

## Judaism - Issues for Sport & Physical Activity

Key Facts	
<b>Origins</b>	<p>Founded in the Middle East about 3,500 years ago. Its history is inseparable from the history of Jews themselves. The early part of the story is told in the Hebrew Bible (Old Testament). It is believed to have been founded by Moses, although Jews trace their history back to Abraham.</p> <ul style="list-style-type: none"> <li>▪ <i>Sport is seen by many Jews as helping to build and retain a vibrant Jewish and civil community - as well as healthier Jews.</i></li> <li>▪ <i>A number of Jewish community leaders started in community life by participating in the Maccabi movement as athletes, coaches, volunteers, donors and community supporters.</i></li> </ul>
<b>Theism</b>	<p><b>Judaism</b> is monotheistic. Jews believe that there is a single God who not only created the universe, but with whom every Jew can have an individual and personal relationship.</p>
<b>Major sects</b>	<p>Although there are seven sub divisions of Judaism, namely Conservative, Humanistic, Liberal, Modern, Orthodox, Reconstructionist and Reform, the 3 main ones are:</p> <p><b>Orthodox</b> - adhere to a relatively strict interpretation and application of the laws and ethics in the Talmud.</p> <p><b>Conservative</b> - sometimes described as traditional Judaism without fundamentalism.</p> <p><b>Reform</b> - developed partly out of a need for internal religious changes and partly because of wider factors operating in society at large. Seeks to remain loyal to tradition but also be part of modernity.</p> <ul style="list-style-type: none"> <li>▪ <i>As with many religions where there are a number of different sects, issues around sport differ widely. The common agreement is that proper balance and perspective must be maintained. Sport cannot take precedence over, or interfere with, a person's religious obligations.</i></li> </ul>
<b>Place of worship</b>	<p><b>The Synagogue.</b> This is the Jewish place of worship, but is also used as a place to study, and is often used as a community centre as well.</p>
<b>Sacred texts</b>	<p><b>The Talmud</b> - A comprehensive written version of the Jewish oral law (Halakhah) and the subsequent commentaries on it.</p> <p><b>The Torah</b> - the first part of the Jewish bible.</p>
<b>Original language</b>	<p><b>Hebrew.</b> Yiddish was the international language of the Ashkenazic Jews, those who came from Central and Eastern Europe.</p> <ul style="list-style-type: none"> <li>▪ <i>Most Jews are likely to speak the language from the country they are from, however the most common languages are English, Arabic, Hebrew, Yiddish and Russian.</i></li> </ul>



<b>Spiritual leader</b>	<p><b>Rabbi</b> - the chief religious leader of a synagogue or the spiritual leader (not a hereditary high priest) of a Jewish congregation; also, a scholar of Judaic law.</p> <ul style="list-style-type: none"> <li>Any questions about medicines or fasting are usually referred to local rabbis.</li> </ul>
<b>Judaism and its followers</b>	
<b>Worldwide adherents</b>	13.3 million. (Jewish Virtual Library).
<b>UK population</b>	2001 census figures for Jews in England were 267,673.
<b>Diet</b>	<p>All Jewish food has to be kosher or kosher (this means fit or right), prepared according to Jewish law. Kasher foods include:</p> <ul style="list-style-type: none"> <li>All domestic birds and their eggs.</li> <li>Animals with split hooves which chew the cud, and their milk.</li> <li>All fish with scales and fins.</li> <li>All plants, including fruit and vegetables.</li> </ul> <p>Kasher foods have to be eaten separately. Meat and milk cannot be cooked, eaten or used together. Meat has to be treated in a very specific way and shellfish and pork are not allowed to be eaten at all.</p> <ul style="list-style-type: none"> <li>Alternative food should be available if necessary.</li> <li>Jews fast on special days linked to festivals or prayer when both food and drink are prohibited. This may result in dehydration when taking part in sport and impact on low sugar levels.</li> </ul>
<b>Dress</b>	<p>When a Jew goes to the synagogue they will wear:</p> <p><b>A Tallit</b> – a prayer shawl.</p> <p><b>Kippur or Yarmulke</b> – a small skull cap.</p> <p><b>Phylacteries or Tefillin</b> - small leather boxes that have long straps attached that are worn on the left forearm and on the forehead.</p> <p>Orthodox women dress modestly; keeping most of their skin covered and many married women will cover their hair usually with a hat, bandanna or shave their heads and wear a wig. Orthodox men traditionally wear a skullcap known as a Kippur. Orthodox Jewish men often distinguish themselves by growing beards and sporting long sideburns, wearing black hats and dressing in formal attire, the style of hat will vary from sect to sect.</p> <ul style="list-style-type: none"> <li>Issues respecting modesty should be considered which will allow the head to be covered, or participants to wear long sleeves and trousers should they wish.</li> <li>Segregation is also important to give both men and women privacy when changing and showering.</li> </ul>
<b>Major festivals</b>	<p>The Jewish calendar is a combined moon and sun calendar. The result is that Jewish festivals move about the Western calendar from year to year. The Jewish calendar also starts each day in the evening. This is because when God was creating the world he started each day in the evening.</p> <p>The major festivals include: The Sabbath, Passover, Hanukah, Rosh Hashanah and Yom Kippur.</p> <ul style="list-style-type: none"> <li>Events should be planned with the religious calendar in mind to allow for fasting, or attendance at festivals.</li> </ul>

For further details please contact:

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