



[Source](#)

## Understanding Shavuot

Shavuot is a major holiday in Jewish tradition, commemorating the moment when the Torah was given at Mount Sinai.

- In 2025, Shavuot begins at sunset on Sunday, June 1, and ends at sundown on Tuesday, June 3.

## What does Shavuot mean?

- Shavuot means "weeks." It is celebrated seven weeks after Passover. It's the second of the [Three Pilgrimage Festivals](#) in the Jewish calendar. [Source](#)
- Shavuot marks when, according to the Bible, Moses received the Ten Commandments from God on Mount Sinai. The Ten Commandments are the core rules of Judaism, which is why Shavuot is sometimes called the Festival of the Giving of the Law. [Source](#)

## How is Shavuot observed?

**Shavuot is observed for two days, and there are many ways to celebrate**

- On Shavuot, like many other Jewish holidays, observers of the faith refrain from work, recite special prayers, and enjoy a festive meal. [Source](#)
- During Shavuot, observers refrain from eating meat. They eat dairy foods such as cheesecake and cheese blintzes (thin pancakes stuffed with cheese), along with

bourekas (pastries filled with cheese, mashed potatoes, spinach, mushrooms, or other fillings) and various food traditions from around the world. [Source](#)

- Some observers of the faith may use this time to revisit the Ten Commandments and reflect on the meaning behind each of the commandments. Many Jewish people read the Book of Ruth, and some stay up throughout the night to study Torah. [Source](#)
- It is customary to decorate synagogues and homes with flowers, plants, and greenery on Shavuot. [Source](#)

## Learn more about Shavuot

- [What Is Shavuot?](#) | Chabad
- [All about the Jewish Holiday of Torah and learning](#) | YouTube
- [Shavuot: The Scandalous Backstory of Ruth & Boaz!](#) YouTube

## The Jewish Employee Resource Group

At Holland Bloorview, we recognize that empowering and elevating diversity is critical to fostering a healthy team. Creating a sense of well-being and belonging for all employees, volunteers, and students is an important part of this work. We're doing this by supporting the formation of employee resource groups (ERGs) or interest groups.

The [Jewish Employee Resource Group](#) is “dedicated to promoting diversity, equity, and inclusion for Jewish employees within our organization. Through various initiatives and activities, we aim to create a sense of community, increase cultural awareness, and advocate for the needs of Jewish employees”. For more information or to get involved, please contact: Email: [JewishERG@hollandbloorview.ca](mailto:JewishERG@hollandbloorview.ca)

Chag Shavuot sameach (Happy Shavuot)

This resource was co-created with the [Jewish ERG](#) and the Inclusion, Diversity, Equity, Accessibility and Anti-Racism Office (IDEAA). If you have any comments or would like to suggest additional resources, please e-mail [ideaa@hollandbloorview.ca](mailto:ideaa@hollandbloorview.ca)