

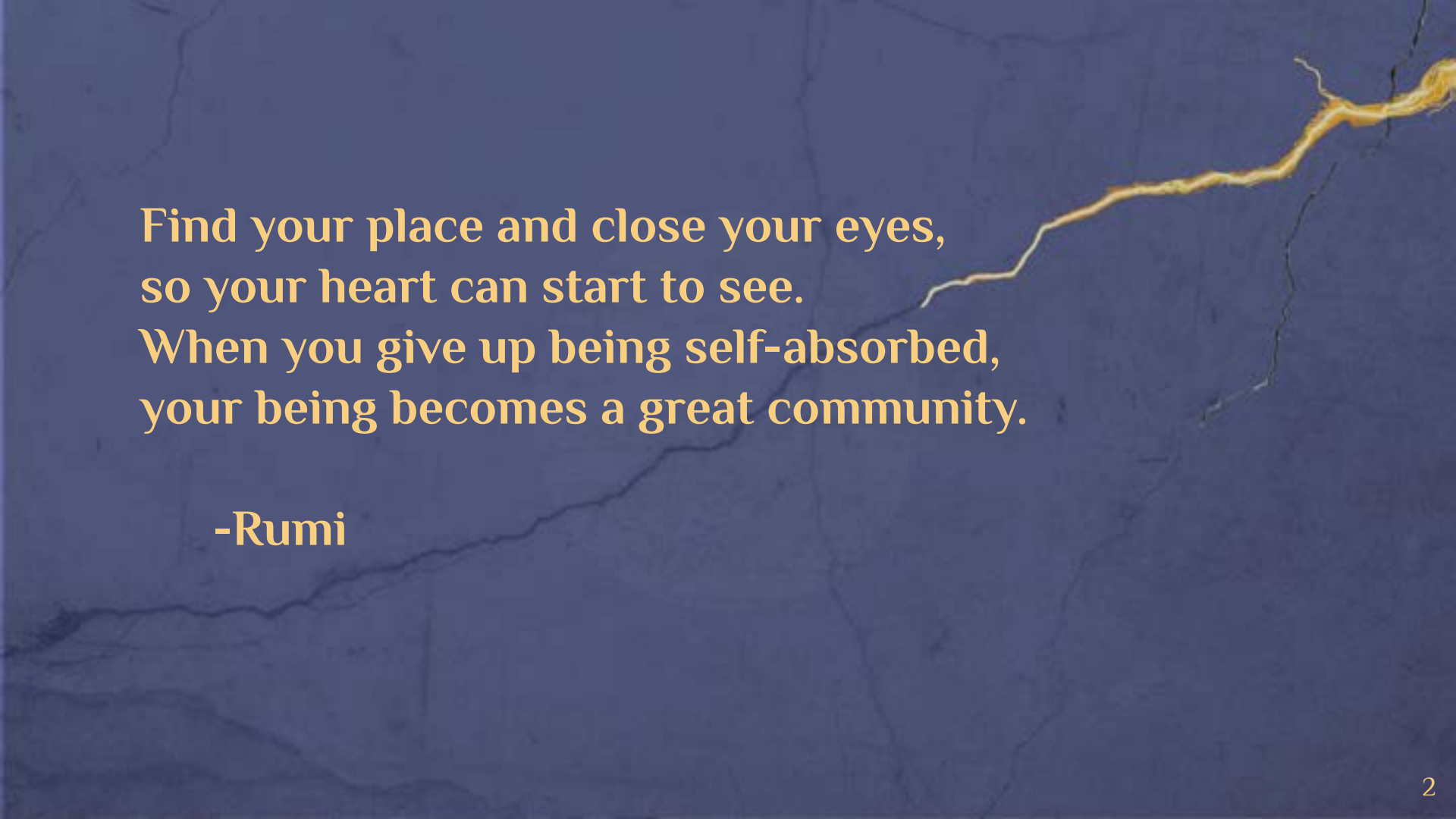
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HIGH HOLY DAYS OF AWE 2025 / 5786

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Find your place and close your eyes,
so your heart can start to see.
When you give up being self-absorbed,
your being becomes a great community.

-Rumi



Lost as we feel, there is no better
Compass than compassion.
We find ourselves not by being
The most seen, but the most seeing.

- Amanda Gorman, Compass

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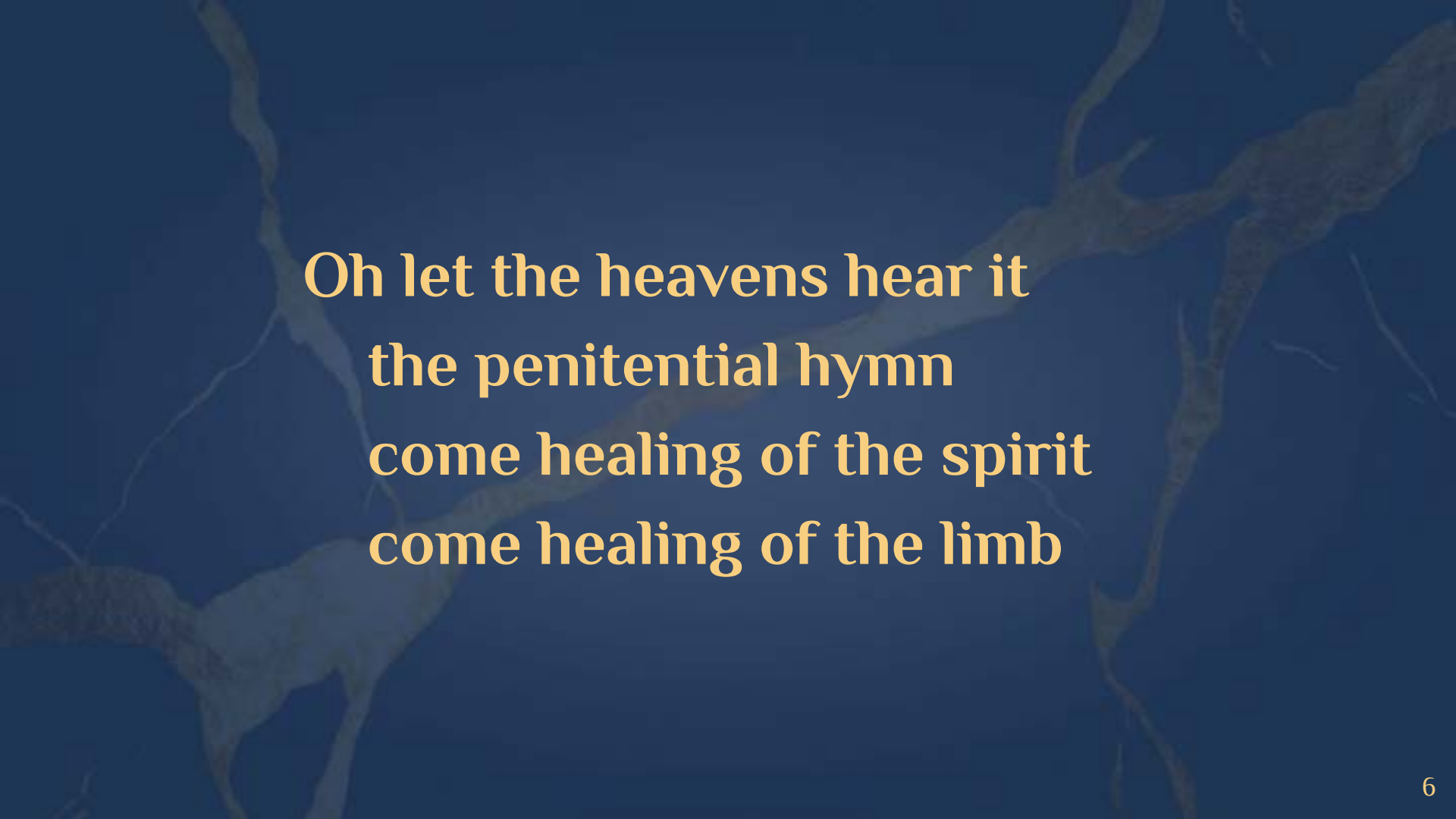
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Oh gather up the brokenness
and bring it to me now
the fragrance of those promises
you never dared to vow

oh solitude of longing
where love has been confined
come healing of the body
come healing of the mind



Oh let the heavens hear it
the penitential hymn
come healing of the spirit
come healing of the limb

Oh gather up the brokenness
and bring it to me now
the fragrance of those promises
you never dared to vow

oh solitude of longing
where love has been confined
come healing of the body
come healing of the mind

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تعالوا نضيئ شمعات السلام امةً واحدة وطلب واحد: خصوصاً الان, في هذه الايام, ايام البكاء الكبري, في الايام المقدسة لديانتيانا, 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-ايلباوم

Two mothers, one plea:

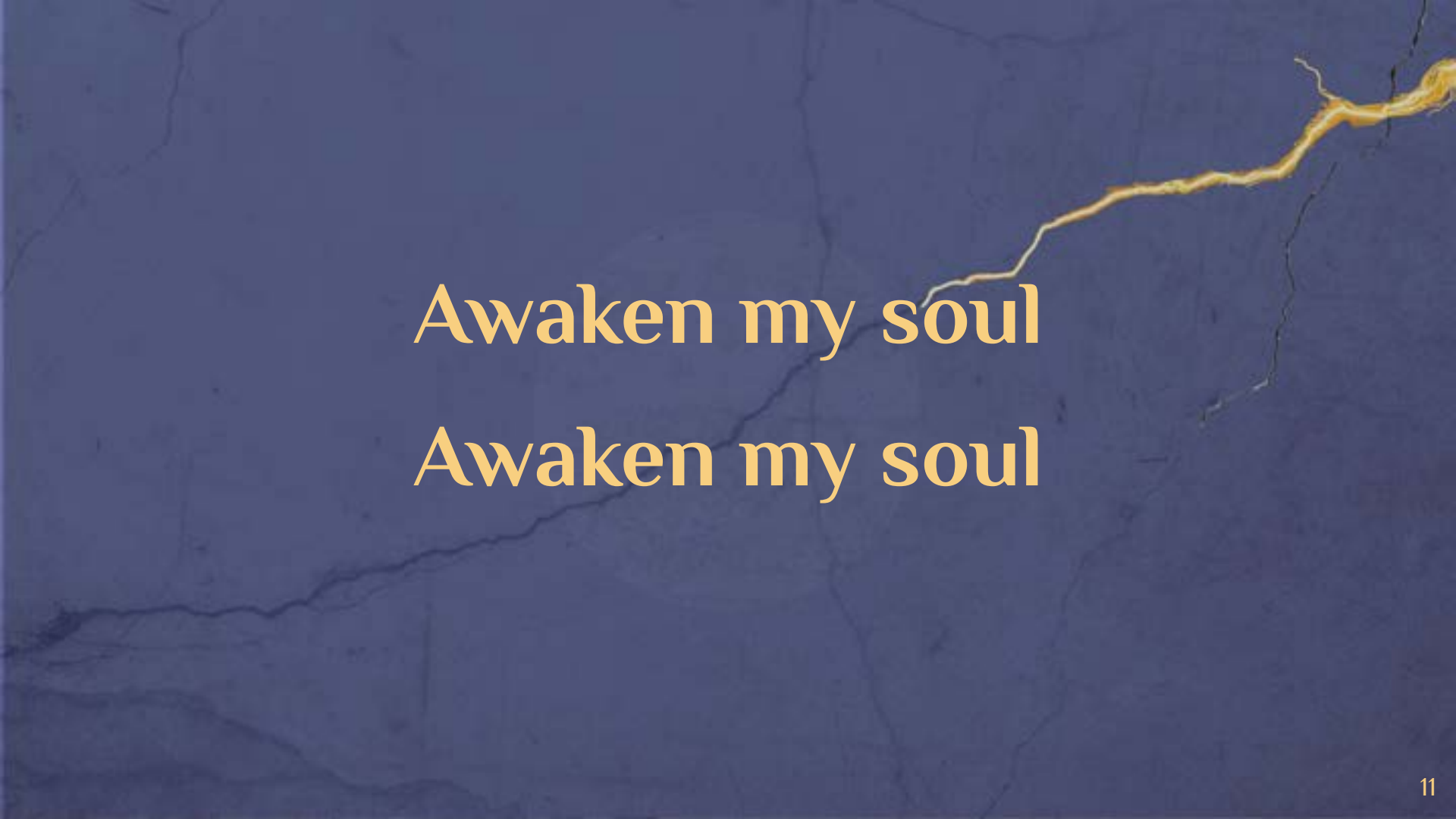
Now, more than ever, during these days of so much crying, on these sacred days, let us light a candle in every home – for peace: A candle to illuminate our future, face to face, A candle across borders, beyond fear. From our family homes and houses of worship Let us light each other up, Let these candles 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 האלה נדליק בכל בית נר ללדתות שלום: 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 Eloheinu ruach ha'olam
asher kid'shanu b'mits'votav v'tsivanu
l'hadlik ner shel Yom Tov.*

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

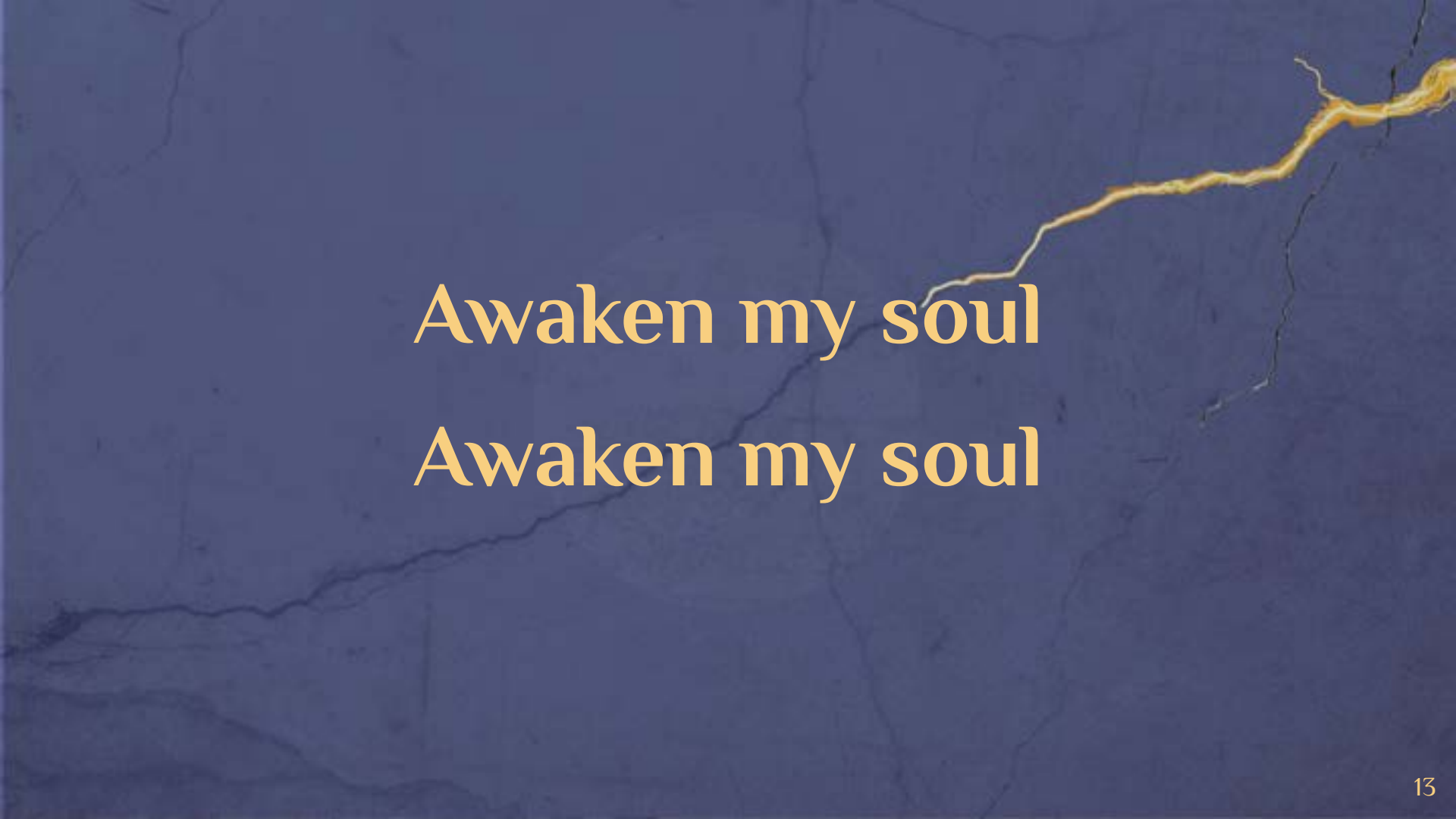
**Spark: In the Presence of the Infinite,
we treasure our sacred tradition,
as we ignite the light of this holy day.**



Awaken my soul
Awaken my soul



And every time
We fall again
We remind ourselves
That we can mend



Awaken my soul
Awaken my soul

KOL NIDREI

כל נדרי

ALL VOWS

*Bishivah shel malah u'vshivah shel matah,
al da'at hamakom v'al da'at hakahal,
anu matirin l'hitpaleil im ha'avar'yanim.*

בִּישִׁיבָה שֶׁל מַעַלָּה וּבִישִׁיבָה שֶׁל מַטָּה
עַל דַּעַת הַמָּקוֹם וְעַל דַּעַת הַקָּהָל
אָנוּ מַתִּירִין לְהִתְפַּלֵּל עִם הָעֲבָרְיָנִים

**By the authority of the Court above us
and consent from the community around us,
we say out loud: We have all transgressed.
We are all permitted to pray.**

Kol nidrei

ve'esa'rei va'cha'ramei, v'kona'mei

v'chinu'yei, v'kinu'sei ush'vu'ot

dindarna ud'ish'tabana

ud'acha'reim'na v'di'asar'na

al naf'sha'tana

All vows, oaths, and promises

Which we made to our Deepest Source

and to others

but were not able to fulfill,

כָּל נִדְרֵי

וְאֶסְרֵי וַחֲרָמֵי וְקוֹנָמֵי

וְכַנּוּיֵי וְקִנּוּסֵי וְשְׁבוּעוֹת

דְּאֵנְדְּרָנָא וְדְּאֶשְׁתַּבְּעָנָא

וְדְּאֶחָרִימָנָא וְדְּאֶסְרָנָא

עַל נַפְשָׁתָנָא

*miyom kipurim sh'avar
ad yom kipurim zeh
aleinu l'tovah
kul'hon icha'rat'na v'hon*

מִיּוֹם כִּפּוּרִים שְׁעָבַר
עַד יוֹם כִּפּוּרִים זֶה
עָלֵינוּ לְטוֹבָה
כָּלֵהוֹן אַחֲרֵטָנָא בְּהוֹן

**from last Yom Kippur to this Yom Kippur:
May all these vows, oaths, and promises be annulled.**

*Kulhon y'hon sharan
sh'vikin sh'vitin
b'teilin um'vu'talin
la sh'ririn v'la kayamin*

כָּלֵהוֹן יְהוֹן שָׂרֹן
שְׂבִיקִין שְׂבִיתִין
בְּטֵלִין וּמְבֻטָּלִין
לֹא שְׂרִירִין וְלֹא קַיָּמִין

**May they be voided and of no effect.
May we be forgiven for them and released from them.
May these vows not be considered vows,**

*Nid'rana la nidrei
ve'esa'rana la esarei
ush'vu'atana la sh'vuot*

נִדְרָנָא לֹא נִדְרֵי
וְאֶסְרָנָא לֹא אֶסְרֵי
וְשְׁבוּעָתָנָא לֹא שְׁבוּעוֹת

**May these oaths not be considered oaths,
and may these promises not be considered
promises.**

All vows, oaths, and promises
Which we made to our Deepest
Source and to others
but were not able to fulfill,
from last Yom Kippur to this
Yom Kippur:

**May all these vows, oaths, and
promises be annulled.**

May they be voided and of no effect.
May we be forgiven for them
and released from them.
May these vows
not be considered vows

**May these oaths
not be considered oaths,
and may these promises
not be considered promises.**

Kol nidrei

ve'esa'rei va'cha'ramei, v'kona'mei

v'chinu'yei, v'kinu'sei ush'vu'ot

dindarna ud'ish'tabana

ud'acha'reim'na v'di'asar'na

al naf'sha'tana

All vows, oaths, and promises

Which we made to our Deepest Source

and to others

but were not able to fulfill,

כָּל נִדְרֵי

וְאֶסְרֵי וַחֲרָמֵי וְקוֹנָמֵי

וְכַנּוּיֵי וְקִנּוּסֵי וְשְׁבוּעוֹת

דְּאִנְדָּרְנָא וְדִאֲשְׁתַּבְּעָנָא

וְדִאֲחֲרִימָנָא וְדִאֲסָרְנָא

עַל נַפְשָׁתָנָא

*miyom kipurim sh'avar
ad yom kipurim zeh
aleinu l'tovah
kul'hon icha'rat'na v'hon*

מִיּוֹם כְּפוּרִים שֶׁעָבַר
עַד יוֹם כְּפוּרִים זֶה
עָלֵינוּ לְטוֹבָה
כָּלֵהוֹן אַחֲרֵטָנָא בְּהוֹן

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*Kulhon y'hon sharan
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b'teilin um'vu'talin
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כָּלֵהוֹן יְהוֹן שָׂרָן
שְׂבִיקִין שְׂבִיתִין
בְּטֵלִין וּמְבֻטָּלִין
לֹא שְׂרִירִין וְלֹא קַיָּמִין

**May they be voided and of no effect.
May we be forgiven for them and released from them.
May these vows not be considered vows,**

*Nid'rana la nidrei
ve'esa'rana la esarei
ush'vu'atana la sh'vuot*

נִדְרָנָא לָא נִדְרֵי
וְאֶסְרָנָא לָא אֶסְרֵי
וְשְׁבוּעָתָנָא לָא שְׁבוּעוֹת

**May these oaths not be considered oaths,
and may these promises not be considered
promises.**



Null and void.
We release and we let go.

*Baruch ata Havaya/Adonai Eloheinu ruach ha'olam
shehechianu v'ki'yimanu, v'higi'anu lazman hazeh*

בְּרוּךְ אַתָּה הוֹיֵה ^{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 the here and now.**

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Choose your preferred way to invest in our beloved community:



WEB: www.labshul.org/donate

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



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



Bar'chu et Havaya/Adonai ham'vorach

בָּרְכוּ אֶת הוֹיָה ^{יְהוָה} הַמְּבֹרָךְ

**Bow: In each other
we discover the Divine.**

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

בָּרוּךְ הוּא יְהוָה הַמְבָרֵךְ לְעוֹלָם וָעֶד

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



El Chai

Chai v'kayam tamid

Chai v'kayam

V'kayam tamid

אֵל חַי וְקַיָּם תָּמִיד

**Notice the endless Process of Creation:
Each change a manifestation of the Soul
of the Universe.**

*Baruch atah Havaya/Adonai,
Eloheinu ruach ha'olam
asher bid'varo ma'ariv
aravim*

בְּרוּךְ אַתָּה הוֹיָה
אֱלֹהֵינוּ רוּחַ הָעוֹלָם
אֲשֶׁר בִּדְבָרוֹ מַעְרִיב
עֲרָבִים

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

*b'choch'mah potei-ach sh'arim uvitvunah
m'shaneh itim
umachalif et haz'manim
um'sadeir et hakochavim
b'mishm'roteihem baraki-a kirtzono.*

בְּחֹכְמָה פִּתְּחָה שְׁעָרִים
וּבְתִבּוּנָה מְשַׁנָּה עֲתִים
וּמַחְלִיף אֶת הַזְּמָנִים
וּמַסִּידֵר אֶת הַכּוֹכָבִים
בְּמִשְׁמְרוּתֵיהֶם בְּרָקִיעַ כְּרָצוֹנוֹ

**Wisdom opens every gate;
the change of seasons
brings understanding.**

**Time and space and stars move
with meaning and purpose.**

*Borei yom valay'lah
goleil or mip'nei choshech
v'choshech mip'nei or.
Uma-avir yom umeivi lay'lah,
umavdil bein yom uvein lay'lah,
Havaya/Adonai tz'va-ot sh'mo.*

בּוֹרֵא יוֹם וְלַיְלָה
גּוֹלֵל אוֹר מִפְּנֵי חוֹשֶׁךְ
וְחוֹשֶׁךְ מִפְּנֵי אוֹר
וּמַעֲבִיר יוֹם וּמַבִּיא לַיְלָה
וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה
הוּיָהּ צְבָאוֹת שְׁמוֹ

**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.**

*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
יְמַלֹּךְ עָלֵינוּ לְעוֹלָם וָעֶד
בָּרוּךְ אַתָּה הוֹיָה
הַמַּעֲרִיב עֶרְבִים

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

וְאַהֲבַתְךָ אֵל
תִּסֵּיר מִמֶּנּוּ
לְעוֹלָמִים

אַהֲבָה הוֹיָה

Ahava Havaya

This Love we feel, is Everpresence.

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

בָּרוּךְ אַתָּה הוֹיָה יְהוּדָה
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 et Havaya/Adonai elohecha

b'chol l'vav'cha

uv'chol nafsh'cha

uv'chol m'odecha

וְאַהַבְתָּ אֶת הוֹיָה אֱלֹהֶיךָ

בְּכָל לִבְבְּךָ

וּבְכָל נַפְשְׁךָ

וּבְכָל מַאֲדָךְ

**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 לְבָנֵיכָה
וְדִבַּרְתֶּם בָּם
בְּשִׁיבְתְּכָה בְּבֵיתְכָה
וּבְלֶכְתְּכָה בְּדֶרֶךְ
וּבְשֹׁכְבְּכָה וּבְקוּמְכָה

*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.**

וְקִשְׂרֹתֶם לְאוֹת עַל יָדְךָ
וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ
וְכִתְבֹתֶם עַל מְזֻזוֹת
בֵּיתְךָ וּבִשְׁעָרֶיךָ

*Hashkiveinu Hashkiveinu Hashkiveinu
Havaya Eloheinu*

הַשְׁכִּיבֵנוּ הוֹיָה אֱלֹהֵינוּ
לְשָׁלוֹם וְהַעֲמִידֵנוּ לְחַיִּים

*Hashkiveinu Hashkiveinu Hashkiveinu
Havaya Eloheinu l'Shalom*

Source of Peace, let us sleep tonight in peace
and rise tomorrow with ease, eager for another day.
Each and every evening is a privilege.
We are grateful for the Love that protects us from below
and shelters us from above.

Ufros aleinu sukkat sh'lomecha

Ufros aleinu sukkat shalom

וּפְרוֹשׁ עָלֵינוּ סֻכַּת שְׁלוֹמְךָ

**We are grateful for the Love that protects us from
below and shelters us from above.**

Shalom שלום

سلام

*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

AMIDAH

תפילת עמידה

RISE

Shiviti Havaya/Adonai l'negdi tamid

שְׁוִיטִי הַוַיָּה לְנֶגְדִי תָמִיד

Be Here:
Everpresence
Face to Face
Forever/Now

Misod chacha'mim

un'vonim u'mi'lemed da'at m'vinim

eft'chah fi bit'filah uv'tacha'nunim

l'chalot ul'chanein

p'nei ruach malchey 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

אפתחה פי בתפלה ובתחנונים

לחלות ולחנן

פני רוח מלכי המלכים

ואדוני האדונים

*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*

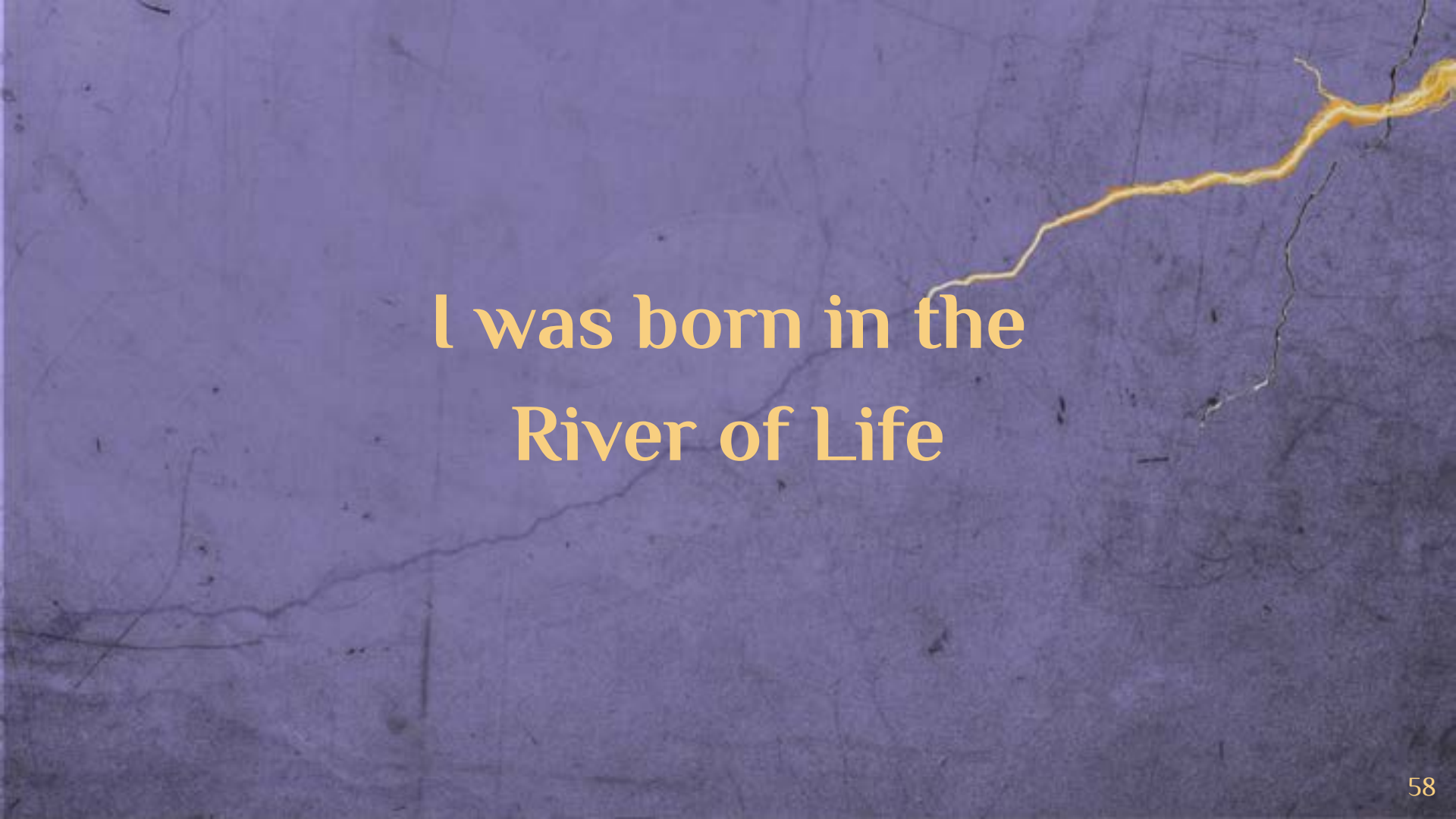
בְּרוּךְ אַתָּה הוֹיָה אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ
אֱלֹהֵי אַבְרָהָם אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב
אֱלֹהֵי שָׂרָה אֱלֹהֵי רִבְקָה
וְאֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה
אֱלֹהֵי בִלְהָה וְאֱלֹהֵי זִלְפָּה

**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**

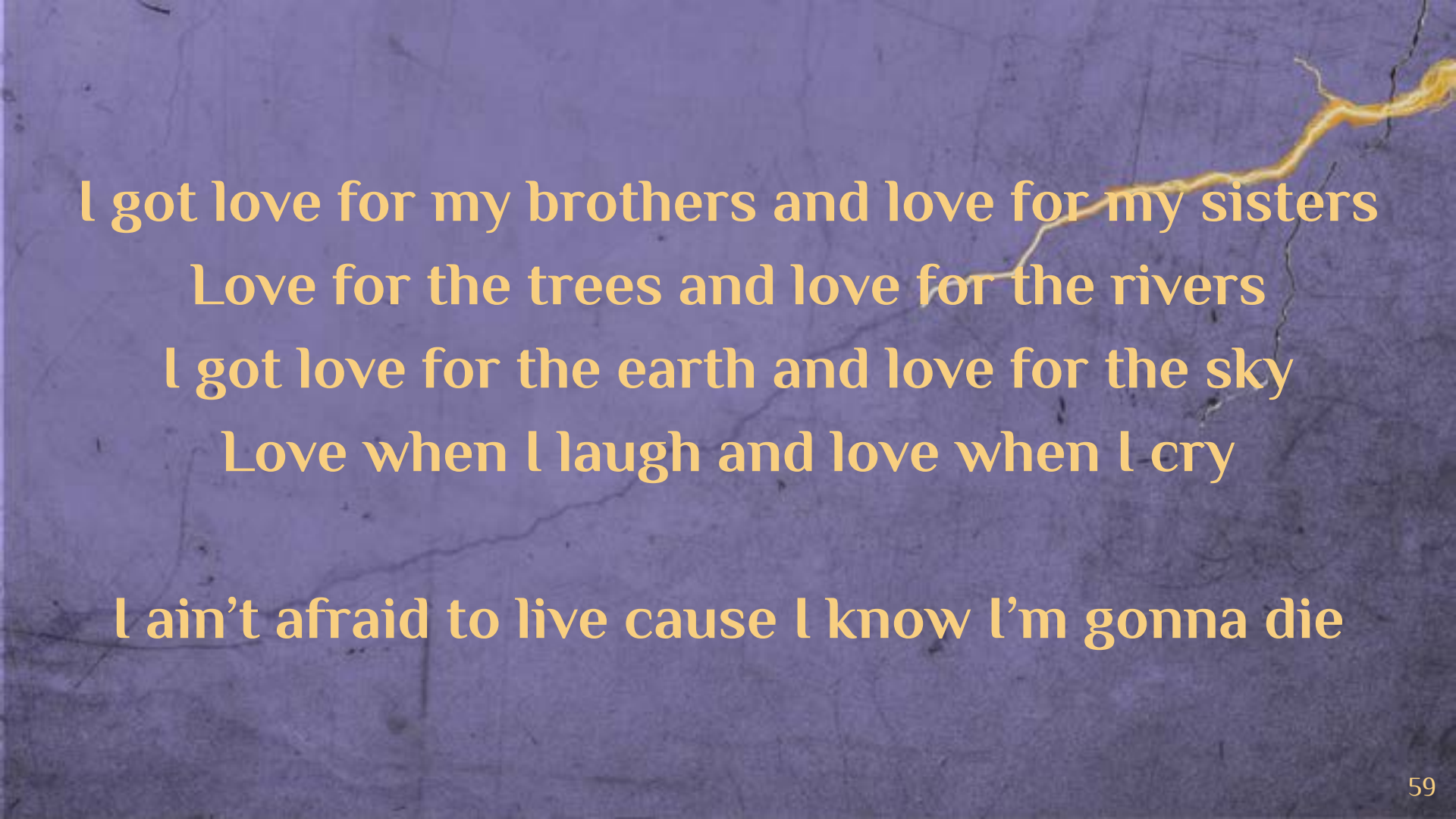
*Ha'eil hagadol hagibor v'hanora eil elyon
gomeil chasadim tovim v'koneih hakol
v'zocheir chasdei avot v'imahot
u'meivi ge'ulah liv'nei v'neihem
l'ma'an sh'mo b'ahavah*

**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 וְקִנְיָה הַכֹּל
וְזוֹכֵר חֲסָדֵי אָבוֹת וְאִמָּהוֹת
וּמֵבִיא גְּאֻלָּה לְבָנֵי בְּנֵיהֶם
לְמַעַן שְׁמוֹ בְּאַהֲבָה

The background is a deep blue with a marbled, textured appearance. A bright yellow lightning bolt strikes from the top right corner, extending diagonally across the upper right portion of the frame. The text is centered in the middle of the image.

I was born in the
River of Life



I got love for my brothers and love for my sisters

Love for the trees and love for the rivers

I got love for the earth and love for the sky

Love when I laugh and love when I cry

I ain't afraid to live cause I know I'm gonna die

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

זְכֹרֵנוּ לְחַיִּים רוּחַ חַפֵּץ בַּחַיִּים

וְחֹתְמֵנוּ בְּסֵפֶר הַחַיִּים

לְמַעַןךָ 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'ho'shi'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'chal'keil chayim b'chesed
m'chayeih kol chai b'racha'mim rabim,
someich nof'lim, v'rofei cholim
u'matir asurim um'kayeim
emunato li'shei'nei afar*

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

**Loving Kindness is the heart of the universe, sustaining all life.
Divine Compassion revives the living again and again.
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 mei'mit
um'chayeh
u'mat'zmi'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 מֵיַּת
וּמַחְיָה
וּמַצְמִיחַ יְשׁוּעָה

*Mi chamocha av ha'rachamim
zocheir y'tzurav l'chayim b'rachamim.*

מִי כְמוֹךָ אֵב הַרְחָמִים
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'chayeih ha'meitim

וְנֶאֱמַן אַתָּה לְחַיּוֹת מֵתִים

בָּרוּךְ אַתָּה הוֹיָה מְחַיֶּה כָּל חַי

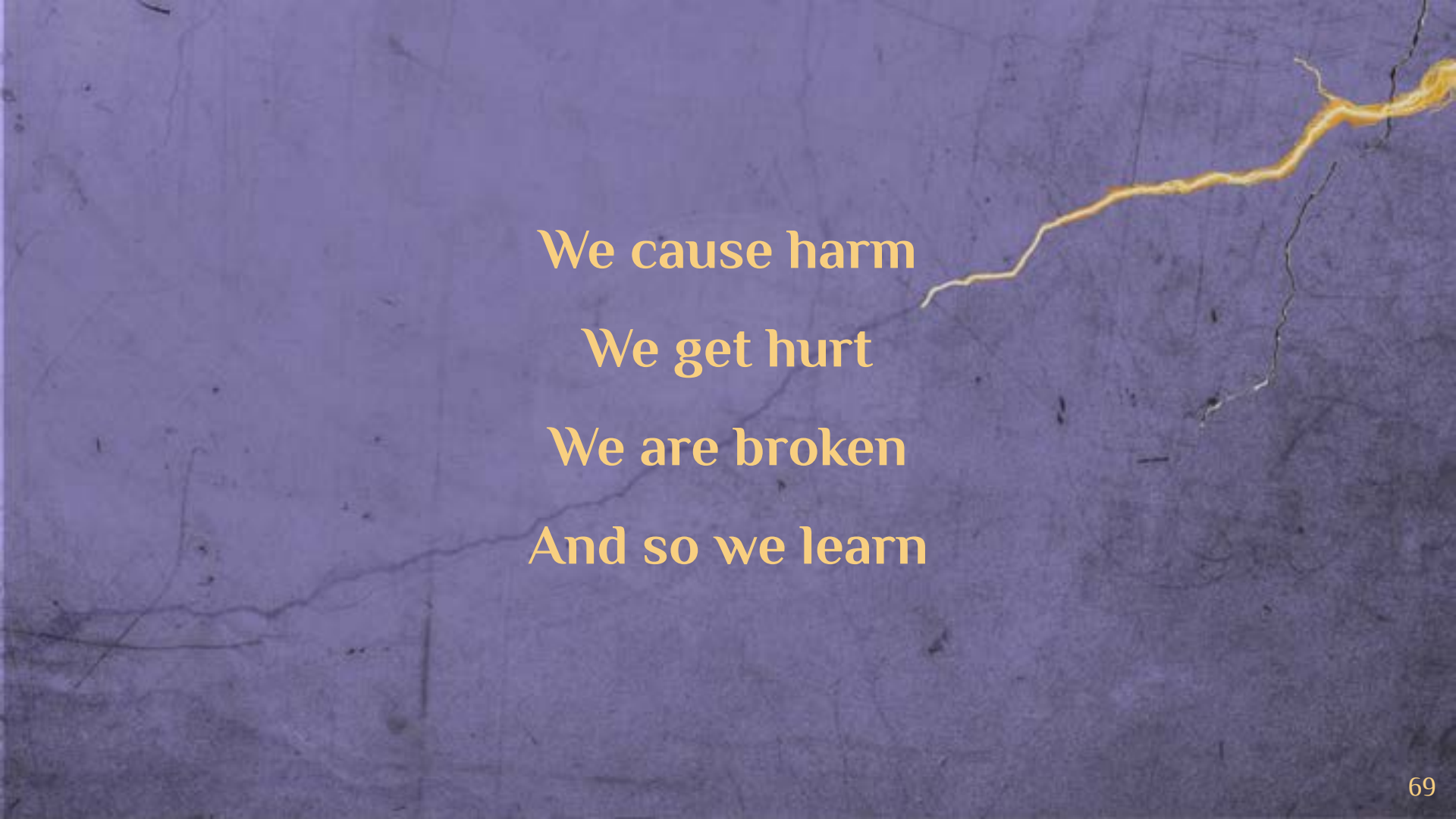
**In the Everpresence of the Infinite,
we praise the Source of Death and Life.**



Awaken my soul
Awaken my soul



And every time
We fall again
We remind ourselves
That we can mend



We cause harm

We get hurt

We are broken

And so we learn



We hurt our loved ones
When we don't know
We wound the earth
And so we grow



Awaken my soul

Awaken my soul

VIDUI

11711

CONFESS

Eloheinu veilohei avoteinu veimotenu

tavo l'fanecha t'filateinu

v'al tit'alam mit'chinateinu

she'ein anu azei fanim uk'shei oref

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ

תָּבֹא לְפָנֶיךָ תְּפִלָּתֵנוּ

וְאַל תִּתְעַלֵּם מִתְחִנָּתֵנוּ

שֶׁאִין אֲנַחְנוּ עֲזִי פָנִים וְקִשִּׁי עֶרְךָ

Our Source, the Hope of our ancestors:

May our prayers be heard and

our pleas not ignored.

*lomar l'fanecha Havaya/Adonai
eloheinu v'eilohei avoteinu ve'imotenu
tzadikim anach'nu v'lo chatanu
aval anach'nu va'avoteinu va'imotenu
chatanu*

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

**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:**

אַשְׁמָנוּ

Ashamnu

We are Accountable

בָּגַדְנוּ

Bagadnu

We Bystand

גַּזַּלְנוּ

Gazalnu

We Corrupt

דִּבַּרְנוּ דּוּפִי

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
טַפְּלוּ 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

קִשִּׁינוּ עֲרָף *Kishinu Oref*

We are Stubborn

רָשָׁעֵנוּ	<i>Rashanu</i>	We Toxify
שֹׁחַתָּנוּ	<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

With open hearts
We turn to you
Oh Universe
Help me see this change through

*B'seifer chayim, b'rachah, v'shalom,
ufarnasah tovah,
nizacheir v'nkatem 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 וְנִחְתָּם לְפָנֶיךָ
אֲנַחְנוּ וְכָל עַמְּךָ בֵּית יִשְׂרָאֵל
לְחַיִּים טוֹבִים וּלְשָׁלוֹם

Baruch atah Havaya/Adonai oseh hashalom

בָּרוּךְ אַתָּה הוֹיָה עוֹשֵׂה הַשְׁלֹם

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

LAB / SHUL

תְּשׁוּבָה תִּקְוָה
TIKKUN

Return to repair

HIGH HOLY DAYS OF AWE 2025 / 5786

NYC / ONLINE

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

אָבִינוּ מַלְכֵנוּ

חַנּוּנוּ וְעֲנֵנוּ

כִּי אֵין בָּנוּ מַעֲשִׂים

עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד

וְהוֹשִׁיעֵנוּ

**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.**

ALEINU

עלינו

IT'S ON US



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 וַיִּתְקַדַּשׁ שְׁמֵהּ רַבָּא

בְּעֲלָמָא דְּבָרָא כְּרַעוּתֵיהּ

וַיְמַלִּיךְ 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 דְקֻדְשָׁא בְּרִיךְ הוּא

*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
תְּשֻׁבְּחָתָא וְנַחֲמָתָא
דְּאַמְיָרָן בְּעֵלְמָא וְאַמְרוּ 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

יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא

וְחַיִּים טוֹבִים עָלֵינוּ

וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵיבֵל

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.**

עֲשֵׂה שָׁלוֹם בְּמְרוֹמָיו
הוּא יַעֲשֵׂה שָׁלוֹם עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל
וְעַל כָּל יוֹשְׁבֵי תֵיבֵל
וְאָמְרוּ אָמֵן

Deep gratitude to the composers of tonight's music:

Come Healing - Leonard Cohen

Awaken My Soul - Marnie Loffman

Kol Nidrei - adaptation of Max Bruch

Shehecheyanu - Storahtelling

Ma'ariv Aravim El Chai- Lab/Shul

Sh'ma - Ashkenazi Nusach

Baruch Shem - Netanel Goldberg

Hashkivenu - Aviva Chernick

Shiviti - Lab/Shul

River of Life - Yoel Sykes

Ashamnu - Chasidic Folk

B'Sefer Chayim - Storahtelling

Avinu Malkeinu - Ashkenazi Folk

Aleinu - YofiYah

Osah Shalom - Dvir Cohen Eraki

Deep Gratitude to the Guest Artists, Ritualists & Educators

Storahtelling Artists

William DeMeritt
Lexi Kohanski
Zhenya Lopatnik
Zhenya Lopatnik
John Reed
Zo Tipp

Ritual Musicians

Jeremy Brown
Sabrina Hayeem-Ladani
Martin Shamoonpour
Eléonore Weill

Guest Ritualists

Dr. Deborah Almontaser
Rev. Dr. Chloe Breyer
Rev. Micah Bucey
Sensei Robert Chodo Campbell
Sensei Koshin, Paley Ellison
Galeet Dardashti
Stephan Kolbert
Brad Lander
Rev. Derrick McQueen
Ora Ramat

Teaching Artists

Keb Barshack
Max Goldner
Meghan Grover
Stephanie Kane
Maria Serach Alexandra Lemire
Mairéad Reo
Melissa Shaw
Laura Marder Thien

Artist in Residence

Lauryn Axelrod

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
Traci Anderson

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

Sabrina Cartan, Brian Cartan, Fran Moss, David Ford-Franke, Atara Gonias, Doris Borg, Lisa Haberman, Sandy Orlick, Paddington Matz, Mimi Buegeleisen, Zohar Fuller, Maryse Pearce, Zoe Adlersberg, Vikram Jagadish, Lauren Jacobs, Paul Adam AF OKB, Sami Plotkin, Nancy Batterman, Ricky Greenberg, Robert Williamson III, Avital Skyora, Victoria Messler, Brooke Berman, Roxy Goodman, Caroline Falquier, Lucas Berenzweig, Theo Kolbert, Julian Noble, Nina Rogers, Eve Furst, Liya Magaziner, and Beatrix Hatch, Dani Suzuki, Liz Alpern, Aliza Kline, Maryam Chishti, Rhona Silverbush

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? Yom Kippur tonight

LAB/SHUL
HIGH HOLY DAYS OF AWE
2025 / 5786

TIKKUN
[REDACTED]

4 QUESTIONS + COURAGEOUS CONVERSATIONS
Talking About Israel/Palestine

**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 tomorrow

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  All ages welcome	In-Person
9:45am - 11:00am	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
2:11pm - 3:30pm	Meet Rabbi Amichai and our artist-in-residence to discuss, "What Does Tikkun Teach Us?"	In-Person & Live Streamed
2:11pm - 3:30pm	ReCollect/Yizkor: A Seasonal Kaddish Club Gathering	In-Person & On Demand
2:11 - 3:30pm	Being With and the Action of Repair A Meditation with Toronto Ashkenazi Policy Fellow and Robert C. Diller Campbell of the New York Zen Center for Contemplative Care	In-Person & Live Streamed
4:30 - 5:30pm	All Faith Atonement Rally for Justice and Peace	In-Person
6:00pm - 7:30pm	Ne'ilah Closing Ritual	In-Person & Live Streamed
7:30pm - 8:30pm	L'Chayim, Honey! Break Fast Bites-To-Go	In-Person
	Community Break Fast Registration required.	
7:30pm - 10:00pm	  Register on the bottom of the high-early stay registration banner below.	In-Person

What's Next? Yom Kippur

TOMORROW @ 4:30pm



**ALL-FAITH ATONEMENT RALLY
FOR JUSTICE & PEACE**

YOM KIPPUR | 10/2/2025 | 4:30-5:30PM | NYC

LAB/SHUL NYZEN CENTER JUDSON The Beacon ICNY

What's Next? Yom Kippur

TOMORROW @ 7:30 pm EST

LAB SHUL
HIGH HOLY DAYS OF AWE 2025 | 5786
ELEVATE YOUR SPIRIT / FEAST ON JOY

COMMUNITY BREAK FAST AT BMCC
OCT 2, 2025 | 7:30 PM EST
ENJOY A DELICIOUS BREAK FAST ON SITE IN THE TPAC COURTYARD
IMMEDIATELY FOLLOWING NETILA

Traditional Ashkenazi & Sephardi delicacies,
with gluten-free & vegan options | Unlimited wine & soft drinks.

TIKKUN
[truth to tell]

Everybody-friendly sliding scale pricing:
\$35 / \$45 / \$55 Per person



Ways to Gather: throughout 5786



5786: Rites of Passage, Relmaged



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

יְבָרֶכְךָ הוֹיָה יְיָ וְיִשְׁמְרֶךָ

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

יָאֵר הוֹיָה יְיָ פָנָיו אֵלֶיךָ וִיחַנֶּנְךָ

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

יֵשָׂא הוֹיָה יְיָ פָנָיו אֵלֶיךָ וְיִשֵּׁם 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