

Rabbi Tuchman biography



Rabbi Lauren Tuchman is a sought after speaker, spiritual leader and educator. Ordained by The Jewish Theological Seminary in 2018, she is, as far as she is aware, the first blind woman in the world to enter the rabbinate. She provides consulting to individuals and organizations across the Jewish community on a variety of matters pertinent to disability access and inclusion. She has taught in numerous synagogues and other organizations across North America. She was named to the New York Jewish Week's *36 To Watch* for her innovative leadership concerning

inclusion of Jews with disabilities in all aspects of Jewish life. In 2017, she delivered an ELI Talk entitled *We All Were at Sinai: The Transformative Power of Inclusive Torah*.

In addition to her work in the disability inclusion space, Rabbi Tuchman passionately believes in the power of spiritual and contemplative practice as a path of transformational personal and collective change for the Jewish world and beyond. She has trained and continues to teach Mussar with Rabbi David Jaffe and the Inside Out Wisdom and Action Project. She has contributed to the Mussar Institute's weekly Torah commentary and Elul programming. She is an alum of the Institute for Jewish Spirituality's Clergy Leadership Program. In 2022, she completed Flourish: an immersive in mindfulness practices under the direction of expert mindfulness teacher, Yael Shy. She is a SVARA fellow, completing the SVARA Kolel in 2019. She continues to be a regular teacher with SVARA.