

Cantor Lauren Adesnik

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Biography

Cantor Lauren Adesnik is a bright dynamic spiritual leader who specializes in Jewish music and the cantorate as a vehicle for spiritual growth, connection, and transformation.

Prior to entering the cantorate, she served as a soloist and B'nai mitzvah expert for many synagogues throughout the Greater Los Angeles area, most especially her home synagogue, Temple Judea of Tarzana, Ca. Cantor Adesnik's training at Hebrew Union College-Institute for Jewish Religion in New York brought her to many synagogues in the northeast, giving her a national depth of experience.

Upon cantorial ordination, Lauren, and her (then brand-new) husband Moshe hopped on a plane to Atlanta, where she has been blessed to serve Temple Emanu-El of Greater Atlanta as their cantor for the past eight and a half years.

With a focus toward inviting congregants of all ages into accessible worship experiences, her collaborative partnership and teamwork shaped a vibrant Jewish communal life with music at the core. Energetic motivation and creative innovation coupled with intuitive listening built thriving musical groups of all ages, opportunities for mentoring Jewish musicians, and fostered dynamic community musical collaboration.

Cantor Adesnik's empathetic guidance encourages learners of all ages, and she holds a special place in her heart dedicated to working with B'nai mitzvah students and their families. Cantor Adesnik builds a personal relationship with each student and their family, creating an experience that is empowering, engaging, and deeply meaningful.

Having a passion for new Jewish music, Lauren created a co-commission for a new *Kol Nidre* entitled “*All Sacred Vows*,” written by acclaimed Jewish music composer, Michael Isaacson, as a part of her third-year liturgical recital. Rabbis and Cantors from across the country, as well as members from the HUC-JIR cantorial classes of 2010-2013 participated in this venture. *Kol Nidre* debuted on the West Coast at University Synagogue with Cantor Jay Frailich, and on the East Coast at Hebrew Union College, featuring Lauren as the soloist.

Cantor Adesnik continued to develop this passion for new Jewish music in partnership with Temple Emanuel-El; commissioning Cantor Jonathan Comisar to write *Hafoch Bah*, a piece for cantor, choir, and congregation in honor of the synagogue's fortieth anniversary. Cantor Adesnik writes her own compositions as well; find them in the listening section.

Cantor Adesnik is a passionate builder of sacred relationships and is committed to crafting inclusive Jewish life for all people regardless of gender, pronouns, partner preference, different needs or abilities. Cantor Adesnik elevates Jewish life through music, learning, teaching, and living Torah.

Lauren was born and raised in Los Angeles, CA. and received her Bachelor of Music in Vocal Arts Performance from The University of Southern California. She resides in Atlanta, Ga with her husband Moshe, their daughter Lavender and their standard poodle, Wally.