

High & Holy Days of Awe 2020

ROSH HASHANAH SCHEDULE

On our cutting-edge digital platform, you will be able to participate in a tapestry of all-ages, everybody-friendly, virtual programming for these High and Holy Days of Awe.

Move easily between “rooms” hosting our various program options with the click of a button.

Breathe during your day. Our contemplative worship and programs are broken into 30 minute blocks to allow you to be fully present and take breaks when you need to.

Tune in on your own time. While our programs run on Eastern time, all our worship events will be livestreamed to Facebook and shared on our digital platform so you can watch any time.

Friday, September 18

ROSH HASHANAH EVENING

	SHUL	LOUNGE	LIBRARY	LAB/JR. KIDS
5:30 PM		Smile! Welcome! Walk the Green Carpet. Show off your best smile and high holy fashion for the new year on our green carpet. Welcome in the New Year with a festive schmooze and take some photos to get 5781 started with style and smiles.		Birthday Party for the World Families with Young Children, Ages 2-8 Join Lab/Shul's Shira Kline and The Jewish Museum for a very special Birthday Party for the World, featuring live illustration and an invitation to make art along with us.
6:00–6:25 PM	Mindful Meditation Led by Rami Avraham Efal Get ready for the new year by sitting down and settling in with a short, guided meditation.	Sowing Seeds Feast Team Happy Hour Warm up for the New Year with schmoozing and toasting with the Lab/Shul Feast Team. Together, we'll explore sculpture inspired by the beauty of seeds and we'll connect with one another about the seeds we are planting this season.	Altar Design Your Own Sacred Space Rebecca Missel, in partnership with Jessica Tamar Deutsch and HighHolidaysatHome.com, helps us to set up our home space so that it feels more sacred, spacious, and ready for soul work.	

ROSH HASHANAH EVENING (cont.)

6:30–6:55 PM

SHUL

Candles

Welcome in the Sacred

We cross this threshold of Shabbat into 5781 by setting intentions: calling all angels, lighting our candles, inviting the mothers to to pray with us for peace, and walking along the river of life. Featuring: Dvir Cohen Eraki and friends from Israel performing “Little Sister,” a Yemenite Hymn for Rosh Hashanah that honors our elders with hauntingly moving song. Produced in partnership with Asylum Arts.

LOUNGE

Schmooze

What's a Social Hall for Anyway?

Hang out with old friends and make some new friends in our Zoom Room Lounge.

LIBRARY

LAB/JR. KIDS

7:00–7:25 PM

We Rise

Our Time to Reckon and Reset

At the core of our contemplative ritual we are invited to listen deeply as we chant the Sh'ma to connect and unite. We stretch ourselves, rise to what we need for the work of presence. Remain in Main Worship to explore the highlights of traditional Amidah liturgy with Shira and Rabbi Amichai or head to vocal improvisation with Rebekka, or meditation with Avraham.

Aloud

Vocal Improvisation and Sound Expression

Rebekka Goldsmith, master improviser and sound healer to the stars (and planets), will use vocal liberation to help us unlock our own gates and step through to the other side. What magic awaits us?

Being Awe

Mindfulness Shuvu Challenge Led by Rami Avraham Efal

Pause for a guided meditation, as part of our Shuvu Challenge series.

7:30–8:00 PM

Embrace

Songs of Hope and Healing

Wrap up the first night with Avinu Malkeinu, Kaddish connecting us with our ancestors and loved ones, and Kiddush to raise high our cups of hope + honey to sweeten the year.

8:00–8:30 PM

And the Feast Goes On

An Interactive Rosh Hashanah Seder – Sephardi Style

Join the Feast Team and Lab/Shul community members for a Rosh Hashanah seder, part of Sephardic and Mizrahi Jewish traditions on the first night of the New Year. We'll explore the symbolism of dishes from beets to leeks to fish heads. No preparation required!

Saturday, September 19

ROSH HASHANAH DAY 1

	SHUL	LOUNGE	LIBRARY	LAB/JR. KIDS
9:00–9:25 AM	Here & Now Grounding with Gratitude Start this first day of the year with movement and morning blessings led by Rabbi Amichai, Rebekka Goldsmith, Eléonore Weill, and Reverend Derrick.	Yoga Everybody Friendly Yoga for all bodies to start the year, led by our favorite Yogi Ora Ramat.	Being Awe Meditation Led by Rami Avraham Efal Start the day by sitting down and settling in with a short guided meditation, as part of our Shuvu Challenge series.	Rise and Shine Lab/Jr. Family Friendly Worship, Ages 0-8 and 9-13 Activate the New Year together as a family! Return to center and re-charge the soul with artistic, soul-filled warm hearted prayers, music and story. Families with children ages 0-8 join Shira Kline, and families with children 9-13 join Naomi Less.
9:30–9:55 AM	Sh'ma Deeper Listening We bow to honor the Divine in each other, hearing the sacred call to be part of the beloved community and heal our world.	Shmooze What's a Social Hall for Anyways? Hang out (and unmutel!) with old friends and make some new ones in our Zoom Room Lounge.		Art/Lab Theatre/Lab Tween/Lab Lab/Jr. Family Friendly Worship, Ages 0-8 and 9-13 Art/Lab - Bring your home art supplies for an art studio experience with Rebecca Kelly and Stephanie Guedalia to create such pieces as a Self Portrait of the World and a Shuvu Treasure Map. Theatre/Lab - Through interactive storytelling and improvisation, Shawn Shafner invites children inside ancient narratives to meet colorful characters and find themselves along the way. Tween/Lab - Blending age-old wisdom in conversation with individual expression, Tween/Lab is designed for inquiry and creativity around today's topics.
10:00–10:25 AM	Amidah We Rise to Reckon and Reset Choose from our contemplation options, including highlights of the traditional Amidah liturgy with Shira Kline, Rabbi Amichai, and Reverend Derrick, letter writing with Naomi Less and Luis Burgos, or meditation with Rami Avraham Efal.	Write a Love Letter Ten Day Shuvu Challenge Join Naomi Less and Luis Burgos for the first day of the 10 Day Letter Writing Challenge, as we compose to connect, appreciate, repair, or release. We'll guide you through the first of our daily prompts to inspire clear and creative communication, so you can start the year with love.	Being Awe Meditation Led by Rami Avraham Efal Pause for a guided meditation, as part of our Shuvu Challenge series.	
10:30–10:55 AM	Storah Storahelling Performance for Rosh Hashanah Rev. Derrick McQueen, Melissa Shaw, Denise Manning, Marques Hollie, and Jon Adam Ross take on the Genesis saga of the Abrahamic family. One pivotal moment changes it all. Can we change it back?	Storah "Karen Throws a Barbeque"	Storah A Voiceless Victim DRAGS the Host	Storah of the Week Torah for the Young and Young at Heart Storah of the Week is Shabbat ShaMorning's warm hearted interpretation of the Torah portion for the very young and the young at heart. In this case, the story. This week, tune in for a special Rosh Hashanah Storah about listening as pathway back to our highest heart self.

ROSH HASHANAH DAY 1 (cont.)

9:00–9:25 AM

SHUL

Shofar

We Are Our Rallying Cry

This year our bodies become the Shofar - embodying the yearning, crying out for healing and justice, rallying together to raise our voice and be the change we want to be in the world. Led by Rebekka Goldsmith and our ritual team - be ready for holy howling.

LOUNGE

LIBRARY

LAB/JR. KIDS

Art/Lab Theatre/Lab Tween/Lab

Lab/Jr. Family Friendly Worship, Ages 0-8 and 9-13

Art/Lab - Bring your home art supplies for an art studio experience with Rebecca Kelly and Stephanie Guedalia to create such pieces as a Self Portrait of the World and a Shuvu Treasure Map.

Theatre/Lab - Through interactive storytelling and improvisation, Shawn Shafner invites children inside ancient narratives to meet colorful characters and find themselves along the way.

Tween/Lab - Blending age-old wisdom in conversation with individual expression, Tween/Lab is designed for inquiry and creativity around today's topics.

11:30–12:00
NOON

Embrace

Closing Songs of Hope and Healing

Wrap up the first morning of the year with Avinu Malkeinu, Kaddish connecting us with our ancestors and loved ones, and Kiddush to raise high our cups of hope + honey to sweeten the year. Also - ALEINU! introducing our community-led social justice projects.

12:00 PM

Shana Tova!

Apples & Honey

Stick around to dip honey, drink up, share highlights and connect with friends.

12:30 PM

Get out the Vote

Join our action team!

Join Lab/Shul community members to mobilize this election year and get involved with critical election actions.