

Shavuot 5782/2022

Saturday, June 4 — Monday, June 6



Tikkun Leil Shavuot

Give it a Rest: Shabbat, Sabbatical and Jubilee

Saturday, June 4th, 2022

Tikkun Leil Shavuot

8:15 PM **Minchah**

8:45 PM Rabbi Glickman, Opening Teaching: "Give it A Rest"
Intentional Rest: Shabbat, Sabbatical, and Jubilee

9:15 PM **Ma'ariv and Havdalah**

9:30 – 10:00 PM **Session 1: Shabbat 2.0 with Andi Milens**
What can the Community Study teach us about how
Shabbat will look in KC?
*Andi Milens is the Senior Director of Community Building
at the Jewish Federation of Greater Kansas City*

. **Traveling Niggun by Hazzan Ben-Yehuda**

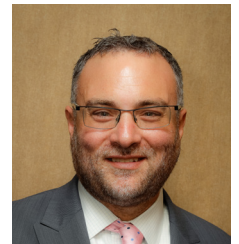
10:10 – 10:50 PM **Session 2: Midweek Rest with Laura Frank**
Learning How to Incorporate Mindfulness and Meditation
*Laura Frank is the founder of Inner Space, a yoga, martial arts
and healing center in Kansas City*

. **Traveling Niggun by Hazzan Ben-Yehuda**

11:00 – 11:30 PM **Session 3: Shmita and the Mitzvah Garden with Dr. Ken Sonnenschein**
Integrating our Agricultural Practice with Israel's Sabbatical Year
Ken Sonnenschein is the founder and chair of Mitzvah Garden KC

11:30 PM - Midnight. Cheesecake and fruit

Midnight **A moment for Prayer under the heavens by Hazzan Ben-Yehuda**



Sunday, June 5th, 2022

10:00 AM Shavuot Yom Tov Day 1 Services. Sweets Kiddush

Monday, June 6th, 2022

10:00 AM Shavuot Yom Tov Day 2 Services. Yizkor at around 11 am
Sweets Kiddush

