22:00-23:00

[Panel Discussion] The age old question: do we have some kind of responsibility to the world & if so, what is it (especially now)? (11+) *King David's Disco* -Is there something "Jewish" about this responsibility, or is it simply human? Using the diversity of minds & a collaborative spirit, let's dig deeper into what (if any) change we should be making, where to be starting, where are our priorities - and why? *Angela Gluck, Helena Miller, Clive Lawton, Or Erlich, Chair - Maurice Markham*

Rachel Rose Reid: Oneg - songs and silence to welcome Shabbat (11+) *Miriam's Oasis* - A joyful, relaxing way to let go of the past week, and bring in a day of rest. A Renewal-inspired hour of songs, poetry, chants and moments of meditation. Great for teens (Double session).

Jason Demant: Mens group (15+) *Young Woods space* Back for a fourth year! We will share ideas about what it means to be a man, and a Jewish man in today's world. This is a confidential space to consider where you are and where you wish to be. This session is for men only.

23:30 onward

Rachel Rose Reid: Oneg - songs and silence to welcome Shabbat (continued) (11+) *Miriam's Oasis* - A joyful, relaxing way to let go of the past week, and bring in a day of

rest. A Renewal-inspired hour of songs, poetry, chants and moments of meditation. Great for teens

Saturday 27th August

All Day

Shabbat quiet space *Healing Tent* - A programmed space that is programming free throughout Shabbat. Come and use this space to meditate or have some time-out to think about life, the universe and everything.

Morning Sessions

09:30-11:30 Morning services *Various spaces, see Hub*

11:45-12:00 Kiddush

Afternoon Sessions

14:00-15:00

[Panel Discussion] Teaching challenging Jewish issues to future generations (11+) *King David's Disco* - How should we be educating the next generation on topics that even we ourselves find challenging? How can we make sure they have the right tools to be able to constructively take the past, the present and use it to move forward, onward and upward?

Karen Orange & David Hoffman: Jewish board games for Shabbat (15+) *Miriam's Oasis* - Join us for some Shabbat afternoon board games, including Prophet Top Trumps, Yeshivah Bocher (the game of Pirkei Avot and much more) and even Limmud - the board game!

Angela Gluck: Wisdom of the week—an exploration of the Torah portion, Eikev (15+) *Ezekiel's Vision* - What does it mean to love God with all our heart and also to circumcise—yes, really!—our hearts? And how would we do that?

Rachel Rose Reid: Altars, ritual, embodiment, earth (15+) *Sara's Open House* - Some Jews yearn for an embodied, authentic spirituality that some dismiss as 'pagan' or 'hippy.' However, Judaism has deep roots in this direction. Learn, sing, and take some ideas home with you.

Paul Silk: Shake it up baby (All Ages) *Outdoors, meet at helpdesk* - This is an interactive, inter-generational games session. It will involve foolishness, moving in new and interesting ways, cooperation, competition and foolishness. Kids are responsible for parents at all times. Great for families (Double session).

15:20-16:20

Elya Steinberg: The use of martial arts as transformative tools in body psychotherapy (15+) *King David's Disco* - This experiential workshop immerses participants in martial arts activities to repair their capacity towards empowering and embodied forms of self-expression and social decision-making. Comfortable clothes essential.

Max Kohanzad: Happy is the new rich (18+) *Miriam's Oasis* - There's real science about "Happiness" which includes gut bacteria, nutrition, exercise, emotional healing, mental resilience, purpose and self-realization.

Gary Somers: Eruv: mixing it up (18+) *Ezekiel's Vision* - Come & explore the concept of the Eruv, its importance, function and meaning.

Judith Silver: Companion Voices: singing for the end of life (15+) *Young Woods space* - Companion Voices are singers who can be called to the bedside of people who are dying. Come if this speaks (or sings) to you!

Steve Miller: Responsibility - to the world, the Jewish people, family & community, self & God (15+) *Devorah's Date-Palm* - Using a Limmud study anthology we will study traditional Jewish sources in pairs and small groups. No Hebrew required.

Paul Silk: Shake it up baby (continued) (all ages) *Outdoors, meet at helpdesk* - This is an interactive, inter-generational games session. It will involve foolishness, moving in new and interesting ways, cooperation, competition and foolishness. Kids are responsible for parents at all times. Great for families (Double session).

15:20-16:20

Katie Shaw & Siv Anderson: Sharing circle: a safe happy space (18+) *Sara's Open House* - Through sharing happy memories, things that motivate us, who inspires us & playing a few games, we'll create a safe, non-judgmental bubble in which to explore and practice the art of listening as well as talking from the heart, rather than the mind; letting go of our fears of looking stupid or finding a right answer.

Nechama Goldman Barash: Sexuality and sanctity: is it possible today? (18+) *King David's Disco* - Judaism has always had a progressive attitude towards sexuality. We will use rabbinic texts to examine contemporary sexual experience and see whether Jewish values can help us reframe some of the challenges face today.

Naomi Webber: Chareidi schools and children's rights (15+) *Miriam's Oasis* - A school that provides no secular education. Is this a breach of children's rights?

Helena Miller: Jewish lives: a study of 1000 children from age 11 and their parents: five years on (15+) *Ezekiel's Vision* - This unique longitudinal study is following 1000 children to observe how their Jewish lives develop over time. Learn about how and why we are doing this study and hear some of our fascinating results so far.

Laila Tov Tent Team: If you go down to the woods today - Shabbat family walk (All ages) *Outside, meet at helpdesk* - Join us on a gentle family stroll through the beautiful Oxfordshire countryside. Stories will be told and discoveries will be made.

17:40 Mincha

18.30-19.15 Join our lovely Layla Tov team for a beautiful bedtime session in the Young Woods area. Great for families

Evening Sessions

19:30-20:30

Siv Anderson & Stav Cohen: Realising your dream (15+) *Ezekiel's Vision* - Do you have a dream that you haven't followed with a list of 10 reasons why not? If so, then this is a session you want to go to!

Harry Marin: Simply singing at sunset on Shabbat (4+) *Sara's Open House* - Bidding farewell to Shabbat, sitting and singing, where there is no talking but simply delving into the melodies. Many of the tunes will be wordless "niggunim" and songsheets will be provided for the songs. Great for teens Great for families.

Clive Lawton: Are Corbyn, Livingstone and friends anti-semites? *King David's Disco* - Does the Labour Party 'have a problem with anti-semitism'?

Michael Picardi: Practical Kabbalah meditation techniques (18+) *Miriam's Oasis* - Prayer is seen as guided visualisation of sacred myth whilst in a mild trance state which is produced by controlled breathing and yogic posture and psychoanalytic theorisation of the self in social interaction.

20:30 Maariv

21:00 Havdallah - Join us to say farewell to Shabbat for another week. We will invoke all the senses by tasting wine, smelling spices, feeling the warmth and seeing the light of the candle and hearing the beautiful music.

22:00-23:00

Judith Silver: A family sing-song (All ages) *The Burning Bush* - Influenced by childhood years of singing on long car journeys, Judith offers an opportunity to share the joys of intergenerational singing... Great for teens.

Rachel Rose Reid: Maariv medicine walk (11+) *Outdoors, meet at helpdesk* - The light is changing, the darkness descending. What are you wondering about at the moment? In life, or just this evening? Will you find answers on our walk? Great for teens.

Zoe Jacobs: Ceilidh (4+) *King David's Disco* - Gay gordons, flying Scotsman, military twostep...and many many *many* more! Old favourites and new dances to try! Great for teens.

Cinema Evening: Kissing Jessica Stein (R) *Ezekiel's Vision* - Jessica Stein is a single, straight, successful, journalist, part of a bonded Jewish family living in New York City, who finds herself not as straight as she thought when she meets and begins an intense friendship with career woman Helen Cooper which ultimately leads to romance.

Rachel Glass: Expression jam (All ages) *Sara's Open House* - Enjoy singing, dancing, self-expression and more? Come along to a fun filled expression session and experiment. Think open mic mashed with circus mashed with anything you like. We're hoping to create a community atmosphere where everyone feels comfortable to share their talents.

23:20-01:20

Silent disco (15+) *King David's Disco* - Grab your headphones and dance the night away.

Bonfire *Burning Bush* - What is a camp without a bonfire to sit by?

Sunday 28th August

All Day

Why not play a game of rounders or football in the centre of the village green? Grab equipment from the helpdesk and play in your own time.

Early Morning Sessions

08:20-09:20

Early bird arts and crafts (All Ages) *Sara's Open House* - Up early? Come and do some arts and crafts before Young Woods. Great for families.

Naomi Webber: V'yarutz V'yomer: he ran and he talked (15+) *Outdoors, meet at helpdesk* - Fancy stretching your legs and enjoying more of the countryside? Come for a run and chat. Depending on ability we will run for 30min - 1 hour.

Morning Sessions

09:40-10:40

Navleen Kaur & Hamoor Kaur: Yoga and mindfulness (15+) *King David's Disco* - Learning to awaken our inner silence with yoga and mindfulness. Comfortable clothing recommended. Suitable for beginners.

Overthinkers Anonymous: learning to live from your heart and not your head (15+) *Miriam's Oasis* - During this session we will explore what becomes possible when we start to feel rather than think our way through life.

Elya Steinberg: "All grown-ups were once children – although few of them remember it." (15+) *Ezekiel's Vision* - Our childhood experiences have influenced us in determining our identities on all levels. We will explore how this process occurs according to neuroscience, medicine and biodynamic psychology.

Helena Miller: Israeli artists paint Israel (15+) *Sara's Open House* - A piece of art tells a story. See Israel through the eyes of artists whose works lets us enter into a world of creativity and interpretation. We will explore ways that Israeli artists have represented Israel and Israelis.

11:00-12:00

Tommy Molotov, Seth Breitman & Mountain Spring Music: How to make the stars align (15+) *Ezekiel's Vision* - Our physical world started as an explosion. Billions of years later, we are here. We are a product of billions of years of development. All of that is in us. If we can balance all of those natural forces in us, the natural world outside of us will come into balance. Let's talk about it. We will also sing some ancient Kabbalistic melodies together.

Michie Yana-Berger: The Mother of Abraham: a little-known story of the first Jewish mother (15+) *King David's Disco* - For a religion that values families and emphasises genealogy, we know very little about the mother of Abraham, the first Jew. This session looks at traditional texts and popular culture.

Judith Devons & Eva Frojmavic: Screen printing your own Judaica papercuts (15+) *Miriam's Oasis* - Make your own Judaica paper cuts to screen-print colourful designs on paper or fabric. Maximum 12 people. **[Note: This session will run until 12.30]**

Harry Marin & Gary Somers: "Machloket Matters": Argument speed-dating (18+) *Sara's Open House* - Have strong opinions on Israel-Palestine, Judaism and/or Politics? We'll pair you up for short debates. The ability to listen and consider other perspectives is essential.

Lilac Sheer: Group guided meditation in the woods (15+) *Outdoors, meet at helpdesk* - Meditation does for the mind what a good massage does for the body. The sessions may be held while sitting or lying down, incorporating breathing exercises or movement, while being closely or loosely guided. Bring extra layers, cushions and blankets for comfort and warmth.

Afternoon Sessions

13:40-14:40

David Hoffman: Volunteering for Limmud - everything you wanted to know but didn't know who to ask (15+) *Miriam's Oasis* - Learn about the Limmud community's ideas and plans, share your ideas for what Limmud should be doing and how best to do it and volunteer to make it happen!

[Panel Discussion] Populism, demonstrations, and anger: what's happened to politics? *Ezekiel's Vision* - Political debate (e.g. the EU vote, US elections, or Labour Party infighting) seems to have become more fraught recently. Can we return to a more-tolerant political discourse?

Michael Rubin, Marcus Dysch, Shira Solomons, Elkie Myers, Chair - Steve Miller

Jason Demant: Suffering and/or silence (15+) *Sara's Open House* - Using (translated) classical texts, we will look at some classic and not so classic approaches to the experience of human suffering, and explore examples of human and Divine silence in Jewish texts.

Overthinkers Anonymous: Finding the reset button (15+) *Outdoors, meet at helpdesk* - Woodland walk to explore why being surrounded by nature often makes us feel calmer & have more perspective how to bring that experience into our everyday lives.

15:00-16:00

Kalela Lancaster: Beyond Tribes: towards a mosaic of Israeli society (18+) *Ezekiel's Vision* - "Israel's tribal schisms are threatening to tear it apart", President Rubi Rivlin, 2015. What is the cause and extent of this crisis, and what is being done to advance social cohesion in Israel?

[Panel Discussion] Do we need a Jewish climate change movement? *Miriam's Oasis* - Is climate change the greatest challenge humanity faces? What is our Jewish responsibility and is there a need for us to mobilize? What would be the benefit? Do you want to be a part of creating Jewish change?
Dan Jacobs, Leon Pein, Will Schreiber, Jess Gold, Chair - Clive Lawton

Isabella Segal: My Jewish transgender journey (11+) *Sara's Open House* - A unique and entertaining insight into Isabella's transgender journey and how she has strived to maintain her Jewish identity.

Zvi Solomons: Building Community, sustaining Jewish resilience outside the centre: how to be Jewish anywhere (11+) *Devorah's Date-Palm* - For the last 40 years, there has been a drift to London and Aliyah, depleting Jewish life outside the metropolis. What are the benefits of living outside the Centre and how can you make it work for you and your children?

Max Kohanzad: Connecting in the woods (15+) *Outdoors, meet at helpdesk* - Reb Nachman of Beslov was a wild Chassidic Master who encouraged his disciples to go out into Nature and talk to Hashem every day.

16:30-17:30

Jess Gold's famous family show (4+) *King David's Disco* - Expect some old favourites and a couple of new creations. Great for families

Michie Yana-Berger: Her Royal Majesties: Jewish queens through history (11+) *Ezekiel's Vision* - Although Jewish queens are mostly royal spouses, a number of them ruled on their own rights. They range from cruel tyrants, benevolent rulers, victims of family feuds, to warrior queens. Come learn about their fascinating stories. Great for teens.

Nechama Goldman Barash: Rupture, reconciliation and falling off a roof: how not to say i'm sorry (15+) *Miriam's Oasis* - Talmud stories of rupture and reconciliation. The Talmud is filled with familiar stories about insult to pride and injury to heart, which we will use to talk about mindful reconciliation.

Michael Rubin, Labour Friends of Israel: The Left and Israel: where next? (15+) *Sara's Open House* - With the recent rise in anti-Semitism and anti-Zionism on the left, how do we make the progressive case for Israel?

Michael Green: Foraging, wild food and Jews (7+) *Outdoors, meet at helpdesk* - Introduction to foraging, including identifying popular edible wild plants and fungi, plus a wild food tour of the woods. Great for teens Great for families.

18.30-19.15 Join our lovely Layla Tov team for a beautiful bedtime session in the Young Woods area. Great for families.

17:50-18:50

Lilac Sheer performance: A different country (All Ages) *King David's Disco* - Lilac sings of her experiences of the world through the eyes of a girl who grew up in a religious home, served in the army, lived on different continents and wrote music intensively throughout. Great for teens.

Kalela Lancaster: Israel's democracy in crisis? (18+) *Ezekiel's Vision* - Growing legislative and public pressures are clamping down on critical voices in Israel. Should we be worried about the state of Israel's democracy?

Elena Markham: The bard in the woods (11+) *Sara's Open House* - In honour of the 400th anniversary of Shakespeare's death we will explore what Shakespeare had to offer the modern day Limmudnik. Great for teens.

Steve Miller: ...teach a man to fish and you feed him for life'; why this cute saying isn't really the answer for global poverty relief (15+) *Young Woods Space* - We will apply some critical analysis and think about how and what we really want to achieve in global development.

Genevieve Passamonte: Working with nature and artistic expression (11+) *Outdoors, meet at helpdesk* - Brief intro into the relationship between Jewish identity & nature and chance to discuss. An exploration into environmental art and artists & their connection to nature to inspire us to create our own works found from natural resources in the woods. No experience necessary but be prepared to get your hands dirty and touch the earth.

Collecting fire wood *Burning Bush* - Come give a helping hand to prepare the fire!

Evening Sessions

20:00-21:15

Jen Charlton Live (15+) *King David's Disco* - Canadian Singer-Songwriter Jen Charlton performs a mixture of upbeat numbers – and more introspective tracks that accentuate her warm vocals and sonorous piano. Originals and covers; English and Hebrew.

Jewish Vegetarian Society: Everything you ever wanted to know about veganism, but were too shy to ask (11+) *Ezekiel's Vision* - There is a growing consensus that a vegan diet is consistent with the highest ideals in Judaism. Come along with any questions you have, plus a chance to try some vegan food. Great for teens.

Angela Gluck: Written all over our history: the refugee experience for Jews and others (15+) *Sara's Open House* - Jewish tradition says much about the nature of migration and asylum. Using traditional and modern texts and images, we'll explore what this means today. [Session may be outdoors if weather is fine – Check in hub]

Clive Lawton: Does God like diversity? *Sara's Open House* - A look at whether or not Judaism prefers people to fit the mould or break it.

Bonfire *Burning Bush* - What is a camp without a bonfire to sit by?

21:40-23:00

Mountain Spring Music (performance): Make a joyful sound (All Ages) *King David's Disco* - A celebration. A coming together. An interactive concert experience of singing, learning and feeling. Incorporating ancient songs and brand new songs written at LITW.

Film: The Green Prince (15+) *Ezekiel's Vision* - The film tells the story of Mosab, son of Hamas leader Sheikh Hassan Yousef, who for ten years was a spy for Israel's Shin Bet.

Rachel Rose Reid: Jewish dream divination (18+) *Sara's Open House* - "Dreams are 1/60 prophecy" (Talmud); "There cannot be a dream without some nonsense" (also Talmud) Share your dreams and learn about Jewish dream practices & customs.

Eva Frojmovic: My private (Jewish) museum - talking about objects that hold identity and memory (11+) *Devorah's Date-Palm* - Do you have an unusual heirloom or object that you feel embodies your connection with you Jewish identity or ancestry? Could you bring a picture (on your phone) and talk about it?

Bonfire *Burning Bush* - What is a camp without a bonfire to sit by?

23:20-00:20

Silent disco (15+) *King David's Disco* - Grab your headphones and dance the night away.

Bonfire *Burning Bush* - What is a camp without a bonfire to sit by?

00:40-01.40

Silent disco continued (15+) *King David's Disco* - Grab your headphones and dance the night away.

Bonfire *Burning Bush* - What is a camp without a bonfire to sit by?

Monday 29th August

Early Morning Sessions

08:20-09:20

Families morning rave (All Ages) *King David's Disco* - Grab the kids some headphones and dance the morning away.

Elya Steinberg: Managing stress and anxiety through Qigong and Tai Chi exercises (15+) *Ezekiel's Vision* - In this talk/workshop we will discuss the research being done in the field and experience some Qigong and Tai Chi first hand.

Early bird arts and crafts (All Ages) *Sara's Open House* - Up early? Come and do some Arts and Crafts before Young Woods. Great for families.

Morning Sessions

09:40-10:40

Jason Demant: Mindful, meditative Judaism (15+) *Miriam's Oasis* - In this meditation session we will explore creation, self-creation and breath, using the Biblical creation story and its rabbinic commentaries. New and experienced meditators all welcome.

Sara Joy Levisen: Assessing housing needs for 21-35 year olds (18+) *Ezekiel's Vision* - Do you rent in London and think you may never be able to afford a place of your own? Do you struggle to pay crazy prices for private rent? Would you be interested in part buy, part let in Bushy, Essex, Canvey Island or NW3? Or is there no modern day need? I can tell you about IDS, a Jewish Housing Association, set up in 1884 and you can tell me what really are the Housing needs of Young Jewish Adults.

Paul Silk: A Jew and a Taoist walk into a bar (15+) *Sara's Open House* - Is Buddhism a cold-hearted faith? Are Taoists inherently untrustworthy? Is Confucianism more preoccupied with status, or Judaism? Come and take part in a textual-based discussion.

Jemma Jacobs: Divine Kabbalah dance (15+) *Outdoors, meet at helpdesk* - Epigenetics shows we hold ancestral energy in our cells. Honour your ancestors, grandmothers and mothers through dance in the trees.

11:00-12:00

Katie Shaw: Community: a think tank (All ages) *Outdoors, meet at helpdesk* - For anybody for whom the word "community" touches you for whatever reason – let's take a stroll into the woods, share stories & talk about what this word means (or has meant) for us personally.

Jen Charlton: Jewish songwriters and composers: A few of my favourites (15+) *King David's Disco* - An interesting romp through some favourite Jewish songwriters and composers (part discussion, part sing-along / listening).

Max Kohanzad: Hacking the matrix (15+) *Miriam's Oasis* - Sci-Fi, Kabbalah mashup. The universe is a self-aware supercomputer, reality is virtual, we're avatar programmers and the Torah is code.

Will Schreiber: Our food system: a health check (15+) *Ezekiel's Vision* - An interactive introduction from farm to fork on understanding the current and future trends of what and how we eat.

Nikki Glantz: Finding joy in folding your clothes and other space saving ideas *Sara's Open House*

12:30-13:30

Steve Miller & others: Limmud in the Woods future ideas and visions (15+) *Miriam's Oasis* - Bring your energy, creativity and visions to begin to plan Woods events in 2017 and beyond. (Grab your lunch before, or bring it with!)

Leon Pein: 2nd Annual Hasbara workshop - How to counter anti-Israel bias (11+) *Ezekiel's Vision* - Bring along all your questions / complaints about Israel, that you have trouble countering. Together, we will "crowdsource" responses for you to use. Great for teens. (Grab your lunch before, or bring it with!)

Lana Young: Biblical landscapes *Sara's Open House* – Make your own Biblical landscape on fabric: easy - no drawing experience needed. (Grab your lunch before)

PRESENTER BIOGRAPHIES

Adele Silk - Adele has explored the field of education with 2 – 20 year olds through varying settings, from youth movement to museum, and has recently chosen to become a Montessori teacher.

Angela Gluck, The Separated Child Foundation - Angela Gluck teaches across the community and is known for her lively style. A Holocaust educator, she's guided many groups to Poland. She's broadcast and written 40+ books on history, religion and culture.

Anna Lawton – Limmud

Clive Lawton - Clive has been involved with Limmud for as long as humanly possible. He currently works in educational, community and diversity development.

Dan Mackenzie - Dan only started dancing recently but caught the bug and is hooked. Come along to find out if you might be too :).

David Hoffman - David is a longstanding Limmud volunteer, currently chair of Limmud. He's also a barrister and a Jewish rock musician.

Debbie Young-Somers, Reform Judaism - Rabbi, Community Educator at Reform Judaism, she wants you to find what makes you excited about Judaism. She's excited by crafting, learning, ritual, LITW and her family.

Dr Elya Steinberg - Dr Elya Steinberg, MD, is Medical Doctor and Biodynamic Psychotherapist. Co-Director of the London School for Biodynamic Psychotherapy (LSBP). Practicing Martial-Art since 1980. Elya.steinberg@virgin.net

Elena Markham - Elena is an actor, director and teacher of performing arts. She lives in Hove and has two grown up daughters and two cats.

Elkie Myers, Conservative Friends of Israel - Elkie is the Parliamentary Officer at Conservative Friends of Israel, where she oversees CFI's parliamentary monitoring activities, as well as assisting with aspects of CFI's political activities, online activities and publications."

Eva Frojmovic, University of Leeds - I teach and research Jewish art at the Uni of Leeds (dayjob). Interested in museums; memory; heritage; ecology. Also make art (papercuts).

Gabriela Pomeroy - Mother of Noah. Journalist at BBC World Service. Sometimes I organise Jewish stuff.

Gary Somers - Gary studied Hebrew & Ethnomusicology at SOAS and specialised in Arabic Maqamat and Iraqi Jewish music. He has a keen interest in Sephardi customs particularly that of the Spanish & Portuguese Jewish Community of London. He is married to Debbie, a rabbi in the movement for Reform Judaism and has two children.

Genevieve Passamonte - South African born, early years educator based at JW3, who originally studied art and design thankfully to the influence of her artistic/musical family. After having worked in a community arts centre in Gloucestershire and journeying through the photography industry before the digital boom. Genevieve chose to share her knowledge of the creative processes with the little people, in more recent years. Alongside this, Genevieve improved her knowledge of gardening by studying horticulture, permaculture and volunteering at a community garden as well as working with the wildlife trust on outdoor education projects for young children.

Harry Marin - Harry does various things, including (this year) co-chairing Programming for LITW, and co-coordinating services for Grassroots Jews. He likes to sing slow songs around sunset on Saturdays.

Helena Miller, UJIA - Helena Miller is the UJIA Director of Research, Evaluation and Living Bridge programmes. She is the Senior Editor of the Journal of Jewish Education, the Chair of the Board of Deputies Women in Leadership Gender Equality Plan, is an Honorary Vice President of JCoSS, and has both initiated, and been involved in, many education projects in the UK and overseas. Helena was co-chair of Limmud International 2009-12, and received the Max Fisher Prize for contribution to Jewish Education in 2012. Helena's original background is in art and art education.

Jason Demant - With Orthodox rabbinic ordination from Yeshivat Hamivtar (Brovender's) and now in progressive in outlook, Jason is a clinical hypnotherapist and hospice chaplain, with an interested in interfaith work and also how Buddhist and Jewish ideas can meet.

Jemma Jacobs - Jemma Jacobs is devoted to the overlapping pathways of Kabbalah and Tantra. Her most spiritual sober experience ever was feeling deep love for everyone on a London bus.

Jen Charlton - Canadian Singer-Songwriter Jen Charlton presents a mixture of upbeat numbers – and more introspective ballads that accentuate her warm vocals and sonorous piano. Originals and covers; English and Hebrew.

Jess Gold, Project Earth Rock - A Jewish singer, a song-writer, a guitarist, a song leader and an environmental campaigner. In synagogues, schools, camps, forests, homes, pubs, on trains and in stations.

Jonathan Hunter - Jonathan has been a Limmud regular for many years, and has now been going dancing for half as many. He hopes you enjoy it as much as he does!

Jonathan Schick - First time Limmudnik (is that a word?), keen wanderer and photographer, London-based Jon works in the NHS but loves to spend time in the great outdoors.

Joseph Symons-Smyth - Joseph is a musician and avid Limmudnik, and is an enthusiast of Judaism, mythology, science-fiction and vegan cookery. He will be beginning a violin-making course in September.

Isabella Segal, Keshet Diversity UK - Isabella transitioned in May 2013. She is a chartered accountant and a problem solver, ready and able to embrace change and the challenges of life.

Izzy Posen - Izzy Posen was raised in an insular Ultra Orthodox community. Having lost his faith, he recently left the community, and is now working on catching up on the years of education he missed and on integrating in secular society.

Judith Devons - Judith is a free-lance artist. She leads experimental printmaking and ceramics workshops for all ages and abilities in schools, community centres, residential centres, etc.

Judith Silver - Judith is a composer, teacher, choir leader and performer, working within and outside the Jewish community. Her recordings and songbooks are widely available. www.judithsilver.com

Jumana Moon - Jumana is a psychotherapist & storyteller particularly inspired by stories from her Islamic faith. Jumana has been involved with interfaith storytelling, working with Jewish storyteller Adele Moss.

Kalela Lancaster, New Israel Fund - Kalela is the Director of Strategic Engagement at New Israel Fund (NIF) UK, leading initiatives which connect UK communities with grassroots work for social change in Israel. Prior to joining NIF UK, Kalela lived for thirteen years in Israel, working in various NGOs before joining NIF's operational arm Shatil as an advisor to NIF partners and grantees in Tel Aviv-Yaffo.

Karen Orange - Karen is a regular Limmud-in-the-Woodsnik who is keen on board games, which she's looking forward to sharing! She plays horn with the Shir Chadash tefilah band.

Katie Shaw - Keen anthropology student (at UCL), fascinated by what makes every person and society mind blowingly unique and at the same time by what is common and shared between all of us, connecting all humans universally. Programming for Woods 16. Find me and tell me your story.

Lana Young - Has taught children & adults in schools, synagogues, museums & conferences. She specialises in Judaic embroidery and has had many commissions & exhibitions.

Lara Smallman, Jewish Vegetarian Society - Lara is the director of the Jewish Vegetarian Society (JVS), a charity dedicated to promoting a kinder society without killing animals for food. New community centre opening autumn 2016 in NW11.

Leon Pein, biblical foods ltd - Environmental campaigner; concerned about elimination of antibiotics in farming. Founded Biblical Foods; supplier of certified organic, free-range, pesticide-free, GM-free, antibiotic-free, kosher meat and poultry. Hasbara specialist; 40 years of street demonstrations, hands-on experience of countering left and right wing hatred of Israel & anti-semitism.

Lilac Sheer - Singer-songwriter passionate about the human emotional world, hoping to inspire others to reconnect with their inner child-like emotions, through music and meditation.

Lutfi Radwan, Willowbrook Farm - Ruby and Lutfi Radwan founded the first organic halal farm in the UK and are pioneers in promoting the concept of Khilafa or responsible stewardship amongst the British Muslim community.

Luke Berman - Vegan for 9 years and a life long animal lover and environmentalist. Knew from a young age that he had to change his lifestyle to lessen his impact on the planet and on animal suffering. Now works with dogs and loves coming up with ways to celebrate all that is positive about a vegan life; like climbing Mount Kilimanjaro.

Max Kohanzad, Ohr Gani Retreat - Max is an unorthodox rabbi, spiritual visionary, mystic and happiness coach.

Michael Green - Wild food and ecology enthusiastic. Been foraging for edible plants, flowers and fungi for 4 years, after deciding to expand my horizons beyond allotments and vegetable patches. Environmental consultant by day.

Michael Picardie - Michael Picardie has been studying and teaching practical Kabbalah techniques particularly influenced by Aryeh Kaplan's "Jewish Meditation" at Limmud since 2005 and sees the sacred myth as cognitive and psychoanalytic therapy of the self.

Michael Rubin, Labour Friends of Israel - Michael is the Parliamentary Affairs and Research Manager for Labour Friends of Israel. Previously he worked as National Chair of Labour Students.

Michie Yana-Berger, Rambam Sephardi Synagogue - Susi Bradfield graduate, Rabbanit, financial analyst, Japanese who spent her adult life in NY/London, mother of 2, who love cooking, western Sephardi liturgy and music.

Mountain Spring Music - are a global collective of musicians, centred in Israel & working together across borders (from Russia, USA, France, and more) to create unique performances as well as interactive musical workshops and discussions that revolve around a much needed message of togetherness above differences, of embracing the uniqueness of every person to create something bigger.
<https://www.facebook.com/MountainSpringMusic/>

Naomi Webber - Naomi is a law student and keen Limmudnik. She is particularly interested in human rights and children's rights.

Navleen Kaur, AFAN - Navleen is an educational consultant and works in Buckinghamshire training staff and students in reconciliation and mindfulness. She has a BA in French literature and poetry and an MPhil in educational psychology from Cambridge University. She runs regular family camps and youth retreats and is a trained yoga instructor. She is a passionate storyteller and works with schools and colleges training in spiritual, moral social and cultural education.

Nechama Goldman Barash, Pardes - Nechama Goldman Barash is a teacher of Jewish texts and Jewish law at the Pardes Institute and Matan Women's Institute for Torah Studies. She specializes in topics involving Women and Judaism, Talmudic Texts and, Sexuality and Sanctity. She lives in Israel with her husband and four daughters.

Nicky Spencer-Hutchings - I work with children and skill up adults to love, care and educate them. I am a mum, reflexologist and dreamer in my free time.

Or Erlich, Mountain Spring Music - Movement and fitness explorer and instructor, living in Tel Aviv. For the last 4 years Or explore and study human movement across the world, from the western to the eastern cultures. Or combines the movement practice with his Jewish - Kabbalistic perspective and take the group through a unique, heart opening and chilled journey.

Overthinkers Anonymous - Overthinkers Anonymous was set up by Innate Health teachers and husband and wife George and Matt Halfin, to help other overthinkers to drop the habits of thinking that hold them back.

Paul Silk - Paul is an acupuncturist and massage therapist. 25 words is ludicrous. Come to his sessions / buy him a drink if you want to know more.

Rachel Rose Reid, Kohenet Hebrew Priestess Institute - Rachel is co-founder of Moische House London, co-curator of the Hearth at Limmud Conference, co-chair of Grassroots Jews 2016, and the first person outside of North America to be ordained by the Hebrew Priestess Institute.

Rosalyn Miller - Rosalyn Miller is a composer/ lyricist- singer- songwriter, piano and ukulele player based in London. She loves all sorts of genres of music and is working on her first musical. www.rosalynmusic.com

Ruby Radwan, Willowbrook Farm - Ruby and Lutfi Radwan founded the first organic halal farm in the UK and are pioneers in promoting the concept of Khilafa or responsible stewardship amongst the British Muslim community.

Sara Joy, IDS - A youth and community worker who has worked for local government in London and Liverpool, several Jewish organisations in England and Israel, I am presenting today on behalf of IDS, the Industrial Jewish Dwelling Society, the first Jewish Housing Association in Britain where I currently serve as a board member.

Seth Breitman, Mountain Spring Music - Soul searcher, musician, teacher, dad, friend, Kabbalah student, son. All about connection, unity, mutual responsibility & LOVE.

Siv Anderson - Living in Norway working as a bachelors nurse for 13 years, with 23 years experience in the healthcare system providing care to a variety of ages and types of people and helping in trainings. Passionate about human relationships, finding new ways to build bridges above the differences between us

Stav Ann Cohen, Mountain Spring Music - Unity is key, peace starts from within and belief is a strong motivation. I believe that being healthy with myself allows me to be healthy with my surrounding and together we can bring peace, one day at a time.

Steve Miller, Letakeyn (Integrating the personal and political), Social entrepreneur (Tzedek, Restore Community Projects); activist; educator. Working with people who share a vision of a more just, creative, connected, inclusive and sustainable society.

Tomer (Sally T.) Salman, Mountain Spring Music - Music producer, recording & mixing artist, bass player and co-founder of Mountain Spring Music. Born in Jerusalem, now living in a small town called Ma'or with my wife and son. Passionate about collaborating above time, space, race and beliefs.

Tommy Molotov - Singer, songwriter and composer born in Kiev and living in London, looking for ways to use the arts to make people more aware and connected.

Will Schreiber - Sustainability advisor with more than ten years experience in the global food sector working with businesses, policy makers and non-profits.

Zoe Jacobs - Informal Jewish educator and, more importantly, Scottish country dancer, enjoyer of ceilidhs, and lover of very silly dance moves.

Zvi Solomons - Rabbi of the Jewish Community of Berkshire (JCoB), Zvi and his wife Shira are keen to promote the opportunities available to live a good Jewish life outside London. Their three children love living in Reading.

OTHER INFORMATION

Young Woods and Nursery Pick up Times

Young Woods & Nursery will run Friday, Sunday and Monday morning
Babysitting: Thursday – Sunday 19:30-23:30

Morning drop-off	9:25-9:35
Lunch pick-up	12:05-12:15
Afternoon drop-off	13:25-13:35
Afternoon pick-up	16:00-16:10

Please pick up promptly.

Parents must collect their children at lunchtimes, as the nursery will be closed for lunch. If they wish to settle their child for a sleep before the afternoon crèche and nursery session start, they are welcome to do so provided that they remain with the child until the opening time.

Bedtime sessions will be running Thursday, Saturday & Sunday from 18.30-19.15 in the young woods area. (Kids must be accompanied by parents.)

Teen Woods Times (ages 13+)

Calling all teens! Fantastic new opportunities this year with a new teen development scheme and teen-only programming with great presenters and more choice than ever before. Meet at Dean Lodge at 10.30am on Friday or ask at the hub to find out more.

	Morning Times	Afternoon Times
Friday	10:30-12:00	13:40-16:10
Saturday		14:00-15:00
Sunday	10:00-11:00	13:40-16:10
Monday	11:00-12:00	

Participant Care Helpdesk

Thursday	14:20-21:00
Friday	9:30-18:00
Saturday	14:00-20:00
Sunday	9:00-18:00
Monday	10:00-14:00

Morning coffee and pastries will be on sale in the Lounge at these times:

Friday	08:00-09:30
Sunday	08:00-09:30
Monday	08:00-09:30

Afternoon coffee, hot chocolate and cake will be on sale in the Lounge at these times:

Thursday	15:00-17:00
Friday	15:00-17:00
Sunday	15:00-17:00

Meal Times

		Lunch	Families Dinner	Dinner	BBQ
Thursday			17.30 – 18.15	18.30 – 20.00	
Friday		12.00 – 13.30	17.30 – 18.15	19.45 – 22.00 (Shabbat dinner)	
Saturday	11.45 Kiddush	12.00 – 14.00	From 17.40 (Seudah)	18.00 – 19.30 (Seudah)	21.30 – 23.00
Sunday		12.00 – 13.30	17.30 – 18.15	18.30 – 20.00	21.30 – 23.00
Monday		12.30 – 13.30			

Catering and Kashrut at Woods

- As always the food we serve you at Limmud is strictly kosher as is the Main camp kitchen.
- This year Jasmine Catering is supplying all the lunches and dinners both of which are under the London Beth Din.
- Raw salads are being prepared by our own wonderful volunteers in the main camp kitchen with all leaves being sent pre checked by a shomer (kosher supervisor)
- We are providing regular milk for breakfast teas and coffees etc during Woods. Should you require Chalov Yisrael milk please speak to one of the kitchen staff.
- To preserve Kashrut, only food prepared by Limmud is allowed in the dining marquee. To avoid mess, please do not eat in the programming tents. If you have any specific dietary needs, please speak to a catering manager or YAD and they will sort out any requirements you have.

Special Diet Requests - Please make yourself known to one of the YADs (volunteers) who will help sort out any requirements you have.

Volunteering

For your volunteer shift, please meet at the helpdesk

Safety Around The Site

- Playground** – no child may use the playground unless supervised at all times by someone who is age 16 or older.
- Fire Pit** – the fire can only be lit by sanctioned adults and must be supervised by an adult at all times. A smouldering fire must be put out with water when the last people leave.
- Kitchen** – Adults only are allowed in kitchen areas

- Personal belongings** – Limmud is not responsible for the safety of anyone's personal belongings. We advise you not to bring valuable goods and to practise caution.
 - Woods and outdoor areas** – When children are not signed in to Nursery or Young Woods, they are the responsibility of their parents at all other times. There are a number of potential risks on the site, which parents need to discuss with their children. We suggest a rule of no children in the woods unless in groups of 3 or more.
 - River and stairs to river** – This area is offsite, no one is allowed into this area.
- Please be considerate and keep noise down to a minimum around the campsite when others may be sleeping - early in the morning and in the evening.
 - Please remember that noise carries easily, particularly at night in the countryside.
 - Alcohol will only be served in the licenced bar to those over the age of 18. Limmud will not tolerate excessive drinking or the use of illegal drugs.
 - A paramedic will be on site from 08:00 to 00:00. He can be accessed at the Help Desk or First Aid Tent. Out of hours, ring NHS Direct on 111 for medical advice or in the case of an emergency, 999.
 - If you discover a fire: Get out – stay out – call 999 – then raise the alarm on site. The fire assemble point is the main flag pole in the middle of the site.

Wherever you find yourself, Limmud will take you one step further on your Jewish journey.

Limmud's mission is informed by the following values:

- Learning
- Expanding Jewish Horizons
- Enabling Connections
- Participation
- Empowerment
- Diversity
- Community and Mutual Responsibility
- Respect
- Arguments for the Sake of Heaven
- Religious Observance

Limmud values underpin all that we do, look around the site for our full mission statement.