

**End the conversation
with a collective
blessing, wishing goodness
and peace upon everyone
present.**

**This can be a blessing you
create in the moment based
on what was shared
previously or the
Shehechyanu prayer below.**

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ רוּחַ הָעוֹלָם
שֶׁהַחַיָּנוּ וְקִיּמָנוּ וְהִגִּיעָנוּ לְזֶמֶן הַזֶּה

**Baruch atah Adonai Eloheinu ruach
ha'olam shehecheyanu v'ki'manu,
v'higianu laz'man hazeh**

A blessing: in the Presence of the
Infinite, we pause with gratitude for
the journeys that have brought us to
the here and now

Lab/Shul is an everybody-friendly,
artist-driven, God-optional,
experimental community for sacred
Jewish gatherings based in NYC,
reaching the world.
Lab/Shul is dedicated to exploring,
creating and celebrating innovative
opportunities for contemplation, life
cycle rituals, the arts, life-long
learning and social justice. Building on
Storahtelling's vision and practice,
Lab/Shul seeks to redefine the role of
sacred gatherings that nourish our
thirst for meaning, connection,
spirituality & community.

LAB/SHUL Contact

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BE HERE: EVERPRESENCE FACE TO FACE FOREVER/NOW
שׁוּיִתִּי הוּיָה לְנֶגְדִי תָמִיד לַפָּנֶיךָ לֹא לַפָּנֶיךָ לְעוֹלָם וָעוֹלָם



LAB/SHUL

Face to Face: Deepening Communal Connections

Our 6-Step Facilitator's Guide

ABOUT THIS GUIDE

This carefully curated guide is designed to foster intimate conversation around the Shabbat/holiday table, or other small group communal setting, providing an opportunity for connection, reflection, and exploration of Jewish identity.

Activating Lab/Shul's 5785 theme, L'Negdi Tamid: Face to Face/Forever Now, this guide is an invitation for participants to truly meet one another face-to-face/eye-to-eye, lean into love, peace and solidarity, and recognize each other's divine humanity. Facilitators are welcome to use this guide flexibly, adding or skipping steps as needed for time or context.

Thank you for leaning in to this important work.

1 GROUND:

Settle into the space by inviting everyone to be present in ways that work for them. For example, consider turning off your cell phone, sitting up straight, or placing both feet on the ground. Take a collective deep breath, creating a moment of unity.

Feel free to use any form of breath work that works for you.

2 MEET:

Introduce yourself by sharing your name, pronouns if comfortable doing so, and connection to Lab/Shul.

Invite first-timers to share how they came to be at Lab/Shul today.

3 SHARE:

Offer a personal story or reflection.

Some optional prompts:

What's something you've learned recently that shifted your perspective on life or changed how you approach things?

If you could give a piece of advice to your younger self, what would it be and why?

What's a passion or dream of yours that you haven't pursued yet, and what's been holding you back?

4 REFLECT:

Take a moment to reflect on what was shared by the group. Invite participants to share one thing that they learned from someone else that they will take with them when they leave.

If there is time, ask: How could the world look different as a result of what was shared around this table?

5 IMAGINE:

Collaboratively dream up ways the group can support one another beyond tonight.

Suggestions: Create a WhatsApp group for continued relationship building. Pair people as "buddies". Plan in person coffee meetups.

6 APPRECIATE:

Express gratitude for something or someone, sealing in warmth and mutual respect.

This can be a one word share or longer depending on time.