

CANADIAN JEWISH HERITAGE MONTH

THE MONTH OF MAY IN CANADA IS DESIGNATED AS CANADIAN JEWISH HERITAGE MONTH, an opportunity to celebrate and learn about Jewish culture, faith and history. It is also an opportunity to appreciate the contributions of Jewish Canadians throughout history.

While Jewish culture and religion are deeply intertwined, some Jewish people identify primarily with their cultural heritage while others may prioritize religious observances. This creates a spectrum of Jewish identities.

For Jewish communities around the world, May-to-June holds special significance because it coincides with the holiday of Shavuot, or the “Feast of Weeks,” which celebrates the spring harvest and the gift of the Torah.

In 2025, Shavuot begins on June 2. There are various Shavuot traditions, such as eating dairy products like cheesecake, goat cheese strudel or cheese blintzes, revisiting the Ten Commandments and reflecting on the meaning behind each one, and reading the Book of Ruth or the Torah. Shavuot is the second of the three Pilgrim Festivals of the Jewish religious calendar; it was originally celebrated seven weeks after Passover and marked the beginning of the wheat harvest.

Connection to our work

Recognizing Canadian Jewish Heritage Month as an organization can help patients and physicians feel respected and acknowledged. Creating safe spaces for visibility can help people feel more comfortable asking for their needs to be supported, such as asking for a rabbi to visit a hospital. Celebrating Canadian Jewish Heritage Month is an opportunity to learn about one another’s cultures.

Resources

- Jewish Heritage Month – jewishheritage.ca



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