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תפילות לקבר אבות

MEMORIAL PRAYERS

AT THE CEMETERY

BETWEEN ROSH HASHANAH AND YOM KIPPUR

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PRAYER UPON ENTERING A CEMETERY

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר יָצַר
אֶתְכֶם בְּדִין, וְזוֹ וְכֻלְכֶם אֶתְכֶם בְּדִין, וְיִוָּדַע
מִסֵּפֶר כָּלְכֶם בְּדִין, וְעַתִּיד לְהַחְזִיר
וּלְהַחְיֹתְכֶם בְּדִין. בָּרוּךְ אַתָּה יי מְחַיֵּה
הַמֵּתִים:

Blessed art thou, Lord our God, Ruler of the Universe, who created humanity in the divine image, and who faithfully provides for the needs of all living things. Upon God do we depend throughout our lives, and God's faithfulness enables us to meet death with courage and hope. God's watchful protection extends over all creation. Blessed art thou, Lord who implants within human life, the aspect of eternity.

OSEH SHALOM - MAY GOD GRANT PEACE

עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ,
וְעַל כָּל יִשְׂרָאֵל,
וְעַל כָּל יוֹשְׁבֵי תֵבֵל:
יַעֲשֶׂה שָׁלוֹם, יַעֲשֶׂה שָׁלוֹם,
שָׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל;
יַעֲשֶׂה שָׁלוֹם, יַעֲשֶׂה שָׁלוֹם,
שָׁלוֹם עָלֵינוּ וְעַל כָּל יוֹשְׁבֵי תֵבֵל:

May God who makes peace on high send peace unto us and all Israel, and unto all who dwell on earth. Amen.

ADONAI MAH ADAM - LORD WHAT ARE WE?

Selected Scriptural Verses

Lord, what are we that we merit thy concern; mortals all, yet worthy of thy mindfulness?

*The span of human life is like a breath,
Our days like a passing shadow.*

In the morning we grow and flourish;
In the evening we are cut down and wither.

*At thy will our bodies return to dust,
With thy word: Return, O human children.*

Would that people were wise and understood;
They would consider the finality of life.

*Truly, none take anything along when death comes;
One's fortune will not descend to the grave.*

Regard the person of integrity;
Take note of the upright, for their destiny is peace.

*The Lord will deliver the soul of the faithful,
And none who trust in God shall be found wanting.*

ADONIY MAH ADAM - LORD WHAT ARE WE?

Selected Scriptural Verses

*Our lives pass too quickly.
God is forever.
Not one soul is lost from Divine Consciousness.*

הֲזֹה מִה־אָדָם וַתִּדְעֶהּוּ. בֶן־אָנוּשׁ וַתַּחֲשֹׁבֶהוּ:

אָדָם לְהִבֵּל דָּמָה. יָמָיו כְּצֵל עוֹבֵר:

בְּבִקְרָה יֵצֵיץ וְחִלָּף. לְעֶרֶב יְמוּלֵל וַיָּבֵשׁ:

תָּשֵׁב אָנוּשׁ עַד־דָּפָא. וַתִּאמֶר שׁוּבוּ בְנֵי־אָדָם:

לֹא חֲכָמוֹ יִשְׁכִּילוּ זֹאת. יָבִינּוּ לְאַחֲרֵיתָם:

כִּי לֹא בְמוֹתוֹ יִקַּח הַכֹּל. לֹא־יִרַד אַחֲרָיו כְּבוֹדוֹ:

שְׁמַרְתֶּם וּרְאֵה יֵשֶׁר. כִּי־אַחֲרֵית לְאִישׁ שָׁלוֹם:

פּוֹדֶה יְהוָה נַפְשׁ עֲבָדָיו.
וְלֹא יֵאָשְׁמוּ כָּל־הַחֲסִים בּוֹ:

SUCH NICE PEOPLE THESE
by Esta Cassway

PSALM 121

Such nice people these
Beloved fathers,
Women of valor,
Devoted brothers,
Sisters, sadly missed
A scoundrel here and there
Perhaps a prince
Yet all, for one brief long ago.
Were babies held by others lying here
Beneath this burning light.
The rows have been spruced up a bit –
Honoring the living
Paying honor to the dead.
And here and there a flowered gift that says
I've come.
Grass cuttings cover names obscured by time
– I brush them clean
And wish the sun could warm again those bones –
Those bones whose joys and passions,
Sorrows, pains and goodly deeds
Recalled,
Like sunny days with such nice people these
Still warm our hearts.

שִׁיר לַמַּעֲלוֹת.
אֲשָׁא עֵינַי אֶל־הַהָרִים. מֵאֵין יבֹא עֲזָרִי:
עֲזָרִי מֵעַם יְהוָה עֲשֵׂה שְׂמִים וְאֶרֶץ:
אֶל־יָתֵן לַמּוֹט רַגְלִי. אֶל־יָנוּם שְׁמִרְךָ:
הִנֵּה לֹא יָנוּם וְלֹא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל:
יְהוָה שְׁמִרְךָ. יְהוָה צִלְךָ עַל־יַד יְמִינֶךָ:
יוֹמָם הַשֶּׁמֶשׁ לֹא־יִכָּפֶה. וַיָּרַח בַּלַּיְלָה:
יְהוָה יִשְׁמְרֶךָ מִכָּל־רָע. יִשְׁמַר אֶת־נַפְשֶׁךָ:
יְהוָה יִשְׁמַר־צִאֲתֶךָ וּבֹאֲךָ
מֵעַתָּה וְעַד־עוֹלָם:

A Song for Pilgrims to Jerusalem.
I lift up my eyes to the mountains.
Whence comes my help?
*My help is from the Lord,
Creator of heaven and earth.*
God will not let your foot slip;
Your Guardian never slumbers.
*Behold, the Guardian of Israel
Slumbers not, nor sleeps.*
The Lord guards you.
The Eternal One is at your right hand to shelter you.
*The sun will not harm you by day,
Nor the moon by night.*
The Lord will guard you from all evil.
The Eternal One will preserve your soul.
*The Lord will guard your going out,
And your coming in,
from this time forth and forever.*

REFLECTIONS BY THE GRAVES OF LOVED ONES

*Use these suggested texts
along with the soulful meditations of your heart.*

IN MEMORY OF A MALE SPOUSE

My God, I cry to you in my distress. Be my support in time of trouble. I recall the love and kindness of my departed spouse and the companionship of our wedded years. He was my friend, my guide and my protection. We shared together the cup of joy and together we drank from the cup of sorrow. Now that he is no longer with me my heart seeks peace in his memory. Strengthen me, O God, when I am lonely, that my life will be worthy of his memory. O God, I pray, grant peace to my departed companion and strengthen in me the faith that he is at peace under thy providence in the company of the upright and the good. Amen.

IN MEMORY OF A FEMALE SPOUSE

My God, I am tried in spirit and grieved in heart as I ponder the memory of the partner of my joys and sorrows. My dearly beloved was the crown of my life. Her kindness and devotion were the joy of my heart. May the spirit of my beloved companion ever be near me to comfort me in the hours of loneliness and to strengthen and sustain me in the moments of sadness. May her memory guide me to do what is kind and good; and protect me against doing that which is unworthy of her memory. May her love surround all her dear ones and lead them and me in the way of truth and righteousness. May her memory, and our abiding love, build ever more strongly the way between all who loved her and thee, O God of Eternal life. Give my beloved joy and blessing in the company of the upright and the good. Amen.

MEMORIAL MEDITATION

Our God, our Creator, it is because of the soul that thou, O Lord, have given that we come to this place of eternal peace today with the conviction that although the mortal frame of our loved ones has returned to the earth, the soul, portion of thy spirit, knows no death and has returned to thee. As we now remember our loved ones whose earthly journey has come to a close, we pray that their eternity is the peace and fulfillment of the upright and the good.

Grant that as we dwell with the memory of our loved ones, family members and friends who have found their last resting places here in this hallowed ground, we may be strengthened in the desire to make our lives their channels through which they continue to speak. May we realize that their memory can live for blessing in the life of Israel and humanity only as we let them speak through our own lives, for the ennoblement of life through the hallowing of thy name.

Congregation with Rabbi

We therefore pray, O God, that these moments of memorial devotion may be worthy of those whose memory we honor. May these memories lead us, through the inspiration they bring, to sanctify thy name in our lives with integrity of thought and deed, at home, in synagogue, and in the community.

And now, we pray thee, send strength and comfort to all whose hearts have recently been touched by sorrow. May theirs be the strength, born of hope and faith, that through thy light we shall see light eternal. Amen.

IN MEMORY OF SON OR DAUGHTER

My God, who has given and who has taken. Thou, who taught me to love, heal the wound which has come to my soul because of the death of my beloved _____ . Strengthen me to bear this grievous loss and help me to keep ever before me the light of hope and faith that my beloved is under thy providence. Send comfort and blessing to all who mourn the loss of our dear ones. Bind up my wounds and theirs. May we all realize that we are but sojourners on earth, and may we so live that when tears are shed they are the tears of love and sweet memories, and not the tears of regret because of unused opportunities while loved ones and friends were with us. Keep my dear _____ in thy loving care, O God, Amen.

IN MEMORY OF BROTHER OR SISTER

My God, tender memories of childhood rush in upon me as I look back on my childhood days and recall my beloved _____ who has returned to thee. May the memory of happy childhood and later years soften the edge of sorrow and grief. May the love my dear _____ bore me, strengthen me in the performance of my daily tasks. May memory purify my heart and lead me under the loving touch of the memory of my dear _____ to live in a such a manner that my life will be a sanctification of thy name and a memorial of love to all my departed loved ones and friends. Amen.

IN MEMORY OF FATHER

My God, strengthen me in my desire to reflect honor on my father. Under the inspiration of his memory strengthen me in my will to do what is good and right in all my ways. May I prove myself worthy of the love my dear father gave me. May his memory ever remain an inspiration and a blessing to me and to all whom he loved. May it link us to each other and to thee. May my father's soul be at peace in the company of the upright and the good. Amen.

IN MEMORY OF MOTHER

My God, I am thankful to thee for all the blessings of my dear mother's love. Through her I received not only my being but also the beautiful blessings of her spirit. Help me, O God, to honor her memory in my daily thought and deed. May her memory draw me with cords of love to serve thee, the House of Israel, and all humanity more sincerely. May I feel her love and presence surround me always, strengthening me in time of joy, and comforting and sustaining me in time of trial and sorrow. Grant, O God, that my mother's destiny will be peace with the souls of the upright and the good. Amen.

I AM NOT THERE

Do not stand at my grave and weep

I am not there, I do not sleep.

I am a thousand winds that blow,

I am the diamond glint on snow,

I am the sunlight on ripened grain,

I am the soft gentle autumn rain,

And in the quiet morning's hush,

I am the swift uplifting rush

Of birds in ever circling flight,

I am the soft star-shine at night.

Do not stand at my grave and cry,

I am not there – I did not die.

IN MEMORY OF A SPECIFIC MAN OR BOY

Almighty God, remember the soul of my beloved _____, who has gone to his eternity. I pray thee, may his soul be bound up in the bond of life with the souls of Abraham, Isaac and Jacob, Sarah, Rebecca, Rachel and Leah, and with the souls of all the upright. May his rest be of honor, with fullness of joy in thy presence, secure at your right hand forever. Amen.

IN MEMORY OF A SPECIFIC WOMAN OR GIRL

Almighty God, remember the soul of my beloved _____, who has gone to her eternity. I pray thee, may her soul be bound up in the bond of life with the souls of Abraham, Isaac and Jacob, Sarah, Rebecca, Rachel and Leah, and with the souls of all the upright. May her rest be of honor, with fullness of joy in thy presence, secure at your right hand forever. Amen.

Concluding Prayer

May the memory of our loved ones whom we are recalling today be a continuing influence for good in our lives, and a source of blessing forever. Amen.

PSALM 23

PSALM 23

*Even in the Valley of the Shadow of Death,
God gives us support, strength and courage equal to our needs.*

A Psalm of David.

The Lord is my Shepherd, I shall not want.

God causes me to lie down in green pastures;
And leads me beside still waters;

Restores my soul;
And guides me in right paths for God's own name's sake.

Yea, though I walk through the valley of the
shadow of death,
I will fear no evil, for thou, O Lord, are with me;
Thy rod and thy staff, they comfort me.

The Lord God prepares a table before me
in the presence of my enemies,
And anoints my head with oil; my cup overflows.

Surely, goodness and mercy will follow me
all the days of my life,
And I shall dwell in the house of the Lord, forever.

מִזְמוֹר לְדָוִד.
יְהוָה רֹעִי. לֹא אֶחְסָר:
בְּנֵאֹת דָּשָׁא יִרְבִּיצֵנִי.
עַל־מֵי מְנוּחֹת יְנַהֲלֵנִי:
נַפְשִׁי יִשׁוּבָב.
יְנַחֲנִי בְּמַעְגְּלֵי־צֶדֶק לְמַעַן שְׁמוֹ:
גַּם כִּי־אֵלֶּךְ בְּגִיא צַלְמוֹת.
לֹא־אִירָא רָע כִּי־אֲתָה עִמָּדִי.
שִׁבְטְךָ וּמִשְׁעַנְתֶּךָ הִמָּה יְנַחֲמֵנִי:
תַּעֲרֹךְ לִפְנֵי שְׁלֹחַן נֶגְדַּ צַּרְרִי.
דִּשְׁנֶתָ בְּשֶׁמֶן רֹאשִׁי כּוֹסֵי רִנָּה:
אֵךְ טוֹב וְחֹסֵד יִרְדְּפוּנִי כָּל־יְמֵי חַיִּי.
וְשִׁבְתִּי בְּבַיִת־יְהוָה לְאָרְךָ יָמַים:

EL MALEH RAHAMIM

In Memoriam

O God, full of compassion, whose presence fills the high heavens, hold in loving remembrance those whom we have recalled today who have gone to their eternity, among all the holy and pure whose radiance is as the brightness of the firmament. Master of Mercy, we beseech thee, nestle them in the hovering shelter of thy wings, and bind them in the bond of eternal life. Thou art now their destiny. Grant them peace, together with all the righteous, the upright, and the innocent who have achieved their eternity. Amen.

EL MALEH RAHAMIM

In Memoriam

אֵל מְלֵא רַחֲמִים שׁוֹכֵן בְּמְרוֹמִים. הַמְצֵא
מְנוּחָה נְכוֹנָה תַּחַת כַּנְּפֵי הַשְּׂכִינָה. בְּמַעְלוֹת
קְדוּשִׁים וְטְהוֹרִים כְּזֹהַר הַרְקִיעַ מְזֹהֲרִים. אֶת
נְשָׁמוֹת כָּל אֱלֹהֵי שְׁהַזְכָּרְנוּ הַיּוֹם שֶׁהָלְכוּ
לְעוֹלָמָם: בְּגוֹן עֵדוֹן תִּהְיֶה מְנוּחָתָם: אָנָּה יְיָ בְּעַל
הַרְחָמִים הַסְתִּירָם בְּסִתְרֵי כַּנְּפֵיךָ לְעוֹלָמִים.
וְצָרוֹר בְּצָרוֹר הַחַיִּים אֶת נְשָׁמוֹתֵיהֶם: אֲתָה יְיָ
הוּא נִחְלָתָם: וַיְהִיָּה חֶלְקָם שְׁלוֹם וְשָׁלוֹה עִם
כָּל הַצְּדִיקִים וְהַיֹּשְׁרִים וְהַתְּמִימִים שֶׁהָלְכוּ
לְעוֹלָמָם. וְנֹאמַר אָמֵן:

MEMORIAL KADDISH

Rabbi

And now linked by the memory of the example of the good people we have remembered today, and as partners in the faith of all Israel, let us say the Memorial Kaddish together and affirm the exalted holiness of our God, who is supreme in life and death.

Yit-gadal vi-yit-kadash shi-may raba. Bi-ali-ma di-v'ra
chir-utay vi-yam-li-ch malchutay bi-hayaychon
uv'yomaychon uv'hayay di-chol beit Yisrael, ba-agala
u-vizman kariv; vi-imru, amayn.

Congregation

Yi-hay shi-may raba mi-varach li-alam ul'ali-may ali-maya.

Yit-barach vi-yish-tabah vi-yit-pa-ar vi-yit-romam
vi-yit-na-say, vi-yit-hadar vi-yit-aleh vi-yit-halal shi-may
di-kud'sha, bi-rich hu. *Li-ayla, Li-ayla mi-kol* birchata
vi-shi-rata, tush-bihata vi-nehemata, da-amiran bi-alma;
vi-imru, amayn.

Yi-hay shi-lama raba min shi-ma-ya vi-hayim, alaynu vi-al
kol Yisrael; vi-imru, amayn.

Oseh shalom bim'romav, hu ya-aseh shalom alaynu vi-al kol
Yisrael; vi-imru, amayn.

May God who makes peace on high send peace unto us on
earth, unto all Israel, and unto all remembering and
sorrowing hearts; and say, Amen.

Isaiah 25:8

God will swallow death eternally.

The Lord God will wipe tears from all faces.

MEMORIAL KADDISH

For a translation of the Memorial Kaddish, See page 18

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי-בְרָא
כְּרַעוּתָהּ. וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיֵּינוּ וּבְיוֹמֵינוּ
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעֵגְלָא וּבְזִמְן קָרִיב.
וְאָמְרוּ אָמֵן:

Congregation

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמֵי עֵלְמַיָּא:

יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלַּל שְׁמֵהּ דְקֻדְשָׁא. בְּרִיךְ
הוּא. לְעֵלְא לְעֵלְא מְכַל-בְּרַכְתָּא וְשִׁירְתָּא
תְּשַׁבַּחְתָּא וְנִחַמְתָּא דְאָמְרֵן בְּעֵלְמָא. וְאָמְרוּ
אָמֵן:

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים וְחַיִּים עָלֵינוּ וְעַל
כָּל יִשְׂרָאֵל. וְאָמְרוּ אָמֵן:

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל. וְאָמְרוּ אָמֵן:

*The day will come when death is swallowed up,
And tears are wiped from all faces.*

בְּלַע הַמּוֹת לְנֶצַח.

וּמָחָה אֲדֹנָי יְהוִה דְּמַעָה מֵעַל כָּל-פְּנִים:

PRAYER FOR THOSE IN NEED OF HEALING

Mee sheh-bay-rach מִי שְׁבִירָךְ

Music by Debbie Friedman

Lyrics by Debbie Friedman and Drorah Setel

מִי שְׁבִירָךְ אֲבוֹתֵינוּ,

(MeeSheh-bay-rach Avotaynu)

מִקּוֹר הַבְּרָכָה לְאֲמוֹתֵינוּ,

(Mikor HaBirachah Li-Eemotaynu)

May the source of strength
Who blessed the ones before us,
Help us find the courage, to make our lives a blessing,
And let us say, Amen.

מִי שְׁבִירָךְ אֲמוֹתֵינוּ,

(MeeSheh-bay-rach Eemotaynu)

מִקּוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ,

(Mikor HaBirachah La-Avotaynu)

Bless those in need of healing,
With רְפוּאָה שְׁלֵמָה *(Rifuah Shilaymah)*,
The renewal of body,
The renewal of spirit.
And let us say, Amen.

MEMORIAL KADDISH

Translation

May the mighty name of God be acknowledged as great and holy throughout the world which was created by divine will. May God's reign of universal justice, peace and holiness on earth be established speedily and soon, during your life and the life of the entire House of Israel; and say, Amen.

Congregation

May God's great name be praised throughout time and eternity.

Blessed and praised, glorified, extolled and exalted, adored, lauded and celebrated be the name of the Holy One, the Blessed. **Higher, yes higher**, is God's name than all the blessings and songs, hymns of praise and psalms of thanksgiving that can possibly be uttered in the world; and say, Amen.

May abundant peace and life from God be our portion on earth, and that of all Israel; and say, Amen.

May God who makes peace on high send peace unto us on earth, unto all Israel, and unto all remembering and sorrowing hearts; and say, Amen.

ADON OLAM

Eternal Lord was God and King,
Before anything, inert or living, came to be.
By God's command all life emerged;
Then all creation acknowledged God as Lord.

When the end shall come and all life cease to be,
Alone will God remain, still reigning awesomely.
All ages past were God's alone, and ages yet to be;
God forever is and will always reign gloriously.

God is One and only; God's reign none else may share;
To God none can be like;
With God none can compare!
By time unconfined, no genesis nor end,
To God all power belongs,
And from God all powers descend.

This is my living God who ever sets me free;
The source of my life's strength, amidst adversity.
God guides me through all trials; to God in stress I fly.
In God my hope I rest, when unto the Lord I cry.

Into God's caring hand, my soul I bid God take,
Alike in hours of sleep and when again I wake;
And with my soul, to God, my body I gladly give;
The Lord with me abiding, free from fear I live.

ADON OLAM

אֲדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ. בְּטָרִם כָּל יִצִיר נִבְרָא:
לַעֲת נַעֲשֶׂה בְחֶפְצוֹ כָּל. אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא:

וְאַחֲרֵי כָכֵלּוֹת הַכֹּל. לְבָדוֹ יִמְלֹךְ נוֹרָא:
וְהוּא הָיָה וְהוּא הוֹיָה. וְהוּא יִהְיֶה בְּתִפְאַרְתּוֹ:

וְהוּא אֶחָד וְאֵין שְׁנַי. לְהַמְשִׁיל לוֹ לְהַחֲבִירָה:
בְּלִי רֵאשִׁית בְּלִי תַכְלִית. וְלוֹ הָעֵז וְהַמְשָׁרָה:

וְהוּא אֱלֹהֵי וְחֵי גֹאֲלִי. וְצוֹר חֲבָלֵי בְּעַת צָרָה:
וְהוּא נָסִי וּמְנוּס לִי. מִנֶּת פּוֹסֵי בְיוֹם אֶקְרָא:

בְּיָדוֹ אֶפְקִיד רוּחִי. בְּעַת אִישׁוֹן וְאַעֲרָה:
וְעַם רוּחִי גֹוְתָנִי. יְיָ לִי וְלֹא אִירָא:

WE WILL REMEMBER THEM

At the rising of the sun and at its going down,
We will remember them;
At the blowing of the wind and in the chill of winter,
We will remember them.

*At the opening of the buds and in the rebirth of spring,
We will remember them;
At the blueness of the skies and in the warmth of summer,
We will remember them.*

At the rustling of the leaves and in the beauty of autumn,
We will remember them;
At the beginning of the year and when it ends,
We will remember them.

*As long as we live, they too will live,
For they are now a part of us, as
We remember them.*

When we are weary and in need of strength,
We will remember them;
When we are lost and sick at heart,
We will remember them.

*When we have joy we crave to share,
We will remember them;
When we have decisions that are difficult to make,
We will remember them.*

When we have achievements that are based on theirs,
We will remember them;

*As long as we live, they too will live,
For they are now a part of us, as
We remember them.*