

# Area-wide Reconstructionist Tikkun Leil Shavuot 5786

**May 21, 2026**

<https://us02web.zoom.us/j/86337835537?pwd=n9rMBjgBd8z3CrbbKvbO5RNGQ5VMwu.1>

Meeting ID: 863 3783 5537 Passcode: 972593

7:30-11 pm at Mishkan Torah  
The Line-up and Schedule

Rms. – Sanctuary, S-2,3 – classrooms off the sanctuary, D-1-4 – school building classrooms  
downstairs

**NOTE: Only the sessions in the Sanctuary will be on Zoom**

TIME	EVENT/TOPIC	PRESENTER	ROOM
7:30	Ma'ariv Cantor Yael will open playing guitar and singing the song "Ruth" by folk composer Ed Lipton,( whose work appears in the Smithsonian alongside composers such as Peter, Paul and Mary) at 7;30 sharp	Rabbi Saul Oresky, Cantor Yael Fischman, Rabbi Michael Hess Webber	Sanctuary
8 - 8:30	Music and dance immediately after the service	Cantor Yael and Efrat Levner	Sanctuary
8-9:30	The Torah that is NOT Too Far (Deut. 30:12): From Hopeless to Hopeful, Disempowered to an Agent of Change.	Rabbi Daria Jacobs-Velde	D-2
8 - 8:45	Romancing the Scroll: Unveiling the Face of Torah	Judy and Marc Young	D-3
8:45-9:30	Jewish Meditation (see below for description)	Neshama Solomon	D-1
8:45-9:30	A Yizkor Meditation for Deeper Connection with our Ancestors	Rabbi Emily Stern	Sanctuary
8:45 - 9:30	Introduction to Mussar	David Glaser	D-3
9:30-10:15	<b>Consent and Coercion at Sinai: The Revelatory Power of "Enthusiastic Yes"</b>	Rabbi Michael Hess Webber	S-2

9:30 - 10:15	Why does Shavuot, Matan Torah, arrive at the end of 50 days and not on a particular day of the month, like other holidays? (see below for description)	Rabbi Steve Silvern	S-3
10:15-11	Ritual Objects for the Home Mishkan	Cantor Yael Fischman	S-3
10:15-11	What Can We Learn from Hasidic Torah Commentary?	Rabbi Saul Oresky	Sanctuary

### The Sessions

Rabbi Daria Jacobs-Velde - *The Torah that is NOT Too Far (Deut. 30:12):  
From Hopeless to Hopeful,  
Disempowered to an Agent of Change*

Do you feel hopeless and powerless in the face of the current world we are living in? What if - at a crucial and overlooked level- the world we yearn to live in and the power we desire to have isn't actually too far away? Join Rabbi Daria for an experiential session where you will have the opportunity to not only intellectually understand the Torah that is so close and calling to you, but to taste it in your mouth and feel it in your bones.

### Neshama Solomon - *Jewish Meditation*

Join Neshama Solomon for a special program on Jewish Meditation. Few modern-day Jews associate Judaism with meditation, but it turns out there is a long history of meditation in Judaism, dating back to biblical times. In recent decades several Jewish organizations, including the Institute of Jewish Spirituality (IJS) and Or HaLev, have been working on uncovering and understanding these practices and re-infusing meditative techniques back into Jewish settings.

Neshama will give a general introduction into meditation and its benefits, provide a basic historic overview of meditation within Judaism, describe how IJS and Or HaLev blend Eastern meditation methods and ideas with Jewish texts and chants, share how these approaches have enriched her, and suggest why all of us could benefit from this process.

In keeping with the fact that meditation is an experiential practice, we will engage in two introductory types of meditation—one focused on our posture and the other focused on a mental anchor. There will be time at the end of the program for our questions and observations. Whether you are a regular meditator, a lapsed one, or someone who has never meditated before, come learn and be inspired.

Rabbi Steven Silvern - *Why does Shavuot, Matan Torah, arrive at the end of 50 days and not on a particular day of the month, like other holidays?*

- Joshua (1:5) teaches, we meditate on Torah day and night.
- The Mahar"al (R' Judah Loew) says that Torah is beyond time, therefore unlike other mitzvot that have a set time for fulfillment there is no fixed time for studying Torah.
- Notice that Joshua says meditate day and night, and not as in Bereisheet night and then day.
- Masekhet Eruvin 65a refers to taking time at night to learn what you didn't during the day
- The gematria of zeman (97) is Mah (45) + Bahn (52), greater than each of these is Sag (63), which is Binah symbolized by the great Jubilee when slaves are set free.

What do these teach us about why Shavuot doesn't fall on a set day?

Judy and Marc Young - *Romancing the Scroll: Unveiling the Face of Torah*

Jewish folklore, legends, and visionaries often depict the Torah in human guise. Sometimes she appears as a Woman embodying Wisdom, or as the mystical Bride of Israel. Other sources place Her among the seven primordial wonders created by God before the first light of Creation shone. In this workshop we will explore the attributes of the personified Torah, and weigh the wisdom Her ancient yet ever-recurring voice can add to our spiritual growth. Your guides on this mythic journey will be Judy Young, a knowledgeable Jewish educator, and Marc Young, an experienced Jewish storyteller.

### **Mussar 101 with David Glaser**

This program will present an overview of the history, principles and practices of Mussar, a 1,000 year old Torah-based spiritual system. We will discuss ways to understand and use the tools of Mussar to enrich our relationships and our daily lives.

### **Israeli Dance Session with Efrat (Effie) Levner and Cantor Yael Fischman**

Shmirat ha-guf (taking care of the body) is a Jewish value as well as studying Torah or doing mitzvot. After all, one needs strength (ko'ach) in order to have enough energy to visit the sick, take care of the earth, feed the hungry, or any other mitzvah one cares to mention. After all the praying, as David Bowie once sang, "Let's Dance!" But instead of dancing to the blues, we'll dance to (some of ) the music of the Jews!

### **Ritual Objects for the Home Mishkan with Cantor Yael Fischman**

Skilled hand crafted items were an important part of the Mishkan, both Temples and the Mishkan in miniature found in every home: the Shabbat table. In this deeply personal session, Cantor Yael will display some works made by her grandmother, mother and herself and talk about the meaning they have in her life as an artisan. IF you have a desire to share an item from your own Shabbat table, or even a picture of it if you are not comfortable with transporting it, you are welcome to do so.

### **What Can We Learn from Hasidic Torah Commentary? With Rabbi Saul Oresky**

Hasidic rabbis have passed on to us a wealth of Torah commentary that differs from that of non-Hasidic *meforshim* in important ways - we will study a couple of texts from *Mei HaShiloach* in *chevruta* and then rejoin to share our new learning.