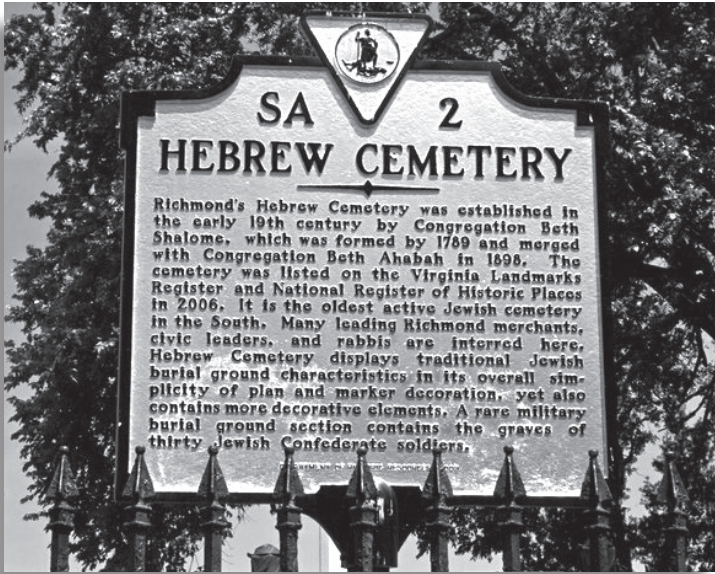


High Holy Day
Memorial Service
at
Hebrew Cemetery



Congregation Beth Ahabah
Richmond, Virginia

Opening Meditation

(together)

Eternal God! Here in this place where my sense of mortality is so keen, help me to recognize the deeper meanings of my place in Your universe. Cause me to see how vain are our strivings after wealth and power, how futile the struggles for recognition and acclaim, for all our human frailties eventually resolved into dust. Nothing remains but sweet memories of deeds of kindness and words thoughtfully spoken.

As You are Eternal, O God, move me to recognize, too, the touch of eternity you placed within me. As the seasons come and go, as bleak winter gives way to the rebirth of spring, and from barren ground the green of vegetation emerges, so out of my physical and mortal being will the spirit you placed within me merge to everlasting life with you. Cherishing that faith, let me walk through life with hope and strength.

At this most sacred season, when we pray for a year of life, health, and joy for ourselves and our dear ones, when we pray for the well-being of our people and all humanity, our thoughts turn not only to the living but also to the dead.

The Jewish people do not forget their debt to past generations. That may account for their miraculous survival. Perhaps that is why Israel is eternal. A people that remembers their past, their traditions, their ideals, and holds fast to them, cannot die or vanish from off the face of the earth.

We have come here today to pay our respects to those who, having finished their Earthly course, now Repose in this consecrated Earth. Since last year, we observe that new graves and monuments have been added, and that these have brought fresh sorrow and grief to more families. Here lies at rest an entire community of men, women, and children.

Today, I recall precious memories of my loved ones who were laid to their last rest in this spot or one like it. May the inspiration of their life and labor ennoble my own efforts, that I may always reflect honor upon them. I was blessed in them coming into my life, so may they be blessed now and always. Amen

Psalm 121

שִׁיר לַמַּעְלוֹת

אֲשָׂא עֵינַי אֶל־הַהָרִים מֵאֵין יבֹא עֲזָרִי:

עֲזָרִי מֵעַם יי עֲשֵׂה שָׁמַיִם וָאָרֶץ:

אֶל־יָתֵן לַמּוֹט רַגְלֶךָ אֶל־יָנוּם שֹׁמְרֶךָ:

הֲנֵה לֹא יָנוּם וְלֹא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל:

יי שֹׁמְרֶךָ יי צִלְּךָ עַל־יַד יְמִינֶךָ:

יוֹמָם הַשֶּׁמֶשׁ לֹא־יַכְּכָה וַיָּרֶחַ בַּלַּיְלָה:

יי יִשְׁמְרֶךָ מִכָּל־רָע יִשְׁמֹר אֶת־נַפְשְׁךָ:

יי יִשְׁמֹר־צִאֲתֶךָ וּבּוֹאֶךָ מֵעַתָּה וְעַד־עוֹלָם:

A song of ascents.

I lift up my eyes to the mountains: from where will my help come?

My help is from Adonai, maker of heaven and earth.

God does not allow your foot to stumble.

Your guardian does not slumber.

Behold the guardian of Israel neither slumbers nor sleeps.

Adonai is your guard; Adonai is your shade at your right hand.

By day the sun does not strike you, nor the moon by night.

Adonai guards you from all harm, guards your life.

Adonai guards your going and coming, now and forevermore.

Psalm 90

(responsively)

Adonai, You have been our dwelling place in every generation.

Before mountains were born, before You brought forth the earth and the inhabited world, from forever to forever, You are God.

You bring us to our limit, and You say, "Return, O mortals."

For a thousand years in Your eyes are like yesterday gone, like a watch in the night.

You engulf them with sleep; in the morning, they are like grass that passes away.

In the morning, it blossoms and passes; by evening, it withers and dies.

For when We die we carry nothing away.

The days of our years three score years and ten, or given strength, four score year or more; but the best of those years have trouble and sorrow. They pass by quickly and carry us away.

Teach us to number our days, so that we may get a heart of wisdom.

Return to us, O God, then truly shall we return. May the sweetness of Adonai, our God, be upon us, the work of our hands established, serving the memory of our dear departed.

Amen.

We Remember Them

by Sylvan Kamens and Rabbi Jack Riemer

At the rising of the sun and at its going down;

We remember them.

At the blowing of the wind and in the chill of winter;

We remember them.

At the opening of the buds and in the rebirth of spring;

We remember them.

At the blueness of the skies and in the warmth of summer;

We remember them.

At the rustling of the leaves and in the beauty of the autumn;

We remember them.

At the beginning of the year and when it ends;

We remember them.

When we are weary and in need of strength;

We remember them.

When we are lost and sick at heart; We remember them.

When we have decisions that are difficult to make;

We remember them.

When we have joy we crave to share; We remember them.

When we have achievements that are based on theirs;

We remember them.

For as long as we live, they too will live,
for they are now a part of us,

as we remember them.

Some of us gather here today to remember a beloved mother or father who gave us life and who, tending and guiding us, shaped our careers and influenced our characters. Some are here to recall a beloved wife or husband, recalling the love and friendship, faith in understanding, trials and griefs, fears and joys they shared in life together. Others are here to remember a brother or sister, remembering how together they grew up in happy fellowship, experiencing the adventures of childhood and youth. There are parents who come here to remember a child for whom they toiled and planned, yet who was taken from them in the freshness and vigor of youth. Others come here today to remember a dear one who, at the call of country, leaving behind all that was precious and dear, endured hardship, braved danger, and gave up life so that we who survive might live on in freedom. The hearts of all our loved ones beat no more; their voices are stilled; their smiles and self-effacing devotion are now but cherished memories.

We share the names and relations of those we are here to remember...

Memorial Prayer

El malei rachamim,	אל מלא רחמים,
shochein bam'romim,	שוכן במרומים.
hamtzei m'nuchah n'chonah	המצא מנוחה נכונה
tachat kanfei hash'chinah –	תחת כנפי השכינה
im k'doshim ut-horim	עם קדושים וטהורים
k'zohar harakia mazhirim –	כזהר הרקיע מזהירים
P'nishmot yakireinu	לגשמות יקירינו
shehal'chu P'olamam.	שהלכו לעולמם.
Baal harachamim yastireim	בעל הרחמים יסתירם
b'seiter k'nafav P'olamim;	בסתר כנפיו לעולמים,
v'yitzror bitzror hachayim	ויצור בצרור החיים
et nishmatam.	את נשמתם.
Adonai – hu nachalatam.	יי הוא נחלתם.
V'yanuchu b'shalom al mishkavam.	וינוחו בשלום על משכבם.
V'nomar: Amen.	ובאמר: אמן.

Merciful God,

God Most High:

Let there be perfect rest

for the souls of our loved ones who have gone into eternity.

May they find shelter in Your presence among the holy and pure

whose light shines like the radiance of heaven at the moment of

Creation. Compassionate God, hold them close to You forever.

May their souls be bound up in the bond of life eternal.

May they find a home in You.

And may they rest in peace.

Together we say: Amen

Mourner's Kaddish

Yitgadal v'yitkadash sh'meih raba, b'alma di v'ra chiruteih. V'yamlich malchuteih b'chayeichon uvyomeichon, uvchayei d'chol beit Yisrael – baagala uvizman kariv; v'imru: Amen.	וַיִּתְגַּדַּל וַיִּתְקַדַּשׁ שְׁמֵיהּ רַבָּא, בְּעַלְמָא דִּי בְּרָא כְרַעוּתָהּ. וַיַּמְלִיךְ מַלְכוּתָהּ בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן, וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל, בְּעַגְלָא וּבְזַמַּן קָרִיב. וְאָמְרוּ: אָמֵן.
Y'hei sh'meih raba m'varach l'alam ul-almei almaya. Yitbarach v'yishtabach v'yitpaar v'yitromam v'yitnasei v'yit-hadar v'yitaleh v'yit-halal sh'meih d'kudsha – b'rich hu – l'eila ul-eila mikol birchata v'shirata, tushb'chata v'nechemata daamiran b'alma; v'imru: Amen.	יְהֵא שְׁמֵיהּ רַבָּא מְבָרַךְ לְעָלָם וּלְעַלְמֵי עֲלַמְיָא. יִתְבָּרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר וַיִּתְרַומַם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְהַלַּל שְׁמֵיהּ דְּקֻדְשָׁא, בְּרִיךְ הוּא, לְעֵלְא וּלְעַלְא מְכַל בְּרַכְתָּא וְשִׁירְתָּא, תְּשׁוּבַחְתָּא וְנַחֲמַתָּא דְּאָמִירָן בְּעַלְמָא. וְאָמְרוּ: אָמֵן.
Y'hei sh'lama raba min sh'maya, v'chayim aleinu v'al kol Yisrael; v'imru: Amen.	יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא, וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל. וְאָמְרוּ: אָמֵן.
Oseh shalom bimromav, hu yaaseh shalom aleinu, v'al kol Yisrael v'al kol yoshvei teiveil; v'imru: Amen.	עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵיבֵל. וְאָמְרוּ: אָמֵן.

May the Source of peace bestow peace on all who mourn,
and may we be a source of comfort to all who are bereaved. Amen

Psalm 23

מִזְמוֹר לְדָוִד יְיָ רֹעִי לֹא אֶחָסֵר:
בְּנֵאֹת דָּשָׂא יִרְבִּיצֵנִי עַל־מֵי מְנַחֹת יַנְהֵלֵנִי:
נַפְשִׁי יִשׁוּבֵב יִנְחֵנִי בְּמַעְגְּלֵי־צֶדֶק לְמַעַן שְׁמוֹ:
גַּם כִּי־אֵלֶךְ בְּגִיא צַלְמוֹת לֹא־אִירָא רָע כִּי־אַתָּה עִמָּדִי
שִׁבְטֶךָ וּמִשְׁעַנְתֶּךָ הַמָּה יִנְחַמֵּנִי:
תַּעְרֶךְ לְפָנַי שְׁלַחֵן נֹגֵד צִרְרֵי
דִּשְׁנֹת בְּשֶׁמֶן רֹאשִׁי כוֹסֵי רִנָּה:
אֵךְ טוֹב וְחָסֵד יִרְדְּפוּנִי כָּל־יְמֵי חַיִּי
וּשְׁבֹתַי בְּבֵית־יְיָ לְאַרְךָ יָמִים:

A song of David.

The LORD is my shepherd; I shall not want.

He makes me lie down in green pastures,

He leads me beside the still waters.

He restores my life; He leads me in the paths of righteousness

for His name's sake.

Even when I walk in the valley of the shadow of death,

I will fear no evil, for You are with me.

Your rod and Your staff -- they comfort me.

You prepare a table before me in the presence of my foes.

You annoint my head with oil; my cup overflows.

Let but goodness and kindness pursue me all the days of my life,

And I shall dwell in the house of the LORD for many long days.

High Holy Days Cemetery Memorial Service On Your Own

Please feel free to use any elements from the preceding service, as well as the readings and suggestions on the following pages, as you visit your loved ones in the cemetery/ies of your choice (if possible), or on your own anywhere.

A Moment of Silent Conversation

Take a moment of silence and imagine a private conversation with your loved one(s). What has happened this year that you would like to tell them? How have you changed, and how have you felt their influence on your life during this past year? Is there some quality or strength you would like to ask them to share with you in the coming year? Take all the time you need to connect with your loved one(s), either at the graveside or anywhere that is most comfortable and possible for you at this time.

Leaving a Stone at the Graveside

It is customary, before leaving the gravesite, to place a small stone on the marker to indicate that someone has visited the grave. This tradition reflects the biblical practice of marking the grave with a pile of stones. Jacob marked Rachel's grave with a stone (Genesis 35:20), beginning a tradition that continues to this day. If you are unable to visit the graveside at this time, set aside stones at home with the intention of placing them when you are able to do so in the future.

Dedicating a Donation, Act of Charity, or Other Good Deed in Memory of a Loved One

O God, we are grateful for the time we were privileged to share with [name]. Even though they have left our midst, we know they will never leave our hearts, where their memory will endure as a blessing forever. In Jewish tradition, we are encouraged to perform acts of kindness and charity as a memorial to our departed. We now fondly dedicate [this deed] to the blessed memory of [name], realizing that their remains lie not only in this plot of ground but in every heart their life did touch. Amen.

After Leaving the Cemetery

After leaving the cemetery it is traditional to wash hands either outside the cemetery or before/immediately upon entering your house. Family may gather afterwards for a meal if it is safe to do so.

Private Memorial Readings

In Memory of a Child

I remember you always, my beloved child. For far too little time you were a precious jewel graced to me. I remember the days when I watched you grow and develop. I remember the joy I felt in your every breath, the sparkle in your inquisitive joyful eyes, the softness of your touch, the love we knew together, and all the hopes which I had for your future. Though death has taken you from me, you live on always within my heart and soul. You can never die. May the knowledge that you are sheltered in God's presence now afford me a small measure of comfort. You have taught me to cherish life, to love others as I loved you, and to give selflessly of myself. May God continue to embrace you with divine love and grant you eternal peace. Amen!

In Memory of a Sister, Brother or Friend

I remember you at this hour, my beloved [sister/brother/friend]. I remember the days when we lived together as companions and your loving friendship was my delight and support. Though death has taken you from me, your image abides with me. When I think of you, gratitude for all of our years together fills my heart. I bless your memory for the friendship you once showed me. May God bless you and keep you and grant you peace. Amen!

In Memory of an Unfulfilled Relationship

I remember you now with mixed feelings. Our lives together, sadly, were troubled. I recall all the times we shared and did not share, the comfort and joy I desired in our relationship that I did not find, the intimacy I yearned for that escaped us. We parted with words left unsaid, with no real reconciliation or healing. I think now of all the potential we had but did not reach. And so, in your memory, I pledge to live my life more honestly and lovingly, with more kindness towards others, using my words to build rather than tear down. I promise to give and receive with an open and full heart. May God bless you and grant you peace. Amen!

In Memory of a Father

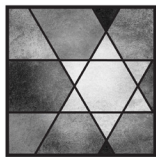
Your memory, my dear father, fills my heart and soul at this hour. It revives in me thoughts of the love, tenderness, and kindness with which you always loved me. My thoughts of you continue to inspire me to live up to the best that is within me, to a life of similar love and goodness that I might give to others. I hope that I can always be worthy of you and your love. I am grateful for all my memories of you. May God bless you and your soul and grant you peace. Amen!

In Memory of a Mother

I remember you at this hour, my dear mother. I recall the days when you dwelled on earth, and your tender love watched over me like a guardian angel. You have gone from me, and I miss your concern, your wisdom, and your kind, proud eyes in which I moved through life. The bond that unites our souls can never be severed. Your image lived on within me and the impress of your love and concern fills me with thoughts of tenderness and love. I am grateful for all my memories of you. May God lift up the divine light upon you and grant you peace. Amen!

In Memory of a Spouse or Life Companion

I remember you now, dear companion of my life. How fortunate we were, two stars in an infinite sea of souls to find each other and drink from the cup of passion and love. I remember the happy days we lived together and shared life's joys and sorrows; I remember your loving eyes, your soothing embrace, the tender affection which wedded our hearts, the selflessness we knew while hand in hand we journeyed together through life, when your love and faithfulness were my comfort, and your counsel and friendship were my support. Though death has taken you from me, you live within every fiber of my being and you are an inspiration to me. I give thanks to God for the gift of our love and the inspiration of your memory. May God keep you and grant you peace, Amen!



CONGREGATION
BETH AHABAH

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