

ב"ה

YIZKOR MEMORIAL SERVICE



Yom Kippur
Shmini Atzeret
Eighth Day of Pesach
Second Day of Shavuot

Congregation B'nai Torah
Trumbull, Connecticut

For many, the most moving moment of Yom Kippur and other Jewish holidays comes when we pause to offer the Yizkor prayers. It is a moment of defining who we are by proclaiming the names of the people who made us who we are. And as we do so, we remember the things they taught us. We feel their presence, and we know that we are not here alone. If we ever stopped proclaiming those names, not only would they be lost to oblivion, we'd also be lost. Then we would really be alone. If we couldn't count on future generations of Jews promising to offer our names when the time comes, we'd feel that we had no promise of immortality.

Names of our beloved are written in stone on their graves. Their names are written in our hearts, and today we reach back and draw them into our memory. Love does not die and truth is stronger than the grave. The legacy of our loved ones unites us forever.

Oh God, we implore you to care tenderly for the souls of our loved ones who were so precious to us.

I pray that God gives you comfort as you remember your loved ones this day, and find solace from the additional readings in this booklet. I hope that we have been successful with our attempt to be as inclusive as possible.

This Yizkor Memorial book was made possible thanks to the generous donations to the Frances Brodie Memorial Fund by members of Congregation B'nai Torah and others. It is dedicated to Frances Brodie z"l, imi morati, my mother, my teacher, for whom Judaism and service to her synagogue were the centerpieces of her life. I will always be indebted to her for inspiring me to become a Rabbi.

Rabbi Colin Brodie

A Brief History of the Yizkor Service

It may surprise you to know that the liturgy of the Yizkor service is only 500 years old. There are earlier references to remembering people who have died, the earliest being in the Books of Maccabees. During the medieval period, there are also references to mourners redeeming the souls of their loved ones through their actions, which referred to giving tzedakah. Throughout this time, people also believed that their loved ones could intercede with God on their behalf.

The first appearance of a written Yizkor service is found in the time of the First Crusades (in 1096), following the slaughter of more than ten thousand Jews in the Rhineland. Yom Kippur was chosen as a time to say Yizkor because the Torah reading for Yom Kippur begins with the words *Acharei Mot*, after the death of [Aaron's sons]. Yom Kippur was also a time to give tzedakah, enabling us to continue to pray for the souls of our loved ones through our actions. The written Yizkor service began with the prayer *Av Ha-Rachamim* (Compassionate Parent) which references the martyrs of the Crusades, followed by the Yizkor memorial prayers for parents. The prayer, *El Malei Rachamim* (God, Full of Compassion) is found in almost all of the Yizkor liturgies, although its origin is unknown.

The Yizkor service as structured today, including the addition of the Mourners' Kaddish and references to other texts, is first found in the Hamburg Siddur of 1819, the siddur of the earliest Reform Congregation. The more complex liturgies found in our contemporary Yizkor prayers come from a siddur created by Rabbi Isaac Mayer Wise, the most prominent Reform Jew, in 1866.

The Yizkor service has continued to evolve, with additions of prayers for the victims of the Shoah and other prayers relevant to different periods of our history. As you will see in this Yizkor Memorial Book, we have retained the traditional service and have added other readings as well. We hope that you will find the additional readings and meditations to be meaningful and that they will add to your experience of saying Yizkor.

Yizkor is an Opportunity

to remember those people in our lives who are no longer alive.

to dwell for a few moments on the lives that they lived.

to remember the lessons that they taught us, by word or by deed.

to reflect on how much we miss them.

to mourn their passing and to weep for their absence

to celebrate their lives.

to thank God that they were part of our lives.

to value our relationships with our loved ones.

to focus on the bonds that continue to join us.

to reflect on the issues that were unsettled.

to move closer to letting go of those loose ends.

to reflect on the impermanence and fragility of life.

to remind ourselves that sometimes people die tragically, before their time.

to consider our own mortality.

to value our own lives and to resolve to use our time wisely

to reflect on what lives after us.

to remind ourselves that, on the one hand, we are but dust and ashes, but on the other hand, we are children of God, created in the image of God.

אָנוֹשׁ כְּחֶצִיר יָמָיו כְּצִיץ הַשָּׂדֶה כֵּן יִצְיֵץ:
כִּי רוּחַ עֲבָרָה-בּוֹ וְאֵינָנוּ וְלֹא-יִכְרַנּוּ עוֹד מִקוֹמוֹ:
וְחֶסֶד יְהוָה יַעֲוֹלָם וְעַד-עוֹלָם עַל-יִרְאָיו וְצַדִּיקָתוֹ לְבָנָי בָּנִים

The days of all are as grass;
We flourish as a flower in the field.
The wind passes over it and it is gone,
And no one can recognize where it grew.

But the Lord's compassion for God's worshippers,
God's righteousness to children's children,
Remain, age after age, unchanging.

Psalm 103:15

יְיָ מִה־אָדָם וּתְדַעְהוּ בֶן-אָנוֹשׁ וְתַחֲשֹׁבֵהוּ:
אָדָם לְהֶבֶל דָּמָה יָמָיו כְּצֶלַע עוֹבֵר
לְמִנּוֹת יָמֵינוּ כֵּן הוֹדַע וְנֹכָא לְבָב חֲכָמָה.
פּוֹדֶה יְהוָה נַפְשׁ עַבְדָּיו וְלֹא יִאֲשָׁמוּ כָּל-הַחֲסִים בּוֹ

Lord, what are we, that you have regard for us,
mere mortals, that you take account of us?

We are like a breath,
our days are like a fleeting shadow.
Teach us to number our days,
that we may attain a heart of wisdom.

The Lord redeem the life of God's servants:
And those who trust in the Lord shall not feel forsaken.

Psalm 144:-3-4, 90:6, 90:12

Eternal God, in whose eyes a thousands years are but as yesterday, in whose hands are the souls of the living and the dead, in your sight every soul is precious.

O Lord, from whom we come, and to whom we turn, strengthen us as we now remember our loved ones who have been reunited with you. Be with us as we consecrate this hour to the memory of our departed.

שׁוֹיִתִּי יְהוָה לְנֶגְדִי תָמִיד כִּי מִיְמִינִי בַל־אֶמָּוֶט:
לְכֵן שָׂמַח לְבִי וַיִּגַּל כְּבוֹדִי אֶף־בְּשׂוֹרֵי יִשְׁכַּן לְבַטַח

I have set the Lord before me always,
God is at my right hand: I shall not fail.

Therefore my heart rejoices, my whole being exults,
and my body rests secure.

Psalm 16:8

To Everything There is a Season

To every thing there is a season, and a time to every purpose under the heaven:

A time to be born, and a time to die; a time to plant, and a time to uproot that which is planted;

A time to kill, and a time to heal; a time to break down, and a time to build up;

A time to weep, and a time to laugh; a time to mourn, and a time to dance;

A time to cast away stones, and a time to gather stones; a time to embrace, and a time to refrain from embracing;

A time to seek, and a time to lose; a time to keep, and a time to cast away;

A time to rend, and a time to sew; a time to keep silent, and a time to speak;

A time to love, and a time to hate; a time for war, and a time for peace.

Ecclesiastes Chapter 3:1-8

This is the time we remember those who gave meaning to our lives. This is the time we remember the bonds that tied us together, the love that we shared, and the memories that remain with us still.

We recall

Congregation:

Eternal God, we have come to sanctify our fleeting lives by linking them with yours, O Life of all Ages. In you generations past, present and future are united in one bond of life.

At this sacred hour, we are aware of those souls through whom we have come to know of your grace and love. All the wisdom, beauty, and affection that have enriched our lives are the garnered fruits of our communion with others.

Many of those to whom we owe so much are alive with us today; and we pray that we may be able to reward their goodness and their devotion to us by acts of love and loyalty.

But others have passed forever from our midst, leaving us a heritage of tender memories which now fill our minds.

Rabbi:

Some of us recall beloved parents who watched over us, nursed us, guided us and sacrificed for us.

Some of us lovingly call to mind a wife, husband, or partner with whom we were truly united - in our hopes and our pains, in our failures and our achievements, in our joys and our sorrows.

Some of us remember brothers and sisters, who grew up together with us, sharing in the play of childhood, in the youthful adventure of discovering life's possibilities, bound to us by a heritage of family tradition and by years of comradeship and love.

Some of us call to mind children to whom we gave our loving care and from whom we received a trust that enriched our lives.

Some of us remember our teachers, whose encouragement and wisdom helped us find our own paths in life.

Some of us recollect our colleagues, with whom we spent many hours living out the professional choices we made.

So many of us recall beloved relatives and friends whose affection and devotion enhanced our lives, and whose visible presence will never return to cheer, encourage, or support us.

Congregation:

Though they are gone from us, we are grateful for the blessings they brought to our lives. Now, by giving to others the love which our departed gave to us, we can partly repay the debt we owe them.

We are sustained and comforted by the thought that their presence in our lives remains an enduring blessing that we can bequeath to others.

We can show our devotion to them by our devotion to those ideals which they cherished.

O God of love, make us worthy of the love we have received by teaching us to love you with all our hearts and with all our souls and with all our might, and to spread the light of your divine love on all whose lives touch ours.

Give us the strength to live honorably, for we are cheered by our confidence that you will not permit our lives to be wasted, but will bring all our worthy strivings to live on, even as we may not see their fulfillment.

Adapted from Mordecai M. Kaplan, Eugene Kohn and Ira Eisenstein

YIZKOR - In remembrance of a father:

יְזַכֵּר אֱלֹהִים נִשְׁמַת אָבִי מוֹרֵי שְׁהֶלֶךְ לְעוֹלָמוֹ, אָנָּה תְּהִי נִפְשׁוֹ
צְרוּרָה בְּצִרוּר הַחַיִּים וְתִהְיֶה מְנוּחָתוֹ כְּבוֹד, שְׁבַע שְׂמֻחוֹת
אֶת־פְּנִיךָ, נְעִימוֹת בִּימִינְךָ נֹצֵחַ. אָמֵן.

May God remember the soul of my beloved father who has gone to his eternal rest. In tribute to his memory I pledge to perform acts of charity and goodness. May the deeds I perform and the prayers I offer help to keep his soul bound up in the bond of life as an enduring source of blessing. Amen.

YIZKOR - In remembrance of a mother:

יְזַכֵּר אֱלֹהִים נִשְׁמַת אִמִּי מוֹרְתִי שְׁהֶלְכָה לְעוֹלָמָהּ, אָנָּה תְּהִי נִפְשָׁהּ
צְרוּרָה בְּצִרוּר הַחַיִּים וְתִהְיֶה מְנוּחָתָהּ כְּבוֹד, שְׁבַע שְׂמֻחוֹת
אֶת־פְּנִיךָ, נְעִימוֹת בִּימִינְךָ נֹצֵחַ. אָמֵן.

May God remember the soul of my beloved mother who has gone to her eternal rest. In tribute to her memory I pledge to perform acts of charity and goodness. May the deeds I perform and the prayers I offer help to keep her soul bound up in the bond of life as an enduring source of blessing. Amen.

YIZKOR - In remembrance of a husband/partner

יְזַכֵּר אֱלֹהִים נִשְׁמַת בְּעָלִי שְׁהֶלֶךְ לְעוֹלָמוֹ, אָנָּה תְּהִי נִפְשׁוֹ צְרוּרָה
בְּצִרוּר הַחַיִּים וְתִהְיֶה מְנוּחָתוֹ כְּבוֹד, שְׁבַע שְׂמֻחוֹת אֶת־פְּנִיךָ,
נְעִימוֹת בִּימִינְךָ נֹצֵחַ. אָמֵן.

May God remember the soul of my beloved husband who has gone to his eternal rest. In tribute to his memory I pledge to perform acts of charity and goodness. May the deeds I perform and the prayers I offer help to keep his soul bound up in the bond of life as an enduring source of blessing. Amen.

YIZKOR - In remembrance of a wife/partner:

יִזְכּוֹר אֱלֹהִים נְשִׁמַּת אִשְׁתִּי שֶׁהִלְכָה לְעוֹלָמָהּ, אָנָּה תְּהִי נִפְשָׁה
צְרוּרָה בְּצָרוֹר הַחַיִּים וְתִהְיֶה מְנוּחָתָה כְּבוֹד, שְׁבַע שְׂמֻחוֹת
אֶת־פְּנֵיךָ, נְעִימוֹת בִּימִינְךָ נֹצֵחַ. אָמֵן.

May God remember the soul of my beloved wife who has gone to her eternal rest. In tribute to her memory I pledge to perform acts of charity and goodness. May the deeds I perform and the prayers I offer help to keep her soul bound up in the bond of life as an enduring source of blessing. Amen.

YIZKOR - In remembrance of a son:

יִזְכּוֹר אֱלֹהִים נְשִׁמַּת בְּנֵי הָאָהוּב מְחַמֵּד עֵינַי שֶׁהִלַּךְ לְעוֹלָמוֹ, אָנָּה
תְּהִי נִפְשׁוֹ צְרוּרָה בְּצָרוֹר הַחַיִּים וְתִהְיֶה מְנוּחָתוֹ כְּבוֹד, שְׁבַע
שְׂמֻחוֹת אֶת־פְּנֵיךָ, נְעִימוֹת בִּימִינְךָ נֹצֵחַ. אָמֵן.

May God remember the soul of my precious and beloved son who has gone to his eternal rest. In tribute to his memory I pledge to perform acts of charity and goodness. May the deeds I perform and the prayer I offer help to keep his soul bound up in the bond of life as an enduring source of blessing. Amen.

YIZKOR - In remembrance of a daughter:

יִזְכּוֹר אֱלֹהִים נְשִׁמַּת בְּתִי הָאָהוּבָה מְחַמֵּד עֵינַי שֶׁהִלְכָה לְעוֹלָמָהּ,
אָנָּה תְּהִי נִפְשָׁה צְרוּרָה בְּצָרוֹר הַחַיִּים וְתִהְיֶה מְנוּחָתָה כְּבוֹד, שְׁבַע
שְׂמֻחוֹת אֶת־פְּנֵיךָ, נְעִימוֹת בִּימִינְךָ נֹצֵחַ. אָמֵן.

May God remember the soul of my precious and beloved daughter who has gone to her eternal rest. In tribute to her memory I pledge to perform acts of charity and goodness. May the deeds I perform and the prayer I offer help to keep her soul bound up in the bond of life as an enduring source of blessing.

YIZKOR - In remembrance of brothers & sisters:

יִזְכֹּר אֱלֹהִים אֶת נַשְׁמוֹת אַחֵינוּ וְאַחֹתֵנוּ שֶׁהָלְכוּ לְעוֹלָמָם. אָנָּה תְהַיְינָה
נַפְשׁוֹתֵיהֶם צְרוּרוֹת בְּצָרוֹר הַחַיִּים וְתֵהָא מְנוּחָתָם כְּבוֹד, שְׂבַע
שְׂמָחוֹת אֶת פְּנֵיךְ נְעִימוֹת בְּיַמִּינְךָ נְצַח, אָמֵן.

May God remember the soul of my sister/brother who has gone to her/his eternal home. In loving testimony to her/his life, I pledge tzedakah to help perpetuate ideas important to her/him. Through such deeds, and through prayer and remembrance, may her/his soul be bound up in the bond of life. May I prove myself worthy of the many gifts with which she/he blessed me. May these moments of prayer strengthen the ties that link me to her/his memory. May she/he rest in peace forever in God's presence. Amen.

YIZKOR - In remembrance of relatives & friends:

יִזְכֹּר אֱלֹהִים נַשְׁמוֹת קְרוֹבֵי וַיְדִידֵי שֶׁהָלְכוּ לְעוֹלָמָם, אָנָּה
תְהַיְינָה נַפְשׁוֹתֵיהֶם צְרוּרוֹת בְּצָרוֹר הַחַיִּים וְתֵהָי מְנוּחָתָם
כְּבוֹד, שְׂבַע שְׂמָחוֹת אֶת-פְּנֵיךְ, נְעִימוֹת בְּיַמִּינְךָ נְצַח. אָמֵן.

May God remember the souls of my relatives and friends, who have gone to their eternal rest. I shall ever hold their sacred memory of love and loyalty. May God grant that the recollections of their lives stimulate me to noble thinking and righteous living. In their memory do I pledge tzedakah. May the deeds I perform, and the prayers I offer, help to keep their souls bound up in the bond of life as an enduring source of blessing. O God, I put my trust in you who are the source of all life and strength in sorrow. Amen.

YIZKOR - In remembrance of our martyrs:

May God remember the souls of the martyrs of our people, who gave their lives for the sanctification of God's name. In their memory do I pledge tzedakah. May their bravery, their dedication and their purity be reflected in our lives. May their souls be bound up in the bond of life. May they rest in peace forever in God's presence. Amen.

Meditations - For Personal Reflections

In memory of father

The memory of your life, dear father, rises before me this solemn hour as I recall all the kindness, love and encouragement which you showed me during your life. With untiring zeal you provided for my physical and spiritual needs. You rejoiced in my achievements, you guided my perplexities, and strengthened me in my trials and disappointments. I can pay you the tribute which you so richly deserve by cherishing the ideals and principles you have taught me, by continuing the noble work you have left unfinished, by upholding the heritage of Israel which you have transmitted to me, and by serving my people and all who need me. Though you are gone from my physical view, the bond of love which unites us can never be severed. May the memories of your life spur me on to follow truth and righteousness. Amen.

In memory of mother

Though we are separated, dear mother, in this solemn hour, I call to mind the love and solicitude with which you tended and watched over my childhood, ever mindful of my welfare, and ever anxious for my happiness. Many were the sacrifices you made to ennoble my heart and instruct my mind. What I achieved is because of your influence, and what I am, I have become through you. Though you are no longer physically present, the lessons that you imparted to me shall ever remain with me. If at times I failed in showing you the love and appreciation you so worthily deserved, if I have been thoughtless and ungrateful, I ask to be forgiven. I pray that your spirit inspires me to intelligent living, so that when my days on earth are ended, and I arrive at the Throne of Mercy, I shall be deemed worthy of you, and to be reunited with you in God. Amen.

In memory of a husband or wife

With a sorrowing heart I fondly recall my beloved's love and companionship, your tenderness and devotion, and the many comforts and joys you brought into my life. Though death has taken you from me, the bond which unites us cannot be broken. God, I pray that my grief at the departure of my beloved engender within me sympathy and kindness, understanding and helpfulness, toward all humanity. Grant that the memories of my dear one impel me to seek goodness and truth, to serve Israel and humanity. Be thou my comfort and strength. Amen.

In memory of a child/teenager

Death has taken my child, and I feel that I cannot go on.

My faith is shaken, my mind keeps asking — “why?”

Why does joy end in sorrow?

Why does love exact its price in tears?

Oh God, help me live with my grief.

Help me to accept the mystery of life.

Help me to see that even if my questions were answered, even if I did know why, the pain would be no less—the loneliness would remain bitter beyond words. Still my heart would ache—emptiness would be within me and around me.

Oh God, help me to live with my grief, with what might have been.

Help me to endure this night of anguish.

Help me to walk through the darkness with faith in tomorrow.

Give me comfort and give me courage.

Turn me to deeds that bless the living—Oh God, help me to live with my grief.

Gates of Prayer for Weekdays at a House of Mourning

In memory of a brother, sister and other relatives

Dear, I recall the many hours we spent together in happy fellowship. I shall always hold sacred the memory of your love and loyalty. May God grant that the recollections of your life inspire me to noble thinking and righteous living. I put my trust in God, who is the source of all life and strength in sorrow. Amen.

In memory of a miscarriage

May we remember our daughter/son who has gone to his/her eternal rest.

Her/his life was but the briefest flicker of a flame, extinguished before it had time to shed its light on the world but not before sharing its warmth with me.

Through the months of her/his gestation, I prepared to nurture and to love her/him. For the time that he/she lived, I gave to her/him everything a parent could have given and received everything I could have expected.

May the memory of the joy she/he brought to me in the short time that we were together strengthen me, and may God count that joy as the weight of a life filled with such blessing, binding through that love and joy in the bonds of eternal life.

For the gift of her/his life without transgression, I pledge to do acts of righteousness and tzedakah that she/he may merit eternal life and that I may find comfort in this world.

Jewish Insights on Death and Mourning

In memory of a parent who was hurtful

Dear God,

You know my heart. Indeed, you know me better than I know myself, so I turn to you before I rise for kaddish. My emotions swirl as I say this prayer. The parent I remember was not kind to me. His/her death left me with a legacy of unhealed wounds, and of dismay that a parent could hurt a child as I was hurt. I do not want to pretend to love, or to grieve in a way that I do not feel, but I do want to do what is right as a Jew and as a child. Help me, O God, to subdue my bitter emotions that do me no good, and to find that place in myself where happier memories may lie hidden, and where grief for all that could have been, all that should have been, may be calmed by forgiveness, or at least soothed by the passage of time. I pray that You, who raises up slaves to freedom, will liberate me from the oppression of my hurt and anger, and that you will lead me from this desert to your holy place.

Robert Saks

Yizkor after My Child's Suicide

Oh grief,
How deep was her/his pain,
That my child
Could take his/her own life?
God of old,
Grant a perfect rest under your tabernacle of peace
To my son/daughter
Whose life was cut off by sorrow,
By hopelessness, depression and despair,
In a moment of inconceivable horror.
Even in this darkness,
Even in this grief and void that seems beyond repair,
Help us to remember his/her wisdom, talents and skills,
Our times together,
Our joy, laughter and tears.
[Give me respite from this profound sense of guilt.]
In this hour of desolation,
Bring our family comfort and consolation
As we pray for him/her to find a new peace
In the world to come,
[A peace he/she did not enjoy in this world].
May his/her soul be bound up in the bond of life,
A living blessing in our midst.

Alden Solovy

YIZKOR - In remembrance of members of the congregation:

May God remember the souls of our friends, members of this holy congregation, who have gone to their eternal home. May their souls be bound up in the bond of life. May these moments of meditation strengthen the ties that link us to their memory. May God comfort the bereaved families. May their souls rest in peace forever in God's presence. Amen.

YIZKOR - In remembrance of the victims of The Shoah:

Exalted, compassionate God, grant perfect peace in your sheltering presence, among the holy and pure, whose radiance is like the heavens, to all the men, women and children of the House of Israel who were slaughtered, strangled and burned in the Shoah. May they rest in paradise. Master of Mercy, may they find eternal shelter beneath your sheltering wings, and may their souls be bound up in the bond of life. Adonai is their portion. May they rest in peace. Amen.

YIZKOR - In remembrance of fallen American soldiers:

May God remember the souls of all of the armed forces of the United States of America who died in the sanctification of God's Name, fighting for what was right and just, helping others to enjoy the freedom that we in America have enjoyed throughout all her history. May their loss be for good and peace. May these brave souls be sheltered in the shadow of God's wings forever, and bind their souls in the bond of everlasting life. God is their heritage, may the Garden of Eden be their resting place, and may they rest in peace. Amen.

YIZKOR - In remembrance of fallen Israeli soldiers:

May God remember the souls of His heroic children: The fighters of the Israel Defense Forces, who fell in the fulfillment of their duty, and the souls of those who fought in the national struggle—all those who sacrificed their lives for the sanctification of God's Name. And with the help of God, they brought about the revival and redemption of the nation and the state of Israel. The memory of their self-sacrifice and heroic deeds will never disappear from us. May their souls be bound up in the Bond of Life as an enduring blessing. Amen.

We remember them

At the rising of the sun and its going down,
we remember them.

*At the blowing the 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 shining of the sun and in the warmth of summer,
we remember them.*

At the rustling of the leaves and in the beauty of autumn,
we remember them,

*at the beginning of the year and at its end,
we 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 remember them,*

when we are lost and sick at heart,
we remember them.

*When we have joy we crave to share,
we remember them.*

When we have decisions that are difficult to make,
we remember them.

*When we have achievements that are based on theirs,
we remember them.*

As long as we live, they too will live:
for they are now a part of us,
as we remember them.

Sylvan Kamens and Jack Riemer

Psalm 23

מזמור לדוד:

יְהוָה רֹעִי לֹא אֲחָסֵר

The Lord is my shepherd, I shall not want.

בְּנְאוֹת דֶּשֶׁא יַרְבִּיצֵנִי

God makes me lie down in green pastures,

עַל־מֵי מְנוּחֹת יְנַהֲלֵנִי

God leads me beside the still waters.

נַפְשִׁי יִשׁוּבֵב יִנְחֵנִי בְּמַעְגְּלֵי־צְדָק לְמַעַן שְׁמוֹ

God revives my spirit;

God guides me in the paths of righteousness for God's name's sake.

גַּם כִּי־אֵלֶךְ בְּגִיא צְלֻמוֹת לֹא־אִירָא רָע כִּי־אֲתָה עִמָּדִי

Though I walk in the valley of the shadow of death,
I fear no evil; for You are with me.

שִׁבְטְךָ וּמִשְׁעַנְתְּךָ הֵמָּה יִנְחֵמֵנִי

Your rod and Your staff comfort me.

תַּעֲרֹךְ לִפְנָי | שְׁלַחֲזוּ נֹגֵד צָרָרִי

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

דִּשְׁנַתְּ בַשֶּׁמֶן רֹאשִׁי כֹּוֹסֵי רוּיָהּ

You anoint my head with oil; my cup overflows.

אֵךְ טוֹב וְחֶסֶד יִרְדְּפוּנִי כָּל־יְמֵי חַיִּי

Surely goodness and kindness shall follow me
all the days of my life.

וְשִׁבְתִּי בְּבַיִת־יְהוָה לְאָרְךָ יָמִים

And I shall dwell in the house of the Lord forever.

El Malei Rachamim

אל מלא רחמים, שוכן במרומים, המצא מנוחה נכונה תחת
כנפי השכינה, במעלות קדושים וטהורים, פזור הרקיע
מזהירים, את נשמות כל-אלה שהזכרנו היום לברכה,
שהלכו לעולמם, אנא בעל הרחמים, תסתירם בסתר כנפיך
לעולמים. ותצורר בצרור החיים את-נשמותיהם. וינוחו על
משכבותם בשלום. ונאמר אמן.

Merciful God, who dwells on high and in our hearts, grant perfect peace to the souls of our dearly beloved who have gone to their eternal rest. Shelter them in your Divine Presence among the holy and pure whose radiance is like the brightness of the firmament. May their memory inspire us to live justly and kindly. May their souls be at peace; and may they bound up in the bond of eternal life. Let us say Amen.

May the memories of our loved ones, inspire us to seek in our lives those qualities of mind and heart which we recall with special gratitude.

May we help to bring closer to fulfillment their highest ideals and noblest strivings.

Mourner's Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֲלָמָא דִּי בְּרָא כְרַעוּתָהּ, וְיִמְלִיךְ
מְלְכוּתָהּ בְּחַיֵּיכוֹן וּבְיָמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל, בְּעַגְלָא
וּבְזִמְן קָרִיב, וְאָמְרוּ אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמֵיָא.
יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה
וְיִתְהַלַּל שְׁמֵהּ דְקֻדְשָׁא בְּרִיךְ הוּא, לְעֵלָא מִן כָּל (בְּעֵשִׂי"ת
לְעֵלָא וּלְעֵלָא מְכַל) בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבַּחְתָּא וְנַחֲמַתָּא,
דְּאָמְרִין בְּעֲלָמָא, וְאָמְרוּ אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמֵיָא, עָלֵינוּ וְעַל כָּל
יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא

יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

Yit-gadal v'yit-kadash sh'mey raba,
B'alma di v'ra ħiru-tey, v'yam-liḥ mal-ḥutey
B'ḥa-yey-ḥon u-v'yomey-ḥon
U'v'ḥa-yey d'ḥol beyt yisrael
Ba'agala u-viz-man kariv, v'imru **Amen.**

Y'hey sh'mey raba m'varaḥ l'alam ul-almey alma-ya

Yit-baraḥ v'yish-tabaḥ v'yit-pa'ar v'yit-romam v'yit-na-sey
V'yit-hadar v'yit-aleh v'yit-halal sh'mey d'kud-sha—
B'riḥ hu, l'eyla min kol (On Yom Kippur: l'eylah, l'eylah mikol)
bir-ḥata v'shir-rata
Tush'b'ḥata v'ne-ḥemata da-amiran b'alma, v'imru **Amen.**

Y'he sh'lama raba min sh'ma-ya, b'ḥa-yim,
Aleynu v'al kol yisrael, v'imru **Amen.**

Oseh shalom bi-m'romav, hu ya-aseh shalom
Aleynu v'al kol yisrael, v'imru **Amen.**

The Gift of Memory

We thank you, O God of life and love,
for the resurrecting gift of memory
which endows your children, fashioned in your image,
with the Godlike sovereign power
to give immortality through love.
Praised be you, God, who enables your children to remember.

Morris Adler

May the memories of our loved ones deepen our loyalty to that
which cannot die,
our faith, our love, and devotion to our heritage.

As we ponder life's transience and frailty, help us, O God, to
use each precious moment wisely, to fill each day with all the
compassion and kindness which you have placed within our reach.

Thus will the memories of our loved ones abide among us as a
source of undying inspiration and enduring blessing.

ADDITIONAL READINGS FOR YIZKOR

Sacred Moments

Yizkor is brief. Following a few prayers, we are left with moments of silence to think about those who were closest to us. What should we do during those moments? How should we best remember those who no longer walk this earth?

During these silent moments let's take a journey into the hearts of our loved ones. Close your eyes, and imagine walking into a room, perhaps a room in the home in which you grew up. Now shut the door and envision your beloved father or mother, husband or wife, sister or brother, son or daughter, other relative or friend. Look into their eyes, touch their hands and feel their skin. Listen to their voices.

Let's speak with our loved ones. What do we want to say that we didn't when they were alive? Perhaps we will say, "I am a new mother" or "new father" and then introduce them to the child they never met. Or, show them how their little grandchild has grown since they left. We may share professional news. Maybe we will say, "Thank you for all you did." We might apologize for hurting them or grant them forgiveness. Or we might simply say, "I love you and miss you so very, very deeply." During these moments see them, hear them, touch them. And make peace with yourself, your beloved and with God. Then you will have transformed these ordinary moments into sacred moments.

Adapted from a Yizkor sermon by Rabbi David Woznica,

Teach Us to Listen

Teach us to listen

To the silence posed by unanswerable questions

To the silence imposed by the rupture of safety

And to that most frightening silence

When we can no longer find you

Anywhere

Help us to remember

When the memory is too distant

And when the memory is too fresh

When the memory is too painful

And when the memory is too dull

When the memory is too horrible

And when the memory is too mundane

And when we cannot remember,

Remember for us

Inspire us to act

With extraordinary courage in the midst of ordinary times

With ordinary goodness in the face of extraordinary crisis

And with unbounded imagination that dares to risk the possibility
of hope.

Teach us, help us, and inspire us

To listen, to remember, and to act

And never to quit. Amen.

Bruce Coriell

Live for Me

The son of a rabbi mourned the loss of his beloved father. Day after day he went to the cemetery and prostrated himself on his father's grave. One day as the son gave in to waves of sorrow, his father appeared to him in a vision and said: "My son, do you think that you honour my memory with your grief? Offer me no tribute of tears, no monuments of sorrow. Do not weep for me. Instead, live for me. Show your love by walking the Way, in devotion to commandment, faith, and people. This is the only memorial that truly honours the departed." The son rose from the father's grave on hearing these words, and went to make his father's memory a perpetual light to guide him and to be a blessing to the world.

Rabbi Ronald Aigen

Death Cannot Be the End of Life

Death cannot be and is not the end of life. We transcend death in many altogether naturalistic fashions. We may be immortal biologically through our children; in thought through the survival of our memory; in influence by virtue of the continuance of our personality as a force among those who come after us; and ideally, through our identification with the timeless things of the spirit.

When Judaism speaks of immortality it embraces all these. But its primary meaning is that the human being contains something independent of the flesh and surviving it: our consciousness and moral capacity, our essential personality – a soul.

Milton Steinberg (adapted)

Tis a Fearful Thing

Tis a fearful thing
to love what death can touch.
A fearful thing
to love, to hope, to dream,
to be - to be,
And oh, to lose.
A thing for fools, this,
And a holy thing,
a holy thing
to love.
For your life has lived in me,
your laugh once lifted me,
your word was gift to me.
To remember this brings painful joy.
'Tis a human thing, love,
a holy thing, to love
what death has touched.

Yehuda HaLevi (1075 – 1141)

Pain

Only the unloved and unloving escape grief. It is the price we all have to pay, eventually, for the love that makes our lives worth the living. Whether it be the loss of parent, of spouse, of child or of brother or sister or friend, the pain lies in wait for us. And when it comes it has to be experienced before it can be eased.

Claire Rayner

Gabriel: A Poem

I did not know the work of mourning
Is like carrying a bag of cement
Up a mountain at night

The mountaintop is not in sight
Because there is no mountaintop
Poor Sisyphus grief

I did not know I would struggle
Through a ragged underbrush
Without an upward path

Because there is no path
There is only a blunt rock
With a river to fall into

And Time with its medieval chambers
Time with its jagged edges
And blunt instruments

I did not know the work of mourning
Is a labor in the dark
We carry deep inside ourselves

Though sometimes when I sleep
I am with him again
And then I wake

Poor Sisyphus grief
I am not ready for your heaviness
Cemented to my body

Look closely and you will see
Almost everyone carrying bags
Of cement on their shoulders
That's why it takes courage

To get out of bed in the
morning
And climb into the day
Ed Hirsch

Each of Us Has a Name

Each of us has a name given by God and given by our parents	and given by our longing Each of us has a name given by our enemies and given by our love
Each of us has a name given by our stature and our smile	Each of us has a name given by our celebrations and given by our work
and given by what we wear	Each of us has a name given by the seasons and given by our blindness
Each of us has a name given by the mountains and given by our walls	Each of us has a name given by the sea and given by
Each of us has a name given by the stars and given by our neighbors	our death.
Each of us has a name given by our sins	<i>Zelda</i>

Stars

There are stars whose radiance is visible on Earth though they have long been extinct. There are people whose brilliance continues to light the world even though they are no longer among the living. These lights are particularly bright when the night is dark. They light the way for humankind.”

Hannah Senesh

A Mother's Parable

The young mother set her foot on the path of Life. "Is the way long?" she asked. And her Guide said, "Yes, and the way is hard. And you will be old before you reach the end of it. But the end will be better than the beginning."

But the young mother was happy, and she would not believe that anything could be better than these years. So she played with her children, and gathered flowers for them along the way, and bathed with them in the streams, and the sun shone on them, and life was good, and the young mother cried, "Nothing will ever be lovelier than this."

Then night came with the storm, and the path was dark, and the children shook with fear and cold, and the mother drew them close and covered them with her mantle. And the children said, "Oh, Mother, we are not afraid, for you are near, and no harm can come." And the mother said, "This is better than the brightest of days, for I have taught my children courage."

And the morning came and there was a hill ahead, and the children climbed and grew weary. And the mother was weary, but at all times she said to the children, "A little patience and we are there." So the children climbed, and when they reached the top they said, "We could not have done it without you, Mother." And the mother, when she lay down that night, looked up at the stars and said, "This is a better day than the last, for my children have learned fortitude in the face of difficulty. Yesterday I gave them courage. Today I have given them strength."

A Mother's Parable *(continued)*

And the next day came strange clouds that darkened the earth — clouds of war and hate and evil, and the children groped and stumbled. And the mother said, “Look up! Lift your eyes to the light.” And the children looked and saw above the clouds an Everlasting Glory, and it guided them beyond the darkness. And that night the mother said, “This is the best day of all, for I have shown my children God.”

And the days went on, and the months and the years, and the mother grew old, and she was small and bent. But her children were strong and tall and walked with courage. And when the way was hard, they helped their mother; and when the way was rough they lifted her, for she was as light as a feather; and at last they came to a hill, and beyond the hill they could see a shining road and golden gates flung wide. And the mother said, “I have reached the end of my journey. And now I know that the end is better than the beginning, for my children can walk alone, and their children after them.”

And the children said, “You will always walk with us, Mother, even when you have gone through the gates.”

And they stood and watched her as she went on alone, and the gates closed after her. And they said, “We cannot see her, but she is with us. A mother like ours is more than a memory. She is a living presence.”

Temple Bailey

Because We Believe in You

Because we believe in You, O God of healing,
We pray that You will heal those who grieve,

*Softening their pain, binding up their wounds,
And wiping the tears from their faces.*

Because we believe in You, O God of compassion,
We pray that You will show mercy to the sorrowing.

*Sending them strength and courage for today,
Trust and hope for tomorrow.*

Because we believe in You, O God of forgiveness,
We pray that You will grant relief from guilt and remorse,

*For things done and for things left undone,
For words spoken and words left unspoken.*

Because we believe in You, O God of love,
We pray that You will console the heavy-hearted;

*Helping them to sense that even in darkness
The light of Your love is still aglow.*

Because we believe in You, O God of Eternity,
We pray that You will comfort the bereaved

*With the faith that their beloved is bound to You,
In the bond of everlasting life.*

Because we believe in You, O God of goodness,
We pray that You will deepen the goodness in each of us,

*That we may help, support, and love one another;
And thus share in the gift of Your Divine love.*

A Minyan of Comfort

Tears

There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than 10,000 tongues. They are the messengers of overwhelming grief, of deep contrition, and of unspeakable love.

Washington Irving

What we have once enjoyed we can never lose. All that we love deeply becomes a part of us.

Helen Keller

To Begin Again

In the years since my father's death, I have learned to trust, to hope, and to laugh again. After my first marriage, I somehow learned how to open my eyes, my heart, and my arms again. Throughout our lives, we will—we should, feel the pain of our losses. The scars are still present even after much time has passed. But we will also feel the strength of our spirit, the ability to persevere in the face of pain. The power to dream despite the many nightmares of existence. The stamina to push forward into the future carrying our past with us all the while. This is the power of God within us.

This is our hope, our salvation. This is how we begin again.

Naomi Levy

From Psalm 147

God heals the broken-hearted, binds up their wounds.

He counts the number of stars,
to each one of them he assigns a name.

With much appreciation to the following individuals whose efforts resulted in this newly edited Yizkor Memorial Book for the benefit of the members of Congregation B'nai Torah and their families:

Rabbi Amanda Brodie

Rabbi Colin Brodie

Dr. Beverly Fein

David Elkodsi

Rabbi Susan Elkodsi

Becca Huston

Susan Jewsbury

Sandy Soson

The Yizkor service was called seder *matnat yad*, the service of expressing generosity on behalf of those who have died. That name comes from the closing line of the Torah reading for the final day of the pilgrimage festivals (when Yizkor is recited): “Every person giving a gift according to the blessing they have received from Adonai” (Deuteronomy 16:17).

Offering charitable gifts and performing acts of justice, love and care in memory of those who have died provide us with ways of honoring their memory and continuing their influence for good.

Mahzor Lev Shalem

Memorial plaques are a beautiful and permanent way to remember a loved one. If you wish to purchase a memorial plaque, please contact the synagogue office.