

**RATZO V'SHOV**

This term comes from the Haftara reading on Shavuot morning (Ezekiel 1), which describes the mystical ascent of Prophet Ezekiel and the Throne of Glory he beheld. The faces of the Living Creatures who guard the Throne are depicted as having "the appearances of torches...and ran and retreated like flashes of lightning."

Our Sages use this metaphor of *ratzo v'shov* – running towards holiness and retreating – because it beautifully depicts the oscillation between the holy and the mundane.

Come study with Boulder's rabbis as we discuss this sacred dance.

Yearn for Sacred Heights.

Brings sparks of holiness.

Integrate and uplift our journey.

***Ratzo v'Shov:*****The Sacred Dance of  
Yearning and Returning****June 11-12, 2016**

Saturday Night through Sunday Dawn

**Community Wide  
Tikkun Leyl Shavuot**

Congregation Bonai Shalom  
1527 Cherryvale - Boulder, CO 80303

# Program

- 7:00 pm **Mincha** (Optional Shabbat afternoon service)  
7:30 pm **Seudah Shlishit** (Third Meal with singing & intention setting)
- 8:45 pm Transition into **Shavuot**  
9:00 pm **Ma'ariv** (Evening Service), Candle Lighting & Kiddush
- 9:45 – 11 pm **Opening Panel**  
**Personal Tales of Ratzo v'Shov: Going In and Out of Holiness**  
(Rabbis and teachers will share their own personal spiritual challenges and tools)
- 11:15 – 12:30 am **Session One (see 3 options below)**

## Rabbi Fred Greene: "Broken Tablets: Restoring the Commandments and Ourselves"

*Menachem Mendel of Kotzk said, "The Giving of the Torah took place in the month of Sivan, but the receiving of the Torah takes place every day." How can we have an encounter with these words to help us reach a sense of wholeness that will inspire us to live with meaning every day.*

## Rabbi Tirzah Firestone: "Three Torah Tales That Will Change Your Life"

*We will study lesser known texts of miracles and wonders from the period after King David's dynasty. Each story is invested with profound lessons that speak to our post-modern Jewish lives. Texts will be provided. Hebrew is not a prerequisite.*

## Rabbi Ori Har: "Ratzo v'Shov: An Invitation to the Essence of Jewish Life"

*Using teachings from Reb Nachman of Braslav and Rav Kook, we will explore and meditate on what it means to live in the presence of God while in the midst of daily life. How do we remain conscious in the Market Place? This dance between two worlds has occupied the interest of many great rabbis and mystics.*

# Program Continued

- 12:45 am **Chatzot (Jewish Midnight)**  
**Meditation by the Creek**

1:30 – 2:30 am

**Rabbi Marc Soloway: "Sadness & Joy, Depths & Heights"**  
*Spiritual life and mental health are deeply connected and both can involve altered states from depression and despair to ecstasy and joy. How do we include sadness in a life of prayer? Using some teachings from Rebbe Nachman of Braslav, the Pixar movie Inside Out, and some beautiful prayers in Lev Shalem, the new siddur of the Conservative Movement, we will explore this emotional and spiritual dance, and its relationship to receiving Torah.*

2:45 – 3:45 am

**Morah Yehudis Fishman: "Crowns or Thorns? The Contrast Between the Torah of Moshe and the Torah of Rabbi Akivah"**  
*A profound teaching from the Berditchever rebbe about 'black marks' over some Torah letters.*

4:00 – 4:45 am

**Hevruta - facilitated by Rabbi Marc Soloway and other rabbis.**  
**"Merkavah and Malachim: The Chariot and the Angels"**  
*As the dawn light of revelation approaches, we will study the Ezekiel text of the vision of the chariot, read later in the morning as our Haftara, as well as parts of the second chapter of Talmud Chagiga and its description of angels.*

5:00 am

**Dawn Davenen: Sunrise Shacharit**  
**(includes reading the Torah of Revelation)**