

REVELATION AND REVOLUTION

THE OMER

CHESED | GEVURAH | TIFERET | NETZACH | HOD | YESOD | MALCHUT

Each week of the Omer—the seven weeks between the holidays of Passover and Shavuot—is an opportunity to open your heart and mind for Revelation, and to engage in moral revolution by learning about work for social and economic justice happening across the U.S. today.

We asked 7 rabbis leading the way at the intersection of spirit and justice to offer a spiritual practice that can be done daily for each week of the Omer, and we're highlighting 7 incredible Avodah partner organizations as a starting point for learning.



THE OMER: SEVEN WEEKS OF REVELATION AND REVOLUTION
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WEEK ONE: **LOVINGKINDNESS**

CHESED

RABBI ARI HART

While walking in the street today, look at every single person you can and whisper or think the phrase from Psalms: “Avaksha tov lach”- “I wish the best for you.”

Learn about **the challenges LGBTQ youth face with shelter, medical care, and social services** through the work of the Broadway Youth Center: www.howardbrown.org/wp/byc



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WEEK TWO: **DISCIPLINE**

GEVURAH

RABBI ALANA ALPERT

Each evening, clench your fists and imagine gripping everything left over from the day's to-do list. Inhale deeply and as you exhale release your hands and say "I forgive myself and everyone else for all that is left undone. I give thanks for this much-deserved rest."

Learn about the work for more humane, fair, and equal treatment in the criminal justice system through the Promise of Justice Initiative: www.justicespromise.org



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WEEK THREE: HARMONY

TIFERET

RABBI GEORGE WIELECHOWSKI

Spend time in hitbodedut, contemplative solitude—in nature, if you can. Bring along a one or two-word mantra or some favorite music to keep you company.

Learn about **the work for safety, healing and self-determination for survivors of gender violence** with Sanctuary for Families: www.sanctuaryforfamilies.org



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WEEK FOUR: **ENDURANCE**

NETZACH

RABBI ELLIOT KUKLA

Reclaim the radical roots of self-care as defined by Audre Lorde; take some time to pay attention to the needs of your own body (are you comfortable in this position right now, well fed and hydrated?) and tend to yourself as if you are the most precious seedling or mysterious wild animal you have ever met.

Learn how **homeless and low-income women can be empowered** through the N Street Village:
www.nstreetvillage.org



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WEEK FIVE: **SPLENDOR**

H O D

RABBI LIZZI HEYDEMANN

Write your way to prayer, Anne Lamott-style: Take 3 minutes to free write starting with Help, then move onto Thanks, and finally to Wow. What opens up?

Learn about **the justice issues that immigrants, asylum seekers and refugees are facing today** through the National Immigrant Justice Center: www.immigrantjustice.org



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WEEK SIX: FOUNDATION

YESOD

RABBI RACHEL VAN THYN

Close your eyes and think of a time when you felt safe, strong, and loved. Breathe the moment in and feel it in your whole body, and call upon that feeling when you feel unbalanced.

Learn about **the fight against housing discrimination** through the Greater New Orleans Fair Housing Action Center: www.gnofairhousing.org



WEEK SEVEN: LEADERSHIP

MALCHUT

RABBI DANYA RUTTENBERG

Spend time each day this week intentionally connecting with someone you don't see often. Meet for coffee, pick up the phone, send a text; remind someone that they're loved and seen in their wholeness.

Learn how **underserved high school students** can be prepared for success through the The Urban Assembly School for Law & Justice: www.sljhs.org



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