

A Journey of Spirit

See it: 6:30 p.m., Saturday, Capra

Director: Ann Coppel (USA, 74 minutes)

One of the great struggles in contemporary religion is how to make it relevant to young people and non-practicing members. Singer-songleader Debbie Friedman revolutionized Jewish liturgical music in the 1970s, and her influence is still heard in synagogues and at Jewish youth camps today. By reaching out through music, sanctuaries went from a cantor singing *at* the congregation to a songleader singing *with* the congregation. This film gives a jolt of spiritual inspiration to anyone interested in modern Judaism, modern women or modern folk music. You'll be hard-pressed not to sing along. Friedman, a sort of Jewish Joan Baez, uses music to transport prayer out of synagogues and into life. It's an uplifting journey. (Robin Swartz)

Shown with **I Am Ann** (Ann Coppel, USA, 5 minutes): This sly little mockumentary looks at the "latest" self-help craze. The "experts" deliver their lines with great solemnity and conviction – so much, in fact, that at first you might believe it's real. (Robin Swartz)