



NORTH SHORE  
CONGREGATION  
ISRAEL

**Shabbat Morning/Yizkor**  
**3 April 2021 / 21 Nissan 5781**

מוֹדָה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִם.  
נְשֵׁהֲתַזְרַתְּ בִּי נִשְׁמָתִי, בְּחֶמְלָה. רַבָּה אֱמוּנָתְךָ:  
*Modeh ani lefanecha Melekh chai vekayam*  
*shehechezarta bi nishmahti b'chemlah, rabah emunatekha.*  
I give thanks to You, living and everlasting Sovereign,  
for You have restored my soul with mercy. Great is Your faithfulness.

We call each other to worship,  
Although we forget and sometimes do not listen.  
We call each other to worship  
With one breath,  
One song.  
One voice.  
At this sacred time, which is every time,  
In this sacred place, which is every place,  
With this sacred congregation, which is every congregation,  
We unfold together into the endless blessing of the Eternal  
And call each other to worship.

Matter is never destroyed, only transformed.  
So, too, can the soul evolve higher and higher:  
from instinct to inspiration, haughtiness to holiness,  
selfishness to service; from individualism to union,  
to join with the Soul of souls,  
the Infinite One.  
As the soul is magnified and sanctified,  
so is the Infinite One exalted.

בָּרוּךְ אַתָּה יְהוָה יוֹצֵר הַמְּאֹרוֹת:  
*Baruch Atah Adonai, Yotzeir Ha'M'orot.*  
Blessed are You, Adonai, Creator of Light.

Love your neighbor as yourself, You said.  
 And light-blinded, we saw that inner and outer worlds are one  
 As You are One.  
 You spoke, and we wrote.  
 We reached for You down the centuries, Your light moving before us  
 As we climbed, fell back and climbed again  
 Your Sinai of life.

בְּרוּךְ אַתָּה יְיָ, הַבוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה:  
*Baruch Atah Adonai, haBocheir b'amo Yisrael b'ahavah.*

**שְׁמַע יִשְׂרָאֵל: יְיָ אֱלֹהֵינוּ | יְיָ אֶחָד!**  
*Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!*  
 Hear, O Israel, Adonai is our God, Adonai is One!

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.  
*Baruch shem k'vod malchuto l'olam va-ed.*  
 Blessed is God's glorious majesty forever and ever.

וְאַהֲבַתְּ אֶת יְיָ אֱלֹהֶיךָ בְּכָל־לִבְּךָ וּבְכָל־נַפְשְׁךָ וּבְכָל־מְאֹדְךָ:  
 וְהָיָה הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֶנְכִי מְצַוְּךָ הַיּוֹם, עַל־לִבְּךָ:  
 וּשְׁנַנְתָּם לְבָנְיֶךָ, וְדַבַּרְתָּ בָּם בְּשַׁבְתְּךָ בְּבֵיתְךָ, וּבְלִקְוֹתְךָ בְּדֶרֶךְ,  
 וּבְשֹׁכְבְּךָ וּבְקוּמְךָ: וְקִשַּׁרְתָּם לְאֹזֶן עַל־יָדְךָ, וְהָיָה לְטֹטְפֹת בֵּין עֵינֶיךָ:  
 וְכִתְבָתָם עַל־מְזוּזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:  
 לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת־כָּל־מִצְוֹתַי, וְהָיִיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם:  
 אֲנִי יְיָ אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרָיִם  
 לְהִינָת לְכֶם לֵאלֹהִים. אֲנִי יְיָ אֱלֹהֵיכֶם: (אֲמַת)

*V'ahavta et Adonai Elohecha, b'chol l'avcha uv'chol nafsh'cha  
 uv'chol m'odecha. V'hayu had'varim ha-eileh asher anochi m'tzav'cha hayom  
 al l'avvecha. V'shinantam l'vanecha v'dibarta bam b'shivt'cha b'veitecha  
 uv'lecht'cha vaderech uv'shochb'cha uv'kumecha. Uk'shartam l'ot al yadecha  
 v'hayu l'totafot bein einecha. Uch'tavtam al m'zuzot beitecha uvish'arecha.  
 L'maan tizk'ru, vaasitem et kol mitzvotai vih'yitem k'doshim l'Eloheichem. Ani  
 Adonai Eloheichem, asher hotzeiti et-chem mei-eretz Mitzrayim lih'yot lachem  
 l'Elohim. Ani Adonai Eloheichem.*

You shall love Adonai your God with all your heart, with all your soul, and with all your might.  
Take to heart these instructions with which I charge you this day. Impress them upon your children.

Recite them when you stay at home and when you are away, when you lie down and when you get up.

Bind them as a sign on your hand and let them serve as a symbol on your forehead;  
inscribe them on the doorposts of your house and on your gates.

Thus you shall remember to observe all My commandments and to be holy to your God.  
I am Adonai, your God, who brought you out of the land of Egypt to be your God: I am Adonai your God.

מִי־כְמוֹתָהּ בְּאֵלִים, יי  
מִי כְמוֹתָהּ, נְאֻדָר בְּקוֹדֶשׁ  
נוֹרָא תְהִלָּת, עֲשֵׂה פֶלֶא  
*Mi cha-mo-cha ba-ei-lim, Adonai?*  
*Mi ka-mo-cha, ne-dar ba-ko-desh,*  
*no-ra t'hi-lot, o-sei fe-leh?*

Who is like You among the gods, Adonai? Who is like You, majestic in holiness, revered by praise, the source of wonder?

The meaning of the Sabbath is to celebrate time rather than space.  
Six days a week we live under the tyranny of things in space;  
On the Sabbath, we try to become attuned to holiness in time.  
It is a day on which we are called upon to share in what is eternal in time,  
To turn from the results of creation to the mystery of creation;  
From the world of creation to the creation of the world.

God of goodness,  
we give thanks for the gift of life, wonder beyond words;  
for the awareness of soul, our light within;  
for the world around us, so filled with beauty;  
for the richness of the earth, which day by day sustains us;  
for all these and more, we offer thanks.

בְּרוּךְ אַתָּה, יי, הַטּוֹב שְׁמֶךָ וְיִלְךָ נְאֻה לְהוֹדוֹת.

*Baruch Atah Adonai, HaTov Shimcha ul'Cha na'eh l'hodot.*

Blessed are You, Adonai, Your Name is Goodness, and You are worthy of thanksgiving.

שִׁים שְׁלוֹם, טוֹבָה וּבְרָכָה,

*Sim, Sim, Sim Shalom (x3) Tovah u'vracha.*

*Yai lai lai lai lai lai, lai lai lai (x4)*

בְּרוּךְ אַתָּה יְיָ, הַמְבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם:

*Baruch Atah Adonai, Ha'mevareich et amo Yisrael ba'shalom.*

Blessed are You Adonai, Who blesses the People of Israel with peace.

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

*Oseh shalom bimromav, Hu ya'aseh shalom aleinu v'al kol-Yisrael, v'imru: amen.*

May the One who creates harmony on high, bring peace to us and to all Israel. To which we say: Amen.

## **YIZKOR: REMEMBERING**

*Yizkor* is, in the end, not a prayer for the dead, but a promise by the living.

(Rabbi Aaron D. Panken)

עֲזִי וְזִמְרַת יְהוָה וְיִהְיֶה לִּי לִישׁוּעָה

*Ozi v'zimrat Yah vayhi li'shuah*

My strength, with the Song of the Source of All Breath, will be my Deliverance.

Our identity is grounded by our immediate experience, but it is enriched by memories and by a past mediated by parents and grandparents. One of the most essential tasks of parents and grandparents is to be storytellers who narrate experiences that a child never knew. Jews need to remember that they were once slaves in Egypt and that slavery is part of our consciousness. We should love the stranger because we too have been outcasts in Egypt and elsewhere. We should be concerned for the poor because we too have been destitute. We should care for the oppressed because we too have known persecution. We should help the defenseless because we have faced annihilation.

The poet and liturgist Marcia Falk writes:

*Recalling the generation,  
we weave our lives into the tradition.*

*(Daniel Shechter)*

Did you ever notice that no two waves hit the same place on the sand?  
One wave laps at the shore..  
The next one rolls in -- hitting lower, or maybe reaching past it..  
Each wave leaves a delicate curved edge on the sand..  
We don't know where until the wave comes in.  
Each one is a surprise..  
We know the waves are unpredictable.  
Still, we get caught by surprising waves.

Memories are like waves..  
We can't predict their timing, height or force..  
We never know when memories will wash upon us or how.  
Will our recollections gently touch us, or will they hit us hard?

Waves of memory arrive at different times.  
Holidays invite the waves and carry us back in time  
even as we are squarely living in the present.

*Yizkor* allows us to return to those unique individuals who played roles in our lives.  
Their paths, their lives, their deaths impact us  
precisely because their lives impacted us.  
*Yizkor* is a sacred time to stop amidst a busy world  
and remember those lives, their paths, their deaths.

*Yizkor* is a place to be alone with our recollections and our emotions,  
yet to be alone in the supported space of community.  
We let the waves of memory come in  
and leave their unpredictable edges along our shores ---  
whether they wash low and gently over our souls or hit high with force.

*Yizkor* allows us to remember, to feel,  
to experience the impact of our memories on our souls and our lives.

*(Rabbi Lisa S. Greene)*

## PERSONAL REFLECTION

### Psalm 130:1-2

שִׁיר הַמַּעְלוֹת: מִמַּעְמְקִים קָרָאתִיךָ, יְיָ אֱדֹנָי, שְׁמָעָה בְּקוֹלִי

*Mimaamakim k'raticha, Adonai. Adonai, shimah v'koli.*

*A poem for reaching up* Out of the depths, I cry to  
You: Hear me, hear my voice.

### Psalm 90

Adonai, through all generations, we have found our home in You. Before the mountains rose up, before the birth-pangs of the earth, You alone have been with us, steadfast and constant for all time. In the end You return us to dust, saying: "Come home now, daughters and sons of Adam and Eve — you are mortal." In Your sight a thousand years pass in an instant, like a fleeting watch in the night. But how brief the span of our lives! Our years flow by in a dream; we sleep away our days. In the morning we blossom in beauty; in the evening we wither away. Burnt like grass in the blasting heat of summer, we perish like chaff on the wind. A human life may be three score years and ten; or four score years, for those who are blessed with strength. So many days consumed by toil and troubles - then our time is cut short; and too soon we go into the dark. So teach us to number our days, that we may bring home a heart of wisdom. Give us a sense of Your presence; nourish us with your compassion. Knowing Your love at the dawn of our life, let us live our days in contentment, May our moments of joy surpass the times of struggle. May we taste the sweetness of each precious day. May the work of our hands bring fulfillment.

## PERSONAL REFLECTION: THE WORK OF THEIR HANDS

Today we remember.

We remember those we adored and those we struggled to make peace with.

Those who fought us & those who taught us.

We remember the places they held in our lives,

each of them unique, their life journeys unique.

So, too, the life lessons they bequeathed to us in life and in death.

יִזְכּוֹר אֱלֹהִים נְשָׁמוֹת יַקְרָנּוּ....שְׁהֲלֹכוֹ לְעוֹלָמָם. אָנָּה תִּהְיֶינָה נְפִשׁוֹתֵיהֶם צְרוּרוֹת  
בְּצָרוֹר הַחַיִּים וְתֵהִי מְנוּחָתָם כְּבוֹד. שְׁבַע שְׁמֹחוֹת אֶת־פְּנֵיהֶ, נְעִימוֹת בְּיַמֵּיהֶ נְצַח.  
אָמֵן.

*Yizkor Elohim nishmot yakireinu shehal°chu l'olamam. Ana tih'yenah  
nafshoteihem tz'rurot bitz'ror hachayim ut'i m'nuchata<sup>m</sup> kavod. Sova s'machot et  
panecha, n'imot bimincha netzach. Amen.*

May God remember forever our dear ones.....who have gone to their eternal rest.

May they be at one with the One who is their eternal rest. May the beauty of their lives shine for evermore, and may my life always bring honor to their memory.

## RECITATION OF NAMES

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא (אָמֵן) בְּעֻלְמָא דִּי־בְרָא  
כְּרַעוּתָהּ, וְיִמְלִיךָ מְלְכוּתָהּ בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן  
,וּבְחַיֵּי דְכָל־בֵּית יִשְׂרָאֵל  
בְּעֻלְמָא וּבְזִמְן קָרִיב, וְאִמְרוּ: אָמֵן. יְהֵא שְׁמֵהּ רַבָּא

מְבָרַךְ לְעַלְמֵי וּלְעַלְמֵי  
עַלְמֵיָא. יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא, וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל  
,שְׁמֵהּ דְקוּדְשָׁא, בְּרִיךְ הוּא  
לְעַלְמֵי מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא, תְּשַׁבְּחָתָא  
וְנִחְמָתָא דְאַמְיָרוֹן בְּעַלְמָא, וְאַמְרוּ: אָמֵן. יְהֵא שְׁלָמָא רַבָּא  
מִן־שְׁמֵיָא וְחַיִּים עָלֵינוּ  
וְעַל־כָּל־יִשְׂרָאֵל, וְאַמְרוּ: אָמֵן. עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא  
יַעֲשֵׂה שְׁלוֹם עָלֵינוּ  
.וְעַל־כָּל־יִשְׂרָאֵל, וְאַמְרוּ: אָמֵן.

Yit-ga-dal v'yit-ka-dash sh'mei ra-ba (A-mein) b'al-ma di v'ra chi-r'u-tei, v'yam-lich  
ma-l'chu-tei b'cha-yei-chon u-v'yo-mei-chon u-v'cha-yei d'chawl beit Yis-ra-eil,  
ba-a-ga-la u-viz-man ka-riv, v'i-m'ru: A-mein. Y'hei sh'mei ra-ba m'va-rach l'a-lam  
u-l'al-mei al-ma-ya. Yit-ba-rach v'yish-ta-bach, v'yit-pa-ar v'yit-ro-mam  
v'yit-na-sei, v-yit-ha-dar v'yit-a-leh v'yit-ha-lal sh'mei d'ku-d'sha, b'rich Hu, l'ei-la  
min kawl bir-cha-ta v'shi-ra-ta, tush-b'cha-ta v'ne-che-ma-ta da-a-mi-ran b'al-ma,  
v'i-m'ru: A-mein. Y'hei sh'la-ma ra-ba min sh'ma-ya v'cha-yim a-lei-nu v'al kawl  
Yis-ra-eil, v'i-m'ru: A-mein. O-seh sha-lom bi-m'ro-mav, hu ya-a-seh sha-lom  
a-lei-nu v'al kawl Yis-ra-eil, v'i-m'ru: A-mein.

May Your Great Name grow in holiness in the world created as You willed. May Your majesty  
rule in our lifetimes, in our day, and in the lifetimes of all the House of Israel; speedily and soon,  
and we answer: Amen. May Your Great Name be blessed forever and eternally. May the Name  
of the Holy Blessed One be praised and lauded, glorified and exalted, honored and respected far  
beyond any blessing, song, hymn or psalm that we on earth could offer, and we answer: Amen.  
May the great peace of the heavens be ours; with life for all Israel, and we answer: Amen. May  
the source of peace in the heavens bring peace to us and to all Israel, and we answer: Amen.

עֲזִי וְזִמְרַת יְהוָה וְיִהְיֶה־לִּי לִישׁוּעָה

*Ozi v'zimrat Yah vayhi li'shuah*

My strength, with the Song of the Source of All Breath, will be my Deliverance.