**Silk Roads: Exploring Faith: Faith and Family**

**Video Transcription**

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Video running time: 3 minutes

This is Marta.

She is a member of the Orthodox Jewish community in Newcastle, UK.

Marta was the former Co-President of the Representative Council of North East Jewry.

She is the daughter of a Holocaust survivor.

**Why is your faith important to you?**

Because my father was a Holocaust survivor, he was able to cling onto his faith. He came from a very religious family, his grandfather was a Rabbi, and he was able to cling onto his faith, even after all he went through, and so I cling onto my faith because I could see how much it helped him and I have experienced how much it helps me.

I think it helps me to be a moral human being.

**Why is coming to the Synagogue important to you?**

Coming to the Synagogue is very important to me for various reasons. First of all, it is time where I specifically commune with my God and I don’t mean necessarily through reading the prayers, but by just thinking about Him.

In the Jewish religion, particularly the women, think about the religion all the time because of dietary laws and so on, but Shabbat is an important day where we really do…it’s a one-to-one, God and me.

The other reason is we are a small community and it’s the way we keep in touch with each other.

**What is the most important time in the Jewish calendar for you and why?**

I think the most important Jewish festival, and it’s unusual to call it a festival, in the Jewish calendar is Yom Kippur, the Day of Atonement. Even if you never come to the Synagogue during the whole year, most Jewish people will go on the Day of Atonement where we atone for our sins and ask God to forgive us and write us in the Book of Life so that we live for next year.

The other important thing is Shabbat, the Friday night because these are family occasions, particularly the Friday night where the whole family get together and communicate with one another. And it’s extra special…I’ve got two little grandchildren, a 6 year old and 3 and three-quarter year old and to get them there as well and watch me light the Shabbat candles and have a meal together is a very special occasion.

Thank you to Marta Josephs, Peter Gateoff and the United Hebrew Congregation of Newcastle for their help in making this video.