

# May 2026/Iyar 5786 Newsletter



Hello TCJRC Friends,

We are in the midst of *Sefirat HaOmer*: The Hebrew term for Counting of the Omer, until Shavuot. In Jewish Renewal it is a time of personal introspection for spiritual renewal, growth, and reawakening.

It is a season of transforming, incorporating both Mitzvah and metaphor.

A time to experience the physical renewal of spring signifying new growth, new beginnings and connection with our physical earth.

There is a spiritual awakening of wisdom and creativity. It is common to mark this period with poetry, music, art, etc.

We also experience communal renewal through shared prayer, counting the Omer, deepening our Torah study, reading mystical texts, performing acts of kindness and marking unity, a reminder of our collective journey toward receiving Torah on Mount Sinai.

Here are two books to enhance your knowledge and participation:

- [Journey Through the Wilderness: A Mindfulness Approach to the Ancient Jewish Practice of Counting the Omer](#) by Rabbi Yael Levy
- [Dance of the Omer: A Step-by-Step Guide to the Transformational Journey of Sefirat Ha'Omer](#) by Benji Elson.

Our world is constantly evolving and changing. Let's give ourselves the space to change within this season so we are more available to change without. Hag Shavuot Sameach!

B'shalom,  
Sherry

**[From Trembling to Dancing: A Community Tikkun Leil Shavuot](#)**

**May 21st from 7:45 PM** (Starting with a dance party) **to Sunrise on May 22nd**, Featuring a teaching with [Susan Raffo](#) at 8:45 PM

**In person at Shir Tikvah and [on Zoom](#)**

Come for one session or many with learning, song and cheesecake! Weather permitting, our holiday will end with a sunrise Torah parade to Lake Harriet and a prayer service at the Lake.

**[Register Here](#)** Free and open to the public (6 PM Youth & Family Arts Program, Optional \$25 dinner at 6:45 PM)

After these months of federal occupation, we'll celebrate the giving of Torah and the resilience of our community with a tikkun leil Shavuot, a long night of communal dreaming, learning, song, and ritual. The story of Shavuot begins with lightning and thunder as the Israelites tremble in anticipation and fear at the base of Sinai. The story ends with the gift of Torah and a millennium-long relationship with text, community, and God.

The Tikkun is held in partnership with: [Twin Cities Jewish Renewal Community](#), [Shir Tikvah](#), [Jewish Community Action](#), [Minnesota Interfaith Power and Light](#), [J-Pride](#), and [Zuta](#).



**[June J-Pride Month Activities](#)**

TCJRC is a J-Pride partner during Pride month. Please let Sherry [TCJewishRenewal@gmail.com](mailto:TCJewishRenewal@gmail.com) know if you are able to represent TCJRC to read Torah for Pride Shabbat on June 27 or help march during the Pride Parade on June 28, 11 - 2 PM.



**HeartSong Shabbat with Cantor Linda Hirschhorn at Mount Zion Temple**

**Save the Workshop Date - Friday, July 24**, Registration TBA

Song Circle (followed by a snack and Shabbat services).

Join Cantor Linda Hirschhorn for an evening of song! Co-sponsored by Mount Zion Temple and the Twin Cities Jewish Renewal Community, this will be a fun and meaningful way to lead into and celebrate Shabbat. Those who participate in the song circle are invited to sing what they learned during the Shabbat service.



**[Exploring the Magic and Medicine of the Psalms!](#) with [Reb Shefa Gold](#)**

**Save the Workshop Date- Sunday, July 26** for an in-person Reb Shefa workshop from 6:15 – 8:15 PM at Adath Jeshurun Congregation in Minnetonka. Workshop Registration TBA

**Retreat Registration is Open, July 28 – August 2** at [Episcopal House of Prayer](#) Retreat Center, [14215 Fruit Farm Rd, Collegeville, MN 56321](#).

[Living Mussar](#), [TC Jewish Renewal Community](#) and [Adath Jeshurun Congregation](#) as partners are blessed that Reb Shefa Gold will again grace our Twin Cities this summer.

On the Path of Love, we are inspired to receive the vast storehouse of spiritual tools that can help us heal, become whole, generous, and connect to ourselves and to all of Creation. In that remembrance of connection, love flourishes.

There are so many challenges to love that we must meet. The Psalms are an ancient treasure that must be excavated, refined, polished, and made useful in meeting the challenges of our day.

**TCJRC Jewish Spiritual Book Meeting**

**[Heart of a Stranger: An Unlikely Rabbi’s Story of Faith, Identity, and Belonging](#) by Rabbi Angela Buchdahl**

**Monday, May 11 from 7-8:30 PM CT on Zoom**

New participants are always welcome as we discuss our book, *Heart of a Stranger*. Please read chapters 5 – 9 (pages 53 - 102) for our meeting.

From the first Asian American to be ordained as a rabbi, a stirring account of one woman’s journey from feeling like an outsider to becoming one of the most admired religious leaders in the world.

Angela Buchdahl was born in Seoul, the daughter of a Korean Buddhist mother and Jewish American father. Profoundly spiritual from a young age, by sixteen she felt the first stirrings to become a rabbi. Despite the naysayers and periods of self-doubt—Would a mixed-race woman ever be seen as authentically Jewish or chosen to lead a congregation? — She stayed the course, which took her first to Yale, then to rabbinical school, and finally to the pulpit of one of the largest, most influential congregations in the world.



Please save Monday, June 8 for our next 7 - 8:30 PM meeting. If you are new, please RSVP with your name and email to [TCJewishRenewal@gmail.com](mailto:TCJewishRenewal@gmail.com) for the Zoom link.

**Adat Ha’araphel: Congregation of the Cloud Shabbat Services**

**Second and Fourth Shabbat mornings of the month, Gather at 9:15 AM CT and begins 9:30 AM**

Join us in the cloud for a spiritually infused, musical service. Please contact Sherry at [tcjewishrenewal@gmail.com](mailto:tcjewishrenewal@gmail.com) for Zoom details. All are welcome to attend. Service leaders include Rabbi Marc Labowitz from Temple Adath Or in So. Florida, Rabbi/Chaplain Leon Olenick, Jackie Olenick, and a host of other talented Jewish Renewal leaders such as our own TCJRC member, Chaiya Isenberg.

**TCJRC Membership and Donations**

**This May, please join us or renew as a [TCJRC/ALEPH Member](#)!**

Your \$72 yearly (or \$6/month) membership includes immediate family members and enrolls you in both [TCJRC](#) and [ALEPH](#) (our national organization). We are able to bring in talented national leaders and grow with your support. Plus, you get a discount on many of our events and activities while helping us offer even more.

Now is the time to embrace that personal connection to God by reaching beyond religious boundaries and institutional structures. We offer a contemporary egalitarian approach, which includes Jewish mystical/Chasidic traditions and social transformation. Come immerse yourself in a different, joyful way of experiencing Judaism.

Various opportunities include designated ALEPH courses, free community webinars, resource sharing, Shabbaton with Renewal leaders, network community open houses, Rosh Chodesh participation, our national biennial Kallah conference and scholarships through grants.

**Local Events**

**[Spring Nigun Song Circle with Koleinu](#)**

**May 13, 2026, 7:00 PM – 8:00 PM, Minneapolis, MN**

In the season when trees and flowers are blooming, we will sing together nigunim: Jewish-style wordless melodies (with accompanying instruments) that express the excitement, gentleness, fragility and liveliness of spring. Come experience this with us! [Registration Required](#)

## **A Tribute to Rabbi Leah Novick**

**Sunday, May 3 at 3 p.m. Central Time, [Registration](#) with ALEPH**

Ordained by Reb Zalman z"l in 1987, Rabbi Leah Novick is the oldest living woman rabbi in the United States. A beloved spiritual teacher, her work has focused on the Divine Feminine in Judaism, culminating in her seminal book *On the Wings of Shekhinah*. This special program, led by Reb Rayzel, will feature song, celebration, and a screening of a documentary created in her honor by Arlene Krebs.

## **[Nitzotzot: Gathering the Sparks of Renewal](#)**

**ALEPH Regional Renewal Shabbaton in Pacific Northwest**

**July 24-26, [Registration](#)**

There has been a lot to carry these days. The news cycle rarely lets up, the Jewish world feels more fractured than you wish it did, and you have been holding all of it in ways you do not always have words for. Maybe you know the quiet mismatch of walking into Jewish spaces where you end up leaving parts of yourself at the door—your questions, your politics, your queerness, your curiosity, your longing for something deeper, your full-throated song. Maybe you are the one in your circle who still cares about Jewish life and sometimes wishes you had more company in that. Maybe you just need a real Shabbat, the kind that actually feels like one.

If any of that lands, keep [reading](#), because this is for you!

## **Silence is Praise**

**Weekly on Wednesdays, Time: 10:30 am-11:30 pm CT**

**Presenter: Rabbi Anne Brener**

**[Registration](#) Cost: Pay-what-you-can**

Join Rabbi Anne Brener for a chanting and meditation service, using the structure of the morning service, to calm our bodies and connect our souls. There will be time for some check-in afterward.

## **Friday Healing Circle**

**Fridays, 10:30 to 11:30am CT with Rabbi Diane Elliot**

The Friday Healing Circle, led online by R. Diane Elliot and friends, offers a weekly space to connect, to feel, to praise, to learn, to grieve and to love. Join us each Friday at 10:30am CT for an hour of song and movement, Torah, poetry and healing prayers to expand your spirit and lead you into Shabbat. Gatherings are recorded and a link sent to all on our mailing list, so you can partake at your convenience. The Circle is freely offered; contributions are appreciated. To sign up for the mailing list and receive the Zoom link email [rabbi.diane18@gmail.com](mailto:rabbi.diane18@gmail.com)

## **Nechamah Minyan Every Evening (not Friday) at 8 PM CT**

Led by Rabbi Geela Rayzel Raphael and friends. Please email ALEPH's Spiritual Arts Director ([r-rayzel@shechinah.com](mailto:r-rayzel@shechinah.com)) for zoom room link. Providing nechamah (comfort) beyond time and space. Serving to connect people across denominational lines; people who need a place to pray; to heal; to grieve; to experiment with different forms and modalities of prayer. Please bring your prayers and songs for peace.