



val or Shavuot together as a congregation, although technically the holiday falls on the following week. This lesser known religious holiday is both an agricultural celebration as well as a deeply spiritual one. It is actually considered one of the three major biblical pilgrimage festivals, although because it sometimes falls after religious school ends, many of us may not have learned much about it.

Falling 7 weeks after Passover, Shavuot literally means “weeks” in Hebrew. It marks the wheat harvest, but this physical harvest is meant to be accompanied with a deeper spiritual harvesting of profound meditation,

day, namely the culmination of intensive spiritual work intended to provide the tools whereby each of us can connect with that which we name Sacred in our own lives.

Rabbinic tradition understands this period, the time between Passover and Shavuot, as an important time of transition and preparation – one of discarding old beliefs and shedding old habits. The years of bondage had taught a culture of blame, fear and resentment. It is impossible to encounter G!d authentically so long as we are clinging to the past, and holding on to the defense mechanisms that keep us from being fully present to the wonders of the moment.