

LAB / SHUL

תשובה
TIKKUN

Return to repair

HIGH HOLY DAYS OF AWE 2025 / 5786

NYC / ONLINE

Last night, as I was sleeping,
I dreamt — marvelous error! —
that I had a beehive
here inside my heart.
And the golden bees
were making white combs
and sweet honey
from my past mistakes.

— Antonio Machado

To everything.. Turn Turn Turn
There is a season.. Turn Turn Turn
And a time to every
purpose under heaven

A time to be born, a time to die

A time to plant, a time to reap

A time to kill, a time to heal

A time to laugh, a time to weep

To everything.. Turn Turn Turn
There is a season.. Turn Turn Turn
And a time to every
purpose under heaven

A time to build up,

A time to break down

A time to dance, a time to mourn

A time to cast away stones

A time to gather stones together

To everything.. Turn Turn Turn
There is a season.. Turn Turn Turn
And a time to every
purpose under heaven

A time of love, a time of hate
A time of war, a time of peace
A time you may embrace
A time to refrain from embracing

To everything.. Turn Turn Turn
There is a season.. Turn Turn Turn
And a time to every
purpose under heaven

A time to gain, a time to lose
A time to rend, a time to sew
A time for love, a time for hate
A time for peace
I swear it's not too late

To everything.. Turn Turn Turn
There is a season.. Turn Turn Turn
And a time to every
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تعالوا نضيئ شمعات السلام امه واحده وطلب واحد: خصوصاً الان, في هذه الايام, ايام البكاء الكبري, في الايام المقدسة لديانتنا, في يوم الجمعة ومساء السبت, نضيئ في كل بيت شمعة للسلام : شمعة تطالب بوجه المستقبل, ووجه الانسان. شمعة تنتصر على الحدود والرعب من بيوت عائلاتنا وبيوت صلواتنا , نضيئ احداً للآخر , والشموع تكون البروج الى ارواحنا حتى نصل لمعبد السالم. ابتسام محاميد
متار العاد- ابلابوم

Two mothers, one plea:

Now, more than ever, during these days of so much crying, on the day that is sacred to both our religions, Friday, Sabbath Eve, let us light a candle in every home – for peace: A candle to illuminate our future, face to face, A candle across borders, beyond fear. From our family homes and houses of worship Let us light each other up, Let these candles be a lighthouse to our spirit Until we all arrive at the sanctuary of peace.

בואו נאיר נרות שלום שתי אמהות ובקשה אחת: שדווקא עכשיו, בימי הבכייה הגדולה האלה, בימים המקודשים לדתות שלנו, בשישי ובערב שבת, נדליק בכל בית נר לשלום: נר שמבקש פני עתיד, פני אדם. נר שצולח גבולות ואימה. מבתי המשפחות ומבתי התפילה שלנו נאיר זה לזה והנרות יהיו מגדלור לרוחנו עד שנבוא אל היכל השלום.

*Baruch atah Havaya/Adonai Eloheynu ruach ha'olam
asher kidshanu b'mitsvotav v'tsivanu
l'hadlik ner shel yom tov*

בָּרוּךְ אַתָּה הוֹיָה אֱלֹהֵינוּ רוּחַ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְהַדְלִיק נֵר שֶׁל יוֹם טוֹב

**Spark: In the Presence of the Infinite,
we treasure our sacred tradition
as we ignite the light of this sacred festival night.**

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

בָּרוּךְ אַתָּה הוֹיָה יְהוָה 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 here and now.**


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How do I strive for tikkun
within me?

Bar'chu et Havaya/Adonai ham'vorach

בְּרַכּוּ אֶת הוֹיָהּ הַמְבָרֵךְ

Bow: In each other we discover the Divine.

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

בָּרוּךְ הוֹיָה ^{יְהוָה} הַמְּבָרֵךְ לְעוֹלָם וָעֶד

Bow: As we bless, so we are blessed.

Ma'arivah Aravim מַעְרִיבָה עֶרֶבִים

Notice the endless cycles of Creation:

A breath: In the Presence of the Infinite,
we watch with awe as today becomes tonight,
like a word exhaled.

Wisdom opens every gate;
the change of seasons brings understanding.
Time and space and stars move
with meaning and purpose

Ma'arivah Aravim מַעְרִיבָה עֶרְבִים

Notice the endless cycles of Creation:

**Notice the endless Process of Creation:
day becomes night,
light rolls from darkness,
dawn rises, again and again.
Each change a manifestation of the
Soul of the Universe.**

Ma'arivah Aravim מַעְרִיבָה עֶרֶבִים

Notice the endless cycles of Creation:

*Eil chai v'kayam, tamid
yim'loch aleinu l'olam va'ed.
Baruch atah Havaya/Adonai,
hama'ariv aravim.*

May we be guided now, as always
by Living and Eternal Mystery.
In the Presence of the Infinite,
we are blessed by this and every evening.

אֵל חַי וְקַיָּם תָּמִיד
יִמְלֹךְ עָלֵינוּ לְעוֹלָם וָעֶד
בָּרוּךְ אַתָּה הוֹיָה
הַמַּעֲרִיב עֶרְבִים

And I find my heart
Infinite

And I find my heart
Infinite and Everywhere

*V'ahavt'cha
al tasir mimenu
l'olamim*

וְאַהֲבַתְךָ אֵל
תִּסֵּיר מִמֶּנּוּ
לְעוֹלָמִים

This Love we feel, is Everpresence.

*Baruch atah Havaya/Adonai
habocheir banu b'ahavah*

בָּרוּךְ אַתָּה הוֹיָה הַבּוֹחֵר בָּנוּ בְּאַהֲבָה

Choose: In the Presence of the Infinite,
we are grateful for for choosing to live this life,
with love.

SHEMA

שמע

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.**

And I find my heart Infinite and Everywhere

V'ahavta et Havaya/Adonai elohecha

b'chol l'vav'cha

uv'chol nafsh'cha

uv'chol m'odecha

וְאַהַבְתָּ אֶת הוֹיָה אֱלֹהֶיךָ

בְּכָל לֵבְבְךָ

וּבְכָל נַפְשְׁךָ

וּבְכָל מַאֲדְךָ

And let us love the Source of Life

with all our heart

with all our soul

with all our being

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

וְהָיוּ הַדְּבָרִים הָאֵלֶּה
אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם
עַל לְבָבְךָ

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

*V'shinan'tam l'vanecha
v'dibarta bam
b'shivt'cha b'veitecha
uv'lecht'cha vaderech
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.**

וְשִׁנַּנְתֶּם לְבָנֵיכֶם
וְדַבַּרְתֶּם בָּם
בְּשִׁבְתְּכֶם בְּבֵיתְכֶם
וּבְלַחְתְּכֶם בַּדֶּרֶךְ
וּבְשֹׁכְבְּכֶם וּבְקוּמְכֶם

*Uk'shar'tam l'ot al yadecha
v'hayu l'totafot bein einecha
uch'tav'tam al m'zuzot
beitecha uvisharecha*

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

וְקִשְׂרֵתָם לְאוֹת עַל יָדְךָ
וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ
וְכָתַבְתָּם עַל מְזֻזוֹת
בֵּיתְךָ וּבִשְׁעָרֶיךָ

Ufros aleinu

sukat sh'lomecha

v'tak'neinu b'eitzah tovah

milfanecha

v'hoshi-einu

וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ

וְתַקְּנֵנוּ בְּעֶצָה טוֹבָה

מִלְּפָנֶיךָ וְהוֹשִׁיעֵנוּ

Each and every evening is a privilege. We are grateful for the Love that protects us from below and shelters us from above. We are delivered with repair and wise council.

*v'hoshi-einu l'maan sh'mecha
v'hagein baadeinu,
v'haseir mei-aleinu
oyeiv, dever, v'cherev, v'raav, v'yagon,
v'haser Satan milfaneinu uma'achareinu.*

וְהוֹשִׁיעֵנו לְמַעַן שְׁמֶךָ וְהַגֵּן בְּעַדָּנוּ.
וְהַסֵּר מֵעֲלֵינוּ אוֹיֵב
דָּבָר וְחָרֵב וְרָעָב וְיָגוֹן
וְהַסֵּר שָׁטָן מִלְּפָנֵינוּ וּמֵאַחֲרֵינוּ

**Let us be protected from fear and hate,
from disease and despair, accident, enemies, and wars;
may we be safe from violence, within and beyond,
and may we come and go in peace.**

*Baruch atah Havaya/Adonai
haporeis sukat shalom aleinu
v'al kol amo Yisrael
v'al kol yoshvey teyvel
v'al Yerushalayim
v'al ha'olam*

**In the Presence of the Infinite,
Let a shelter of peace extend over Jerusalem,
our community, and all the people of earth.**

בָּרוּךְ אַתָּה הוֹיָה
הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ
וְעַל כָּל עַמּוֹ יִשְׂרָאֵל
וְעַל כָּל יוֹשְׁבֵי תֵבֶל
וְעַל יְרוּשָׁלָּיִם
וְעַל הָעוֹלָם

*Tik'u ba'chodesh shofar
ba'ke'seh l'yom cha'genu*

תִּקְעוּ בַּחֹדֶשׁ שׁוֹפָר
בַּכֶּסֶה לַיּוֹם חַגֵּנוּ

**Blast the shofar on each new moon
this night of the hidden crescent,
honoring our holy day**

AMIDAH

תפילת עמידה

RISE

Shiviti Havaya/Adonai l'negdi tamid

שְׁוִיטִי הַוַיָּה לְנֶגְדִי תָמִיד

Be Here:
Everpresence
Face to Face
Forever/Now

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

בָּרוּךְ אַתָּה הוֹיָה אֱלֹהֵינוּ
יְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ
אֱלֹהֵי אַבְרָהָם אֱלֹהֵי יִצְחָק
וְאֱלֹהֵי יַעֲקֹב
אֱלֹהֵי שָׂרָה אֱלֹהֵי רִבְקָה
וְאֱלֹהֵי זֵלְפָּה וְאֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה בְּלָקָה

**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 וְקִנְיָה הַכֹּל
וְזוֹכֵר חֲסָדֵי אָבוֹת וְאַמָּהוֹת
וּמְבִיא גְאֻלָּה לְבָנָי בְּנֵיהֶם
לְמַעַן שְׁמוֹ בְּאַהֲבָה

*Zoch'reinu l'chayim
ruach chafeitz ba'chayim
v'chot'venu b'seifer ha'chayim
l'ma'ancha elohim chayim*

**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.**

זְכוּרֵנוּ לְחַיִּים
רוּחַ חָפֵץ בַּחַיִּים
וְכוֹתִבֵנוּ בְּסֵפֶר הַחַיִּים
לְמַעַנְךָ אֱלֹהִים חַיִּים



*To everything.. Turn Turn Turn
There is a season.. Turn Turn Turn
And a time to every
purpose under heaven*

*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 ha'tal*

אַתָּה גִבּוֹר לְעוֹלָם הַיּוֹהָה

מְחַיֶּה כָּל חַי אַתָּה רַב לְהוֹשִׁיעַ

מוֹרִיד הַטֶּל

**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,
u'matir asurim, um'kayeim
emunato li'sheinei afar*

מְכַלְכֵּל חַיִּים בְּחֶסֶד
מְחַיֶּה כָּל חַי בְּרַחֲמִים רַבִּים
סוֹמֵךְ נוֹפְלִים וְרוֹפֵא חוֹלִים
וּמַתִּיר אֲסוּרִים וּמְקַיֵּם 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 chamocha av ha'rachamim
zocheir y'tzurav l'chayim b'rachamim*

מִי כְמוֹךָ 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 meitim

Baruch atah Havaya/Adonai, m'chayeh kol chai

וְנֶאֱמַן אַתָּה לְהַחְיֹת מֵתִים

בְּרוּךְ אַתָּה הוֹיָה מְחַיֶּה כָּל חַי

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



*B'sefer chayim b'rachah v'shalom
u'farnasah tovah
nizacheir v'nechatev l'fanecha
anachnu v'chol
am'cha beit yisra'eil
l'chayim tovim ul'shalom*

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

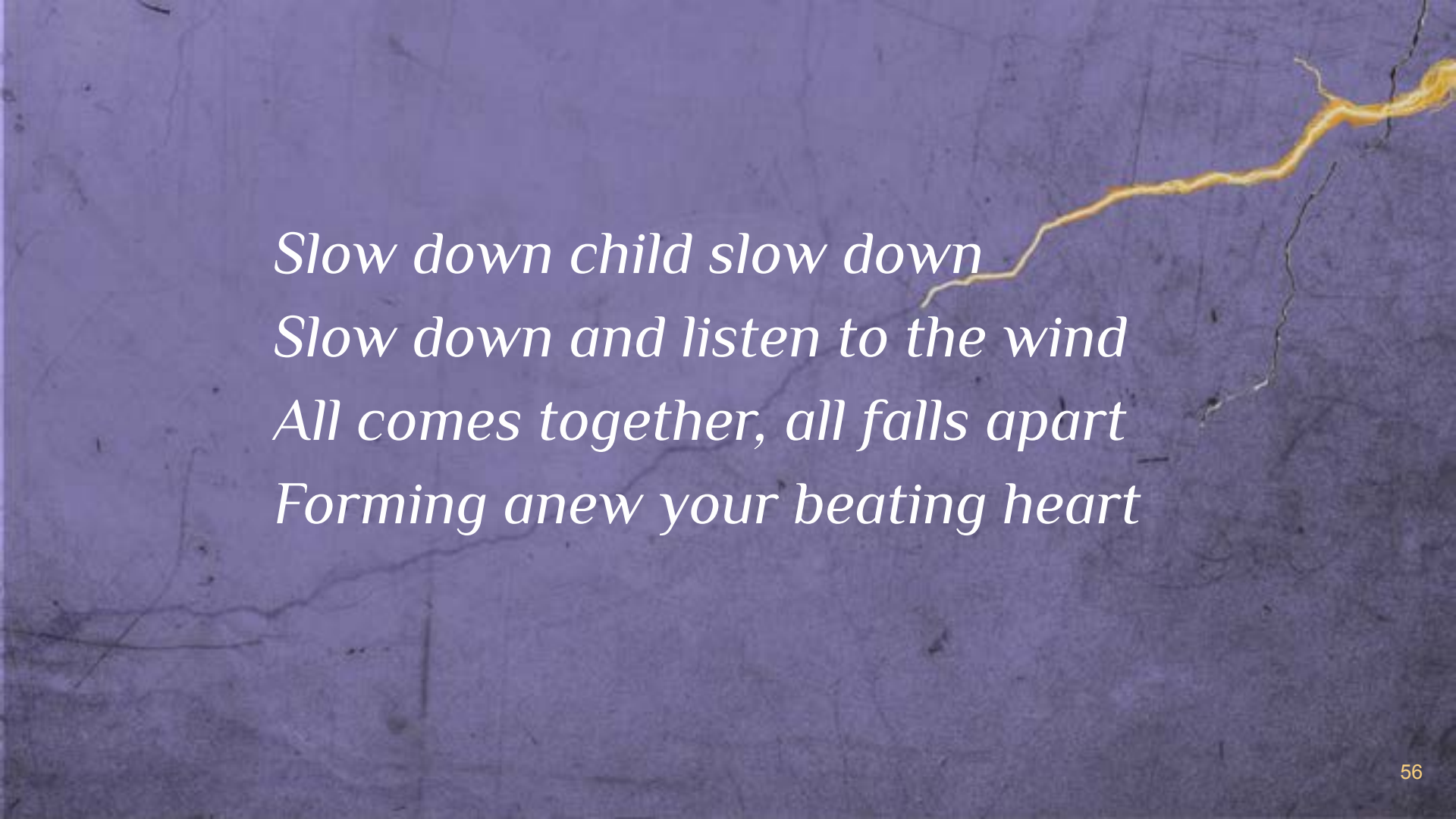
**Let the Book of Life and Blessing,
Prosperity and Love, be opened wide.
May our community, and all of creation,
be inscribed for a good and peaceful year.**

*Baruch atah Havaya/Adonai
oseh hashalom*

בָּרוּךְ אַתָּה הוֹיָה
עוֹשֶׂה הַשְׁלָוִם

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





*Slow down child slow down
Slow down and listen to the wind
All comes together, all falls apart
Forming anew your beating heart*

*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

*Yit'gadal v'yitkadash sh'meih raba
B'al'ma di v'ra chiruteih
v'yamlich malchuteih
b'chayeichon uv'yomeichon*

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא

בְּעַלְמָא דְּבְרָא כְּרַעוּתֵיהּ

וְיִמְלִיךְ מַלְכוּתֵיהּ

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן

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

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

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל
בְּעֶגְלָא וּבְזִמָּן קָרִיב
וְאָמְרוּ אָמֵן

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

*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*

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

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ
לְעָלָם וּלְעָלְמֵי עָלְמַיָּא
יְתְבָרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר
וְיִתְרַמֵּם וְיִתְנַשֵּׂא וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְּקֻדְשָׁא בְּרִיךְ הוּא

*l'eila ul'eila min kol birchata v'shirata
tush'b'chata v'nechemata da'amiran
b'al'ma v'imru amein*

לְעֵלָא וּלְעֵלָא מִן כָּל בִּרְכָתָא וְשִׁירָתָא

תְּשׁוּבָתָא וְנֶחֱמָתָא

דְּאָמִירָן בְּעֵלְמָא וְאָמְרוּ אָמֵן

**beyond any song or description
that has ever been uttered.
And let us say, Amen.**

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

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא

וְחַיִּים טוֹבִים עָלֵינוּ

וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵבֶל

וְאָמְרוּ אָמֵן

May an all-embracing peace

shower down from the heavens,

refreshing the lives of all the people on earth.

And let us say, Amen.

*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 בְּמְרוֹמָיו
הוא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל
וְעַל כָּל יוֹשְׁבֵי תֵבֶל
וְאָמְרוּ אָמֵן

As I walk along this very narrow bridge
I will not be afraid
knowing You are with me

As I walk along this very narrow bridge
I will not fear
knowing You are near

ALEINU

עָלֵינוּ

IT'S ON US

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:



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VENMO: @labshul

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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



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Deep gratitude to the composers of tonight's music:

Turn, Turn, Turn - Pete Seeger

High Holy Day Niggun - Ashkenazi traditional

Shehecheyanu - Lab/Shul Company

Ma'arivah Aravim - Kohenet Taya Mâ

Infinite and Everywhere - Rebekka Goldsmith

Ufros - Zach Fredman, Shir Yaakov

Tik'u - Jessi Roemer

Shiviti - Lab/Shul Company

B'Sefer Chayim - Lab/Shul Company

The Mother's Response - Kohenet Riv Shapiro

Avinu Malkeinu - Ashkenazi traditional

Aleinu - YofiYah

Narrow Bridge - Yosef Goldman

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
Martin Shamoopour
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, Lori Roth Gale, Karen Hauser, Kippy Joseph, Jen Pehr,
Ava Schlesinger, franny silverman

Finance & Operations Team

Todd Brecher
Natalie Cuchel
Lori Roth Gale
Karen Hauser

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
Kippy Joseph
Benjamin Krevolin

Racial Equity And Action Delegation (READ)

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

What's Next? Rosh Hashanah Day

Tuesday, September 23rd

Time	Event	Location
9:00am – 12:30pm(ish)*	Rosh Hashanah Day Ritual	In Person & Live Streamed
9:00am – 9:45am	Lab/Jr. Family-Friendly Ritual  All ages welcome	In Person
9:45am – 12:30pm	Lab/Jr. Programming for Ages 0-13 	In Person
11:00am(ish)*	Storahtelling: Torah Ritual Theater for Rosh Hashanah	In Person & Live Streamed
12:00pm(ish)*	Shofar	In Person & Live Streamed
1:00pm – 1:30pm	Kiddush: Hugs & Honey, Challah & Wine	In Person
1:30pm-2:30pm	Tashlich Ritual at the River Ready to let go of last year in order to fully embrace this one? Join us after morning ritual at TPAC in our annual tradition of processing to Rockefeller Park to shed last year's attachments with focused intention, music, and joy.	In Person

What's Next?

תשליוך 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

LAV SHUL
HIGH HOLY DAYS OF AWE
2025 / 5786

TIKKUN
RENEW IN TRUTH

4 QUESTIONS + **COURAGEOUS CONVERSATIONS**
Taking Hard Issues Positive



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)*	Storahelling: 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.*

בְּרוּךְ 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**

Kol ha'olam kulo

כָּל הָעוֹלָם כָּלוֹ

Gesher tzar m'od

גֶּשֶׁר צָר מְאֹד

Kol ha'olam hu gesher tzar

כָּל הָעוֹלָם הוּא גֶּשֶׁר צָר

V'haikar v'haikar

וְהַעִיקָר וְהַעִיקָר

Lo lefached klal

לֹא לִפְחָד כָּלֵל, לֹא לִפְחָד

Lo lefeched

**The whole world is a very narrow bridge,
but the important thing is not to fear at all.**

LAB / SHUL

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5786: RETURN TO REPAIR

SHANA TOVA

תשפ"ו: שנה של תיקון לטובה

HIGH HOLY DAYS OF AWE 2025 / ימים נוראים 5786