

# Cantor Lilah Sugarman(she/her)

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## Professional Profile

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- A passionate and dedicated team builder who connects congregants to Judaism and to each other, that creates deep and long- lasting relationships.
- Empowering individual community member voices to create inclusive sacred communities through song, study, celebration, and tzedakah.
- Living and teaching Judaism through a deeply-rooted love for tradition and adopting new and creative ways of understanding and practicing Jewish values and observances. Connecting to Judaism by teaching and living out Jewish practices that bring together the mind, body and spirit such as Jewish Yoga and Dance.

## Experience

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**Congregation B'nai Yisrael, Armonk, NY,**  
[www.cbyarmonk.org](http://www.cbyarmonk.org)

**Cantor,** July 2019-present

- *Perform all cantorial/clergy duties, including music, prayer, pastoral care, life cycle officiation, teaching, adult and youth choir, and religious school teachings*

## Prayer & Spiritual Practice

- Collaborate with Rabbi, pianist, musicians, and lay leaders, to create diverse and inspiring worship utilizing voice, instruments, choir, and movement for Shabbat, High Holy days, and Festivals. Write and deliver divrei Torah, sermon in songs, and kavanot. Chant Torah and coordinate congregant participation in services.
- Created and lead Shir Joy- Youth Choir for K-teens, which rehearses weekly and sings at High Holidays and services throughout the year.
- Alongside the pianist, direct the Adult Volunteer choir that meets at least twice a month and sings in High Holidays and services throughout the year. The choir was active through Covid with Zoom rehearsals, choir videos, and outside gatherings.
- Restarted monthly Young Family Shabbat service, dinner, and shabbat experience.
- Coordinated with audio-visual professionals to produce and create choir videos, and service videos to keep our community connections strong through Covid isolation. Included fully pre-recorded High Holiday services in 2020.
- Taught bi-monthly Torah & Yoga
- Formed and lead monthly Rosh Chodesh women's Group.
- Prepare, direct and participate in annual Purim Spiel
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## Life Cycle

- Partner with the rabbi and community members to create individualized approaches to pastoral care and lifecycle commemorations.
- Coordinate and lead the B'nai Mitzvah program with more than 30 B'nai Mitzvah in 2022. Tutoring and mentoring students to learn to chant and understand Torah and Haftarah portions and prepare to lead prayers. Specialized experience and training, working effectively, and compassionately with kids with special needs, and different learning abilities including autism, dyslexia, ADHD, auditory deficiency, and severe anxiety.

### Torah/ Education

- Lead engaging, spiritually infused, and educational services in our Jewish Identity Development Program (religious school).
- Create programming for, lead and coordinate yearly women's retreat.
- Partner with the Director of Lifelong Learning and religious school teachers to develop and prepare grade-level Shabbat services.
- Collaborate with the Director of Lifelong Learning to further develop Hebrew and prayer curriculum.
- Lead Torah study throughout the year using art and music to engage with our traditional text.
- Will Staff L'taken, teen social justice seminar to DC.
- Created web series with Rabbi and Educators during the pandemic including Daily Dose of Torah, and Chanukah videos, and weekly Torah & Yoga classes.

### Building Relationships

- Member of Armonk Faith Alliance- leading interfaith services and programs
- **Keshet New York Leadership Project**- alongside the rabbi and lay leaders participated in yearlong coaching, classes, and conferences to develop LGBTQA+ inclusive organizational policies, program, and cultural practices.
- **T'ruah- (The Rabbinic Call for Human Rights) STEP (Synagogue Teams for Equity Partnerships) leadership program.** Participated in a six-month program with lay leadership using Torah to learn about racial justice, build skills around creating relational coalitions, and steps to collaborate across lines of difference, particularly race.
  - Started and coordinated CBY community garden in which produce was given to community members and those in need. The garden is also used as an educational experience in the religious school.
- Lead monthly Shabbat services at the Bristol assisted living in Armonk

**Temple Beth David of the San Gabriel Valley Temple City, CA, Cantor, July 2018 2019**  
<https://www.templebethdavidsgv.org>

- Collaborated with rabbi and lay leaders to create and lead services on Shabbat, Festivals and High Holy Days. Sole leader while rabbi was away on a 4.5 month sabbatical
- Officiated lifecycles and provided pastoral care.
- Taught adult education including a class about the history and development of the cantor through music, Torah & Yoga classes, and adult b'nai mitzvah.
- Created and directed youth choir and adult choirs that sang in services throughout the year and during the High Holidays.
- Developed and implemented religious school music programs, led religious school services, and taught Hebrew class.
- Coordinated B'nai Mitzvah program and prepared students for B'nai Mitzvah.

**Temple Judea, Tarzana, CA**

*2017-2019*

- **Prayer Class teacher** - Taught a weekly prayer class which was a part of a series of classes that clergy teach to prepare students for their B'nai Mitzvah before tutoring.
- **B'nai Mitzvah Tutor** - guiding students as they prepare their Torah, Haftarah and prayers for their Bar/Bat Mitzvah, and working with kids with special needs to create individualized paths of preparation.

**Temple Isaiah, Los Angeles, CA**

2017-2018

- **Social Action Coordinator** - organization, initiation, and managing social action by working with the senior rabbi and through member engagement and support.
- **New Member Outreach Coordinator**- Outreach to new members and connecting them further to the community through resources, and volunteer opportunities.
- **Religious School Teacher** -5<sup>th</sup> Grade Hebrew and Judaic teacher & 7<sup>th</sup> grade Judaica.
- **Rosh Chodesh, Moving Traditions**–Lead monthly 7<sup>th</sup> grade Rosh Chodesh group.
- **B’nai Mitzvah Tutor** - Helping students learn to chant and understand Torah and Haftarah portions, prepare their prayers, create recordings of prayers and Torah portions.

**Aspen Jewish Congregation**

*High Holiday Cantor, 2017*

- Co-created and led services for High Holy Days, including Selichot with senior rabbi. Writing and delivering iyyunim and Sermons in Song.
- Led volunteer adult choir and children’s choir rehearsals and in services.

**Congregation Gates of Heaven, Schenectady, NY**

*Student Cantor, 2015-2017*

- Service leading, tot shabbats, family services, B’nai Mitzvah, teaching music in religious school, officiated lifecycles, yoga minyan, directed volunteer choir, taught adult education, created and taught adult education for Selichot, Rosh Hashanah Day Two, and older adult events.

**Central Synagogue, New York, New York**

2014-2017

- B’nai Mitzvah Tutor, helping students learn to chant and understand Torah and Haftarah portions, and prepare their prayers.

**Jewish Center of Northwest Jersey, Washington, New Jersey**

*Student Cantor, 2013-2015*

Religious school curriculum and teacher, Adult volunteer choir, B’nai Mitzvah, Service leading, High holiday services and programs, youth group, Purim spiel, and multiple lifecycle events

**Community Outreach and Volunteer Work**

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- Co-chair, “Afternoon of Music and Joy,” co-sponsored by Kol Hazzanim, (Cantors of Westchester) and Westchester Jewish Council, November 2020 & 2022
  - Board Member, Secretary of Kol Hazzanim, Cantors of Westchester, 2019-present
  - Created and led session together with Rabbi Jaclyn Cohen entitled “Self-Care for Clergy: A Dialogue & Practice,” at 73rd Annual convention of the Pacific Association of Reform Rabbis (PARR), January 2019
  - On the planning committee and led a session entitled “Finding Resilience in Trauma, Part 1: physical and spiritual practice” and led *T’filah* at western region midwinter conference hosted by the American Conference of Cantors, Cantors Assembly, Guild of Temple Musicians, January 2019
  - Created content and taught a session on the use of Jewish Yoga in synagogues at the American Conference of Cantors (ACC) annual convention, June 2018
  - Instructor of Jewish yoga class during the Los Angeles wide, Jewish Wisdom and Wellness: A Festival of Learning co-hosted by Cedars-Sinai and the [Kalsman Institute on Judaism & Health](#), Hebrew Union College-Jewish Institute of Religion.
  - Teacher at community-wide Leil Shavuot in Schenectady, NY, 2016 & Teacher at Limmud of Albany, NY, 2016
  - Volunteered at HUC-JIR Soup Kitchen 2013-2017
  - Volunteer counselor at Camp Ronald McDonald for Good Times, sleepaway camp for children diagnosed with cancer, and their siblings, 2008-2010

## Education

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- **Master of Sacred Music**, Hebrew Union College – Jewish Institute of Religion, Debbie Friedman School of Sacred Music, New York, *Masters received: 2016, Ordained Cantor: 2017*
  - **Thesis:** “Praise God with Timbrel and Dance”: The History, development, and current practice of movement and dance in Jewish worship
  - Involved in Jewish Spirituality Institute, Member of Working Worship Committee, HUC-JIR
- **Bachelor of Arts** in Music and English (Dual Major) and Minor in Dance, San Diego State University, CA

## Additional Training and Certification

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- Monthly Clergy Mussar Group 2020-present
- Hadar Rising Song Intensive, 2021
- Moving Traditions B’nai Mitzvah Training, 2019
- Moving Traditions-Rosh Chodesh Training, 2017
- 200 hour Vinyasa Yoga Teacher Training, Sonic Yoga, New York, *Summer 2015*
- Yoga and Piyutim Intensive, *Summer 2014*

## Publications

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San Diego Poetry Annual, 2009-2010

Writer for “Spiritual View” an article in the local Northern Westchester Newspaper 2020-2021

*References available upon request*