

LAB / SHUL

תִּקְוָה 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*

הַרִינִי מִקַּבֵּל עָלַי
אֶת מִצְוַת הַבּוֹרֵא
וְאֶהְבֶּה לְרֵעִי כְמוֹךְ

أقبل أمرك يا رب , أقبل أمرك يا ربي , أحب لغيري ما أحب لنفسي

**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.

*Modeh/Modah ani l'fanecha
Ruach chai ve'kayam
shehechezarta bi nish'mati
b'chem'lah rabah emunatecha*

מוֹדָה/מוֹדֶה אֲנִי לְפָנֶיךָ
רוּחַ חַי וְקַיָּם
שֶׁהֶחַיְתָּה בִּי נִשְׁמָתִי
בְּחֶמְלָה רַבָּה אֶמוּנָתְךָ

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

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.

*Elohai n'shama shenatata bi
t'hora hi*

אֱלֹהֵי נִשְׁמָה שְׁנִתְּתָ בִּי
טְהוֹרָה הִיא

My soul, my source, was placed within me
Divine (and mine) and pure.

*Breathe it in, Breathe it out
All the noise can make you forget
what it's all about*

*Breathe it in, Breathe it deep inside
And I'm grateful for this moment
that I'm alive
I can breathe free*

*Elohai n'shama shenatata bi
t'hora hi*

אֱלֹהֵי נִשְׁמָה שְׁנִתַּת בִּי
טְהוֹרָה הִיא

My soul, my source, was placed within me
Divine (and mine) and pure.

כָּל הָעוֹלָם כָּלוֹ גֶּשֶׁר צָר מְאֹד
וְהַעֲיָקָר וְהַעֲיָקָר לֹא לִפְחֵד כָּלֵל, לֹא לִפְחֵד

*Kol ha'olam kulo gesher tzar m'od
V'haikar lo lefached klal*

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

**When you're weary, feeling small,
When tears are in your eyes, I will dry them all;
I'm on your side. When times get rough
And friends just can't be found,
Like a bridge over troubled water
I will lay me down.
Like a bridge over troubled water
I will lay me down.**

**Sail on silvergirl, Sail on by.
Your time has come to shine.
All your dreams are on their way.
See how they shine.
If you need a friend
I'm sailing right behind.
Like a bridge over troubled water
I will ease your mind.
Like a bridge over troubled water
I will ease your mind.**

Im ein ani li mi

Mi li

Mi li, mi

Im ein ani li mi, mi

אם אין אָני לי, מי לי

If I am not for myself, who will be for me?

Uch'she ani l'atzmi

Mah ani, mah ani?

Mah ani, mah ani?

וְכַשְׁאֲנִי לְעַצְמִי, מָה אֲנִי?

V'im lo achshav

V'im lo achshav

ey-matai?

וְאִם לֹא עַכְשָׁיו, אֵימָתִי?

If I am for myself alone, what am I?

And, if not now, when?

Im ein ani li mi

Mi li

Mi li, mi

Im ein ani li mi, mi?

אם אין אַני לי מי, מי לי?

If I am not for myself, who will be for me?

I will rise with you, I will rise with you

I will rise with you

Will you rise with me too?

**l've got this body to march with
l've got this mouth to speak with
l've got these ears to listen
l've got this heart to love you**

I've got this body to march with
I've got this mouth to speak with
I've got these ears to listen
I've got this heart to love you

Elah אֱלֹהִים

Elah אֱלֹהִים

Elah אֱלֹהִים

Halle lu Yah
HalleluYah

הללוּיָהּ

Every breath in awe of Life: HalleluYah

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HIGH HOLY DAYS OF AWE 2025 / 5786

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Ha'melech

yosheiv al kisei ram v'nisa

הַמֶּלֶךְ

יוֹשֵׁב עַל כִּסֵּא רָם וְנִשָּׂא

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 מְרוֹם וְקָדוֹשׁ שְׁמוֹ

וְכָתוּב רָנְנוּ צַדִּיקִים בַּהוֹיָה

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 תִּתְרוֹמָם
וּבְשִׁפְתֵי צַדִּיקִים תִּתְבָּרַךְ
וּבִלְשׁוֹן חֲסִידִים תִּתְקַדֵּשׁ
וּבִקְרֵב 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.

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 הוּאֵה הַמְבָרֵךְ לְעוֹלָם וָעֶד

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

YOTZER OR

יוצר אור

SUNRISE

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

בְּרוּךְ אַתָּה הוֹיָה
אֱלֹהֵינוּ רוּחַ הָעוֹלָם
הַפּוֹתֵחַ לָנוּ שַׁעְרֵי רַחֲמִים
וּמְאִיר עֵינֵי הַמַּחְכִּים 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

*Ha'me'irah Ha'me'irah
Ha'me'irah la'aretz
v'ladarim aleha
b'rachamim*

*Uv'tuvah mechadeshet b'chol yom tamid
Uv'tuvah mechadeshet ma'aseh b'reishit*

Every dawn, a new creation;
With compassion, light upon us reawakens
every single day, blessing this today.

הַמְאִירָה לָאָרֶץ
וְלָדָרִים עָלֶיהָ בְּרַחֲמִים
וּבְטוֹבָה מְחַדֶּשֶׁת
בְּכָל יוֹם תָּמִיד
מַעֲשֵׂה בְּרֵאשִׁית

**I love you, I'm sorry
please forgive me, I thank you**

*Ahavah rabah ahavtanu Havaya/Adonai eloheinu
chemlah g'dolah viteirah chamalta aleinu*

אַהֲבָה רַבָּה אַהֲבַתָּנוּ הוּיָהּ אֱלֹהֵינוּ
חֶמְלָה גְּדוֹלָה וַיִּתֵּרָה חֶמְלָתָּ עָלֵינוּ

We are loved by Endless Love.

Compassionate Creation, Caring, Loving,

Be with us today and every day, in love

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

בְּרוּךְ אַתָּה הוֹיָה^{יהוה} הַבּוֹחֵר בְּנוֹ 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 הוִיָּה 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 מְצַוְךָ 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
בְּשִׁיבְתְּךָ 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.

I love you, I'm sorry, please forgive me, I thank you

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

In hope, In prayer
we find ourselves here
In hope, In prayer
we're right here

We Rise, humbly hearted
Rise, won't be divided
Rise, with spirit to guide us
RISE

**In hope, In prayer
we find ourselves here
In hope, In prayer
we're right here**

We Rise, all of the children
Rise, elders with wisdom
Rise, ancestors surround us
RISE

In hope, In prayer
we find ourselves here
In hope, In prayer
we're right here

We Rise, up from the wreckage
Rise, with tears and with courage
Rise, fighting for life
RISE

In hope, In prayer
we find ourselves here
In hope, In prayer
we're right here

AMIDAH

תפילת עמידה

RISE

*O'chilah la'eil achaleh fanav
esh'alah mi'menu ma'aneih
lashon asher bik'hal am ashirah uzo
abi'ah r'nanot b'ad mif'alav*

**My pleas are born from hope –
the hope that I can express myself,
here, with this community,
finding strength from their strength
and joy from their joy.**

אוֹחִילָה לָאֵל אַחְלֶה פָּנָיו
אֶשְׁאַלָּה מִמֶּנּוּ מַאֲנֵיָה לְשׁוֹן
אֲשֶׁר בְּקֹהֶל עַם אֲשִׁירָה עֲזֹו
אֲבִיעָה רִנּוֹת בְּעַד מִפְעָלָיו

L'adam ma'ar'chei leiv

u'mei Havaya/Adonai ma'aneih lashon

Havaya/Adonai s'fatai tiftach

ufi yagid t'hilatecha

לְאָדָם מַעְרִכִי לֵב

וּמֵהוּיָהּ מַעֲנֶה לָשׁוֹן

הוּיָהּ שֹׁפְתִי תִפְתָּח

וּפִי יַגִּיד תְּהִלָּתְךָ

Preparing one's heart may be a human task,
while the power of expression is a gift,
Divinely inspired. My Deepest Source:
Open up my mouth, let my lips speak praise.

*Yihyu l'ratzon imrei fi
v'heg'yon libi l'fanecha*

Havaya/Adonai, tzuri v'go-ali

**May the words of my mouth
and the meditations of my heart
search for their Source,
land on their Rock,
find their Redemption.**

יְהִי לְרָצוֹן אִמְרֵי פִי
וְהִגְיוֹן לִבִּי לְפָנֶיךָ
הוֹיָה צוּרִי וְגוֹאֲלִי

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

**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,
Bilhah, and Zilpah.**

בָּרוּךְ אַתָּה הוֹיָה אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ
אֱלֹהֵי אֲבִרָהָם אֱלֹהֵי יִצְחָק
וְאֱלֹהֵי יַעֲקֹב

אֱלֹהֵי שָׂרָה אֱלֹהֵי רִבְקָה
אֱלֹהֵי רָחֵל אֱלֹהֵי לֵאָה
אֱלֹהֵי בִלְהָה וְאֱלֹהֵי זִלְפָּה

*Ha'eil ha'gadol ha'gibor v'hanora
eil elyon gomeil chasadim tovim
v'koneih ha'kol
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 עֶלְיוֹן גּוֹמֵל חֲסָדִים טוֹבִים
וְקִנְיַת הַכֹּל
וְזוֹכֵר חֲסָדֵי אָבוֹת וְאִמָּהוֹת
וּמְבִיא גְּאֻלָּה לְבָנָי בְּנֵיהֶם
לְמַעַן שְׁמוֹ בְּאַהֲבָה

*Zoch'reinu l'chayim
ruach chafeitz bachayim*

*v'chot'menu b'seifer hachayim
l'ma'ancha elohim chayim*

זְכוּרֵנוּ לְחַיִּים רוּחַ חַפֵּץ בַּחַיִּים

וְחַתְמֵנוּ 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 ha'tal*

אַתָּה גִבּוֹר לְעוֹלָם הוִיָּה
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
u'matir asurim um'kayei emunato
li'sheinei afar*

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

**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 meimit
um'chayeh
u'mat'zmi'ach y'shu'ah*

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

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

*Mi chamocho av ha'rachamim
zocheir y'tzu'ra v'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?**

Baruch atah Havaya/Adonai m'chayeih kol chai

בָּרוּךְ אַתָּה הוֹיָה מְחַיֶּה כָּל חַי

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

VIDUI

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CONFESS

*Eloheinu veilohei avoteinu v'eimotenu
tavo l'fanecha t'fila'teinu
v'al tit'alam mit'chi'na'teinu
she'ein anu azei fanim uk'shei oref*

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ
תָּבֹא לְפָנֶיךָ תְּפִלָּתֵנוּ
וְאַל תִּתְעַלֵּם מִתְחִנָּתֵנוּ
שֶׁאִין אֲנִחנוּ עֲזִי פָנִים וְקִשִּׁי עֶרֶךְ

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

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

*Atah yodei'a razei olam
v'ta'alumot sitrei kol chay
Atah chofeish kol chadrei vaten
u'vochein k'layot valeiv*

אַתָּה יוֹדֵעַ רָזֵי עוֹלָם
וְתַעֲלוּמוֹת סִתְּרֵי כָל חַי
אַתָּה חוֹפֵשׁ כָּל חַדְרֵי וָטֶן
וּבוֹחֵן כְּלִיּוֹת וְלֵב

All That Is:

**There are secrets beyond our access,
mysteries greater than our
understanding.**

*Ein davar nelam mi'meka
v'ei nistar mi'neged ei'necha.*

Uv'chein y'hi ratzon mil'fa'necha

אין דבר נעלם ממך

ואין נסתר מנגד עיניך

ובכן יהי רצון מלפניך

**There is space within ourselves,
rooms in our hearts and guts,
where nothing is hidden or held,
known only to our most innermost being.**

*Havaya/Adonai eloheinu
veilohei avoteinu veimotenu
she'tislach lanu al kol chatoteinu
v'tim'chal lanu al kol avo'no'teinu
ut'cha'per lanu al kol p'sha'einu*

**With Divine Guidance
we mine our hearts,
unearth our best intentions,
search for transformation.**

**May we be forgiven, like our ancestors before us,
for all our transgressions, for all our mistakes and all our failings.**

הוֹיָה אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ
שֶׁתְּסַלַּח לָנוּ עַל כָּל חַטֹּאתֵינוּ
וְתִמְחַל לָנוּ עַל כָּל עֲוֹנוֹתֵינוּ
וְתִכַּפֵּר לָנוּ עַל כָּל פְּשָׁעֵינוּ

*V'al kulam eloha s'lichot
s'lach lanu m'chal lanu kaper lanu*

וְעַל כָּל־אֵלֹהִים סְלִיחוֹת
סַלַּח לָנוּ מַחֵל לָנוּ כַּפֵּר לָנוּ

**For all these things:
Forgive, Release, Return.**

*Al cheit shechatanu l'fanecha b'ones uv'ratzon
V'al cheit shechatanu l'fanecha b'imutz haleiv*

עַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּאָנָס וּבְרָצוֹן
וְעַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּאִמּוּץ הַלֵּב

**For missing the mark in times of crisis or calm,
and for missing the mark by hardening our hearts.**

Al cheit shechatanu l'fanecha bivli da'at

V'al cheit shechatanu l'fanecha b'vituy s'fatayim

עַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּבִלִי דַעַת
וְעַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּבִטּוּי שְׁפָתַיִם

**For missing the mark thoughtlessly,
and for missing the mark with empty words.**

*Al cheit shechatanu l'fanecha b'giluy arayot
V'al cheit shechatanu l'fanecha bagaluy uvasater*

עַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּגִלּוּי עֲרִיזוֹת
וְעַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּגִלּוּי וּבִסְתֵּר

**For missing the mark with sexual harm,
and for missing the mark secretly or publicly.**

*Al cheit shechatanu l'fanecha b'da'at uv'mirmah
V'al cheit shechatanu l'fanecha b'dibur peh*

עַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּדַעַת וּבְמִרְמָה
וְעַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּדִבּוּר פֶּה

**For missing the mark with purposeful deceit,
and for missing the mark with the words of our mouth.**

*V'al kulam eloha s'lichot
s'lach lanu m'chal lanu kaper lanu*

וְעַל כָּל־אֵלֹהִים סְלִיחוֹת
סַלַּח לָנוּ מַחֵל לָנוּ כַּפֵּר לָנוּ

**For all these things:
Forgive, Release, Return.**

*Al cheit shechatanu l'fanecha b'hona'at rei'a
V'al cheit shechatanu l'fanecha b'hir'hur haleiv*

עַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּהוֹנָאֵת רֵעַ
וְעַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּהִרְהוּר הַלֵּב

**For missing the mark by taking advantage of friends,
and for missing the mark with cruel thoughts.**

*Al cheit shechatanu l'fanecha biv'idat z'nut
V'al cheit shechatanu l'fanecha b'viduy peh*

עַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּזֵדוּת זְנוּת
וְעַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּזֵדוּי פֶּה

**For missing the mark by abusing ourselves,
and for missing the mark with unkind speech.**

*Al cheit shechatanu l'fanecha b'zil'zul horim u'morim
V'al cheit shechatanu l'fanecha b'zadon u'vish'gagah*

עַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּזִלְזוּל הוֹרִים וּמוֹרִים
וְעַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּזָדוֹן וּבִשְׁגָגָה

**For missing the mark
by disrespecting parents and teachers,
and for missing the mark with carelessness.**

*Al cheit shechatanu l'fanecha b'chozek yad
V'al cheit shechatanu l'fanecha b'chilul ha'shem*

עַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּחֹזֶק יָד
וְעַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּחִלּוּל הַשֵּׁם

**For missing the mark by abusing of power,
and for missing the mark
by desecrating the Divine spark in all.**

*V'al kulam eloha s'lichot
s'lach lanu m'chal lanu kaper lanu*

וְעַל כָּל־אֵלֹהִים סְלִיחוֹת
סַלַּח לָנוּ מַחֵל לָנוּ כַּפֵּר לָנוּ

**For all these things:
Forgive, Release, Return.**

Al cheit shechatanu l'fanecha b'tumat s'fatayim

V'al cheit shechatanu l'fanecha b'tip'shut peh

עַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּטֻמְאַת שְׁפָתַיִם

וְעַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּטִפְשׁוֹת פֶּה

**For missing the mark by defiling our lips,
and for missing the mark with foolish gossip.**

Al cheit shechatanu l'fanecha b'yeitzer hara

V'al cheit shechatanu l'fanecha b'yod'im uv'lo yod'im

עַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּיֵצֶר הָרָע

וְעַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּיוֹדָעִים וּבְלֹא יוֹדָעִים

**For missing the mark with malicious inclinations,
and for missing the mark knowingly and unknowingly.**

*Al cheit shechatanu l'fanecha b'cha'chash uv'cha'zav
V'al cheit shechatanu l'fanecha b'chapat shochad*

עַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּכַחַשׁ וּבְכַזָּב
וְעַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּכַפַּת שֹׁחַד

**For missing the mark by lying and cheating,
and for missing the mark with bribery.**

Al cheit shechatanu l'fanecha b'latzon

V'al cheit shechatanu l'fanecha b'lashon hara

עַל חֵטָא שְׁחַטָּאנוּ לְפָנֶיךָ בְּלָצוֹן
וְעַל חֵטָא שְׁחַטָּאנוּ לְפָנֶיךָ בְּלָשׁוֹן הָרָע

**For missing the mark by mocking others,
and for missing the mark by slandering others.**

*V'al kulam eloha s'lichot
s'lach lanu m'chal lanu kaper lanu*

וְעַל כָּל־אֵלֹהִים סְלִיחוֹת
סַלַּח לָנוּ מַחֵל לָנוּ כַּפֵּר לָנוּ

**For all these things:
Forgive, Release, Return.**

Al cheit shechatanu l'fanecha b'masa uv'matan

V'al cheit shechatanu l'fanecha b'ma'achal uv'mish'teh

עַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּמַשָּׂא וּבְמַתָּן
וְעַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּמֶאֱכָל וּבְמִשְׁתֶּה

**For missing the mark with indulgence and excess,
and for missing the mark with gluttony.**

*Al cheit shechatanu l'fanecha b'neshech uv'marbit
V'al cheit shechatanu l'fanecha bin'tiyat garon*

עַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּנֶשֶׁךְ וּבְמַרְבִּית
וְעַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּנִטְיַת גָּרוֹן

**For missing the mark with greed,
and for missing the mark with uncontrolled desire.**

*Al cheit shechatanu l'fanecha b'si'ach sif'to'teinu
V'al cheit shechatanu l'fanecha b'sikur ayin*

עַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּשִׂיחַ שְׁפָתוֹתֵינוּ
וְעַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּשִׁקּוּר עֵין

**For missing the mark with procrastination,
and for missing the mark
by looking away from the poor.**

*Al cheit shechatanu l'fanecha b'einayim ramot
V'al cheit shechatanu l'fanecha b'azut mei'tzach*

עַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּעֵינַיִם רָמוֹת
וְעַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּעֶזְזוֹת מְצַח

**For missing the mark with arrogance,
and for missing the mark by being rude.**

*V'al kulam eloha s'lichot
s'lach lanu m'chal lanu kaper lanu*

וְעַל כָּל־אֵלֹהִים סְלִיחוֹת
סַלַּח לָנוּ מַחֵל לָנוּ כַּפֵּר לָנוּ

**For all these things:
Forgive, Release, Return.**

*Al cheit shechatanu l'fanecha bif'rikat ol
V'al cheit shechatanu l'fanecha bif'lilut*

עַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּפָרִיקַת עוֹל
וְעַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּפִלְלוֹת

**For missing the mark by behaving irresponsibly,
and for missing the mark by breaking the law.**

*Al cheit shechatanu l'fanecha bitz'diyat rei'a
V'al cheit shechatanu l'fanecha b'tza'rut ayin*

עַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּצַדִּיּוֹת רֵיעַ
וְעַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּצָרוֹת עֵין

For missing the mark by harming our friends,
and for missing the mark
by having a narrow perspective.

Al cheit shechatanu l'fanecha b'kalut rosh

V'al cheit shechatanu l'fanecha b'kash'yut oref

עַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּקָלוּת רֹאשׁ
וְעַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּקָשְׁיוֹת עֹרֶף

For missing the mark

**by not fully embracing the gift of life,
and for missing the mark by stiffening our necks.**

*Al cheit shechatanu l'fanecha b'ritzat rag'layim l'hara
V'al cheit shechatanu l'fanecha bir'chilut*

עַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּרִיצַת רַגְלִים לְהָרַע
וְעַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּרִכִּילוֹת

**For missing the mark by running to do evil,
and for missing the mark by gossiping.**

*Al cheit shechatanu l'fanecha bish'vuat shav
V'al cheit shechatanu l'fanecha b'sinat chinam*

עַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּשִׁבוּעַת שָׁוָא
וְעַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּשִׁנְאָת חִנָּם

**For missing the mark by fraud and falsehood,
and for missing the mark by hating.**

*Al cheit shechatanu l'fanecha bit'sumet yad
V'al cheit shechatanu l'fanecha b'tim'hon leivav*

עַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּתִשּׁוּמַת יָד
וְעַל חֵטָא שְׁחָטָאנוּ לְפָנֶיךָ בְּתִמְהוֹן לֵבָב

**For missing the mark with hypocrisy,
and for missing the mark
consciously or unconsciously.**

*V'al kulam eloha s'lichot
s'lach lanu m'chal lanu kaper lanu*

וְעַל כָּל־אֵלֹהִים סְלִיחוֹת
סַלַּח לָנוּ מַחֵל לָנוּ כַּפֵּר לָנוּ

**For all these things:
Forgive, Release, Return.**

לאלהי הרוחות לכל בשר

O God, Spirit of all Humanity

Help us to not give into hopelessness and despair and to continue to dream and work toward the only true path forward, the path of coexistence for Israelis and Palestinians.

We pray for a cessation of the violence and the safe return of the remaining hostages.

Help us to acknowledge the destruction, trauma
and devastation in Gaza,

To express the heartbreak for the tens of
thousands of innocent Palestinians who have
died—among them so many children,

For their lack of food, shelter and medical care, for
the destruction of people's homes, for the millions
of refugees the war has created.

We pray for our ability to hold in our hearts at the same time the suffering of Israelis and Palestinians.

We pray that we don't harden our hearts. We pray we preserve our humanity.

We pray for the future of both peoples on this land, for the acknowledgement of both peoples right to self determination and the freedom to live in justice and dignity.

וְיָשְׁבוּ אִישׁ
תַּחַת גִּפְנוֹ וְתַחַת תְּאֵנָתוֹ
וְאֵין מִחְרִיד:

So that every person might sit
under their vine and fig tree
and no one shall be afraid. —
Micah 4:4

ה' עֲזַ לְעַמּוֹ יִתֵּן
ה' יְבָרֵךְ אֶת-עַמּוֹ בְּשָׁלוֹם:

May God grant strength to God's people;
May God bless of all of God's people with peace.
— Psalm 29:11

*B'seifer chayim b'rachah, v'shalom ufarnasah tovah
nizacheir v'nekatem 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
וּפְרֻנָּסָה טוֹבָה נִזְכָּר וְנִחְתָּם 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.**

The Jewish People's Office of Covenantal Affairs
MEMBERSHIP RENEWAL DIVISION
613 East Sinai Boulevard
New York, NY 10036



To: Jacob Levy
SPECIAL DELIVERY

10 Tishrei 5786

October 2, 2025

The Jewish People's Office of Covenantal Affairs
MEMBERSHIP RENEWAL DIVISION
613 East Sinai Boulevard
New York, NY 10036

Jacob Levy
SPECIAL DELIVERY
The door with the Superman mezuzah you got for your
Bar Mitzvah

Dear Mr. Levy:

Shana Tova! This is a friendly reminder that your current enrollment in the Jewish people's membership program is up for automatic annual renewal effective immediately at sundown at the end of Yom Kippur 5786.

Membership is perpetual, irrevocable, and binding upon heirs, descendants, and assigns (biological, adoptive, spiritual and/or hypothetical) "to this



Storahtelling Presents...

Wrestling to Renew



A Yom Kippur
Storahtelling

Deuteronomy 29:9-14

Image by Martin French

*Havaya/Adonai Havaya/Adonai,
eil rachum v'chanun
erech apayim
v'rav chesed ve'emet
notzeir chesed la'alafim
nosei avon va'fasha
v'chata'ah v'nakeih*

Havaya, Havaya:

**One, Compassionate, Gracious, Patient,
Infinite Loving-Kindness and Truth, Eternal Mercy,
Forgiving Immorality, Transgression, and Error,
Process of Becoming**

הוֹיָה הוֹיָה
אֵל רַחוּם וְחַנוּן
אֶרֶךְ אַפַּיִם
וְרַב חֶסֶד וְאֱמֶת
נֹצֵר חֶסֶד לְאַלְפִים
נִשְׂא עוֹן וְפָשַׁע
וְחַטָּאָה וְנִקָּה

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

תִּפְתַּח לִבִּי בְּאוֹרֵי תָא
וְתַשְׁלִים מִשְׁאֲלֵי דְלִבִּי

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

Aliya

Deuteronomy

29:9-14

*Chadeish yameinu
k'kedem*

חֲדָשׁ יָמֵינוּ כְּקֶדֶם

Become renewed, as once
before.

*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

תָּם נִצָּבִים הַיּוֹם כָּלְכֶם לִפְנֵי יְהוָה אֱלֹהֵיכֶם רָאשֵׁיכֶם שְׂבִיטֵיכֶם
29:9

You stand this day, all of you, before your God יהוה
—your tribal heads, your elders, and your officials, every
householder in Israel,

פְּכֶם וְנִשְׁיֶכֶם וְגֵרְךָ אֲשֶׁר בְּקֶרֶב מִתְנַיֶּיךָ מִחֹטֵב עֵצֶיךָ עַד שֹׂאֵב

29:10

your children, your wives, even the stranger within your
camp, from woodchopper to waterdrawer—

יֵא

לְעֵבֶר

וְ בְּכִרְיִת יְהוָה אֱלֹהֶיךָ וּבְאַלְתּוֹ אֲשֶׁר יְהוָה אֱלֹהֶיךָ כִּכְרִית עֲ

29:11

to enter into the covenant of your God יהוה, which your
God יהוה is concluding with you this day, with its
sanctions;

יב לַמַּעַן הַקִּים-

אֶתְּ

כְּהַיּוֹם | לֹא לְעַם וְהוּא יִהְיֶה-לְךָ לֵאלֹהִים כַּאֲשֶׁר דִּבֶּר-לְךָ !

29:12

in order to establish you this day as God's people and in order to be your God, as promised you and as sworn to your fathers Abraham, Isaac, and Jacob.

יג

!

לֹא אֶתְכֶם לְבַדְכֶם אֲנֹכִי כֹרֵת אֶת־הַבְּרִית הַזֹּאת וְאֶת־הָאָרֶץ

29:13

I make this covenant, with its sanctions, not with you
alone,

יד

כִּי־אֶת־אֱנָשׁ יִשְׁנֹו פֹה עִמָּנוּ עַיִמָּד הַיּוֹם לִפְנֵי יְהוָה אֱלֹהֵינוּ

29:14

but both with those who are standing here with us this day before our God יהוה and with those who are not with us here this day.

*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 תּוֹרַת אֱמֶת
וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ
בְּרוּךְ אַתָּה הוֹיָה נוֹתֵן הַתּוֹרָה

*Chadeish yameinu
k'kedem*

חֲדָשׁ יָמֵינוּ כְּקֶדֶם

Become renewed, as once
before.

El na r'fa na lah אֵל נָא רַפָּא נָא לָהּ

Source of Life,
please heal us all.

*V'zot hatorah
Asher sam Moshe
Lifnei b'nei Yisrael
Al pi Havaya/Adonai
B'yad Moshe*

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

וְזֹאת הַתּוֹרָה
אֲשֶׁר שָׂם מֹשֶׁה
לִפְנֵי בְנֵי יִשְׂרָאֵל
עַל פִּי הוֹיָה
בְּיַד מֹשֶׁה

*Eitz chayim hi
La'macha'zikim bah
v'tom'cheha m'ushar*

עֵץ חַיִּים הִיא
לַמַּחֲזִיקִים בָּהּ
וְתַמְכֶּיהָ מְאֻשָּׁר

**The Torah is a Tree of Life
to those who cling to Her,
Blessed are her companions.**

LAB / SHUL

תשובה
TIKKUN

Return to repair

HIGH HOLY DAYS OF AWE 2025 / 5786

NYC / ONLINE

לֹא-אִירָא רָע כִּי-אַתָּה עִמָּדִי

Lo ira ra

כָּל-יְמֵי חַיֵּי

Lo ira ra

Ki atah imadi

אֶת עִמָּדִי

Kol y'mei chayai

ah't im'adi

I do not fear, For I'm never alone
within this life, I am never alone

YIZKOR

יִזְכֹּר

MEMORIAL

הוֹיָה נְתַנָּה *Havaya nat'na*

וְהוֹיָה לְקַחָה *v'Havaya lak'cha*

יְהִי שֵׁם הוֹיָה *Y'hi shem Havaya*

מְבָרַךְ *M'vorach*

All that is gives.

All that is takes.

All that is
is a blessing.



As a community, our hearts hold the grief of personal and public loss at this painful time of remembrance. We embrace each other, with open hearts, to heal our hurts.



David Abrams (1925-2006)



Pearl Abrams (1926-2007)



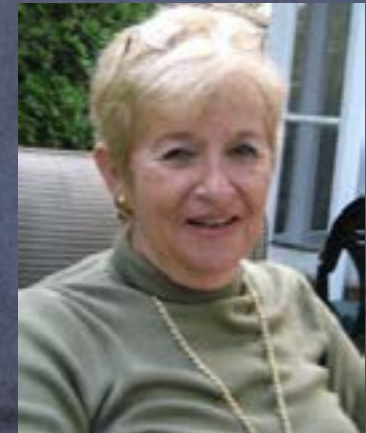
Joan Rebecca Ackerman (1931-2015)



Leonard Aibel (1918-2004)
Sandy Aibel (1922-2016)



Becca Annitto (1991-2005)



Elinor Arkin (1931-2015)



Harvey Arkin (1926-1989)



Dr. Linda J. Banks (1949-2013)



Amiel Barziv (1962-2018)



Joyce Basche (1933-2024)



Robert Baskin Rosen (1943-2018)



Marilyn Rachel Batterman (1931-2012)
Aaron Leonard Batterman (1928-2015)



Bonnie Ellen Batterman (1953-1958)



Mary Beck (1926-1968)



Sam Beck



Marc S. Berenzweig (1947-2024)



Dr. Yitzhak Berger (1947-2015)



Adele Berk 1932-2022



David "Ted" Berk (1905-1979)



Henrietta Berk (1907-2008)



Walter Berk (1927-2015)



Theodore Bikel (1924-2015)



Madelaine Birnbaum (1927-2017)
Morris Birnbaum (1922-2017)



Rebecca "Ricky" Blatman (1927-2023)



Alan Bleyer (1949-2021)
Eileen Bleyer (1949-2022)



Sophia Blickman Weinert (1942-2003)



Susan Oransky Borg Rathe (1947-2019)



Roberto Boss (1931-2002)



Megan Mary Boyle (1989-2025)



Louis Braunstein (1920-1983)



Lewis Brecher (1934-2015)
Carol Brecher (1939-2020)



Lillian Bressman (1922-2022)



Neal Brown (1938-2021)



Alvin "Buddy" S. Broudy (1918-2004)
Molly Weiss Broudy (1913-1983)



Jill Broudy (1947-2021)



Dr. Susan Burgerman (1958-2022)



Henry Burstein (1912-1988)



Steve Cadwell (1949-2019)



Dr. Allan "Pop-Pop" Cetron (1933-2022)
Fran "Bubbie" Cetron (1933-2012)



Roslyn Chaiken (1921-1979)
Irving Chaiken (1921-1971)



Candice Chaplin (1968-2021)



Melvin "Mel" Chasen (1928-2017)



Dr. Werner David Chasin (1932-1992)



Adam Daniel Goldberg Cohen
(1992-2022)



Allan Cohen (1943-1993)



Gary Cohen (1952-1999)



Pearl Netzer Comanor (1917-2001)



Feiga Hollenberg Connors (1933-2021)



Thomas E. Connors (1929-2022)



Arthur B. Cornfeld (1935-2020)



Betty Sue Cornfeld (1944-1988)



Beatrice "Bea" Saul Dallett (1920-2021)



Alan Daniel (1925-2022)



Thea Baron Daniel (1930-2011)



Edith Davidov (1929-2023)



Barbara Davis (1952-2017)



Mina DeMucha (1924-1995)



Fern Devlin (1942-2011)



Sean Devlin (1948-2020)



Carrye Lorch Weisberg Dodell
(1918-2016)



Elliot DuBowski (1932-2017)



Paul Dudding (1939-2022)



John Duffy (1963-2022)



Miriam "Myra" Dworsky Obler (1920-1995)



Norman Edell (1921-1991)
Laura Edell (1923-2008)



Burt R. Ehrlich (1939-2015)



Dr. Etta B. Ehrlich (1930-2021)



Ida Eidem (1912-1982)
Louis Eidem (1912-1977)



James Martin Reyes Elizaga (1967-2014)



Marty Elkin (1919-2002)



Marilyn Elkin (1948-1976)



Shirley Elkin (1924-2013)



Isaac "Jacques" Elmaleh (1919-1969)



Renée Amzallag Elmaleh (1926-2021)



Nora Essman Morrow (1952-2023)



Mark Faber (1949-2024)



Karen Faith Feinberg (1946-2022)



Mary Feller (1949-2020)



Melvin Feller (1924-2013)



Rita Feller (1929-2024)



Warren Feller (1944-2021)



Deborah Fleisher (1953-2024)



Leon Fleisher (1928-2020)



Edward Fortier (1936-2021)



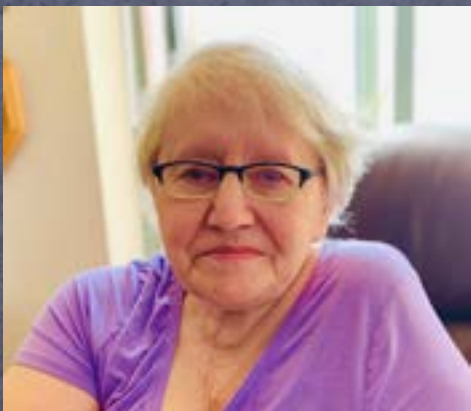
Corin Franklin (1970-1994)



Rhea Fried (1930-2025)



Marcia Friedland (1940-2023)



Ivetta "Vetta" Frolova (1936-2021)



John S. Furth (1905-1999)
Elisabeth Eisdorfer Furth (1912-2006)



Karen Furth (1961-2024)



Michael Gale (1933-2016)



Martha Gates Hays (1945-2021)



Sanford Gelwarg (1926-2000)
Molla Gelwarg (1930-2019)



Norman Genkin (1929-2020)
Elaine Genkin (1929-2022)



Maeve Geraghty (1991-2023)



Robin Mindy Glassman (1959-2021)



Pearl Glick (1932-2022)



Ruth Glickman (1933-2023)



Lucile Goldberg (1923-2012)



Ernest Goldman (1924-2018)



Dr. John Louis Goodman (1945-2013)



Isidore Goren (1930-2018)



Annie Gorycki (1940-2021)



Charlotte P. Graver (1928-2015)



L. Michael Graver (1953-2018)
Jodi Cohen (1963-2018)



Dr. Hyman H. Graver (1923-1984)



Irma Green (1923-2012)
Sam Green (1920-2007)



Stephen Greenberg (1931-1984)



Daniel Greene (1934-2020)



Lillian "Lil" Greenstein (1916-1999)
Fred Greenstein (1911-2000)



Francine Greenstein Rosenfeld
(1941-2022)



Eunice Davis Gross (1920-2010)



Ted Gross (1917-2007)



Jeremy "Mooshie" Grover (1987-2017)



Burton Mark Haberman (1941-2021)



Jeanette Haberman (1942-2003)



Ruth Halprin (1914-2017)



Scott "Pie" Harrison (1971-2018)



Yoram Hellerman (1939-2009)



David B. Hermelin (1936-2000)



John Herscher (1946-2022)



Dr. Paul Hershey (1927-2015)
Marian L. Hershey (1930-2025)



Bella Himmelfarb (1920-2007)
Martin Himmelfarb (1919-2003)



Owen B. Hirsch (1920-1988)



Kathryn S. Hirsch (1921-2008)



Rachel Hirschfeld (1946-2018)



Eric Hoaken (1965-2019)



Alice Millicent Sheldon Hobart (1917-2006)
William Henry Hobart (1925-2012)



Dr. Jacqueline Rose Hott (1925-2016)



Dr. Louis R. Hott (1912-1980)



Edythe Hurant (1939-2014)



John Ilg (1930-2023)
Kimberly Ilg (1948-2023)



Cyril Israelson (1924-2014)
Shirley Israelson (1932-2019)



Joan Klein Jacobs (1933-2024)



Sally Elaine Jacobs (1938-2022)



Herbert Jeremias (1932-2023)



Linda Kahn (1939-2024)



Isa Kantor (1936-2020)
Dr. James Kantor (1942-2011)



Rosalind Joseph Kantrowitz (1916-2005)



Sanford Kaplan (1931-2013)



Judith "Judy" Glass Kase (1933-2013)
Dr. Nathan "Nate" Ginden Kase (1930-2023)



Andrew Kassoy (1969-2025)



Beverly Kastenbaum (1932-2017)
George Kastenbaum (1922-1985)



George Katz (1923-2018)



Sydell Katz (1928-2019)



Gordon Katznelson (1929-2019)



Joan "Joanie" Klein (1936-2007)



Rabbi Alexander S. Kline (1904-1982)



Eleanore Spitz Kline (1911-1983)



Judy Kline (1937-2025)



Mel Kline (1933-1983)



Gertrude Kohen (1924-2022)



Mordechai Kohen (1912-2004)



Suzanne Kohl (1932-1980)



Brian Kohn (1999-2022)



Joseph J. Kohn (1932-2023)



Tanya Kohn (1935-2019)



Deena Alice Margolin Kolbert (1939-2019)



Martin Kolodny (1919-2009)
Rose Kolodny (1922-1999)



Samuel "Sam" Kraus (1925-2019)



Jerry Kravat (1936-2008)



Ruth Krutan (1927-2019)
George Krutan (1924-2001)



Dr. Dan "Grampa" Lang (1926-2022)



Naphtali Lau-Lavie (1926-2014)



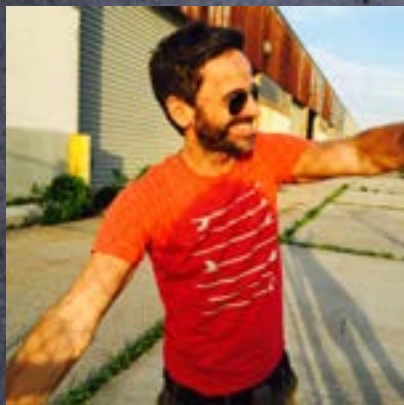
Norbert Laue (1954-2021)



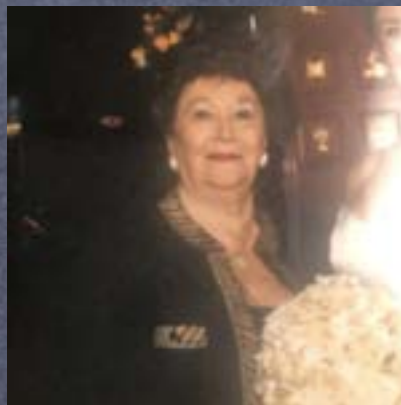
Karl W. Lee (1935-2018)



Harold Leeds (1919-2005)
Nathalie Leeds (1923-2002)



David Leinhardt (1969-2023)



Phyllis Leipziger (1930-2012)



Robert "Bob" Less (1934-2020)
Madalyn (Naiman) Less (1938-2016)



Charles Levine (1932-2019)
Sydell Levine (1935-2020)



Lori Miller-Levine (1960-2011)
Irwin Levine (1927-2018)



Michael Cassity (1945-2019)
Robin Levine (1965-2020)



Lawrence A. Levite (1940-2017)



Paula Leopold Lewis (1922-2017)
David Albert Lewis (1922-2018)



Judith Lewis Steinfeld (1926-2018)



Doris Lippman (1925-2005)
Bill Lippman (1925-2021)



Ann Lois Lubin (1945-2025)



Mathew Loonin (1933-2021)



Marjorie "Jorie" Lord Westphal
(1940-2024)



Janet Lowinger Halper



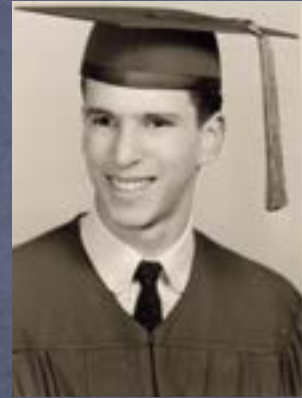
Esther Maidenbaum (1918-2005)



Sherry Mallin (1934-2023)



Gideon Mann (1950-2009)



Halton Adler Mann (1944-2018)



LeRoy Eldon Marcroft (1938-2022)



Barbara Perl Mason (1928-2021)



Charlotte "Toddy" Mason (1944-2023)



Sam Mason (1924-2022)



Lois Mazor (1930-2006)



Sheldon Mazor (1927-2020)



Debra Levy-McClure (1942-2004)



Dorsey McQueen (1944-2020)



Thelma "Teddy" Medoff (1920-2000)
Rubin "Ruby" Medoff (1917-1986)



William "Duke" Melvin Kelley (1937-2017)



Elliot Merberg (1938-2024)



Estelle Love Miller (1926-2024)



Sidney Miller (1918-2007)
Muriel Miller (1923-2008)



Arthur Abraham Mintz (1915-2001)



Ruth Obler Mintz (1921-2003)



Fred Missel (1948-2021)



Shari Mittleman Yudess (1947-2024)



Gladys Jean Monaster (1920-2014)
Nathan Philip Monaster (1911-1990)



Stanley Moskovitz (1929-2019)



Sarah "Sadie" Moskovitz (1905-1997)



Louis Moskovitz (1896-1976)



Bernice Moss (1927-2012)



Jerry Moss (1920-2018)



Shlomo Mourad (1931-2014)



**Fitzhugh Xenophon Mullins II, M.D.
(1931-2023)**



Bob "GrandBob" Nelson (1938-2020)



Andrea Blaugrund Nevins (1962-2025)



Lou Nevins (1938-2022)



Anne Newkrug (1909-1997)



Louis Newkrug (1904-1972)



Israel "Shrulik" Niedzwiecki (1958-2019)



Fred Nielsen (1937-2024)



Sybil Rubenstein Nord (1938-2024)



Judge Saul Nosanchuk (1933-2017)



Daniel Obler (1951-2003)



Edward Isaac Obler (1917-1984)



Stuart Odes (1944-2014)



Herman Ortiz (1931-2017)



**Nathan "Ozzie" Osnow (1928-2005)
Harriet Osnow (1929-2016)**



Bernard Otterman (1937-2017)



Margaret Reeve Panahi (1963-2016)



Theodore "Teddy" Robert Pehr (1948-2021)



Marla Perlman (1937-2021)



Evelyn Pillinger (1922-2017)



James Pillinger (1918-2000)



Steven Plean (1965-2016)



Violet Pollack (1925-2020)
Alexander Pollack (1923-1999)



Dola Polland (1921-2020)
Dolek Polland (1920-2016)



Lenny Polster (1926-2017)



Richard "Rich" Pomerantz (1963-2013)



Richard "Dick" Pomerantz, Jr. (1935-2025)



Edward Popper (1927-2020)
Charlotte Popper (1926-2016)



Dr. Alan R. Posner (1942-2024)



Margaret "Peggy" Smith Pratt (1928-2022)
William "Bill" A. Pratt, MD (1920-2008)



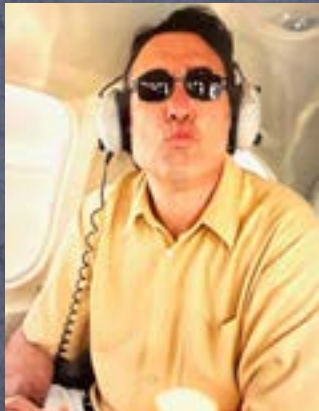
Ronnie Randell (1947-2025)



Michael D. Ratner (1943-2016)



Dr. Joe Redish (1944-2024)



Charles Reiner (1946-2002)



Harris Ira Reiss (1963-2020)



Jesse I. Remez (1928-2022)



Ann Rhodes (1931-1983)



Jill Fradin Rhodes (1966-2024)



Audrey Roberts (1935-2025)



Mary Rose (1926-2021)



Lia Lynn Rosen (1955-2022)



Burt-David "Buddy" Rosenberg (1928-1982)



Jane Lewis Ross (1948-2003)



Ron Ross (1932-2020)



Sidney Roth (1928-2013)



Joshua Aaron Rothstein (1987-2002)



Fred Paul Rubin (1927-2019)



Naomi "Dede" Ellen Rubin (1929-2019)



William Rubin (1912-2011)
Lois Rubin (1925-2015)



Viola Rubin (1920-2015)



Zipora Rubin (1937-2022)



Nicole Ruffine (1961-2015)



Barbara Rulnick (1927-2008)



Devorah Stein Sachs (1919-2021)



Amy Sakon Lee (1935-2020)



Dr. Roberta Linda Salper (1938-2024)



Judah Samet (1938-2022)



Itzhac "Irving" Saraf (1932-2012)



**Mildred Savitt (1929-2010)
Paul Martin Savitt (1926-2010)**



Elizabeth Sayles (1956-2021)



Edna Schack (1902-1990)



Karl Schack (1891-1965)



Joseph Schlesinger (1923-2001)



Sarah Schlesinger (1925-2010)



Bessie Schwartz (1896-1969)



Edward R. Schwartz (1926-2000)



Maurice Schwartz (1892-1968)



Jess Search (1969-2023)



Barry Shandler (1915-2018)
Bea Shandler (1913-2009)



Irene (Epstein) Shanes (1944-2023)



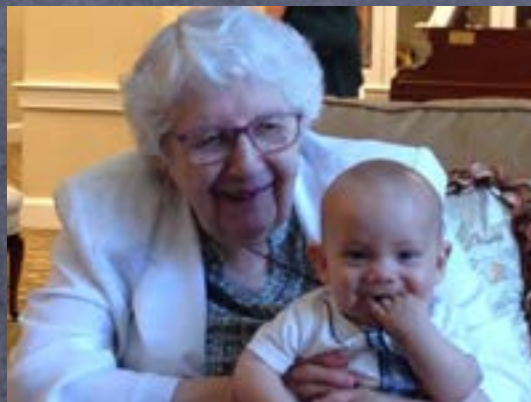
Yvette Sharrow (1948-2024)



Emily Louisa Nugent Sheldon (1886-1979)



Albert Sherman (1952-2022)



Sophie Shiffman (1927-2024)



Morris Shiffman (1922-2014)



Ruben Chalom Shohet (1935-2019)
Carol French Shohet (1939-2020)



Gussie Siegelman (1891-1946)



Harry Siegelman (1884-1961)



Shirley Siegelman (1927-2001)



Stanley Siegelman (1924-2011)



Harry Claude Sigman (1939-2017)



Richard Silberman (1938-2014)



Mark Silvan (1931-2023)



Matt Silvan (1961-2006)



Keith Alan Silverblatt (1952-2023)



Eric Simon (1920-2007)

Sara Simon (1925-2023)



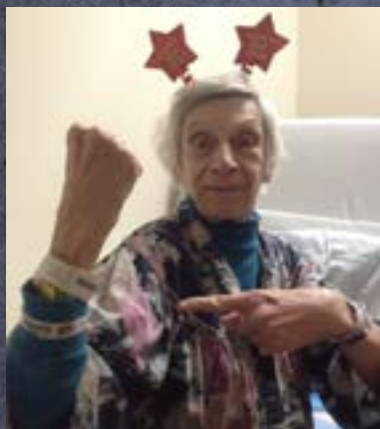
Margery Singer (1952-2023)



Rubin Singer (1935-2023)



Charles "Chet" Slater (1921-2000)



Helen "Gabs" Slater (1923-2015)



**Doris Slifman (1930-2005)
Theodore "Ted" Slifman (1927-1985)**



Rachel Small (1984-2005)



Elizabeth "Betsy" A. C. Smith (1932-2022)



Irvin H. Sokolic (1924-2003)



Scott Sokolic (1950-2013)



Jerry Solmsen (1930-1997)



**Herta Solomon (1919-2002)
Martin Solomon (1914-1974)**



**Ida "Sweet as Apple Cida" Soslow (1921-2017)
Jack "Mr. Kazoo" Soslow (1922-2012)**



Serge Spitzer (1951-2012)



Janet Starkman (1952-2020)



**Adalbert Stastny (1921-2011)
Edith Stastny (1928-2019)**



Alfred Steiner (1876-1964)



Ella Steiner (1879-1964)



Gloria Steinfeld (1928-1989)



Julian Steinfeld (1924-2001)



Jerome Stern (1924-2017)



Fred Stettner (1927-2011)



Beth Stone (1935-2025)



Clare Strauss (1918-2019)



Erszi Szirmai (1948-2023)



Martin Tanzer (1933-2020)
Barbara (Lipton) Tanzer (1935-2009)



Renee Taubman (1932-2025)



Frances G. Taylor (1917-2023)



Cynthia W. Thursby (1935-2019)



Donald W. Thursby (1960-2025)



Donald E. Thursby (1934- 2023)



Michael Tobin (1940-2020)



Zeke Tulskey (1997-2023)



Gracie Urena (1935-2021)



Frank Vanacore (1950-2011)



Rita Varian (1980-2021)



Jacob "Jack" Wachtel (1921-1969)



Judith "Judy" H. Wachtel (1922-2004)



Barbara Weiss (1933-2017)
Dr. Harold Weiss (1933-2020)



Barbara Weiss (1939-2020)



Wendy Weller-Jones (1942-2014)



Peggy West (1934-2021)



Vincent B. Wickwar (1943-2022)



Joanna Wolff (1969-2022)



Joseph Aaron Wolkenberg (1932-2021)



Charlene Xiaoying Zhuang (1954-2025)



Benson Zinbarg (1937-2004)



Joan Zinbarg Hochberg (1939-2017)



Annie Zinker (1932-2016)



Rebecca Zuckerstein (1915-1941)



Edward Zurndorfer (1942-1996)



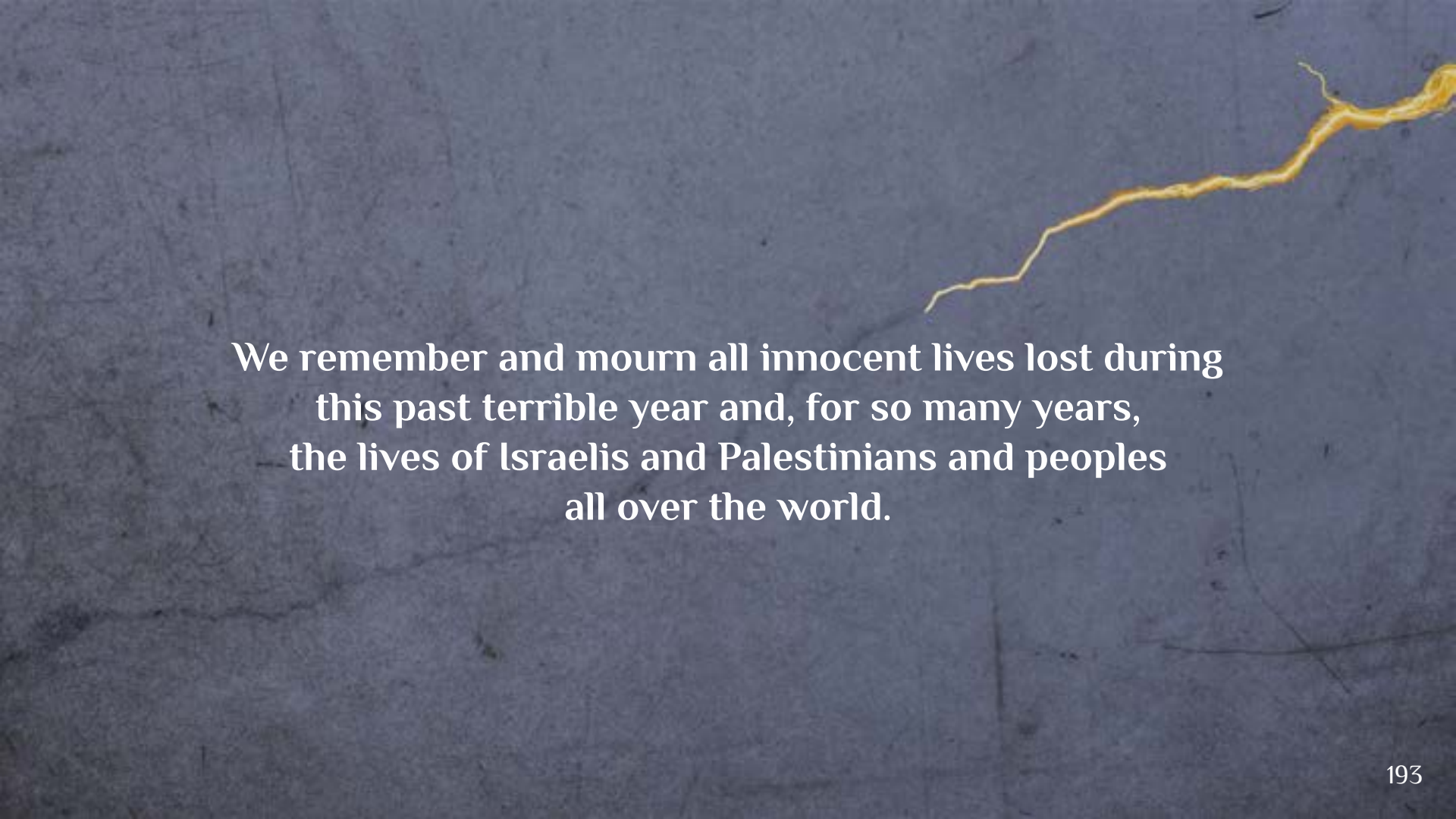
Johanna Zurndorfer (1915-2016)



Heschel "Whitey" Zvi (1899-1981)
Nitsa "Flossie" Bluma (1912-2005)

We honor the memory of loved ones for whom we do not have a photo

Sy Barash (1926-1975)
Mimi Barash Coppersmith (1933-2025)
Paula Broude (1938-2025)
Judith Fried (1964-1995)
Paul Fried (1927-2016)
Bernard Friedman (1925-1994)
Florence Friedman (1929-2008)
Marion Kwartler (1956-2010)
Ozzie Kwartler (1926-2004)
Shirley Kwartler (1928-2007)
Nat Mancher
Roz Mancher
Dorothy Regensburg
Milt Regensburg
Albert Stein (1928-2018)
Sarah Stein (1920-1973)
Adam Paul "Avram Pinchis" Warheit (1971-2024)
Ellen "Elkalya" Warheit (1903-1986)
Walter "Shia Alta" Warheit (1907-1990)



We remember and mourn all innocent lives lost during
this past terrible year and, for so many years,
the lives of Israelis and Palestinians and peoples
all over the world.



זכרם לברכה

Zichram Livracha

May all memories be a blessing

Psalm 23: Mizmor le david

*Havaya/Adonai ro'i lo' echsar
bin'ot deshe yarbiytzeni
al-mey m'nuchot y'nahaleni*

**Deep within is my Source of Comfort:
Life itself guides me, as a shepherd nourishes needs.
Green pastures sooth and sustain me
Cool still pools of water refresh my soul.**

מִזְמוֹר לְדָוִד
הוֹיָה רְעִי לֹא אֶחְסָר
בְּנֵאוֹת דֶּשֶׁא יִרְבִּיצֵנִי
עַל-מֵי מְנוּחוֹת יִנְהַלֵּנִי

*Nafshi yeshovev yancheni
b'ma'galey-tzedk lema'an shemo
gam ki-elekh b'gey tzalmavet
lo-ira ra' ki-attah immadi*

**My spirit is restored,
spinning through sacred spirals of justice,
leading me home.**

**Even as I walk through this valley,
in the shadow of death
I do not fear,
For I'm never alone.**

נַפְשִׁי יָשׁוּב יָנִיחֵנִי
בְּמַעְגְּלֵי-צֶדֶק לְמַעַן שְׁמוֹ
גַם כִּי-אֵלֶךְ בְּגֵי צִלְמוֹת
לֹא-אִירָא רָע כִּי-אַתָּה עִמָּדִי

Shivhthekha umish'antekha

hemmah yenachamuni

Ta'arokh lephanay shulchan neged tzoreray

dishanta bahashemen roshi kosi revayah

שִׁבְחֶךָ וּמִשְׁעַנְתְּךָ

הֵמָּה יִנְחֶמְנִי

**Each caress and every challenge
offer me comfort,
I do not despair.**

**This life is a feast, a set table is laid,
even as foes are seated beside me
I am anointed with precious oils,
my cup is overflowing.**

תַּעֲרוֹךְ לִפְנֵי שְׁלֹחַן נֶגֶד צֹרֵרִי
דִּשַׁנְתָּ בַשֶּׁמֶן רֹאשִׁי כּוֹסִי רוֹיָה

*Ach tov va'chesed yirdephuni kol-yemey chayyay
veshavhti beveit Havaya/Adonai le'orekh yamim*

Havaya/Adonai ro'i lo' echsar

אַךְ טוֹב וְחֶסֶד יִרְדֹּפוּנִי כָּל-יְמֵי חַיִּי
וְשִׁבְחֹתִי בְּבֵית-הוֹיָה לְאֶרֶךְ יָמִים

**My days will be good, blessed with kindness
I dwell within this life, this love, this body
Forever evolving, forever grateful.**

הוֹיָה רְעִי לֹא אֶחְסָר

Life itself guides me, as a shepherd nourishes needs.

El Malei Rachamim God full of mercy,
Womb of the world,
In whom there is room enough for all life to flourish
From whom there is blessing enough
For all life to be nourished —
We call out to You, broken-hearted.

Shochen bam'romim You who dwell on High
Beyond the borders of loyalty and love
that make us human —
Hearing what we cannot
Holding what we cannot
Healing what we cannot —

Help us.

Hamtzeh menucha nechona

tachat kanfei hashechina

Grant perfect rest

Beneath the wings of Your Presence

To the precious innocent souls —

Israeli and Palestinian,

Jewish and Muslim,

Christian, Bedouin, and Druze,

Migrant workers from around the world —

Who have lost their lives

to the ravages of war

during this past year.

Shelter those who witnessed unspeakable brutality
And whose walls could not protect them.
Carry those who were caught or cornered,
unable to escape destruction, degradation, despair.
Lift up those who searched for sustenance or safety,
longing for the embrace of home.

B'ma'alot kedoshom utehorim k'zohar harakiyah mazhirim

May those souls
who are with you now
be granted a glimpse of the world as You see it --
shimmering
everywhere
with the light of Your presence.

B'Gan Eden tehei menuchatam.

May they find rest and comfort
In Your holy Garden.

Ana ba'al ha Rachamim

Please,

O Master of Mercy,

Yastire'hem b'seter kenafecha l'olamim

Vitzror biztror hachaim et nishmotehem

Hide them beneath the cover of your wings, forever,

And let their souls be bound up with ours,

Summoning us all to righteousness

And hope renewed.

Adonai hu nachalatam

V'yanuchu v'shalom al mishkavam

May Your unending love be their inheritance.
May their eternal resting place be Your peace.

And let us say:
Amen.

*El malei rachamim
shochen bam'romim
hamtzei m'nuchah n'chonah
tachat kanfei haSh'chinah
bema'alot k'doshim ute'horim
kezohar harakia mazhirim
l'nishmot shehiz'car'nu hayom
liv'racha shehal'chu l'olamam*

**Source of All, filled with Compassion,
Imminent and Infinite,
unfold the wings of Divine Presence
and let perfect rest for the soul abide beneath them.**

אֵל מָלֵא רַחֲמִים
שׁוֹכֵן בַּמְרוֹמִים
הַמְצִיא מְנוּחָה נְכוֹנָה
תַּחַת כַּנְפֵי הַשְּׁכִינָה
בְּמַעְלֹת קְדוּשִׁים וְטְהוֹרִים
כְּזֹהר הַרְקִיעַ מְזִהִירִים
לְנִשְׁמוֹת שֶׁהַזְכָּרְנוּ הַיּוֹם
לְבָרְכָהּ שֶׁהִלְכוּ לְעוֹלָמָם

*B'gan eden t'hei menuchatam
lachen ba'al harachamim
yastireyem beseter kenafav le'olamim
veyitzror bitzror hachayim et
nismatam*

בְּגֵן עֵדֶן תִּהְיֶה מְנוּחָתְךָ

לָכֵן בְּעַל הַרַחֲמִים

יִסְתִּירֶם בְּסִתְרָם כְּנָפָיו לְעוֹלָמִים

וְיִצְרֹר בְּצִרְוֹר הַחַיִּים אֶת

נִשְׁמָתְךָ

**May their soul return to its Deepest Source,
carried by Compassion,
but let their memory be eternally bound with our lives.**

*Havaya/Adonai hu nachalatam
Veyanuachu beshalom
al mishkavam
venomar amen.*

**Truly, their inheritance
exceeds our understanding;
may they rest in peace,
sheltered by the wings of Divine Presence.
And let us say, Amen.**

הוֹיָה הוּא נַחֲלָתָם
וַיָּנוּחוּ בְּשָׁלוֹם
עַל מִשְׁכָּבָם.
וְנֹאמַר אָמֵן

KADDISH

קדיש

REMEMBER

Yit'gadal v'yitkadash

sh'meih raba

B'al'ma di v'ra chiruteih

v'yam'lich mal'chuteih

b'chayei'chon uv'yomei'chon

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

יִתְגַּדַּל וְיִתְקַדַּשׁ

שְׁמֵהּ רַבָּא

בְּעַלְמָא דְּבְרָא כְּרַעוּתֵיהּ

וְיִמְלִיךְ מַלְכוּתֵיהּ

בְּחַיֵּינוּ וּבְיוֹמֵינוּ

uv'chayei d'chol

beit Yisrael

ba'agala u'viz'man kariv

v'imru amein

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל

בְּעֶגְלָא וּבְזִמַּן 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**

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

*l'eila l'eila min kol
bir'chata v'shirata
tush'b'chata v'neche'mata
da'ami'ran b'al'ma
v'imru amen*

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

And let us say, Amen.

לְעֵלָא לְעֵלָא מִן כָּל
בְּרִכָּתָא וְשִׁירָתָא
תְּשֻׁבָּתָא וְנֶחֱמָתָא
דְּאֱמִירָן 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 amein*

**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 נְשִׁלְמָא רַבָּא מִן שְׁמַיָּא
וְחַיִּים טוֹבִים עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵיבֵל
וְאָמְרוּ אָמֵן

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

עֹשֶׂה שָׁלוֹם בְּמִרוֹמָיו
הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ

וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵבֶל
וְאָמְרוּ אָמֵן

**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.

May you find comfort

May you find comfort

May you find comfort in Love

הַמָּקוֹם יְנַחֵם אֶתְכֶם

בְּתוֹךְ שְׂאֵר אַבְלֵי צִיּוֹן וִירוּשָׁלַיִם

Hamakom yinachem etchem

b'toch sha'ar avlei tzion vi'y'rushalayim

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MUSAF

מוסף

ALMOST THERE

And who by fire, who by water
Who in the sunshine, who in the night time
Who by high ordeal, who by common trial
Who in your merry merry month of May
Who by very slow decay

And who shall I say is calling?

*Uv'chein ul'cha ta-aleh k'dushah,
ki atah Eloheinu melech
un'taneh tokef k'dushat hayom
ki hu nora v'ayom:
uvo tinasei malchutecha v'yikon
b'chesed kisecha v'teisheiv alav be-emet*

**Today is sacred and holy,
filled with awe and fear.
Today we feel Divine Presence.
Today we envision a holy court:
throne of judgment, bated Breath of Life.
We are judged in truth, but with compassion.**

וּבְכֵן וְלָךְ תַּעֲלֶה קְדֻשָּׁה
כִּי אַתָּה אֱלֹהֵינוּ מֶלֶךְ
וְנִתְּנָה תִקְוָה קְדֻשַׁת הַיּוֹם,
כִּי הוּא נוֹרָא וְאִיּוֹם:
וְבוֹ תִנָּשָׂא מַלְכוּתְךָ וְיִכּוֹן
בְּחֶסֶד כִּסֵּאֲךָ וְתִשָּׁב עָלָיו בְּאַמֶּת

*Emet ki atah hu dayan
umochi-ach v'yodei-a vaeid,
v'choteiv v'choteim v'sofeir
umoneh v'tizkor kol hanishkachot:*

אֱמֶת כִּי אַתָּה הוּא יָדִין
וּמוֹכִיחַ וְיֹדֵעַ וְעֹד
וְכוֹתֵב וְחוֹתֵם וְסוֹפֵר
וּמוֹנֶה וְתִזְכּוֹר כָּל הַנִּשְׁכָּחוֹת:

**We cannot hide our motives from our Deepest Source,
just as we cannot escape the consequences of our actions.
They are imprinted on us - counted, measured, and recorded.
Even if you forget, the world reflects their mark.**

*V'tiftach et seifer hazichronot
umei-eilav yikarei
v'chotam yad kol adam bo*

וְתִפְתַּח אֶת סֵפֶר הַזִּכְרוֹנוֹת

וַיִּמְאֲלוּ יִקְרָא

וְחוֹתָם יָד כָּל אָדָם בּוֹ

**Our Book of Memories is opened
and the book speaks for itself,
for each of us has signed it with our actions.**

And who in her lonely slip, who by barbiturate
Who in these realms of love
Who by something blunt
And who by avalanche, who by powder
Who for his greed, who for his hunger

And who shall I say is calling?

*Uv'shofar gadol yitaka, v'kol
d'mamah dakah yishama:*

וּבְשׁוֹפָר גָּדוֹל יִתְקַע וְקוֹל
דְּמָמָה דַּקָּה יִשְׁמַע:

**When the great Shofar is sounded,
and a still small voice is heard,**

*umalachim yeichafeizun,
v'chil ur'adah yocheizun,
v'yomru hineih yom hadin,
lifkod al tz'va marom badin,
ki lo yizku v'einecha badin*

**even the angels are scared;
in fear and trembling they cry out:
“The Day of Judgment has arrived!”
Even the angels are judged;
they too know that they’ve missed the mark.**

וּמַלְאָכִים יִחְפְּזוּן
וְחִיל וְרָעָדָה יֵאָחֲזוּן
וַיֹּאמְרוּ הִנֵּה יוֹם הַדִּין
לְפָקוֹד עַל צָבָא מָרוֹם בְּדִין
כִּי לֹא יִזְכּוּ בְּעֵינֵיהֶם בְּדִין

*V'chol ba-ei olam
ya-avrun l'fanecha kivnei maron
K'vakarat roeh edro
ma-avir tzono tachat shivto*

וְכָל בָּאֵי עוֹלָם
יַעֲבִירוּן לְפָנֶיךָ כִּבְנֵי מָרוֹן
כְּבִקְרַת רוֹעֶה עֶדְרוֹ
מֵעֶבִיר צֹאנוֹ תַּחַת שִׁבְטוֹ

**One by one we are all counted,
angels and humans,
like sheep by their shepherd,**

*Kein ta-avir v'tispor v'timneh,
v'tifkod nefesh kol chai
v'tachtoch kitzvah l'chol b'riyah,
v'tichtov et g'zar dinam*

כֵּן תַעֲבִיר וְתִסְפּוֹר וְתִמְנֶה
וְתִפְקֹד נֶפֶשׁ כָּל חַי
וְתַחְתּוֹךְ קִצְוָה לְכָל בְּרִיָּה
וְתַכְתּוֹב אֶת גִּזְרֵי דִינָם

**each of us passing under the staff.
Our actions recorded, counted, measured.
Creation and destruction, all unfolds.**

*B'rosh hashanah yi'katei'vun
uv'yom tzom kipur yei'chatei'mun*

בְּרֹאשׁ הַשָּׁנָה יִכְתֹּבוּן

וּבְיוֹם צוֹם כִּפּוּר יִחְתַּמוּן

**On Rosh Hashanah we write our intentions,
and on Yom Kippur we release control;**

*B'rosh hashanah yikateivun
uv'yom tzom kipur yeichateimun
kamah ya'avrun v'chamah yibareium
mi yichyeh umi yamut*

בְּרֹאשׁ הַשָּׁנָה יִכְתְּבוּן
וּבְיוֹם צוֹם כִּפּוּר יִחְתְּמוּן
כַּמָּה יַעֲבְרוּן וְכַמָּה יִבְרָאוּן
מִי יִחְיֶה וּמִי יָמוּת

On Rosh Hashanah we write our intentions,
and on Yom Kippur we release control;
How many among us will exhale their last breath,
and how many new lives will inhale their first?
Who will live, and who will die?

mi v'kitzo umi lo v'kitzo
mi va'eish umi va'mayim
mi va'cherev umi va'chayah
mi va'ra'av umi va'tzama

**Who in old age and who young,
who in fire and who in water,
who by man and who by animal,
who from hunger and who from thirst?**

מִי בְּקִצּוֹ וּמִי לֹא בְּקִצּוֹ

מִי בָאֵשׁ וּמִי בַּמַּיִם

מִי בַחֶרֶב וּמִי בַחַיָּה

מִי בָרָעַב וּמִי בַצָּמָא

mi va'ra'ash umi va'mageifah
mi va'chanikah umi viskilah
mi ya'nu'ach umi ya'nu'a
mi yi'shakeit umi yi'tareif

מִי בָרַעַשׁ וּמִי בַמַּגִּפָּה
מִי בַחֲנִיקָה וּמִי בַסְּקִילָה
מִי יָנוּחַ וּמִי יָנוּעַ
מִי יִשְׁקֵט וּמִי יִטְרֹף

**Who by disaster and who by disease,
who by suffocation and who by execution,
who will rest and who will be restless,
who will find serenity and who will feel troubled?**

*mi yishaleiv umi yit'vasar
mi yei'ani umi yei'asheir
mi yishafeil umi yarum*

מִי יִשָּׁלֵוּ וּמִי יִתְיַסֵּר
מִי יֵעָנִי וּמִי יֵעָשֵׂר
מִי יִשְׁפֹּל וּמִי יָרוּם

**Who will be comforted and who tormented,
who will have less and who will have more,
who will fall and who will rise?**

*B'rosh hashanah yi'katei'vun
uv'yom tzom kipur yei'chatei'mun*

בְּרֹאשׁ הַשָּׁנָה יִכְתֹּבוּן

וּבְיוֹם צוֹם כִּפּוּר יִחְתַּמוּן

**On Rosh Hashanah we write our intentions,
and on Yom Kippur we release control;**

*Ut'shuvah ut'filah utz'dakah
ma'avirin et roa hag'zeirah*

וְתִשׁוּבָה וְתִפְלָה וְצִדִּיקָה
מַעֲבִירִין אֶת רֹעַ הַגְּזִירָה

But repair of our relationships,
mindful contemplation,
care and kindness,
can help us bring more balance to our lives,
present with each moment, with each other, with love.

*B'rosh hashanah yi'katei'vun
uv'yom tzom kipur yei'chatei'mun*

בְּרֹאשׁ הַשָּׁנָה יִכְתֹּבוּן
וּבְיוֹם צוֹם כִּפּוּר יִחְתַּמּוּן

**On Rosh Hashanah we write our intentions,
and on Yom Kippur we release control;**

Adam y'sodo mei'afar

v'sofo le'afar:

b'naf'sho yavi lachmo

mashul k'cheres hanish'bar

k'cha'tzir yaveish

uch'tzitz noveil k'tzeil oveir

Our origin is dust and our end is dust;

Find sustenance in soul.

We are fragile vessels:

grass that withers, flowers that fade,

shadows that pass,

אָדָם יְסֻדוֹ מֵעָפָר

וְסוּפּוֹ לְעָפָר

בְּנַפְשׁוֹ יָבִיא לַחֲמוֹ

מְשׁוּל כְּחֶרֶס הַנִּישָׁבָר

כְּחֻצִיר יָבֵשׁ

וְכַצִּיץ נוֹבֵל כְּצֶל עוֹבֵר

*uch'anan kalah uch'ru-ach noshavet,
uch'avak porei'ach v'chacholom ya'uf.*

V'atah hu ru'ach eil chai v'kayam

וְכַעֲנָן כָּלָה וְכְרוּחַ נוֹשָׁבֶת

וְכָאֶבֶק פּוֹרֵחַ וְכַחֲלוֹם יָעוֹף

וְאַתָּה הוּא רוּחַ אֵל חַי וְקַיָּם

**clouds that vanish,
winds that blow,
dust that flies away,
dreams that disappear.**

**But the Source of Life is Constant,
Infinite and Everlasting.**

And who by brave assent, who by accident
Who in solitude, who in this mirror
Who by his lady's command, who by his own hand
Who in mortal chains, who in power

And who shall I say is calling?

*B'rosh hashanah yi'katei'vun
uv'yom tzom kipur yei'chatei'mun*

בְּרֹאשׁ הַשָּׁנָה יִכְתֹּבוּן
וּבְיוֹם צוֹם כִּפּוּר יִחְתַּמּוּן

**On Rosh Hashanah we write our intentions,
and on Yom Kippur we release control;**

ALEINU

עָלֵינוּ

IT'S ON US

*Aleinu l'shabei'ach la'adon hakol
lateit g'dulah l'yotzeir b'reishit
shelo asanu k'goyei ha'aratzot
v'lo samanu k'mishp'chot ha'adamah*

עֲלֵינוּ לְשַׁבֵּחַ לַאֲדוֹן הַכֹּל
לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית
שֶׁלּוֹ עָשָׂנוּ כְּגוֹיֵי הָאָרֶצוֹת
וְלֹ שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאָדָמָה

**Let's praise Creation,
celebrate the Source of Creation
and the greatness of One,
for all is connected, all contains a Divine spark
- in the face of another we discover the Divine.**

*shelo sam chel'keinu kahem
v'go'raleinu k'chol hamonam
va'anach'nu kor'im
u'mish'tachavim u'modim*

**We all share the same destiny,
so together we bend our knees, and bow,
and are grateful
before our Deepest Source,**

שֶׁלוֹ שָׁם חֶלְקֵנוּ כָּהֶם
וְגוֹרְלֵנוּ כְּכֹל הָמוֹנָם
וְאַנְחֵנוּ כּוֹרְעִים
וּמִשְׁתַּחֲוִים וּמוֹדִים

lif'nei melech

mal'chei ham'lachim

ha'kadosh baruch hu

לפני מלך

מלכי המלכים

הקדוש ברוך הוא

Breath of Our Lives,

Author, Authority, Holy, One.

ALEINU

עָלֵינוּ

IT'S ON US

LAB/SHUL

Love Your Neighbor as Yourself

ואהבת לרעך כמוך

LAB / SHUL

תִּיקוּן IKKUN

5786: RETURN TO REPAIR

SHANA TOVA

תשפ"ו: שנה של תיקון לטובה

HIGH HOLY DAYS OF AWE 2025 / ימים נוראים 5786

Deep Gratitude to the Composers of Today's Music:

Hareini M'kabel Alai - Circle Chant
Modah Ani - Rabbi Shefa Gold
Elohai Neshama - Naomi Less
Im Ein Ani Li - Yonatan Razel
I Will Rise with You - Rebekka Goldsmith
Elah - Elana Brody, Miriam Rubin
HaMe'ira - Josh Warshawsky, Coleen Dieker
Sh'ma - Solomon Sultzer
Baruch Shem - Netanel Goldberg
I Love You, I'm Sorry - Ho'oponopono Chant
We Rise - Batya Levine
Shiviti - Lab/Shul
Yihyu L'ratzon - Elana Arian

Zochreinu L'chayim - Armenian Niggun
B'sefer Chayim - Lab/Shul
Tiftach Libi - Naomi Less, Matt Check
Eitz Chayim - Tanchum Portnoy
Misheberach - Lab/Shul
Kol Y'mei Chayai - Alicia Jo Rabin
Havaya Nat'na - Alicia Jo Rabin
Psalm 23 - Gerald Cohen
El Malei - R. Sharon Cohen Anisfeld
El Malei Rachamim - Charles David Osborne
May You Find Comfort - Aviva Chernick
Who By Fire - Leonard Cohen
Aleinu - YofiYah
Y'varech'cha - Jai Uttal

Deep Gratitude to the Guest Artists, Ritualists & Educators

Storahelling Artists

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

Ritual Musicians

Jeremy Brown
Sabrina Hayeem-Ladani
Martin Shamoopour
Eléonore Weill

Guest Ritualists

Dr. Deborah Almontaser
Rev. Micah Bucey
Rev. Dr. Chloe Breyer
Sensei Robert Chodo Campbell
Sensei Koshin, Paley Ellison
Galeet Dardashti
Stephan Kolbert
Brad Lander
Lynn Paltrow
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

Audio, Video & Photography

Jesi Kelley
Ali Levin
Zeke Winitsky
Traci Anderson

Production Staff

Taylor Ackerman
Ben Hawkins
Na'ama Keha
SC Event Staffing

Event Producer

Daniela Grafman &
Vision Events

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, 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? 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 - 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 A Meditation with Senseis Koshin Palay Elison and Robert Chodo 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 - 8:00pm	L'Chayim, Honey! Break Fast Bites-To-Go	In Person

What's Next? Yom Kippur

TODAY @ 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

TONIGHT @ 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 NE'ILA

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

|| קו'ןTIKKUN
[KITHIN TA KIBITZ]

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

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



WEB: www.labshul.org/donate

CHECK: Storahtelling Lab/Shul, Inc.

VENMO: @labshul

ZELLE: hello@labshul.org

Ways to Gather: throughout 5786



5786: Rites of Passage, Relmaged



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HIGH HOLY DAYS OF AWE 2025 / ימים נוראים 5786

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 הוֹיָהּ וַיְשִׁמְרְךָ

יֵאֵר הוֹיָהּ פָּנָיו אֵלֶיךָ וַיַּחֲנֶךָ

יִשָּׂא הוֹיָהּ פָּנָיו אֵלֶיךָ וַיַּשֵּׁם 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.

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Return to repair

HIGH HOLY DAYS OF AWE 2025 / 5786

NYC / ONLINE

