

LAB / SHUL

תְּשׁוּבָה
TIKKUN

Return to repair

HIGH HOLY DAYS OF AWE 2025 / 5786

NYC / ONLINE

*Ha'reini m'kabel alai
et mitzvat ha'borei
V'ahavta l're'acha kamocha*

הַרִּינִי מִקַּבֵּל עָלַי
אֶת מִצְוַת הַבּוֹרֵא
וְאֶהְבֶּתָּ לְרֵעֲךָ כָּמוֹךָ

I choose to embrace the Divine instruction:
“Love all others as I love myself.”

*Baruch atah Havaya/Adonai
Eloheinu ruach ha'olam
Asher kid'shanu b'mitz'votav
ve'tzivanu le'hit'atef ba'tzitzit*

בָּרוּךְ אַתָּה הוֹיָה
אֱלֹהֵינוּ רוּחַ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ לְהִתְעַטֵּף בַּצִּיצִית

Gather: In the Presence of the Infinite,
we treasure our tradition
as we wrap ourselves in these sacred fringes.



Thanks
Wow
Oops
Please

Lab/Shul's Four Word Ritual Recipe for morning meditation is inspired by Jewish Liturgy to help us begin each day with gratitude for what's good, appreciation for what's great, attention to what needs repair & reflection on how we can make life better.

**Insert your own intentions,
repeat as required.**

*Modeh/Modah ani l'fanecha
Ruach chai ve'kayam
shehechezarta bi nishmati
b'chemlah rabah emunatecha*

מוֹדָה/מוֹדָה אֲנִי לְפָנֶיךָ
רוּחַ חַי וְקַיָּם
שֶׁהַחֲזַרְתָּ בִּי נִשְׁמָתִי
בְּחֶמְלָה רַבָּה אֶמְוִנְתְּךָ

I am filled with gratitude for one more day of life;
my soul is restored with Divine Compassion
and Infinite Trust.

*Shachar avakeshcha
tzuri u'misgabi
e'eroch lefanecha
shachri vegam arbi*

שַׁחַר אֶבְקֶשְׁךָ
צוּרִי וּמִסְגִּבִּי
אֶעֱרוֹךְ לִפְנֶיךָ
שַׁחְרִי וְגַם עֶרְבִי

Every dawn I seek You, My rock, my hope.
Each dawn and dusk
I rise in your Presence.

*Lifnei g'dulat'cha
e'emod ve'ebahel
ki eincha tir'eh
kol machshevot libi*

Before this vastness
I stand in awe
Your eye can see
My inner thoughts.

לפני גדלתך
אעמד ואבהל
כי עינך תראה
כל מחשבות לבי

*Ma zeh asher yuchal
halev vehalashon
la'asot u'ma ko-ach
ruchi betoch kirbi*

What is this power
Of my heart, my tongue?
What is the strength of spirit deep within me?

מה זה אשר יוכל
הלב והלשון
לעשות ומה כח
רוחי בתוך קרבי

*Hineh lecha titav
zimrat enosh al ken
od'cha be'od tihyeh
nishmat Elo'ah bi*

הִנֵּה לְךָ תִּיטֵב
זִמְרַת אָנוֹשׁ עַל כֵּן
אוֹדְךָ בְּעוֹד תְּהִיָּה
נִשְׁמַת אֱלֹהִים בִּי

This song Your gift, a blessing to all living
I'll sing it, grateful
For as long as I breath.

*Shachar avakeshcha
tzuri u'misgabi
e'eroch lefanecha
shachri vegam arbi*

שַׁחַר אֲבָקֶשְׁךָ
צוּרִי וּמִסְגִּבִּי
אֶעֱרוֹךְ לִפְנֶיךָ
שַׁחְרִי וְגַם עֶרְבִי

Every dawn I seek You, My rock, my hope.
Each dawn and dusk
I rise in your Presence.

HALLELUYAH

הללויה

WOW

HalleluYah
HalleluYah

הַלְלוּיָהּ

Every breath in awe of Life: HalleluYah

Halleluhu el b'kodsho

Halleluhu birkiya uzo

Halleluhu big'vurotav

Halluhu k'rov gud'l

Kol Han'shama t'halel Yah

We sing praise in every
sacred place, We sing praise for all Becoming
Every breath in awe of Life: HalleluYah

הַלְלוּהוּ אֵל בְּקֹדֶשׁוֹ

הַלְלוּהוּ בִּרְקִיעַ עֲזֹ

הַלְלוּהוּ בְּגִבּוֹרָתוֹ

הַלְלוּהוּ כְּרֹב גְּדֻלּוֹ

כָּל נְשִׁימָה תְּהַלֵּל יָהּ

הַלְלוּיָהּ

Kol Han'shama t'halel Yah

HalleluYah HalleluYah

כָּל נְשִׁימָה תְּהַלֵּל יָהּ
הַלְלוּיָהּ

Every breath in awe of Life: HalleluYah

HalleluYah
HalleluYah

הַלְלוּיָהּ

Every breath in awe of Life: HalleluYah

LAB / SHUL

תִּקּוּן
TIKKUN

Return to repair

HIGH HOLY DAYS OF AWE 2025 / 5786

NYC / ONLINE

Ha'melech yosheiv al kisei ram v'nisa

הַמֶּלֶךְ יוֹשֵׁב עַל כִּסֵּא רָם וְנִסָּא

The King:

Seated on a high, majestic throne

Shochein ad, marom v'kadosh sh'mo

V'chatuv ran'nu tzadikim ba'Havaya/Adonai,

la'ysharim navah t'hilah

שׁוֹכֵן עַד מָרוֹם וְקָדוֹשׁ שְׁמוֹ

וְכָתוּב רָנְנוּ צַדִּיקִים בְּהוֹיָה

לְיִשְׁרִים נָאֻה תְּהִלָּה

Eternal Mystery is Majestic,
Humbling, and Sublime.

In our Psalms it is written:

“Let all the righteous rejoice in Presence;
this joy from praising is a gift.”

*B'fi y'sharim tit'romam,
Uv'siftey tzadikim tit'barach,
u'vil'shon chasidim tit'kadash,
u'v'kerev k'doshim tit'halal*

בְּפִי יְשָׁרִים תִּתְרוֹמַם
וּבְשִׁפְתֵי צַדִּיקִים תִּתְבָּרַךְ
וּבִלְשׁוֹן חֲסִידִים תִּתְקַדֵּשׁ
וּבְקֶרֶב קְדוֹשִׁים תִּתְהַלַּל

With honest mouths Divine Presence is praised.
With reverent lips Becoming is blessed.
With trusting tongues the Sacred is sanctified.
With the presence of others, together, we rise as One.



*Achot k'tana t'filote-ah
Or'cha v'onah t'hilote-ah
El na r'fa na la l'mach'lo'te-ah
Tichleh shana v'kil'lote-ah*

אָחות קטנָה תְּפִלוֹתֶיהָ

עוֹרְכָה וְעוֹנָה תְּהִלוֹתֶיהָ

אֵל נָא רַפָּא נָא לָהּ לְמַחְלוֹתֶיהָ

תְּכַלֶּה שָׁנָה וְקִלְלוֹתֶיהָ

Little Sister, Your Prayers are Prepared,
Your praises presented,
Divine Source Let there be Healing for Her, for Us;
Let this year end with all its troubles.

*Chiz'ku v'gilu ki shod gamar
L'tzur hochilu b'rito shamar
Lachem b'ta'alu t'tziyon v'amar
Solu solu m'siloteha
Tachel shanah uvir'cho'teha*

Be strong, rejoice, the violent attack is
over, With faith we keep all promises,
We pave the paths that lead us home
Let the year start with all its blessings

חֲזִקוּ וְגִילוּ כִּי שָׂדֶה גָּמַר
לְצֹר הוֹחִילוּ בְּרִיתוֹ שָׁמַר
לָכֶם וְתַעֲלוּ לְצִיּוֹן וְאָמַר
סֵלוּ סֵלוּ מְסֻלוֹתֶיהָ
תַּחֲלֵל שָׁנָה וּבִרְכוּתֶיהָ

**How do I strive for tikkun
within my personal
community?**

Bar'chu et Havaya/Adonai ham'vorach

בְּרַכּוּ אֶת הוֹיָהּ הַמְבֹרָךְ

Bow: In each other
we discover the Divine.

*Baruch Havaya/Adonai ham'vorach
l'olam va'ed*

בְּרוּךְ הוֹיָהּ הַמְבָרֵךְ לְעוֹלָם וָעֶד

**Bow: As we bless,
so we are blessed.**

YOTZER OR

יוצֵר אוֹר

SUNRISE

*Baruch atah Havaya/Adonai
Eloheinu ruach ha'olam
hapotei'ach lanu sha'arei rachamim,
umei'ir ei'nei ham'chakim lislichato*

בָּרוּךְ אַתָּה הוֹיָה
אֱלֹהֵינוּ רוּחַ הָעוֹלָם
הַפּוֹתֵחַ לָנוּ שַׁעְרֵי רַחֲמִים
וּמְאִיר עֵינֵי הַמַּחֲכִים לְסִלִּיחָתוֹ

Shine: In the Presence of the Infinite,
In the light of this day, we see the sun rise
and feel the gates of forgiveness open

*Baruch atah Havaya/Adonai Eloheinu
ruach ha'olam
yotzeir or u'vorei choshech
oseh shalom u'vorei et ha'kol*

A blessing: In the Presence of the Infinite,
we marvel at the Soul of the Universe,
Source of Light, Darkness, and Peace.

בָּרוּךְ אַתָּה הוֹיָה
אֱלֹהֵינוּ רוּחַ הָעוֹלָם
יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ
עֹשֶׂה שָׁלוֹם
וּבוֹרֵא אֶת הַכֹּל

Let the sun see you
Let the sun see you
Let the sun see you
Let the sun in

Chadesh yamenu k'kedem חֲדָשׁ יָמֵינוּ כְּקֶדֶם

become renewed, as once before

Let the Love be you
Let the Love be you
Let the Love be you
The sun shine in

Ahavah rabah

אַהֲבָה רַבָּה

With Great Love

Ahavah rabah ahavtanu

Havaya Eloheinu

chemlah g'dolah

viteirah chamalta aleinu

אַהֲבָה רַבָּה אָהַבְתָּנוּ

הַיְוָה אֱלֹהֵינוּ

חֲמַלָה גְדוֹלָה

וַיִּתֵּרָה חֲמַלְתָּ עָלֵינוּ

We are loved by Endless Love.

Compassionate Creation, Caring, Loving,

Be with us today and every day, in love.

*Baruch atah Havaya/Adonai
ha'bocheir banu b'ahavah*

בְּרוּךְ אַתָּה הוֹיָה הַבּוֹחֵר בָּנוּ בְּאַהֲבָה

Choose: In the Presence of the Infinite,
we choose to live this life, with love.

SHEMA

שמעו

LISTEN

*Sh'ma Yisrael Havaya/Adonai Eloheinu
Havaya/Adonai Echad*

שְׁמַע יִשְׂרָאֵל הוֹיָה אֱלֹהֵינוּ הוֹיָה אֶחָד

**Listen All of Us who Wrestle with
Existence: All Is Connected,
All Is One**

Baruch shem k'vod mal'chut l'olam va'ed

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּת לְעוֹלָם וָעֶד

**Eternal Source of Infinite
Blessings: be forever blessed.**

V'ahavta eit Havaya/Adonai

elohecha

b'chol l'vav'cha

uv'chol nafsh'cha

uv'chol m'odecha

**And let us love the Source of Life
with all our heart
with all our soul
with all our being.**

וְאַהֲבַתְּ אֶת הוֹיָה אֱלֹהֶיךָ

בְּכָל לִבְךָ

וּבְכָל נַפְשְׁךָ

וּבְכָל מְאֹדְךָ

*V'hayu had'varim ha'eileh
asher anochi m'tzav'cha hayom
al l'vavecha*

וְהָיוּ הַדְּבָרִים הָאֵלֶּה
אֲשֶׁר אֲנֹכִי מִצְוָךְ הַיּוֹם
עַל לְבָבְךָ

**Let these words we chant today
live firmly in our hearts.**

V'shinan'tam l'vanecha

v'dibar'ta bam

b'shiv't'cha b'veitecha

uv'lech't'cha va'derech

uv'shoch'b'cha uv'kumecha

Let our lives be examples for our children,

echoed in our homes and out,

from the moment we rise to when we rest again.

וְשִׁנַּנְתָּם לְבָנֶיךָ

וְדִבַּרְתָּ בָם

בְּשִׁבְתְּךָ בְּבֵיתְךָ

וּבְלִכְתְּךָ בַּדֶּרֶךְ

וּבְשֹׁכְבְּךָ וּבְקוּמְךָ

*Uk'shartam l'ot al yadecha
v'hayu l'totafot bein einecha
uch'tavtam al m'zuzot
beitecha u'vish'arecha*

**Let us wear these words proudly,
on our arms and foreheads,
marking them with every transition -
upon the thresholds of space and time.**

וְקִשְׂרְתֶּם לְאוֹת עַל יָדְךָ
וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ
וְכָתַבְתֶּם עַל מְזֻזוֹת
בֵּיתְךָ וּבִשְׁעָרֶיךָ

I am open

I am open

We are Open

We are the ones

We are the ones

We are waiting

**We are the ones
we been waiting for**

AMIDAH

תפילת עמידה

RISE

Shiviti Havaya/Adonai

l'negdi tamid

שְׁוִיטִי הַוַיָּה לְנֶגְדִי תָמִיד

Be here: Everpresence

Face to Face

Forever/Now

*Misod chachamim un'vonim,
u'milemed da-at m'vinim,
ef't'chah fi bit'filah uv'tachanunim,
l'chalot ul'chanein p'nei ruach ma'lchey ham'lachim
va'adoney ha'adonim*

**Inspired by the secrets of sages
and the words of wise ancestors,
I open my mouth with humility,
pleading for compassion
from the One Beyond All Words.**

מסוד חכמים ונבונים

ומלמד דעת מבינים

אפתח פי בתפלה ובתחנונים

לחלות ולחן פני רוח מלכי המלכים

ואדוני האדונים

*Baruch atah Havaya/Adonai
Eloheinu veilohei avoteinu v'imoteynu
elohei Avraham, elohei Yitzchak,
ve'eilohei Ya'akov,
elohei Sarah, elohei Rivkah,
v'elohei Rachel, v'elohei Leah,
elohei Bilhah, ve'eilohei Zilpah*

בְּרוּךְ אַתָּה הוֹיָה אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ
אֱלֹהֵי אַבְרָהָם אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב
אֱלֹהֵי שָׂרָה אֱלֹהֵי רִבְקָה אֱלֹהֵי רָחֵל וְאֱלֹהֵי
לֵאָה אֱלֹהֵי בִלְהָה וְאֱלֹהֵי זִלְפָּה

**Bow: In the Presence of the Infinite, we turn to our Source of Life,
the Hope of our ancestors Abraham, Isaac, and Jacob,
Sarah, Rebecca, Rachel, Leah, Bilha, and Zilpah**

*Ha'eil hagadol hagibor v'hanora
eil elyon gomeil chasadim tovim
v'koneih hakol
v'zocheir chasdei avot v'imahot
u'meivi ge'ulah liv'nei v'neihem
l'ma'an sh'mo b'ahavah*

**As they sought protection and guidance,
found grace and favor, offered kindness,
so do we, their descendants,
blessed by their legacy,
turn with love to our Source of Life,**

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא
אֵל עֲלִיוֹן גּוֹמֵל חֲסָדִים טוֹבִים
וְקִנְיַה הַכֹּל
וְזוֹכֵר חֲסָדֵי אָבוֹת וְאִמָּהוֹת
וּמֵבִיא גְּאֻלָּה לְבָנָי בְּנֵיהֶם
לְמַעַן שְׁמוֹ בְּאַהֲבָה

Zoch'reinu l'chayim

ruach chafeitz bachayim

v'chot'venu b'seifer hachayim

l'ma'ancha elohim chayim

זְכֹרֵנוּ לְחַיִּים רוּחַ חֲפֵץ בַּחַיִּים

וְכַתִּבֵּנוּ בְּסֵפֶר הַחַיִּים

לְמַעַנְךָ אֱלֹהִים חַיִּים

May we be remembered in the Book of Life,

Let our lives be a blessing to others.

May we live each day to its fullest,

for the sake of All That is Life.

*Ruach ozeir umoshi'a u'magein
Baruch atah Havaya/Adonai
magein Avraham ve'ezrat Sarah*

רוח עוזר ומושיע ומגן
ברוך אתה הויה
מגן אברהם ועזרת שרה

Our Help and Protection.

**In the Presence of the Infinite,
we affirm our trust in the Shield of Abraham,
the Protection of Sarah.**

*Atah gibor l'olam Havaya/Adonai
m'chayeih kol chai atah, rav l'hoshi'a
Morid hatal*

אַתָּה גִבּוֹר לְעוֹלָם הוֹיָה
מְחַיֶּה כָּל חַי אַתָּה רַב לְהוֹשִׁיעַ
מוֹרִיד הַטָּל

**Divine Source, Beyond all Boundaries –
what was dead within can be revived.
Each day at dawn, dew reflects life.**

*M'chalkeil chayim b'chesed,
m'chayeih kol chai b'rachamim rabim,
someich nof'lim, v'rofei cholim,
umatir asurim, um'kayeim
emunato lisheinei afar*

מְכַלְכֵּל חַיִּים בְּחֶסֶד
מְחַיֶּה כָּל חַי בְּרַחֲמִים רַבִּים
סוֹמֵךְ נוֹפְלִים וְרוֹפֵא חוֹלִים
וּמַתִּיר אֲסוּרִים וּמַקְיֵם אֱמוּנָתוֹ לִישְׁנֵי עָפָר

**Loving Kindness is the heart of the universe, sustaining all life.
Divine Compassion breathes new life into the deadened.
With our Source of Hope we lift the fallen, heal the sick,
free the fettered, restore the soul.**

*Mi chamocha ba'al g'vurot
umi domeh lach
ruach meimit um'chayeh
umatzmi'ach y'shu'ah*

**What compares to our Infinite Source of Hope,
helping us to cope with death
and to live our lives?**

מִי כְמוֹךָ בַּעַל גְּבוּרוֹת
וּמִי דוֹמֶה לָךְ
רוּחַ מֵמִית וּמְחַיֶּה
וּמַצְמִיחַ יְשׁוּעָה

*Mi chamocho av harachamim,
zocheir y'tzurav l'chayim b'rachamim.*

מִי כָמוֹךְ אֵב הַרַחֲמִים
זוֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים

**What compares to our Infinite Source of Compassion,
creating and nourishing our lives with kindness?**

V'ne'eman atah l'hachayot kol chai.

*Baruch atah Havaya/Adonai,
m'chayeih kol chai.*

וְנֶאֱמַן אַתָּה לְהַחְיֹת כָּל חַי
בָּרוּךְ אַתָּה הוֹיָה מְחַיֶּה כָּל חַי

**In the Presence of the Infinite,
we praise the Source of Death and Life.**



VIDUI

11711

CONFESS

We have been **Apathetic, Bystanders, Complicit.** We **Desisted** too easily, **Evaded** responsibility, & **Forgot** where we came from - the **Generations** who fought to bring us here. **Here.** We cannot stop here. We saw **Injustice** & we **Joked** about it. We saw **Killing** & **Looked** the other way. **Made** excuses: **Naivete**, Our own **Obstacles.** & in the face of **Prejudice**, we were **Quiet.** We **Rested** in comfort instead of **Standing** up for others. We **Took** advantage, **Undermined** our **Values.** We **Waited** & wandered while **Xenophobia** spread. **Year** after year, Like **Zombies**

- Not Free to Desist

*Eloheinu veilohei avoteinu veimotenu
tavo l'fanecha t'filateinu
v'al tit'alam mit'chinateinu
she'ein anu azei fanim uk'shei oref*

**Our Source,
the Hope of our ancestors:
May our prayers be heard and
our pleas not ignored.**

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ
תָּבֹא לְפָנֶיךָ תְּפִלָּתֵנוּ
וְאַל תִּתְעַלֵּם מִתַּחֲנֻנֵּינוּ
שֶׁאֵין אֲנַחְנוּ עֲזִי פָנִים וְקִשִּׁי עֶרְךָ

*lomar l'fanecha Havaya/Adonai
eloheinu veilohei avoteinu ve'imotenu
tzadikim anachnu v'lo chatanu
aval anachnu va'avoteinu va'imotenu
chatanu*

**We are neither so arrogant nor so stubborn to say
that we are righteous and have not transgressed,
for indeed we, like our ancestors before us,
have transgressed:**

לומר לפניך הויה
אלהינו ואלהי אבותינו ואמותינו
צדיקים אנחנו ולא חטאנו
אבל אנחנו ואבותינו ואמותינו
חטאנו

אַשְׁמָנוּ

Ashamnu

We are Accountable

בָּגַדְנוּ

Bagadnu

We Bystand

גַּזַּלְנוּ

Gazalnu

We Corrupt

דִּבַּרְנוּ דָּפִי

Dibarnu Dofi

We are in Denial

הַעֲוִינוּ	<i>He'evinu</i>	We Erode Empathy
וְהִרְשָׁנוּ	<i>V'hirshanu</i>	We are Failing
זָדְנוּ	<i>Zadnu</i>	We are Greedy
חָמַסְנוּ	<i>Chamasnu</i>	We Hate
טַפַּלְנוּ שֶׁקֶר	<i>Tafalnu Sheker</i>	We are Indifferent

יַעֲצֻנוּ רָע	<i>Ya'atznu ra</i>	We Justify injustice
כִּזְבֻּנוּ	<i>Kizavnu</i>	We Kill
לִצְנוּ	<i>Latznu</i>	Our Laughter hurts
מַרְדָּנוּ	<i>Maradnu</i>	We are Mean-spirited
נִאֲצֻנוּ	<i>Ni'atznu</i>	We Name-call

סַרְרָנוּ *Sararnu*

We are Out of Control

עֲוִינוּ *Avinu*

We Privilege our Power

פָּשַׁעְנוּ *Pashanu*

We are Quiet instead of Questioning

צַרְרָנוּ *Tzararnu*

We Rage

קִשְׁיִנוּ עֲרָף *Kishinu Oref*

We are Stubborn

רָשָׁעֵנוּ	<i>Rashanu</i>	We Toxify
שִׁחַתְנוּ	<i>Shichatnu</i>	We Usurp
תַּעֲבֹנוּ	<i>Ti'avnu</i>	We are Violent
תַּעֲיִנוּ	<i>Tainu</i>	We Wrong
תַּעֲתָעֵנוּ	<i>Ti'ata'nu</i>	We Exploit
תּוֹם לֵב	<i>Tom Lev</i>	Yikes
תִּקְפְּנוּ	<i>Takafnu</i>	We are Zealots



*B'seifer chayim, b'rachah v'shalom, ufarnasah tova,
nizacheir v'nkatev l'fanecha
anachnu v'chol am'cha beit yisra-eil
l'chayim tovim ul'shalom.*

**Let the Book of Life and Blessing,
Prosperity and Love, be opened wide.
May our community, and all of creation,
be inscribed for a good and peaceful year.**

בְּסֵפֶר חַיִּים בְּרָכָה וְשָׁלוֹם
וּפְרִנָּסָה טוֹבָה נִזְכָּר וְנִכְתָּב לְפָנֶיךָ
אֲנַחְנוּ וְכָל עַמְּךָ בֵּית יִשְׂרָאֵל
לְחַיִּים טוֹבִים וּלְשָׁלוֹם

*Baruch atah Havaya/Adonai
oseh hashalom*

בָּרוּךְ אַתָּה הוֹיָה עוֹשֵׂה הַשָּׁלוֹם

**In the Presence of the Infinite
Please: Let there be Peace.**

Storahtelling Presents...

.

Altar of Always?

A Rosh Hashanah
Storytelling

Genesis 22:1-4, 22:10-14

Image by Eugeny Kolchev



Cohort 4 of GENerate

*Tiftach libi b'orai'ta
v'tashlim mish'alim d'li'ba'i*

תִּפְתַּח לִבִּי בְּאוֹרֵי־תָא
וְתַשְׁלִים מִשְׁאֲלִין דְּלִבִּי

**Open my heart to Wisdom;
Satisfy my heart's Longing**

Aliya 1
Genesis
22:1-4

*Bar'chu et Havaya/Adonai
ham'vorach*

בְּרַכּוּ אֶת הוֹיָה
הַמְבָרֵךְ

Bow: In each other we discover the Divine.

*Baruch Havaya/Adonai
ham'vorach l'olam va'ed*

בְּרוּךְ הוֹיָה
הַמְבָרֵךְ לְעוֹלָם וָעֶד

Bow: As we bless, so we are blessed.

*Baruch atah Havaya/Adonai
Eloheinu ruach ha'olam
asher bachar banu
im kol ha'amim
v'natan lanu et torato
Baruch atah Havaya/Adonai noten hatorah*

**Kiss: In the Presence of the Infinite
we treasure this tradition,
honored to stand here
among keepers of Torah and Sacred Wisdom.
Together, we honor our Source of Truths.**

בְּרוּךְ אַתָּה הוֹיָה
אֱלֹהֵינוּ רוּחַ הָעוֹלָם
אֲשֶׁר בָּחַר בָּנוּ
עִם כָּל הָעַמִּים
וְנָתַן לָנוּ אֶת תּוֹרָתוֹ
בְּרוּךְ אַתָּה הוֹיָה נוֹתֵן הַתּוֹרָה

א וַיְהִי אַחֲרֵי

כֵּן

דְּבָרִים הָאֵלֶּה וַהֲאֱלֹהִים נִסָּה אֶת־אַבְרָהָם וַיֹּאמֶר אֵלָיו

22:1

Some time afterward, God put Abraham to the test, saying to him, “Abraham.” He answered, “Here I am.”

וַיֹּאמֶר קַח-נָא אֶת-בְּנֶךָ אֶת-יִחְיֵדָה אֲשֶׁר-אֶהְבֶּה אֶת-יִצְחָק

22:2

“Take your son, your favored one, Isaac, whom you love, and go to the land of Moriah, and offer him there as a burnt offering on one of the heights that I will point out to you.”

ג

ו

יִשְׁלַח אֲבִרָהֶם בַּבֹּקֶר וַיַּחֲבֹשׁ אֶת-חֲמֹרוֹ וַיִּקַּח אֶת-שְׁנֵי נַעֲרָיו אֲ

22:3

So early next morning, Abraham saddled his ass and took with him two of his servants and his son Isaac. He split the wood for the burnt offering, and he set out for the place of which God had told him.

ד

בַּיּוֹם הַשְּׁלִישִׁי וַיֵּשָׂא אֲבְרָהָם אֶת-עֵינָיו וַיֵּרָא אֶת-הַמָּקוֹם

22:4

On the third day Abraham looked up and saw
the place from afar.

*Baruch atah Havaya/Adonai
Eloheinu ruach ha'olam
asher natan lanu torat emet
v'chay'yei olam nata b'tochenu
Baruch atah Havaya/Adonai noten hatorah*

**Kiss: In the Presence of the Infinite
We are grateful for this revelation of
Torah and its Sacred Wisdom;
Eternal life is planted within.
Together, we honor our Source of Truths.**

בְּרוּךְ אַתָּה הוֹיָה
אֱלֹהֵינוּ רוּחַ הָעוֹלָם
אֲשֶׁר נָתַן לָנוּ תוֹרַת אֱמֶת
וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ
בְּרוּךְ אַתָּה הוֹיָה נוֹתֵן הַתּוֹרָה



Aliya 2
Genesis
22:10–14

*Bar'chu et Havaya/Adonai
ham'vorach*

בְּרַכּוּ אֶת הוֹיָה
הַמְבָרֵךְ

Bow: In each other we discover the Divine.

*Baruch Havaya/Adonai
ham'vorach l'olam va'ed*

בְּרוּךְ הוֹיָה
הַמְבָרֵךְ לְעוֹלָם וָעֶד

Bow: As we bless, so we are blessed.

Baruch atah Havaya/Adonai

Eloheinu ruach ha'olam

asher bachar banu

im kol ha'amim

v'natan lanu et torato

Baruch atah Havaya/Adonai noten hatorah

Kiss: In the Presence of the Infinite

we treasure this tradition,

honored to stand here

among keepers of Torah and Sacred Wisdom.

Together, we honor our Source of Truths.

בָּרוּךְ אַתָּה הוֹיָה

אֱלֹהֵינוּ רוּחַ הָעוֹלָם

אֲשֶׁר בָּחַר בָּנוּ

עִם כָּל הָעַמִּים

וְנָתַן לָנוּ אֶת תּוֹרָתוֹ

בָּרוּךְ אַתָּה הוֹיָה נוֹתֵן הַתּוֹרָה

יְשַׁלַּח אֲבִרָהֶם אֶת־יְדֹו וַיִּקַּח אֶת־הַמַּאֲכָלֹת לְשַׁחֹת אֶת־
22:10

And Abraham picked up the knife to slay
his son.

יֵא

וְ

יִקְרָא אֵלָיו מֵלֶאָדָּהּ יְהוָה מִן־הַשָּׁמַיִם וַיֹּאמֶר אַבְרָהָם וְ

Then a messenger of יהוה called to him from
heaven: “Abraham! Abraham!” And he
answered, “Here I am.”

יב

ו

יֹאמַר אֶל-תְּשַׁלַּח יָדְךָ אֶל-הַנֶּעֶר וְאֶל-תַּעֲשֵׂ לוֹ מְאוּמָה כִּי א

22:12

ע

תָּה יָדַעְתִּי כִּי-יִרָא אֱלֹהִים אֹתָהּ וְלֹא חָשַׁכְתָּ אֶת-בְּנִךְ אֶת-יָחִי.
“Do not raise your hand against the boy, or do anything to
him. For now I know that you fear God, since you have not
withheld your son, your favored one, from Me.”

יג

ו

יִשְׂאֵא אֲבָרְהָם אֶת-עֵינָיו וַיֵּרָא וְהִנֵּה-אֵיל אַחֵר נֶאֱתָז בַּסִּבְּךְ:

22:13

When Abraham looked up, his eye fell upon a ram, caught in the thicket by its horns. So Abraham went and took the ram and offered it up as a burnt offering in place of his son.

יֵד

וְ

יִקְרָא אֲבִרָהֶם שֵׁם־הַמָּקוֹם הַהוּא יְהוָה | יִרְאֶה אֲשֶׁר

22:14

And Abraham named that site Adonai-yireh, whence the present saying, “On the mount of יהוה there is vision.”

*Baruch atah Havaya/Adonai
Eloheinu ruach ha'olam
asher natan lanu torat emet
v'chay'yei olam nata b'tochenu
Baruch atah Havaya/Adonai noten hatorah*

**Kiss: In the Presence of the Infinite
We are grateful for this revelation of Torah
and its Sacred Wisdom;
Eternal life is planted within.
Together, we honor our Source of Truths.**

בְּרוּךְ אַתָּה הוֹיָה
אֱלֹהֵינוּ רוּחַ הָעוֹלָם
אֲשֶׁר נָתַן לָנוּ תוֹרַת אֱמֶת
וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ
בְּרוּךְ אַתָּה הוֹיָה נוֹתֵן הַתּוֹרָה

*Misheberach avoteinu: Avraham,
Yitzchak v'Ya'akov*

Misheberach imoteinu:

*Sarah, Hagar, Rivka, Rachel, Leah,
Bilhah, and Zilpah*

**May the one who blessed our parents,
bless all of us on this holy day,
for climbing up all the way to mount Sinai,
in honor of this grand tale.**

מִי שֶׁבֵּרַךְ אֲבוֹתֵינוּ

אַבְרָהָם יִצְחָק וְיַעֲקֹב

מִי שֶׁבֵּרַךְ אִמּוֹתֵינוּ

שָׂרָה הָגָר רִבְקָה רָחֵל לֵאָה

בִּלְהָה זִלְפָּה

V'zot hatorah

asher sam Mosheh

lifnei b'nei Yisrael al pi Havaya/Adonai

b'yad Mosheh

וְזֹאת הַתּוֹרָה

אֲשֶׁר שָׂם מֹשֶׁה

לִפְנֵי בְנֵי יִשְׂרָאֵל עַל-פִּי הַיְיָ

בְּיַד מֹשֶׁה

**This scroll is our sacred story: Spoken and scribed,
by heart, by hand, from Sinai through Moses,
revealed again by us today.**

*Etz chayim hi lamachazikim bah
v'tom'cheha m'ushar*

עֵץ חַיִּים הִיא לַמַּחֲזִיקִים בָּהּ
וְתִמְכֶּיהָ מֵאֲשֹׁר

**The Torah is a Tree of Life to those
who cling to Her**

*D'racheha darchei noam
v'chol n'tivoteha shalom*

דַּרְכֶּיהָ דַּרְכֵי נֶעֱם
וְכָל נְתִיבוֹתֶיהָ שָׁלוֹם

**Blessed are her companions.
Her ways are ways of Kindness,
Her paths can lead us to Peace.**

*Hashivenu Havaya/Adonai
elecha v'nashuvah
chadesh yameinu k'kedem*

הַשִּׁיבֵנוּ הוֹיָה אֱלֹהֵינוּ וְנָשׁוּבָה

Turn and return,
face the Source of Life,
become renewed, as once before.

חֲדָשׁ יָמֵינוּ כְּקֶדֶם

LAB / SHUL

תִּקּוּן **TIKKUN**

Return to repair

HIGH HOLY DAYS OF AWE 2025 / 5786

NYC / ONLINE

Choose your preferred way to invest in our beloved community:



WEB: www.labshul.org/donate

CHECK: Storahtelling Lab/Shul, Inc.

VENMO: @labshul

ZELLE: hello@labshul.org



STOCK: Donate via appreciated stock - deduct the full fair market value + avoid any capital gains tax



INVESTMENTS: Direct your required minimum distribution from your IRA to Lab/Shul



BEQUEST: Pledge a gift from your estate that does not diminish your current assets



SHOFAR

791W

LISTEN

*Baruch atah Havaya/Adonai
eloheinu ruach ha'olam
asher kid'shanu b'mitz'vot'av,
v'tzi'vanu lish'moa kol shofar.*

בְּרוּךְ אַתָּה הוֹיָה
אֱלֹהֵינוּ רוּחַ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ לְשִׁמּוֹעַ קוֹל שׁוֹפָר

**Attune: In the Presence of the Infinite
we treasure our tradition,
rising to the ancient sound of the shofar.**

Tekia Shevarim T'ruah T'kiah

תְּקִיעָה שְׁבָרִים תְּרוּעָה תְּקִיעָה

תְּקִיעָה שְׁבָרִים תְּרוּעָה תְּקִיעָה

תְּקִיעָה שְׁבָרִים תְּרוּעָה תְּקִיעָה

Tekia Shevarim T'kiah

תְּקִיעָה שְׁבָרִים תְּקִיעָה

תְּקִיעָה שְׁבָרִים תְּקִיעָה

תְּקִיעָה שְׁבָרִים תְּקִיעָה

Tekia T'ruah T'kiah G'dolah

תְּקִיעָה תְּרוּעָה תְּקִיעָה

תְּקִיעָה תְּרוּעָה תְּקִיעָה

תְּקִיעָה תְּרוּעָה תְּקִיעָה גְּדוּלָּה

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

בְּרוּךְ אַתָּה הוֹיָה אֱלֹהֵינוּ רוּחַ הָעוֹלָם
שֶׁהַחַיָּנוּ וְקִיָּמָנוּ וְהִגִּיעָנוּ לְזֶמֶן הַזֶּה

**Pause: In the Presence of the Infinite,
we pause with gratitude for the journeys
that have brought us to the here and now.**

*Avinu malkeinu
chaneinu va'aneinu
ki ein banu ma'asim,
aseih imanu tz'dakah
vachessed v'hoshi'einu.*

**Our Parent, Our Creator,
Our Power, Our Source:
Respond to these prayers with compassion
for we have come broken, forgetting our good deeds.
May we be worthy of kindness, justice, and redemption.**

אָבִינוּ מַלְכֵנוּ
חַנּוּנוּ וְעֲנֵנוּ
כִּי אֵין בָּנוּ מַעֲשִׂים
עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד
וְהוֹשִׁיעֵנוּ

KADDISH

קדיש

REMEMBER

Yitgadal v'yitkadash sh'meih raba

B'al'ma di v'ra chiruteih

v'yamlich malchuteih

b'chayeichon uv'yomeichon

**May our lives reflect the greatness
of the Divine Name throughout the world,
sparks within the Process of Creation.**

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא

בְּעֲלָמָא דְּבָרָא כְּרַעוּתֵיהּ

וְיִמְלִיךְ מַלְכוּתֵיהּ

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן

*uv'chayei d'chol beit yisra'eil
ba'agala u'vizman kariv
v'imru amein*

**May the world be guided
by our highest aspirations,
soon, in our lifetimes.
And let us say, Amen.**

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל
בְּעֶגְלָא וּבְזִמָּן קָרִיב
וְאָמְרוּ אָמֵן

*Y'hei sh'meih raba m'varach l'alam ul'al'mei al'maya
Yit'barach v'yish'tabach v'yit'pa'ar
v'yit'romam v'yit'nasei v'yit'hadar v'yit'aleh v'yit'halal
sh'meih d'kud'sha b'rich hu*

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וּלְעָלְמֵי עָלְמַיָּא

יְתְבָרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרַמֵּם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא בְּרִיךְ הוּא

**May the Divine Name be known
as a Fountain of Blessings:
praised, honored, beautified, elevated, and exalted**

l'eila ul'eila

min kol birchata v'shirata

tush'b'chata v'nechemata

da'amiran b'al'ma v'imru amein

**beyond any song or description
that has ever been uttered.**

And let us say, Amen.

לְעֵלָא וּלְעֵלָא

מִן כָּל בִּרְכָתָא וְשִׁירָתָא

תְּשׁוּבָתָא וְנֶחֱמָתָא

דְּאָמְרוּן בְּעֵלְמָא וְאָמְרוּ אָמֵן

*Y'hei sh'lama raba min sh'maya,
v'chayim tovim aleinu
v'al kol yisra'eil v'al kol
yosh'vei teivel
v'imru amen*

**May an all-embracing peace
shower down from the heavens,
refreshing the lives
of all the people on earth.
And let us say, Amen.**

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא
וְחַיִּים טוֹבִים עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל
יוֹשְׁבֵי תֵיבֵל
וְאָמְרוּ אָמֵן

*Oseh shalom bim'romav
hu ya'aseh shalom aleinu
v'al kol yisra'eil
v'al kol yosh'vei teivel
v'imru amen*

**May the Source of Peace
inspire us to make peace
for ourselves, for our community,
and for all the people on earth.
And let us say, Amen.**

עֹשֶׂה שְׁלוֹם בְּמִרוֹמָיו
הוא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל
וְעַל כָּל יוֹשְׁבֵי תֵבֶל
וְאָמְרוּ אָמֵן

ALEINU

עָלֵינוּ

IT'S ON US



Dismantling Racism from the Inside Out

LAB / SHUL

תְּשׁוּבָה **TIKKUN**

Return to repair

HIGH HOLY DAYS OF AWE 2025 / 5786

NYC / ONLINE

Deep gratitude to the Composers of Today's Music:

Hareini M'kabel Alai - Circle Chant
Modeh Ani - Mordechai Twersky
Shachar Avakeshcha - Shlomo ibn Gabirol,
11th century, Sfaradi melody
Hallelu Psalm 150 - Galeet Dardashti
Hallelu Psalm 150 - Gabriel Meyer HaLevy
Achoth Ketana - Avraham Hazan Gerundi,
13th Century; Moroccan melody
Sunrise Singing - Rebekka Goldsmith
Yotzer Or - Laura Berkson
Chadesh Yameinu - Aviva Chernick
Sh'ma - Solomon Sulzer
I am Open - Eliana Light
We are the Ones - June Jordan, Bernice
Johnson Reagon

Shiviti - Lab/Shul
Zochreinu L'chayim - Armenian Folk
Ashamu Poem - Not Free to Desist
Ashamnu - Ashkenazi Folk
B'sefer Chayim - Lab/Shul Company
Tiftach Libi - Naomi Less, Matt Check
Eitz Chayim Hi - Tanchum Portnoy
Misheberach - Lab/Shul Company
Listen - Rebekka Goldsmith
Shehecheyanu - Lab/Shul Company
Aleinu - YofiYah
Oseh Shalom - Galeet Dardashti, based on
Kurdish folk song
Adon Haselichot - Sfaradi-Yerushalmi melody

Deep Gratitude to the Levitical Production Team

The Lab/Shul Staff

Ben Freeman
Stephanie Kane
Shira Kline
Amichai Lau-Lavie
Jackie Lebwohl
Naomi Less
Sylvie Nelson
Melissa Shaw
Stephen Silva
Sarah Sokolic
Lauren Stanton
Luis Mercedes Winter

Event Producer

Daniela Grafman &
Vision Events

Audio, Video & Photography

Jesi Kelley
Ali Levin
Zeke Winitsky

Production Staff

Taylor Ackerman
Ben Hawkins
Na'ama Keha
SC Event Staffing

Ritual Musicians

Jeremy Brown
Galeet Dardashti
Sabrina Hayeem-Ladani
Martin Shamoonpour
Eléonore Weill

Decor & Florals

Miles Dallas

Food & Beverage Sponsors

City Winery, NYC

With Gratitude To Our Friends and Partners at
Tribeca Performing Arts Center

Deep Gratitude to our High Holy Volunteers

High Holy Volunteer Leadership

Stephen Silva - Community Manager

Sarah Mullins - Lead Volunteer

Volunteers

Rishauna Zumberg, Rabbi Joanna Sussman, Nancy Batterman, Ricky Greenberg, Lori Benson. Brooke Berman, David Silverman & Family, Robert Williamson III, Sabrina Cartan , Brian Cartan, Anya Revah, Jake Friedman, Amanda Mandell, Avital Skyora, Fran Laura, Jesi Kelley, David Ford-Franke, Atara Gonias, Doris Borg, Lisa Haberman, Sandy Orlick, Victoria Messler, Emily Lambert Robins, Mimi Buegeleisen, Elisa Michel, Brooke Berman, Zohar Fuller, Maryse Pearce, Molly Weinberg, Zoe Adlersberg, Vikram Jagadish, Lauren Jacobs, Paul Adam AF OKB, Dina Friedman. Sami Plotkin & Max Ben-David, Aliza Kline, Maryam Chishti, Rhona Silverbush, Stephanie Kane

Deep Gratitude to our Year-Round Volunteer Leadership

The Lab/Shul Board of Directors

Todd Brecher, Peter Grayson, Karen Hauser, Kippy Joseph, Jen Pehr,
Lori Roth Gale, franny silverman, Ava Schlesinger

Finance & Operations Team

Todd Brecher
Natalie Cuchel
Karen Hauser
Lori Roth Gale

Marketing Team

Susan Popper

Programming Team

Larry Green
Jen Pehr
franny silverman

Governance Team

Peter Grayson
franny silverman

Revenue Generation Team

Carol Einhorn
Lori Roth Gale
Benjamin Krevolin
Kippy Joseph

Racial Equity And Action Delegation (READ)

Joan Beard
Ben Freeman
Jesi Kelly
Anne Kemper
Shira Kline
Luis Mercedes Winter
Alexis Ortiz
franny silverman
Ava Schlesinger

What's Next?

תשלוח TASHLICH THE RIVER RELEASE RITUAL



What's Next?



Wed Sept 24th



Sun Sept 28th



What's Next? Yom Kippur

Wednesday, October 1st

Time	Event	Location
7:00pm – 8:45pm	Kol Nidrei Yom Kippur Eve Ritual	In Person & Live Streamed

LAT SHUL
HIGH HOLY DAYS OF AWE
2025 / 5786

יק"ןTIKKUN
REUN IN FRONT

4 QUESTIONS + **COURAGEOUS CONVERSATIONS**
Taking Hard Issues Head-On

FOR THIS NEW JEWISH YEAR:
WHAT DOES IT FEEL LIKE TO BE JEWISH TODAY?

YOM KIPPUR EVE
WED OCT 1 | 9:15-10:30PM ET
IN PERSON • ONLINE

Immediately following the Kol Nidrei ritual and open to all who are joining us on this night.

What's Next? Yom Kippur

Thursday, October 2nd

Time	Event	Location
9:00am - 1:00pm(ish)*	Yom Kippur Day Ritual	In Person & Live Streamed
9:00am - 9:45am	Lab/Jr. Family-Friendly Ritual  <i>All ages welcome</i>	In Person
9:45am - 1:00pm	Lab/Jr. Programming for Age 0 – 8th Grade 	In Person
11:00am(ish)*	Storytelling: Torah Ritual Theater for Yom Kippur	In Person & Live Streamed
12:00pm(ish)*	Yizkor Memorial	In Person & Live Streamed
2:15pm - 3:30pm	Meet Rabbi Amichai and our artist-in-residence to discuss, "What Does Tikkun Teach Us?"	In Person & Live Streamed
2:15pm - 3:30pm	ReCollect/Yizkor: A Seasonal Kaddish Club Gathering	In Person & On Zoom
2:15 - 3:30pm	Being With and the Action of Repair <i>A Meditation with Senseis Koshin Paley Ellison and Robert Chodo Campbell of the New York Zen Center for Contemplative Care</i>	In Person & Live Streamed
4:30 - 5:30pm	All Faith Atonement Rally for Justice and Peace	In Person

Ways to Gather: throughout 5786



5786: Rites of Passage, Relmaged



*Baruch atah Havaya/Adonai
Eloheinu ruach ha'olam,
borei p'ri ha'gafen*

בָּרוּךְ אַתָּה הוֹיָה
אֱלֹהֵינוּ רוּחַ הָעוֹלָם
בוֹרֵא פְּרִי הַגָּפֶן

**Toast! In the Presence of the Infinite,
we savor the blessing of transformation: vine to wine.**

*Baruch atah Havaya/Adonai
Eloheinu Ruach ha'olam,
hamotzi lechem min ha'aretz.*

בָּרוּךְ אַתָּה הוֹיָה
אֱלֹהֵינוּ רוּחַ הָעוֹלָם
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ

**Taste: In the Presence of the Infinite, we are
grateful for the earth that sustains us with bread,
and for every hand that works to feed us.**

*Baruch atah Havaya/Adonai
Eloheinu ruach ha'olam
borei p'ri ha'etz*

בָּרוּךְ אַתָּה הוֹיָה
אֱלֹהֵינוּ רוּחַ הָעוֹלָם
בוֹרֵא פְּרִי הָעֵץ

**Dip: In the Presence of the Infinite,
we are grateful for the trees and the bees,
the fruit and the honey,
and every hand that works to feed us**

Y'varech'cha Havaya/Adonai v'yishm'recha

*Ya'er Havaya/Adonai panav elecha
viy'chuneka*

*Yisa Havaya/Adonai panav elecha,
v'yasem l'cha shalom*

יְבָרְכְךָ הוֹיָה וְיִשְׁמְרְךָ

יֵאֵר הוֹיָה פָנָיו אֵלֶיךָ וְיַחְנֶנְךָ

יִשָּׂא הוֹיָה פָנָיו אֵלֶיךָ וְיַשֵּׁם לְךָ שָׁלוֹם

From Above and Below, from Within and Beyond:

Be Blessed, be Protected.

May You Grow and Glow in the Grace of Eternal Radiance,

Lit Up with Love.

Face to Face with Divine Mystery, Be Ever Present,

and Be Blessed with Peace.

LAB / SHUL

TIKKUN

5786: RETURN TO REPAIR

SHANA TOVA

תשפ"ו: שנה של תיקון לטובה

HIGH HOLY DAYS OF AWE 2025 / ימים נוראים 5786