

*"In the beginning of the year and
when it ends; we remember them..."*

- Rabbi Sylvia Kimmels and Rabbi Jack Silver



During this time of hope, reflection, and
prayer, may the memories of your loved
ones bring you peace.



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Z'man Lizkor

זמן לזכור

A Time to Remember

**A Prayerbook for
Funerals, Yizkor and Shiva**


KOLTIKVAH

2023 / 5784

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5784 Yizkor Memorial Dates

Join us at our special services to honor our loved ones.

Yom Kippur: Monday, September 25, 2023

Sukkot: Saturday, September 30, 2023

Passover: Friday, April 26, 2024

Shavuot: Saturday, June 8, 2024



Rabbi Jon Hanish



Rabbi Deborah Schuldenfrei



Cantorial Soloist Joel Stein

20400 Ventura Boulevard
Woodland Hills, California 91364
818.348.0670 | koltikvah.org

May the memories
of your loved ones bring you
peace.

KOLTIKVAH



MEMORIAL PLAQUES

Honor your loved ones with a bronze plaque that will be displayed on our Memorial Walls located in our sanctuary.

To order a Memorial Plaque of your loved one, please contact the Kol Tikvah office at 818.348.0670

Benjamin Belgrade
 Sarah Belgrade
 Shirley Belgrade
 Gertrude Cohen
 Roselle Cohen
 Gene Schklair
 Glorja Schklair
 Tina Sikier
Remembered by
Victoria Schklair

Julio Flores
 Marvin Sage
Remembered by
Sara Flores and Lisa Sage

Joyce Sage
Remembered by
Lisa Sage

Serafima Plotkin
Remembered by
The Plotkin and Schauer
Families

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 Harold Geller
 Rose Geller
 Ron Geller
 Marla Bennett
 Larry Mestell
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 Betty and Moe Shenkin
 Sarah and Barney Shane
 Meryl and Matt Shenkin
 Leah and Sender Izenman
Remembered by
Sarae Shenkin and Melissa

Edith Hallier
 George Hallier
 Ida Hatafsky
 Benjamin Solomon
Remembered by
Fred and Doreen Solomon

Gerhard Lehmann
 Herta Lehmann
 Henry Stein
 Mary Stein
Remembered by
The Stein Family

Jacob Libby Ruben
 William and Hermine Stern
Remembered by
Joyce and Lee Stern

Rodolfo Suchowiecky
Remembered by
The Suchowiecky Family

Sol Rattner
 Bernard and Rachel Ribons
 Jacques Ribons
 Wende Weinberg
Remembered by
Laureen Waterman

Al and Anne Schapira
 Millie and Joe Youtan
 William Youtan
Remembered by
Esther and Norman Youtan

Jack Tepper
 Nathan and Fannie Zweig
Remembered by
Herb Zweig and Sheila Tepper

Sandy Zweig
Remembered by
Herb Zweig and Barbara Chapin

INTRODUCTION

Z'man Lizkor means A Time to Remember.

But who has time to remember?

We gather for Yizkor four times a year on Yom Kippur, Sukkot, Passover, and Shavuot.

We light a candle. We listen to a cantor's melodious voice. The rabbi leads us in prayer. These actions are simple. It is the command to remember at which we sometimes fail.

Often, the memories do not come and we are left feeling empty. But, when the memories do come, we are reunited, if just for a moment, with those who touched our lives and helped shape us into the people we are today.

To stop and to remember is one of the greatest gifts Judaism has given us. We are taught to gather for Yizkor services. During Yizkor, we remember. That is Yizkor's singular goal. Emotions fill our souls as we remember family and friends that are no longer here on earth but have made a permanent impression on our souls. Sadly, we too often think of Yizkor as a once a year event.

The creative writing pieces found within this prayerbook were written by Kol Tikvah clergy and congregants. They reflect the writers' connections to life, death, memory, and mourning. May their memories help you connect to those you have lost over the years but whose memories remain in your heart, mind, and soul.

May each of us find comfort and connection in the Yizkor service and in memory.

L'shalom and B'shalom,

Rabbi Jon Hanish



There are no final outcomes here
 no sealed contracts
 no conclusions of stone
 there are only ideas of light
 that flow in through reality
 there is no perpetual grace to rain
 in the garden
 no chains to bound one
 freedom is letting your soul stand and walk
 with your mind and heart together
 freedom is the forever truth
 kindness is the knowledge of peace

— John Chutkow of blessed memory

Barbara Perlin Kauahi
 Christopher David Trentham
 Marie Wilson
 Willard Wilson
 Julie Polly

Remembered by
Pam Marshall and Chris Wilson

Jerry Matta
Remembered by
The Matta-Binder Family

Marvin Meyer
 Lillian Meyer
 Samuel E. Levine
 Robin Sharon Crawford
 Harvey I. Kaplan

Remembered by
The Meyer Family

Victoria Eliezer
 Maria Guadalupe Sianez
 Valerie Rosario Sianez

Remembered by
Maria Mordoch

Murray Morguelan
 Rae Shapira
 Gary Shapira

Remembered by
Geri Morguelan and Family

Mose & Rose Besbeck
 Clarence Clemons
 Milton Frankel
 Jean & David Menaker
 Edith & Eugene Mullin
 Warren Mullin
 Marian Wallens
 Charlie Watts

Remembered by
Robert and Terri Mulein

Sam and Arlene Neiberg
 Carl and Mary Barov
 Abe and Charlotte Neiberg
Remembered by
Karen and Susan Neiberg

Sandra Kazin
Remembered by
Victor, Amy, Tyler, and Carter Noble

S. Lee Rabney
 Phyllis Rabney
 Helaine Rabney
Remembered by
Laura, Glenn, Samantha, and Alexandra Rabney

Abbie Rapport
Remembered by
The Rapport and Borowitz Families

Abbie Borowitz Rapport
 Helen and Ted Borowitz
 Lenny and Allan Rapport
 Freddi Rapport
 Esta, Abe and Gerald Strick
 Mollie and Ben Rapport
 "Tootsie" and Al Semmel
 Melanie, Sally and Bernie Carlat
 GGP Sammy Schlaff & Bernie Lauer
 Minnie and Abraham Lauer
 Rose and Samuel Borowitz
 Don and Marlene Rapport
 Our Beloved Khloe

Remembered by
The Rapport and Borowitz Famies

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 Mildred Roman
 Joan Roman
Remembered by
The Roman Family

Jonathan Higgins
Marilyn Mars
Harold Mars
Remembered by
Karen Higgins

Nick Alexander
Sheila Howard
Seymour Howard
Remembered by
Lisa, Andy, AJ & Sam Howard

Eva Alexander
Margaret Mason Alexander
Remembered by
Lisa Alexander Howard

Yvonne Boccia
Lil & Sam DeKoven
Mike and Isabel DeKoven
Remembered by
Lisa and Andy Howard

Rose and David Hurwitz
Remembered by
Andy Howard

Dorothy Kipnis
Eugene Kipnis
Remembered by
Sharon Kipnis

Jacob Dubowsky
Miriam Dubowsky
Alan Kipnis
Remembered by
The Kipnis and Benbassat Families

Sam Kishner
Remembered by
His Wife, Children and Grandchildren

George Landler
Edith Landler
David Tauman
Mildred Tauman
Remembered by
Sharon and Tony Landler

Carolyn Lieber
Remembered by
Arthur Lieber and Family

Mark Akselrod
Iosif Akselrod
Moisey Akselrod
Alex Alayev
Hanna Aleksandrov
Sheva Berman
Lubov Chernyakovsky
Elizabeth Dratver
Rosa and Sam Gershfeld
Michael Krem
Gennady Krayz
Arkady Litvak
Perl Litvak
Samuel Litvak
Semyon Litvak
Vladimir Litvak
Hasik Neches
Rachel "Ilya" Ratner
Remembered by
Alex and Sara Litvak

Susan "Goosey" Landau
Ronald Morris Flesch
Barbara Lotterstein
Rochelle "Shelli" Steinberg
Odette Terol Levy Flesch
Adam Fox
Julius and Elizabeth Landau
Alec and Betty Lotterstein
Anna and Ernest Flesch
Rosalie and Louis Bloch
Marvin Steinberg
Larry Lotterstein
Remembered by
The Lotterstein Family

Manny Katz
Remembered by
The Mandel Family

Today We Remember

By Alex Litvak

Today we remember.

We remember the faces of those we loved and lost — photographs in the albums of our lives — some faded with age, others vivid, defying decay — all precious keepsakes. We remember the times we shared with them — moments, big and small, that burned so bright, they stayed with us through the years — like the light of distant stars that keeps shining long after they are gone.

We remember their warmth, their wisdom, their kindness, all that was good in them. These qualities seem greater today, while their flaws that annoyed us so much when they were alive seem more trivial, easy to forgive. Perhaps love has a greater shelf life than anger. Or perhaps some things we can only see clearly and appreciate truly from a distance.

We remember words, heard and said — words we will treasure forever and words we wish we could take back. If these people were here with us now, what would we say to them? What would we wish for them to say to us?

It seems that, out of millions of words in the human language, life boils down to three. "I love you".

We remember their touch, their smile, how they made us feel when they were at their best. They have left behind a handprint on our hearts and forever changed our lives by being a part of them. In a way, we are them — their legacy, the evidence they mattered.

Moon and Stars

By Jonathan Degann

Tonight as daylight passed

The language of the moon and stars appeared in the sky

And spoke to me in your voice

"There is the Big Dipper" and I see your finger
trace it for me.

Across a pattern of flickering lights

"There is a full moon. Tomorrow it will shrink and
fade until it disappears

But it will then slowly reappear

First as a sliver and then as a half moon

Until it again glows full and lights us up

And we can see each other again as we see each
other now."

The heavens are filled with your voice and soul

Sometimes flickering; sometimes briefly fading

But as eternal as the universe

If I just look for it.

Dina Liker
Bruce Friedman
**Remembered by Daryn, Karry,
Adrian and Nathan Friedman**

Gloria B Katzman
Michael Brenner
Net Baldiviez
Geri and Harry Katzman
Ida Ruth Calk
James Brenner
Margie Brenner
Doris Brenner
Marjorie Robertson

**Remembered by
Karen, Adam,
Julian, and Liam Friedman**

David Goodman
Samuel Friedman
Julia Dawson
Fay Eisenberg
Mel Goodman
Arlene Linkon
Debbie Lewis & Leonard Lewis
Martin Adelman

**Remembered by
Sharon and Neil Friedman**

Sadie Friedman
Shirley Garson
Jeffrey Glasser
Gladys Kreines
Sidney Kreines
**Remembered by
Cory Garson and Family**

Ed Getz
Lena and Reuben Tepper
Charlene and Bert Wright
**Remembered by
The Getz Family**

Paula Rubin
David Rubin
**Remembered by
Doree Glaser and James Brown**

Linda Glucroft
Fini Brenner
Fred Brenner
Laura Morse
Erwin Morse
Lillian Mann
David Mann
**Remembered by
Robert, Lesa and Ethan Glucroft**

Rose Feit
Nat Feit
**Remembered by
Barbara Goldberg**

Hyman Alperin
Ida Alperin
Annette Biatch
David Biatch
Samuel Greenbaum
Hanna Mendel
Samuel Mendel
Bessie Rubin
Harry Rubin

**Remembered by
Ruth and Steve Greenbaum**

Betty Chutkow
Jerry Chutkow
John Chutkow
Lee Chutkow
Alan Ehrlich
Lilly Ehrlich
Nathan Ehrlich
Stuart Ehrlich
Alan Friedman

Lorraine Friedman
Jeffrey Gordon
Benjamin Hanish
Colman Hanish
Sidney Hanish
Ralph Hanish
Ida Miller

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The Hanish Family & Sandy Banner**

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Sylvia Degann
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Francis Licker
Izzy Licker
Paul Licker
Esther Scop
Joe Scop

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The Degann Family**

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Jack G. Diamond
Lillian Diamond
Harold Elden
Sylvia Elden
Florence Lavine
Harry A. Lavine
Lorna Lubarsky
Alice Rubin
Evelyn Rubin
Harold Rubin
Jean L. Streicker

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Annette Diamond**

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Betty Greenwald
Howard Sanford
**Remembered by
The Dishell Family**

Khizgil Yelizarov
**Remembered by
The Elizer Family**

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Steven Curtis
Louis Elkins
Rosalie Elkins
Ben Moore
Barry Scherer
**Remembered by
Stefanie Elkins**

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Gladys Endman
Jeanette Weissman
Louis Weissman
**Remembered by
Jim and Nancy Endman**

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Rosemary & Eddie Besbeck
Dora & Raymond Fields
Phyllis Fields

Dr. Ted & Roberta Fields
Dr. Milton B. Frankel

**Remembered by
Ellis & Shirley Fields**

Matthew Fischer
Liselotte and Bernhard Fischer
Frieda and Ed Rubin
Gene and Sharon Rubin

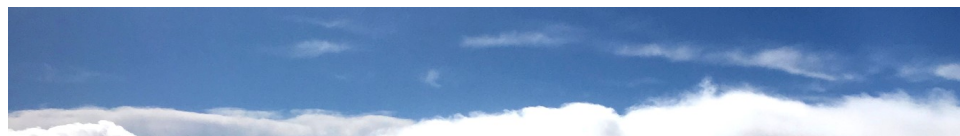
**Remembered by
Carol and Herm Fischer**

Dr. Richard Shaw
**Remembered by
Sharon and Martin Fischer**

Stanley Fisher
**Remembered by
The Fisher Family**

Morey Fractor
Barbara Fractor
**Remembered by
The Fractor Family**

Gerald Freund
Annelise Freund
Kurt Freund
Paul Bogart
Phyllis Bogart
**Remembered by
Ann, Jonathan, Gabi, and Lexi
Freund**



Ani Ma'amim

אָני מאַמין באַמונה שְׁלֵמָה
בְּבִיאַת הַמָּשִׁיחַ,
וְאֵף עַל פִּי שְׂוִיתְמָהָה,
עַם כָּל זֶה אָני מאַמין
עַם כָּל זֶה אַחֲכָה לוֹ בְּכָל יוֹם שְׂיָבוֹא.

Ani ma'amin be'emuna shleima

bevi'at hamashiah

V'af al pi sheyitmamey'ah

im kol ze ani ma'amin

Im kol zeh ahakeh lo bechol yom sheyavo.

I believe with perfect faith in the messiah's coming

And even if he be delayed, I will await him.

What is a Yahrzeit Candle? By Rabbi Jon Hanish



What is a yahrzeit candle —
Just wax,
A wick,
A hard outer shell.
Nothing more.

But, as we light it,
We tumble into its flame,
Tumbling into memory,
Tumbling into the past,
Tumbling into the arms
of our ancestors.

This candle is
A flicker
A window
A monument.

The flame calls out to us
To remember
To remember
To remember
And to do good with
those memories.



We Remember

Honoring those who are no longer on this earth.

David Ames
Doris Klein
Fanny Ames Fink
Irving Mann
Nancy Mann
Evelyn Blachman
Phil Blachman
Esther Belth
Ira Belth
Harriet Engber
M. L. Engber

**Remembered by
Florence and Irwin Ames**

Sidney and Gary Birnbaum
Sylvia Nemiroff
Jeffrey Ross
Shirley and Ira Conrad
Pearl and Norman Ginsberg
Barbara and David Salwen

**Remembered by
The Birnbaum Family**

Alex Fischl
Milton Morris
Jeff Springer
Rochelle Springer
Lillian Weintraub
Sam Weintraub

**Remembered by
Judith Bluestone**

Edith Calin
Matthew Calin
Arpad Propper
Cornelia Propper
Hermann Schechter
Rose Scharfstein Schechter
**Remembered by
Sandy Calin**

Jack Besnes and Betty Cayne
Marcia Cayne and Nathaniel Cayne
Jeanette Geiger
Jean Liebert and Luba Holzkener
Rubin Holzkener
Arthur Simon and Lou Simon
Raya Steinman
Steven Taller

**Remembered by
Bella and Maurice Cayne**

Hilda Greenberg
Judge Sol J. Friedman
**Remembered by
Amy Friedman Cecil**

Moe Chiate
Sylvia Chiate
Shirley Shockley
Clarence Shockley
Randi Shockley
Richard Chiate

**Remembered by
Peggy and Gary Chiate**

Micahel Cronan
**Remembered by
Evelyn, Mark, Todd and Stuart**

Charles Cronan
**Remembered by
Betty, Evelyn and Stuart**

Herb Charatz
Sandy Charatz
Clementine Deculus
Joseph B. Deculus
**Remembered by
The Deculus Family**

The Mourners' Kaddish

Exalted and hallowed be God's great name in the world which God created, according to plan. May God's majesty be revealed in the days of our lifetime and the life of all Israel — speedily, imminently, to which we say Amen.

Blessed be God's great name to all eternity.

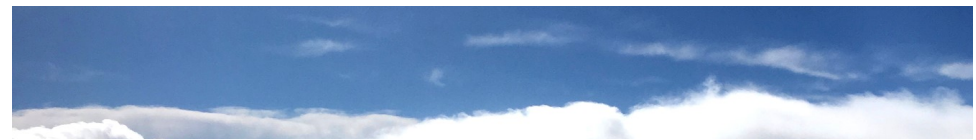
Blessed, praised, honored, exalted, extolled, glorified, adored, and lauded be the name of the Holy Blessed One, beyond all earthly words and songs of blessing, praise, and comfort. To which we say Amen.

May there be abundant peace from heaven, and life, for us and all Israel. To which we say Amen.

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



Photo by The Mandel Family



Adonai Ma Adam

יְיָ מַה אָדָם וְתַדְעָהּ?
בְּנֵי אָנוֹשׁ, וְתַחֲשֹׁבֶהּ?
אָדָם, לְהֵבֵל דָּמָה יָמָיו, כְּצֵל עוֹבֵר.
בְּבֹקֶר יֵצֵץ וְחָלָף,
לְעֶרֶב יִמּוֹלֵל וַיָּבֵשׁ.
תִּשָּׁב אָנוֹשׁ עַד-דָּכָא,
וְתֹאמַר: שׁוּבוּ, בְּנֵי-אָדָם!
לֹא חָכְמוּ יִשְׁכִּילוּ זֹאת,
יָבִינוּ לְאַחֲרֵיתָם!
כִּי לֹא בְמוֹתוֹ יִקַּח הַכֹּל,

ADONAI, ma adam vateida-eihu?

Ben enosh vat'chashveilu?

Adam lahevel dama yamav k'tzeil oveir.

Baboker yatzitz v'chalaf, la-erev y'moleil v'yaveish.

Tashev enosh ad daka,

Vatomeir: Shuvu, v'nei adam!

Lu chachmu yaskilu zot, yavinu l'acharitam!

Ki lo v'moto yikach hakol;

Lo yeireid acharav k'vodo.

Sh'more tam ur'ei yashar,

Ki acharit l'ish shalom.

Podeh Adonai nefesh avadav, v'lo yesh'mu kol hachosim bo.

ADONAI, what are we, that You have regard for us? What are we, that You are mindful of us? We are like a breath; our days are as a passing shadow; we come and go like grass which in the morning shoots up, renewed and in the evening fades and withers. You cause us to revert to dust, saying, "Return O mortal creatures!" Would that we were wise, that we understood where we are going! For when we die we carry nothing away, our glory does not accompany us.

Mark the whole-hearted and behold the upright; they shall have peace.

Adonai, You redeem the soul of Your servants, and none who trust in You shall be desolate.

Kitchen Memories

By Sandy Calin

My grandmother's Challah, fresh out of the oven
My mother's strudel, the sweet smell of apples
and cinnamon

My aunt's Hungarian goulash, redolent with
paprika

A neighborhood bakery
An open kitchen window
The local ethnic restaurant

Walking to a meeting
Mind focused on my work
An aroma hits me, transporting me back

I remember those comforting times
Ensconced in a kitchen nook
Enveloped in the aromas of my family

Those cooks of my childhood are gone now
But are forever in my heart
Coming back to me in the aromas of the kitchen.



The Mourners' Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא בְּעֻלְמָא דִּי בְּרָא כְּרַעוּתָהּ וְיִמְלִיךָ
מַלְכוּתָהּ בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעֻלְמָא
וּבְזִמְן קָרִיב וְאָמְרוּ אָמֵן:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמַיָּא:

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה
וְיִתְהַלַּל שְׁמֵהּ דְּקֻדְשָׁא בְּרִיךְ הוּא לְעָלְמָא מִן כָּל בְּרַכָּתָא
וְשִׁירָתָא תְּשַׁבְּחָתָא וְנַחֲמָתָא דְאַמִּירָן בְּעֻלְמָא וְאָמְרוּ אָמֵן:

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

עוֹשֶׂה שְׁלוֹם בְּמִרְוּמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל
וְעַל כָּל יוֹשְׁבֵי תֵיבֵל וְאָמְרוּ אָמֵן:

*Yitgadal v'yitkadash sh'mei raba. B'alma di v'ra chirutei,
v'yamlich malchutei,
b'chayeichon uv'yomeichon uv'chayei d'chol beit Yisrael,
baagala uviz'man kariv. V'im'ru: Amen.*

Y'hei sh'mei 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'mei d'Kud'sha B'rich
Hu, l'eila min kol birchata v'shirata, tushb'chata
v'nechemata, daamiran b'alma. V'imru: Amen.*

*Y'hei sh'lama raba min sh'maya, v'chayim aleinu v'al kol Yisrael.
V'imru: Amen.*

*Oseh shalom bimromay, Hu yaaseh shalom aleinu, v'al kol Yisrael.
V'al Kol Yoshvei teivel. V'imru: Amen.*



An Introduction to the Kaddish

For every new generation there is one which ends.

But they are never totally gone.

They leave their memories and their influence
on everything we do.

How many things do we do
because our great-grandparents did them,
and our grandparents and our parents?

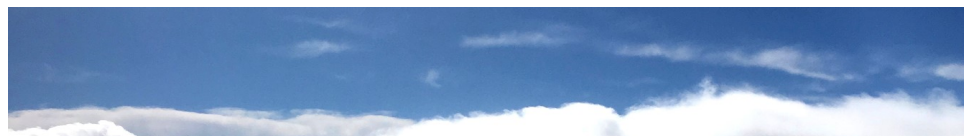
If we forget them, we lose part of ourselves.

So we must remember them and honor them each day.

This way we are united with our ancestors
and with generations to come.

Our heritage dictates a unique community
which spans all ages.

We remember...



Esa Einei

אֶשָּׂא עֵינַי אֶל-הַהָרִים, מֵאֵין יָבֹא עֲזָרִי?
עֲזָרִי מֵעַם יי, עֹשֶׂה שָׁמַיִם וָאָרֶץ.

*Esa einei el heharim, mei-ayin yavo ezri?
Ezri mei-im Adonai, osei shamayim vaaretz.*

I lift my eyes to the mountains; from where does my help come?
My help comes from God, maker of heaven and earth.

– Psalm 121:1-2

Shiviti

*SHIVITI ADONAI l'negdi tamid
ki mimini bal emot:
Lachein samach libi
v'yagel k'vodi
af b'sari yishkon lavetach:
Ki lo taazov nafshi lishol
lo titein chasidcha lirot shachat:
Todi-eini orach chayim
sova s'machot et panecha
n'imot bimincha netzach:*

שְׁוִיתִי יי לְנֶגְדִי תָמִיד
כִּי מִיְמִינִי, בִּלְאִמוּט:
לָכֵן שָׂמַח לִבִּי
וַיִּגֵּל כְּבוֹדִי
אֶף-בְּשָׁרִי יִשְׁכֵּן לְבֶטֶח.
כִּי לֹא-תַעֲזֹב נַפְשִׁי לְשָׂאוֹל
לֹא-תִתֵּן חֲסִידְךָ לְרֹאוֹת שְׁחַת:
תּוֹדִיעֵנִי אֶרֶץ חַיִּים
שְׂבַע שְׁמֻחוֹת אֶת-פְּנֶיךָ
נְעֻמוֹת בְּיָמֶיךָ נָצַח:

I AM EVER MINDFUL of Adonai's presence;
God is at my right hand; I shall never be shaken.
So my heart rejoices,
my whole being exults,
and my body rests secure.
For You will not abandon me to Sheol,
or let Your faithful one see the Pit.
You will teach me the path of life.
In Your presence is perfect joy;
delights are ever in Your right hand.

Adonai Ro'I

By Rabbi Jon Hanish

Adonai Ro'I – God is my shepherd. Lo ach-sar – I shall not want.

But right now we do want – we want the laughter, smiles, and spirits of those who have gone before us because our hearts are broken, because our lives will never be the same. The cycle of life and death makes no sense. Where is our shepherd, where is God?

Adonai Ro'I – God is my shepherd. Lo ach-sar – I shall not want.

But a shepherd cannot control life and death. A shepherd can only care for his flock as best he can. He can love them, attempt to protect them, but ultimately each life is lived by its own design.

Adonai Ro'I – God is my shepherd. Lo ach-sar – I shall not want.

Our shepherd has not left us. God is found in the hand that you are holding. God is found in the shoulder upon which you are crying. God is found in the comfort we each give to one another. God is found in memories. God is present not to shield us from pain but to help us pass through it. God is my Ro'I, God is my shepherd.

Adonai Ro'I – God is my shepherd. Lo ach-sar – I shall not want.

Aleinu

עָלֵינוּ לְשַׁבֵּחַ לְאֲדוֹן הַכֹּל, לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרָאשִׁית, שֶׁלֹּא
עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת, וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאֲדָמָה, שֶׁלֹּא שָׂם
חֻלְקָנוּ בָּהֶם, וְגָרְלָנוּ בְּכָל הַמּוֹנֵם.

וְאִנְחָנוּ בְּזָרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים, לִפְנֵי מֶלֶךְ מַלְכֵי הַמְּלָכִים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

וְנֹאמַר, יְהִי יי לְמֶלֶךְ עַל כָּל הָאָרֶץ, בַּיּוֹם הַהוּא יְהִי יי אֶחָד,
וּשְׁמוֹ אֶחָד.

*Aleinu l'shabei-ach laadon hakol,
lateit g'dulah l'yotzeir b'reishit,
shelo asanu k'goyei haaratzot,
v'lo smanu k'mishp'chot haadamah.
Shelo sam chelkeinu kahem,
v'goraleinu k'chol hamonam.*

*Vaanachnu kor'im
umishtachavim umodim,
lifnei Melech mal'chei hamlachim
HaKadosh Baruch Hu.*

*V'ne-emar, v'hayah Adonai
l'Melech al kol haaretz.
Bayom hahu yih'yeh Adonai echad
ush'mo echad.*

Let us now praise the Sovereign of the universe, and proclaim the greatness of the Creator who has set us apart from the other families of the earth, giving us a destiny unique among the nations. We bend the knee and bow, acknowledging the supreme Sovereign, the Holy One of Blessing.

May we gain wisdom in our lives,
overflowing like a river with understanding.
Loved, each of us, for the peace we bring to others.
May our deeds exceed our speech,
and may we never lift up our hand
but to conquer fear and doubt and despair.

Rise up like the sun, O God, over all humanity.
Cause light to go forth over all the lands between the seas.
And light up the universe with the joy
of wholeness, of freedom, and of peace.

Elohai N'tzor

אֱלֹהִי, נָצוּר לְשׁוֹנִי מִרָע, וּשְׁפָתִי מִדְּבַר מִרְמָה, וְלִמְקַלְלִי נַפְשִׁי תִדּוּם, וְנַפְשִׁי
בְּעֶפֶר לְכָל תְּהִיָּה. פָּתַח לִבִּי בְּתוֹרָתְךָ, וּבְמִצְוֹתֶיךָ תִרְדּוּף נַפְשִׁי. וְכָל
הַחוֹשְׁבִּים עָלַי רָעָה, מִהֲרֵה הִפֵּר עֲצָתָם וְקִלְקַל מַחֲשַׁבְתָּם. עֲשֵׂה לִמְעַן
שְׁמָךְ, עֲשֵׂה לִמְעַן יְמִינְךָ, עֲשֵׂה לִמְעַן קִדְשֶׁתְּךָ, עֲשֵׂה לִמְעַן תּוֹרָתְךָ. לִמְעַן
יִחְלְצוּן יְיָדֶיךָ, הוֹשִׁיעָה יְמִינְךָ וְעֲנֵבִי.

*Elohai, n'tzor l'shoni meira us'fatai midabeir mirmah, v'limkal'lai
nafshi tidom, v'nafshi ke-afar lakol tih'yeh. P'tach libi b'Toratecha,
uv'mitzvotcha tirdof nafshi. V'chol hachoshvim alai raah, m'heirah
hafeir atzatatam v'kalkeil machashavtam. Aseih l'maan sh'mecha, aseih
l'maan y'minecha, aseih l'maan k'dushatecha, aseih l'maan Toratecha.
L'maan yeichaltzun y'didecha, hoshiah y'mincha vaaneini.*

My God, guard my speech from evil and my lips from deception.
Before those who slander me, I will hold my tongue; I will practice
humility. Open my heart to Your Torah, that I may pursue Your
mitzvot. As for all who think evil of me, cancel their designs and frustrate
their schemes. Act for Your own sake, for the sake of Your Power, for the
sake of Your Holiness, for the sake of Your Torah; so that Your loved
ones may be rescued, save with Your power. And answer me.

Yih'yu L'ratzon / Oseh Shalom

יְהִי לְרָצוֹן אִמְרֵי פִי וְהִגִּינוּ לִבִּי לִפְנֶיךָ יי צוּרִי וְגֹאֲלִי:

עֲשֵׂה שְׁלוֹם בְּמִרְוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ, וְעַל כָּל יִשְׂרָאֵל, וְעַל כָּל
יוֹשְׁבֵי תֵבֶל, וְאִמְרוּ אָמֵן

Yih'yu l'ratzon imrei fi v'hegyon libi l'fanecha, Adonai tzuri v'go-ali.

*Oseh shalom bimromav, hu yaaseh shalom aleinu, v'al kol Yisrael,
(v'al kol yoshvei teivail,) v'imru. Amen.*

May the words of my mouth and the meditations of my heart be
acceptable to You, Adonai, my Rock and my Redeemer.

May the One who creates harmony on high bring peace to us, to all
Israel and to all human kind. Amen.

The 23rd Psalm

MIZMOR L'DAVID

Adonai ro-i lo echsar.

Binot desheh yarbitzeini

al mei m'nuchot y'nahaleini.

Nafshi y'shoveiv

yan'cheini b'maglei tzedek

l'maan sh'mo.

Gam ki eilech

b'gei tzalmovet

lo-ira ra ki atah imadi

shivt'cha umisantecha heimah

y'nachamuni.

Taaroach l'fanai shulchan

neged tzor'rai

dishanta vashemen roshi

kosi r'vayah.

Ach tov vachesev

yird'funi kol y'mei chayai

v'shavti b'veit Adonai

l'orech yamin.

מִזְמוֹר לְדָוִד

יי רַעִי, לֹא אֶחְסָר.

בְּנִאוֹת דֶּשֶׁא יִרְבִּיצֵנִי

עַל־מֵי מְנוּחוֹת יְנַהֲלֵנִי.

נַפְשִׁי יָשׁוּב

יִנְחֵנִי בְּמַעְגְלֵי צֶדֶק

לִמְעַן שְׁמוֹ.

גַּם כִּי־אֵלֶךְ

בְּגִיא צַלְמוֹת

לֹא אִירָא רָע כִּי אַתָּה עִמָּדִי

שִׁבְטְךָ וּמִשְׁעֶנֶתְךָ הִמָּה יִנְחַמְנִי.

תַּעֲרֶךְ לִפְנֵי, שְׁלֶחֶן

נֶגֶד צִרְיִי

דִּשְׁנֶת בִּשְׁמֵן רֹאשִׁי

כּוֹסֵי רוּיָה.

אֶךְ, טוֹב וְחֶסֶד

A Psalm of David.

Adonai is my shepherd; I lack nothing.

God makes me lie down in green pastures;

God leads me to water in places of repose;

God renews my life;

God guides me in right paths

as befits God's name.

though I walk through a valley of deepest darkness,

I fear no harm, for You are with me;

Your rod and Your staff – they comfort me.

You spread a table for me in full view of my enemies;

You anoint my head with oil;

my drink is abundant.

Only goodness and steadfast love shall pursue me

all the days of my life,

and I shall dwell in the House of Adonai

for many long years.

The Visit

By Tina Degann

I push the wheelchair into the sunlight.
My father reaches up to kiss my cheek.
We sit in silent camaraderie.
The sun's warmth filtering through the trees,
Spring painting new leaves on branches,
The scent of roses in the air.

My father's labored breathing
interrupts the birdsong melody.
His eyes close as he turns inward.
Our paths begin to diverge.
Soon I will be alone in the garden,
The breeze carrying the memory of his kiss.



T'filat HaLev Silent Meditation

Rabbi Eliezer said, "If a person prays only according to the exact fixed prayers and adds nothing from their own mind, that prayer is not considered proper."

– *Babylonian Talmud, B'rachot 28a*

Shalom Rav

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמָּךְ תָּשִׁים לְעוֹלָם:

כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל הַשְּׁלוֹם:

וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמָּךְ יִשְׂרָאֵל

בְּכָל יֵת וּבְכָל שָׁעָה בְּשִׁלּוּמֶךָ:

בָּרוּךְ אַתָּה יְיָ, הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשִׁלּוֹם:

Shalom rav al Yisrael amcha tasim l'olam:

ki atah hu Melech Adon l'chol hashalom:

V'tov b'einecha l'vareich et amcha Yisrael

b'chol eit uv'chol shaah bish'lomecha:

Baruch atah, Adonai, ham'vareich et amo Yisrael bashalom:

Grant abundant peace to Israel Your people forever, for You are the Sovereign God of all peace. May it be pleasing to You to bless Your people Israel in every season and moment with peace. Blessed are You, Adonai, who blesses your people Israel with peace.

G'vurot

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי מַחֲיָה הַכֹּל אַתָּה רַב לְהוֹשִׁיעַ:

Winter – מְשִׁיב הַרִיחַ וּמוֹרִיד הַגֶּשֶׁם:

Summer – מוֹרִיד הַטֵּל

מְכַלְכֵּל חַיִּים בְּחֶסֶד מַחֲיָה הַכֹּל בְּרַחֲמִים רַבִּים סוֹמֵךְ נּוֹפְלִים וְרוֹפֵא
חוֹלִים וּמַתִּיר אֲסוּרִים וּמְקַיֵּים אֲמוּנָתוֹ לִישׁוּנֵי עָפָר: מִי כְמוֹךָ בַּעַל
גְּבוּרֹת וּמִי דוֹמָה לָךְ מֶלֶךְ מֵמִית וּמַחְיָה וּמַצְמִיחַ יְשׁוּעָה: וְנֶאֱמַן אַתָּה
לְהַחְיֹת הַכֹּל: בְּרוּךְ אַתָּה יְהוָה, מַחֲיָה הַכֹּל:

Atah gibor l'olam, Adonai, m'chayeih hakol atah, rav l'hoshia:

Winter – *Mashiv haruach umorid hagashem:*

Summer – *Morid hatal*

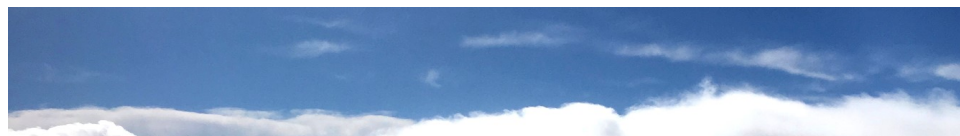
*M'chalkeil chayim b'chesed, m'chayeih hakol b'rachamim rabim,
someich noflim, v'rofei cholim, umatir asurim, um'kayeim emunato
lisheinei afar. Mi chamochah baal g'vurot umi domeh lach, melech
meimit um'chayeh umatzmiach y'shuah. V'ne-eman atah l'hachayot
hakol. Baruch atah, Adonai, m'chayeih hakol.*

You are forever mighty, Adonai; You give life to all.

Winter – You cause the wind to shift and rain to fall.

Summer – You rain dew upon us.

You sustain life through love, giving life to all through great compassion, supporting the fallen, healing the sick, freeing the captive, keeping faith with those who sleep in the dust. Who is like You, Source of mighty acts? Who resembles You, a Sovereign who takes and gives life, causing deliverance to spring up and faithfully giving life to all? Blessed are You, Adonai, who gives life to all.



Eli, Eli

אֵלִי אֵלִי שְׁלֵא יִגְמַר לְעוֹלָם
הַחוֹל וְהַיָּם, רִישְׁרוּשׁ שֶׁל הַמַּיִם
בְּרַק הַשָּׁמַיִם, תְּפִילַת הָאָדָם

*Eli, Eli shelo yigamer le'olamhahol v'hayam rishrush shel
hamayimb'rak hashamayim tefilat ha'dam.*

O God, my God, I pray that these things never end,
the sand and the sea, the rush of the waters,
the crash of the heavens, the prayers of the heart.

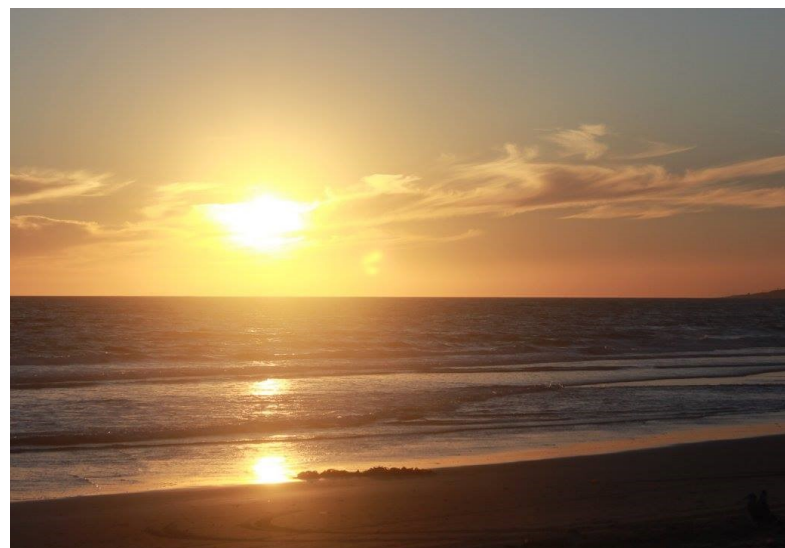


Photo by Wayne Schulman

DAD, YOU DID HEAR

By Florence Ames

When I phoned you
that Sunday night
you could not speak
you could not eat
you would not sleep
but you could hear.

I knew you were listening
so, I said, "Dad, it's all right
to close your eyes. You don't
have to be afraid.
It's all right to take
a little nap."

And I know you did.



Avot v'Imahot

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ אֱלֹהֵי אַבְרָהָם אֱלֹהֵי יִצְחָק
וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה אֱלֹהֵי רִבְקָה אֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה: הָאֵל הַגָּדוֹל
הַגִּבּוֹר וְהַנּוֹרָא אֵל עֲלִיוֹן גּוֹמֵל חֲסָדִים טוֹבִים וְקוֹנֵה הַכֹּל וְזוֹכֵר חֲסָדֵי אֲבוֹת
וְאִמּוֹת וּמֵבִיא גְּאֻלָּה לִבְנֵי בְּנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה: מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ
וּמַגֵּן: בְּרוּךְ אַתָּה יי מֶגֶן אַבְרָהָם וְעֹזֶרֶת שָׂרָה:

Baruch atah, Adonai Eloheinu v'Elohei avoteinu v'imoteinu, Elohei Avraham, Elohei Yitzchak v'Elohei Yaakov, Elohei Sarah, Elohei Rivkah, Elohei Rachel v'Elohei Leah. Ha-El hagadol hagibor v'hanora, El elyon, gomeil chasadim tovim, v'koneih hakol, v'zocheir chasdei avot v'imahot, umeivi g'ulah liv'nei v'neihem l'maan sh'mo b'ahavah. Melech ozeir umoshia umagen. Baruch atah, Adonai, magein Avraham v'zrat Sarah.

Blessed are You, Adonai our God, God of our fathers and mothers, God of Abraham, God of Isaac, and God of Jacob, God of Sarah, God of Rebecca, God of Rachel, and God of Leah, the great, mighty and awesome God, transcendent God who bestows loving kindness, creates everything out of love, remembers the love of our fathers and mothers, and brings redemption to their children's children for the sake of the Divine Name. Sovereign, Deliverer, Helper and Shield, Blessed are You, Adonai, Sarah's Helper, Abraham's Shield.

Amidah

אֲדֹנָי שְׁפָתַי תִּפְתָּח וּפִי יִגִּיד תְּהִלָּתְךָ.

Adonai, s'fatai tiftach, ufi yagid t'hilatecha.

Adonai, open up my lips, that my mouth may declare Your praise.

A Yizkor Prayer For Martyrs

Yizkor Elohim

nishmot kol acheinu

v'achyoteinu

b'nei Yisrael

Shemasru et nafshoteihem

al kiddush haShem.

Ana tih'yenah naf shoteihem

tz'rurot bitz'ror hachayim

ut'hi m'nuchatam kavod.

Sova s'machot et panecha,

n'imot bimincha netzach.

Amen.

יִזְכּוֹר אֱלֹהִים

נִשְׁמוֹת כָּל אַחֵינוּ וְאֶחָיוֹתֵינוּ

בְּנֵי יִשְׂרָאֵל

שֶׁמָסְרוּ אֶת נַפְשׁוֹתֵיהֶם

עַל קְדוּשַׁת הַשֵּׁם.

אָנָּה תִּהְיֶינָה נַפְשׁוֹתֵיהֶם

צְרוֹרוֹת בְּצֶרֶר הַחַיִּים

וְתִהְיֶינָה מְנוּחָתָם כְּבוֹד.

שׁוּבַע שְׁמֹחוֹת אֶת פְּנֶיךָ,

נְעִימוֹת בִּימְנֶךָ נִצָּח. אָמֵן.

May God remember forever our brothers and sister of the house of Israel who gave their lives for the sanctification of the Divine Name. May they be at one with the One who is life eternal. May the beauty of their lives shine forevermore, and may my life always bring honor to their memory.



Meditation

By Laura Remson Mitchell



We all exist in the here and now, but time and space are really illusions. We close our eyes, and we can see people and events of the past. We taste the air and feel the warmth of a summer's day, or the chill of a crisp winter. So it is with loved ones we have lost.

For we have not truly lost them – not as long as we remember them, and feel their presence, and love them. We see their faces. We hear their voices. We recall the touch of a hand or the scent of the flowers in a garden we walked together or the aroma of a meal we shared. We smile as we remember their quirks – a twinkle in the eye, a wave of the hand. We recognize how they have changed us. We look inside ourselves, and find that part of them still exists within us.

We are all part of the oneness of being. In passing, they have changed rooms, but we still dwell in the same house.

Hashkiveinu

הַשְׁכִּיבֵנוּ, יְיָ אֱלֹהֵינוּ, לְשָׁלוֹם, וְהַעֲמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים, וּפְרוֹשׁ עָלֵינוּ
סִכַּת שְׁלוֹמְךָ, וְתַקְּנֵנוּ בְּעֶצֶה טוֹבָה מִלְּפָנֶיךָ, וְהוֹשִׁיעֵנו לְמַעַן שְׁמֶךָ וְהַגֵּן
בְּעֵדֵנוּ, וְהַסֵּר מֵעָלֵינוּ אוֹיֵב, דָּבָר, וְחָרֵב, וְרָעָב, וְיִגְלוֹן, וְהִרְחִיק מִמֶּנּוּ עוֹן
וּפְשָׁע. וּבָצַל כְּנָפֶיךָ תַּסְתִּירֵנוּ, כִּי אֵל שׁוֹמְרֵנוּ וּמַצִּילֵנוּ אַתָּה, כִּי אֵל מֶלֶךְ
חַנּוּן וְרַחוּם אַתָּה. וְשָׁמֵר צִאתֵנוּ וּבּוֹאֵנוּ לְחַיִּים וּלְשָׁלוֹם מֵעַתָּה וְעַד עוֹלָם.
בָּרוּךְ אַתָּה יְיָ, הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ וְעַל כָּל-עַמּוֹ יִשְׂרָאֵל וְעַל
יְרוּשָׁלָּיִם:

*Hashkiveinu, Adonai Eloheinu l'shalom, v'haamideinu shomreinu
l'chayim, ufros aleinu sukat sh'lomecha, v'takneinu b'eitzah tovah
milfanecha, v'hoshi-einu l'maan sh'mecha. V'hagein baadeinu, v'haseir
mei-aleinu oyeiv, dever, v'cherev, v'raav, v'yagon, v'harcheik mimenu
avon vafesha. Uv'tzeil k'nafecha tastireinu, ki El shomreinu umatzileinu
atah, ki El channun v'rachum atah. Ushmor tzeiteinu uvo-einu l'chayim
ul'shalom, mei-atah v'ad olam. Baruch atah, Adonai, haporeis sukat
shalom aleinu v'al kol amo Yisrael v'al Yerushalayim.*

Grant, O God, that we lie down in peace, and raise us up, our Guardian, to life renewed. Spread over us the shelter of Your peace. Guide us with Your good counsel; for Your Name's sake, be our help. Shield and shelter us beneath the shadow of Your wings. Defend us against enemies, illness, war, famine and sorrow. Distance us from wrongdoing. For You, God, watch over us and deliver us. For You, God, are gracious and merciful. Guard our going and coming, to life and to peace, evermore. Blessed are You, Adonai. Guardian of Israel, whose shelter of peace is spread over us, over all Your people Israel, and over Jerusalem.

Mi Chamochah

מי כְּמֹכָה בָּאֵלִים יי, מי כְּמֹכָה נֶאֱדָר בְּקֹדֶשׁ, נוֹרָא תְהִלָּת, עֲשֵׂה
פְּלֵא.

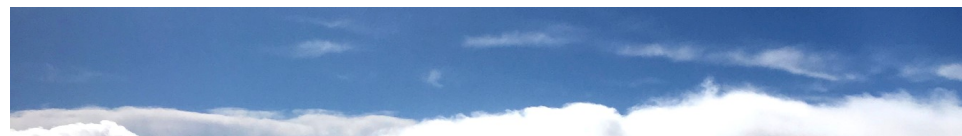
מְלִכּוּתְךָ רָאוּ בְּנֵיךָ, בּוֹקֵעַ יָם לִפְנֵי מֹשֶׁה וּמִרְיָם, זֶה אֱלֹהֵי עַבְדִּי
וְאָמְרוּ: יי! יִמְלֹךְ לְעוֹלָם וָעֶד.

*Mi chamochah ba-eilim, Adonai!,
Mi kamochah nedar bakodesh,
nora t'hilot, oseih fele.*

*Malchut'cha ra-u vanuecha,
bokei-a yam lifne Moshe u Miryam,
Zeh Eli, anu v'amru :
Adonai yimloch l'olam va-ed.*

Who is like You, O God,
among the gods that are worshipped?
Who is like You, majestic in holiness,
awesome in splendor, working wonders?

Your children witnessed Your sovereignty,
the sea splitting before Moses and Miriam.
“This is our God!” they cried.
“Adonai will reign forever and ever!”



Yizkor

יִזְכֹּר אֱלֹהִים נִשְׁמוֹת יְקִירֵי _____
שֶׁחָלְכוּ לְעוֹלָמִים.
אָנָּה תִּהְיֶינָה נַפְשׁוֹתֵיהֶם
צָרוֹרוֹת בְּצָרוֹר הַחַיִּים
וְתִהְיֶי מְנוּחָתָם כְּבוֹד.
שִׁבְעַ שְׁמֵחוֹת אֶת־פָּנֶיךָ,
נְעִימוֹת בְּיָמֶיךָ נֹצֵחַ. אָמֵן.

Yikor Elohim nishmoat yakirai _____ shechalchu
l'olamim. Anah tiyenah nafshoteihem tz'ruroat bitzroar
hachayim ut'hee menuchatam k'vod. S'vah simachot
et-panecha, neh'eamoat beemeencha netzach. Amen.

May God remember forever my dear ones _____
who have gone to their eternal rest. May they be at one
with the One who is life eternal. May the beauty of their
lives shine forevermore, and may my life always bring
honor to their memory. Amen.

Frieda's Song

By Carol Fischer

The song hangs in the air.
I hear it in the background.
On a radio, in a store, on a TV show.
I'm transported back to my four or five year old self.
I'm with my mother,
And she is singing that song to me.
"Smile, though your heart is breaking..."
So prophetic—a lesson learned so early.
A lesson that helped me face losing her.
A lesson that helped me face so many later losses.

Her songs still play in my head.
It was her way of sharing feelings or life lessons.
"You are my sunshine..."
"People who need people..."
"Que sera, sera—what will be will be..."
Songs of love.
Songs of friendship.
Songs of acceptance.

It's been a long time since I last heard her sing to me.
I was so young when she passed away.
Barely out of my teens.
It's been a long time.
Some memories fade.
But some never leave.
Her songs.
The way she made me feel unconditionally loved.
"No, you can't take that away from me."

V'ahavta

וְאָהַבְתָּ אֶת יי אֱלֹהֶיךָ בְּכָל-לִבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ:
וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנִי מְצַוְךָ הַיּוֹם עַל-לִבְּךָ:
וְשָׁנַנְתָּם לְבְנֶיךָ וְדִבַּרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבִלְכָתְךָ בַּדֶּרֶךְ
וּבְשֹׁכְבְּךָ וּבְקוּמְךָ:

וְקִשְׁרָתָם לְאוֹת עַל-יָדְךָ וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ:

וְכִתַּבְתָּם עַל-מַזְזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת כָּל מִצְוֹתַי, וְהָיִיתֶם קְדוֹשִׁים
לֵאלֹהֵיכֶם:

אֲנִי יי אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם, לִהְיוֹת לָכֶם לֵאלֹהִים,
אֲנִי יי אֱלֹהֵיכֶם.
יי אֱלֹהֵיכֶם. אָמֵן.

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'chavaderech 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.

Adonai Eloheichem emet.

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.

Hineh Mah Tov

הִנֵּה מַה־טוֹב וּמַה־נָּעִים
שֶׁבֶת אַחִים וְאַחֹת גַּם יַחַד.

*Hineih mah tov u'mah na-im
shevet achim v'achot gam yachad.*

How good and how pleasant it is that brothers and sisters dwell together.

V'Hu Rachum

וְהוּא רַחוּם יְכַפֵּר עוֹן וְלֹא יִשְׁחִית
וְהִרְבָּה לְהַשִּׁיב אָפּוֹ וְלֹא יַעִיר כָּל חַמָּתוֹ.
יְיָ הוֹשִׁיעָה הַמֶּלֶךְ יַעֲנֵנוּ בְּיוֹם קִרְאֵנוּ:

*V'hu rachum y'chapeir avon, v'lo yash-chit
v'hirbah l'hashiv apo v'lo ya-ir kol chamato.
Adonai hoshi-ah, ha-melech ya-aneinu v'yom koreinu:*

God being merciful grants atonement for sin and will not destroy. God consistently restrains anger and does not allow rage to be all-consuming. Save us. Adonai. And answer us, our Sovereign, when we call out.

Bar'chu

בָּרְכוּ אֶת יְיָ הַמְּבָרָךְ.

*Bar'chu et Adonai ham'vorach.
Bless The Infinite, the Blessed One.*

בָּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.

*Baruch Adonai ham'vorach l'olam va'ed.
Blessed is The Infinite, the blessed One, now and forever.*

Sh'ma

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ יְיָ אֶחָד!

*Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!
Hear, O Israel, Adonai is our God, Adonai is One!*

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד!

*Baruch shem k'vod malchuto l'olam va-ed!
Blessed is God's glorious majesty forever and ever!*

My Friend's Grave

By Irwin Ames



Ours had been a fairly brief relationship of less than two years after we met at a place to restore and renew our older hearts. On his first day, I taught him how to hook up his heart monitor and for several weeks, we exercised together, hoping that the restoration would give us more time with our loved ones. One night while I was having dinner with my daughter and young grandchildren, the phone rang, and I learned my friend expired suddenly. I excused myself from the table so I could weep in private. Since then there has been a void in my life that has never been filled for we talked daily. He was my confidant during a crisis in my life, helping me to find answers and reasons where often there were none. His loss was more accentuated, when seeing his headstone I discovered our fathers had the same first name, and in even more ways, realized we were truly brothers on the road of life.

Photo by Rebecca Schulman

Saying Good-bye to My Mother By Irene Ross

I never got to say good-bye to my mother even though we spoke almost every day. We were so much alike that I even looked like she did. When I was young, people in our small town used to ask if I was her daughter because of the resemblance. Our personalities were very similar. We both loved to cook and to entertain. We were both very friendly. My father once jokingly said that my mother would stand on the street corner at Thanksgiving and invite strangers to dinner. We both loved family and friends.

But in other ways we were quite different. I loved to read and my mother did not. I loved to swim; my mother was afraid of the water. My mother was a peace-at-any-price appeaser. I certainly was not. I was the optimist; she was the pessimist. My mother suffered from severe bouts of depression, and I thankfully did not. Still, we were so very close. Although I had a twin sister, for many years I was my mother's only child.

As her closest confidante I was told many things. Some were about her personal life and some were horrible things my sister had said about me. She probably shouldn't have shared them with me, but when I asked her why she did she would reply, "Who else can I tell?" She was right; there was no one else she could tell, so I accepted my role and let her talk. As she grew older she became quite confused, so our daily conversations grew shorter. But we never lost that thread, and she always recognized me when I came, even when all the others in her life had become shadows.

Then one day I went to visit her at the nursing home, and she had a bad cold. We talked for a while but she was sleepy so I didn't stay long. That night the cold became pneumonia, and when I went to see her the next day I couldn't wake her up. They took her to the hospital where she remained in a coma for two days. I tried so hard to rouse her, but she was in a sleep from which she never would awaken.

My mother's death was gentle and peaceful, and for that I am most grateful. But how I wish I could have said good-bye.



Shiva

After our beloved is buried, we are commanded to mourn for seven days. These days are known as Shiva. As we mourn, our family and friends gather around us to share stories, to hold hands, to cry, to laugh, and to remember. But, remembering is not easy. Sometimes, it is just too hard. So often, we avoid the essences of Shiva.

We drift into conversation about our careers, our young children, our aging parents, and our own personal needs. But, then, we gather to pray. A Shiva service refocuses us. It reminds us to remember the deceased, to comfort the mourners, and to shift the focus away from ourselves. May each of us remember the true purpose of Shiva. May each of us give of ourselves in order to comfort those who mourn.

MY FATHER WORKED AS A FURRIER

by Florence Ames

My father worked as a furrier
A ship welder during World War II
A Norfolk, Virginia dance hall bouncer
And then a terminal manager
For an interstate Southern truck company
A job he hated
But did
Set his Baby Ben alarm clock
For five o'clock in the morning
Traveled through the Holland Tunnel
To Jersey City
Where he kept the trucks going
Fought with the drivers
And ground his teeth
While shaking his head
His face red with anger
But then showered clean
Once home
And scrubbed away
The terminal dirt
From underneath his fingernails
Shaved, then patted on a green menthol lotion
Doing this before
He sat down to his dinner
So much later after
We had eaten
My father seated at the maple table
In his pressed tee shirt and boxer shorts
My father eating alone.

The Visit

By Tina Degann

Whispered words drift
amongst the headstones
searching for a sign
your spirits rest here.
I hear your voices
in the music of the wind
singing with my heartbeat
melodies of love.
Memories unravel
elusive butterflies
recalling times together
souls eternally entwined.

Who?

By Pam Marshall

Not my son,
For I never had him.

Not my daughter,
For she passed before me.

Not my brother,
For we are estranged.

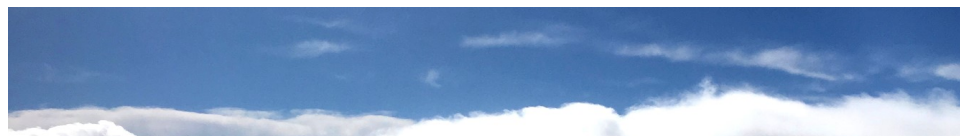
Not my sister,
For I outlived her.

Not my father,
For I never knew him.

Not my mother,
For she died in old age.

Not my spouse,
For I am a widow.

Who?
For all those for whom I said it,
Who will say kaddish for me?



El Malei for a Male

אל מלא רחמים,
שוכן במרחמים,
המצא מנוחה נכונה
תחת כנפי השכינה,
עם קדושים וטהורים,
בזהר הרקיע מזהירים,
את נשמת ____ בן ____
שהלך לעולמו. בעל הרחמים
יסתירהו בסתר כנפיו לעולמים. ויצרור בצרור החיים את
נשמתו, יי הוא נחלתו, וינוח בשלום על משכבו. ונאמר: אמן.

*Eil ma-lei ra-chai-meem sho-chein bam'ro-meem. Ham'tzei
m'nu-chah n'cho-nah ta-chat kan'fei hash'chee-nah. Im k'do-
sheem u-t'ho-reem k'zo-har ha-ra-kee-a maz'hee-reem et
nish'mat _____ ben _____ she-halach l'o-la-mo. Ba-al
ha-ra-cha-meem yas'tee-rei-hu b'sei-ter k'na-fav l'o-la-meem.
V'yitz'ror bitz'ror ha-cha-yeem et nish'ma-to. Adonai hu na-
cha-la-to. V'ya-nu-ach b'sha-lom al mish'ka-vo.
V'nomar: Amen.*

O Compassionate God, eternal Spirit of the universe, grant complete rest in your sheltering presence to _____, who has entered eternity. Master of motherly love, sheltered by Your divine wings, may he be bound up in the bond of eternal life. The Eternal God is his inheritance. May he rest in peace. Amen.

Memories of My Zada

By Sarae Shenkin

Shtetl boy driving a horse and wagon from town to town

Russian army soldier freezing, gangrenous toes.

Ellis island immigrant to the golden streets

tenement home in the lower east side.

Clothes presser, taxi driver, Catskill mountain summer worker, alcohol, cigarettes, loved his wife, fancied the ladies.

All things Yiddish: food, music, theater

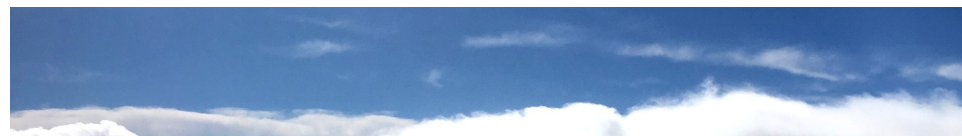
laid tefillin, clad in a white kittel sitting on a sheet covered couch for seder.

Harsh father to an only daughter

wonderful zada to his grandchildren, taking the place of their harsh father.

Forty-eight years have passed since he smiled, prayed, loved, hugged

memories, smells, feelings continue to envelop me.



El Malei

*EL MALEI RACHAMIN,
Shochein bamromin,
ham'tzei m'nuchah n'chonah
tachat kanfei haShechinah,
im k'doshim ut'horim,
k'zohar harakia mazhirim,
l'nishmot yakireinu
shehalchu l'olamam.
Baal harachamim,
yastireim b'seter k'nafav l'olamim,
V'yitz'ror bitz'ror hachayim
et nishmatam.
Adonai hu nachalatam,
v'yanuchu b'shalom al mishkavam.
V'nomar: Amen.*

אֵל מָלֵא רַחֲמִים,

שׁוֹכֵן בַּמְרוֹמִים,

הַמָּצֵא מְנוּחָה נְכוֹנָה

תַּחַת כַּנְפֵי הַשְּׂכִינָה,

עִם קְדוּשִׁים וְטְהוּרִים,

כְּזֹהַר הַרְקִיעַ מְזֻהָרִים,

לְנִשְׁמוֹת יְקִירֵינוּ

שֶׁהָלְכוּ לְעוֹלָמָם.

בְּעַל הָרַחֲמִים,

יִסְתִּירֵם בְּסֶתֶר כַּנְפָּיו לְעוֹלָמֵם,

וַיַּצְרוֹר בַּצְּרוּר הַחַיִּים אֶת נִשְׁמָתָם,

יְיָ הוּא נִחְלָתָם,

וַיְנַוְחוּ בְּשָׁלוֹם עַל מִשְׁכָּבָם.

וְנֹאמַר אָמֵן.

Fully compassionate God on high:

To our loved ones who have entered eternity
grant clear and certain rest with You
in the lofty heights of the sacred and pure
whose brightness shines like the very glow of heaven

Source of mercy:

Forever enfold them in the embrace of Your wings;
Secure their souls in eternity.

Adonai: they are Yours.

They will rest in peace.

Amen.

Remembering Tovah, Remembering the Good

By Cantor Noa Shaashua

El Malei Rachamim

Together we flew
Adventuring
Reflecting
Living.

El Malei Rachamim

She lived across the street
More a sister than a friend
We grew together
Up on good days
Down on bad.

El Malei Rachamim

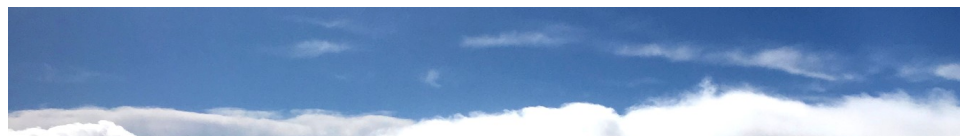
No matter the obstacle
Always supporting
Always caring
Always there
Always flying through life together.

El Malei Rachamim

“Make me laugh” she said to me
I held her hand
I joked about yesterdays
I fantasized about tomorrows
And she laughed, laughed for a final time.

El Malei Rachamim

On angel's wings she now flies.
Tovah, goodness, fills my heart
Whenever I think of her.



El Malei for a Female

אל מלא רחמים,
שוכן במרומים,
המצא מנוחה נכונה
תחת כנפי השכינה,
עם קדושים וטהורים,
בזהר הרקיע מזהירים,
את נשמת ____ בת ____
שהלכה לעולמה. בעל הרחמים
יסתירה בסתר כנפיו לעולמים. ויצרור בצרור החיים את
נשמתה, יי הוא נחלתה, ויתנוח בשלום על משכבה.

*Eil ma-lei ra-chai-meem sho-chein bam'ro-meem. Ham'tzei
m'nu-chah n'cho-nah ta-chat kan'fei hash'chee-nah. Im k'do-
sheem u-t'ho-reem k'zo-har ha-ra-kee-a maz'hee-reem et
nish'mat _____ bat _____ she-hal'cha l'o-la-mah. Ba-
al ha-ra-cha-meem yas'tee-rei-hu b'sei-ter k'na-fav l'o-la-
meem. V'yitz'ror bitz'ror ha-cha-yeem et nish'ma-tah. Adonai
hu na-cha-la-tah. V'ya-nu-ach b'sha-lom al mish'ka-vah.
V'nomar: Amen.*

O Compassionate God, eternal Spirit of the universe, grant
complete rest in your sheltering presence to _____,
who has entered eternity. Master of motherly love, sheltered
by Your divine wings, may she be bound up in the bond of
eternal life. The Eternal God is her inheritance. May she rest
in peace. Amen.