

REGISTER FOR TIKKUN LEIL SHAVUOT

DATE: May 25-26, 2023

TIME: 9:00 PM - 6:00 AM EST

umjc.org/events



Set aside \$1 per day as a Shavuot Offering.
Give in support of new Jewish immigrants to
Israel from Ethiopia, Ukraine, and Russia.

umjc.org/donate

*With special thanks to Rabbi Jason
and Malkah Forbes of Beit Hashofar
Synagogue in Seattle, the founders
of Riverton Mussar, for inspiring this
Mussar-focused Omer
calendar.*

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JEWISH
CONGREGATIONS



COUNTING THE OMER 5783*

THE FRUIT OF THE SPIRIT

TRAINING OURSELVES TO
WALK BY THE RUACH



*"The fruit of the Spirit is love, joy, peace,
patience, kindness, goodness,
faithfulness, humility, self-control."*

– Galatians 5:22

* for Kehilat Kol Simcha



WEEK 1 ♦ LOVE

WEEK 2 ♦ JOY

WEEK 3 ♦ PEACE & PATIENCE

WEEK 4 ♦ KINDNESS & GOODNESS

WEEK 5 ♦ FAITHFULNESS

WEEK 6 ♦ HUMILITY

WEEK 7 ♦ SELF-CONTROL

COUNTING THE OMER

Counting the Omer (based on Leviticus 23:9–16) takes us through seven weeks, from the Day of First Fruits and the anniversary of the resurrection of Yeshua to Shavuot, the culmination of the grain harvest and anniversary of the giving of the Torah on Mt. Sinai and the outpouring of the Ruach HaKodesh after the resurrection.

The Omer is the first sheaf of barley waved before the Lord to dedicate the whole harvest to him. In Galatians 5, Paul talks about another kind of harvest, the fruit of the Spirit, the evidence of a new way of living instilled by the Ruach into the followers of Yeshua. This year, as we count the Omer together, we'll focus on one (or sometimes two) of those fruits and how to nurture them in our words and deeds, especially toward those around us. We'll draw on the wisdom of Mussar, a traditional Jewish practice of developing character by focusing on specific positive traits called middot (singular, middah) day by day and week by week. The Hebrew word "mussar" means "correction" or "instruction," and appears many times in the Tanakh, especially Proverbs, beginning with 1:2.

Following the mussar tradition, we will count each Omer day as an opportunity to perfect a specific character trait or middah reflecting the fruits of the Spirit that Paul lists in Galatians 5. He says, "If we live by the Ruach, let us also walk by the Ruach," and walking implies the same real-life, step-by-step approach that characterizes Mussar. Counting the Omer this year will mean not only keeping track of the 49 days or seven weeks leading up to Shavuot, but taking steps through those days and weeks to cultivate the fruit of the Spirit that was poured out on Shavuot.



HOW TO USE THIS JOURNAL

1. **Find a study buddy!** Mussar is normally practiced in small groups or with a partner or chevuta. Learning with another person enhances insight and accountability and helps you put your middah for the week into practice. As Rav Yehoshua said, "Get yourself a teacher, acquire a friend (chaver), and judge everyone with generosity" (Pirke Avot 1:6). Ask a close friend or family member to study with you day by day, or week by week.

2. **Count the Omer daily.** Count the Omer daily: in the evening, after sundown, and on each date listed inside this journal, recite the blessing:

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ עַל סְפִירַת הָעֹמֶר

Baruch atah Adonai Elohenu melech ha-olam, asher kid'shanu b'mitzvotav vitzivanu al sefirat ha-Omer.

Blessed are you, Lord our God, King of the universe, who has sanctified us by his commandments and commanded us concerning the count of the Omer.

Today is day ____, which is ____ week(s) and ____ day(s) of the Omer.

3. **Write in the journal.** Review the fruit of the week and write down brief answers to the reflection questions. Discuss your answers with your study buddy.
4. **Prepare to give.** Set aside one dollar per night to present as your offering for Shavuot, May 25–27.
5. **Register for Tikkun Leil Shavuot:** May 25/26, 2023, 9 PM–6 AM Eastern Time.

Late night Torah study at your fingertips! Study the Torah with premier scholars of the Bible, Judaism, and Theology all from the comfort of your own home.

For details and FREE registration: umjc.org/events

WEEK 1 LOVE



If I speak with the tongues of men and of angels but have not love, I have become a noisy gong or a clanging cymbal. If I have the gift of prophecy and know all mysteries and all knowledge, and if I have all faith so as to remove mountains but have not love, I am nothing. If I give away all that I own and if I hand over my body so I might boast, but have not love, I gain nothing.

— 1 Corinthians 13:1–3 TLV

Love is expressed in compassion, but this must be practiced in balance. Am I compassionate to a fault? Or slow to show compassion?

To whom do I have difficulty showing compassion?

Who can I reach out to this week to extend compassion?

ØMER CALENDAR

- | | |
|--|---|
| <input type="checkbox"/> April 9, Sunday - Day 1 | <input type="checkbox"/> April 13, Thursday - Day 5 |
| <input type="checkbox"/> April 10, Monday - Day 2 | <input type="checkbox"/> April 14, Friday - Day 6 |
| <input type="checkbox"/> April 11, Tuesday - Day 3 | <input type="checkbox"/> April 15, Saturday - Day 7 |
| <input type="checkbox"/> April 12, Wednesday - Day 4 | |

JEWISH WISDOM: *Love is what redeems us from the prison cell of the self and all the sickness to which the narcissistic self is prone—from empty pride to deep depression to a sense of nihilism and the abyss.*

— Rabbi Jonathan Sacks

WEEK 2 JOY

*You make me know the path of life;
in your presence is unbounded joy,
in your right hand eternal delight.*

— *Psalms 16:11 CJB*



When does joy seem hardest to attain?

Joy is fueled by gratitude.

What have I begun to take for granted or feel entitled to?

Who can I show sincere gratitude to this week?

ØMER CALENDAR

- ☐ April 16, Sunday - Day 8
 - ☐ April 17, Monday - Day 9
 - ☐ April 18, Tuesday - Day 10
 - ☐ April 19, Wednesday - Day 11
 - ☐ April 20, Thursday - Day 12
 - ☐ April 21, Friday - Day 13
 - ☐ April 22, Saturday - Day 14

JEWISH WISDOM: *A good guest says, 'How much my host toiled for me! He put so much meat in front of me, so much wine, so much bread—all his exertion was just for me!' A bad guest says, 'What did my host toil for me? I ate just one loaf, just one piece of meat, I drank just one cup—all his exertion was for his own household!'*

— Ben Zoma, Brachot 58a



a short-

— *Proverbs 14:29–30 literal translation*

- ☐ April 23, Sunday - Day 15
- ☐ April 24, Monday - Day 16
- ☐ April 25, Tuesday - Day 17
- ☐ April 26, Wednesday - Day 18
- ☐ April 27, Thursday - Day 19
- ☐ April 28, Friday - Day 20
- ☐ April 29, Saturday - Day 21

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

— Rabbi Menachem Mendel Leffin, Cheshbon Ha-Nefesh

WEEK 5 FAITHFULNESS

*Lying lips are detestable to Adonai,
but those who act faithfully are His delight.
A clever person conceals his knowledge,
but the heart of a fool blurts out folly.*
— Proverbs 12:22–23 TLV



Have I recently betrayed a confidence or not followed through on a commitment?

Do I need to make amends with someone about this?

What specific opportunities to practice faithfulness am I likely to encounter this week?

ØMER CALENDAR

- ☐ May 7, Sunday - Day 29
 - ☐ May 8, Monday - Day 30
 - ☐ May 9, Tuesday - Day 31
 - ☐ May 10, Wednesday - Day 32
 - ☐ May 11, Thursday - Day 33
 - ☐ May 12, Friday - Day 34
 - ☐ May 13, Saturday - Day 35

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

JEWISH WISDOM: *The righteous say little and do much, whereas the wicked say much and do not do even a little.*

— *Rabbi Elazar, Bava Metzia 87a*

WEEK 6 HUMILITY

I am telling every single one of you, through the grace that has been given to me, not to have exaggerated ideas about your own importance. Instead, develop a sober estimate of yourself based on the standard which God has given to each of you, namely, trust.

— Romans 12:3 CJB

In what ways do I tend to hold too high an opinion of myself? Too low an opinion?

When I receive praise or criticism, how do I tend to react?

What's a specific way that I can practice humility instead of an exaggerated idea of my own importance this week?



OMER CALENDAR

- | | |
|---|--|
| <input type="checkbox"/> May 14, Sunday - Day 36 | <input type="checkbox"/> May 18, Thursday - Day 40 |
| <input type="checkbox"/> May 15, Monday - Day 37 | <input type="checkbox"/> May 19, Friday - Day 41 |
| <input type="checkbox"/> May 16, Tuesday - Day 38 | <input type="checkbox"/> May 20, Saturday - Day 42 |
| <input type="checkbox"/> May 17, Wednesday - Day 39 | |

JEWISH WISDOM: Every person should carry two pieces of paper, one in each pocket: in one pocket, 'For me, the world was created,' and in the other, 'I am but dust and ashes.'

— Rabbi Simcha Bunim

WEEK 7 SELF-CONTROL

*It isn't good to eat too much honey
or to seek honor after honor.
Like a city breached, without walls,
is a person who lacks self-control.
— Proverbs 25:27–28 CJB*



Are there areas of my life that reflect extreme order? That reflect chaos?

How do I respond when my plans are disrupted by others?

What areas of my life need more order or more flexibility? What can I do this week to make an improvement?

ØMER CALENDAR

- ☐ May 21, Sunday - Day 43
 - ☐ May 22, Monday - Day 44
 - ☐ May 23, Tuesday - Day 45
 - ☐ May 24, Wednesday - Day 46
 - ☐ May 25, Thursday - Day 47
 - ☐ May 26, Friday - Day 48
 - ☐ May 27, Saturday - Day 49

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

JEWISH WISDOM: *Take time, be exact, unclutter the mind.*

— Rabbi Simcha Zissel Ziv