

## SHAVUOT: the Giving of the Torah

Seven weeks after Passover, we celebrate the festival of *Shavuot*, sometimes pronounced as *Shavuos*. While Passover celebrates our liberation from slavery to freedom, on Shavuot we celebrate the giving of the Torah to the Jewish people at Mount Sinai.. Historically, Shavuot also marked the spring harvest, so it is a time of both joy and abundance in the Jewish calendar. **Shavuot will begin at sundown on Saturday, June 4 and end at sundown on Monday, June 6.**

### Counting the Omer

Beginning on the second night of Passover, the 49 days that elapse are ritually counted each night until Shavuot arrives. This is called the *Omer*. In ancient times, the counting of the *Omer* marked the period between the barley harvest and the wheat harvest. Today, it serves as a spiritual preparation for “receiving” the Torah on Shavuot.

### Why Dairy?

Dairy is a feature of Shavuot because of the Torah’s role as the metaphorical “mother’s milk” that sustains and nourishes us. Kugel, blintzes, and cheesecake are all

delicious meals that remind us of the joy and comfort provided by the Torah.

### Making a Shavuot Space

To prepare for Shavuot celebrations, try some easy, fun crafts that will bring spring into any space! DIY projects like [these popsicle stick flowers](#) or [these cupcake liner bouquets](#) can be made with common household objects and are sure to brighten rooms and moods alike.

### How We Celebrate

While Shavuot is a very meaningful holiday, it is not as widely celebrated as some other Jewish holidays. Given the themes of spring and harvest, decorating shared spaces with florals and bright colors is a great way to get in the spirit of the holiday. Typical celebration involves staying up late studying biblical texts, especially the [Book of Ruth, summarized here](#). We also read about the Ten Commandments as we celebrate Moses receiving the tablets from God at Mount Sinai. Mainly, we eat lots of dairy-rich foods like blintzes and cheesecake.



Cheese blintzes



Moses & the Ten Commandments



A community celebrating Shavuot with dancing and floral decor

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## Bubbe's Corner

This section highlights different Jewish traditions from both local and world-wide Jewish communities. Here, you can learn about the cultural variations of Jews and connect with your residents' personal traditions on a deeper level. Every Jewish community and family has its own traditions unique to their lives and experiences. Be sure to ask your residents about any Shavuot memories they have!

Shavuot has **five** recognized names! *Shavuot*, Day of First Fruits, the Harvest Festival, *Atzeret*, and the Time of the Giving of the Torah.

In some sects of Judaism, teenagers in religious school have confirmation ceremonies around Shavuot because it's near the end of the school year.



During the *Omer*, Jewish weddings are prohibited. Therefore, Shavuot is often a very popular time to get married.

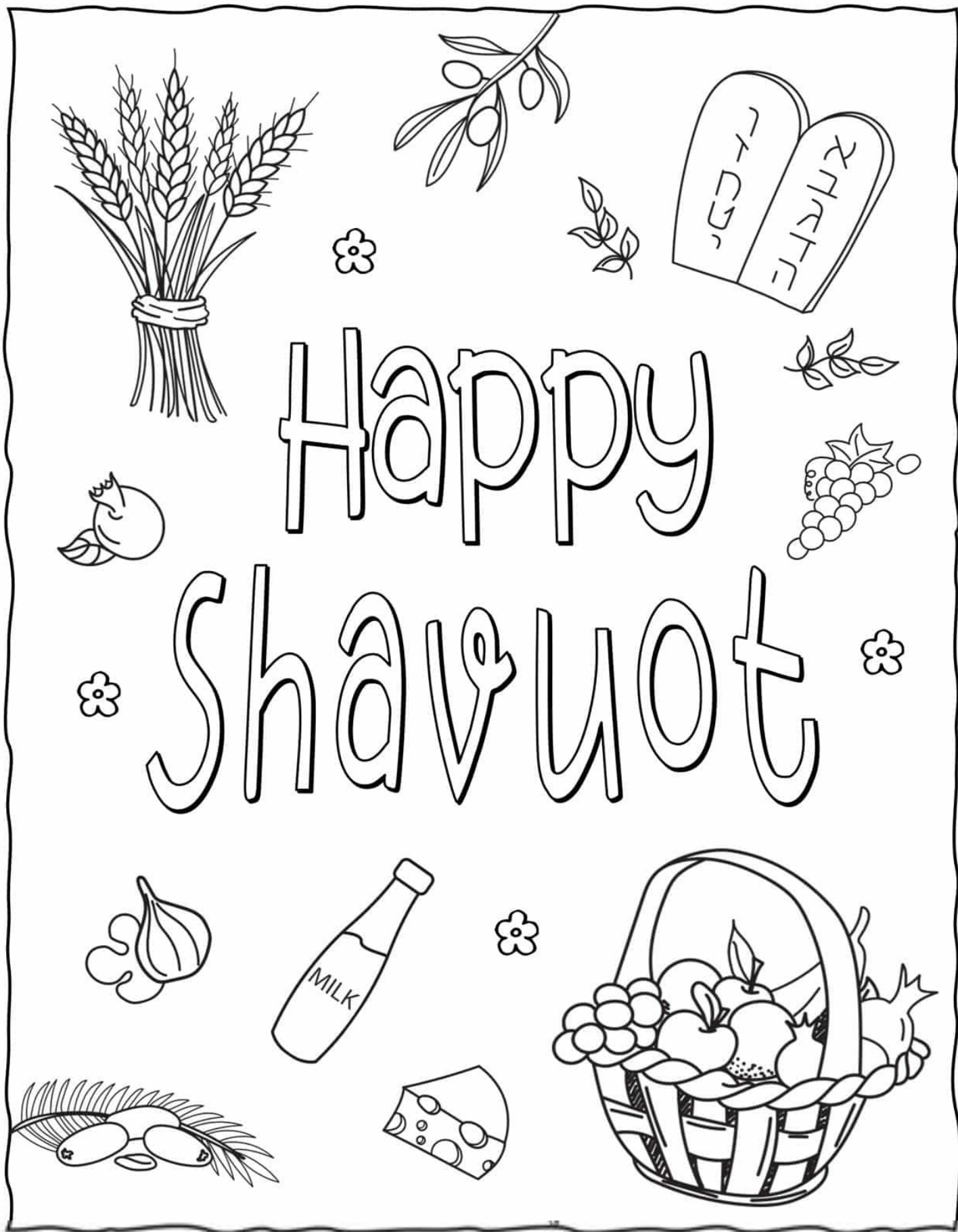
In Israel, many *kibbutz* (commune) communities throw colorful harvest festival celebrations called *Bikkurim*.

*Shavuot* literally translates to "weeks" since it marks the seven weeks that have elapsed during the *Omer*.

## Important Terms for Shavuot

Hebrew...	It is pronounced...	It means...
Shavuot	Shah-voo-oat / shah-voo-us	Weeks/the Harvest Festival
Chag Sameach	Hahg sah-may-ach	Happy holiday!
Aseret Hadibrot	Ah-sare-et Ha dee-brote	The Ten Commandments
Har Sinai	Har Sea-nye	Mount Sinai
Megillat Rut	Meh-gi-lat Ruth	The Book of Ruth
Sefirat HaOmer	Se-Fear-aht Ha Oh-mare	Counting of the Omer





## Jewish Holidays Calendar 2022-23

HOLIDAY	DATE
Shavuot (2 days)	Saturday, June 4* – Monday, June 6, 2022
Rosh Hashanah (2 days)	Sunday, Sept. 25* – Tuesday Sept. 27, 2022
Yom Kippur (1 day)	Tuesday, Oct. 4* – Wednesday, Oct. 5, 2022
Sukkot (7 days)	Sunday, Oct. 9* – Sunday, Oct. 16, 2022
Shmini Atzeret (1 day) & Simchat Torah (1 day)	Sunday, Oct. 16* – Tuesday, Oct. 28, 2022
Hannukah (8 days)	Sunday, Dec. 18* - Monday, Dec. 26 2022
Tu B'Shevat (1 day)	Sunday, Feb. 5* – Monday, Feb. 6, 2023
Purim (1 day)	Monday, March 6* – Tuesday, March 7, 2023
Passover (8 days)	Wednesday, April 5*- Thursday, April 13, 2023

**\* All holidays begin at sundown**

### About JFS

JFS has continuously provided a range of support, services and resources for individuals and families of all ages and backgrounds since 1854.

Our mission is to enrich the lives of individuals, families, and the community by providing compassionate, collaborative human services, guided by Jewish values.

#### Our staff have expertise in:

- Helping older adults maintain their safety and independence.
- Providing resources and guidance to older adults and their families.
- Spiritual support and guidance
- Counseling and case management.

### Support Our Chaplaincy Program

JFS created the Dr. Rela Mintz Geffen Jewish Community Chaplaincy Fund to enable us to provide spiritual connection and support for Jewish residents in long-term and elder care in the Capital Region.

If you would like to help expand the role and reach of this vital program for older adults, please make a contribution to the fund at [jfsnyny.org/donations](http://jfsnyny.org/donations) or contact Rabbi Ami at 518-516-1116.

**Thank you!**



**Connect with Us!**

📞 518-482-8856

🌐 [jfsnyny.org](http://jfsnyny.org)

📘 JFSNENY

📷 [jfs\\_neny](https://www.instagram.com/jfs_neny)

*Chaplaincy Services are a service of Jewish Family Services through a grant from Jewish Federation of NENY in cooperation B'nai B'rith Gideon Foundation, Daughters of Sarah Community for Seniors and Temple Israel.*