

For a Yahrzeit -- The Anniversary of a Loved One's Death

Kindling the Yahrzeit Candle

At this moment, I pause for thought in memory of my belovedI give thanks for the blessing of life, of companionship and of memory. I am grateful for the strength and faith that sustained me in the hour of my bereavement. Though sorrow lingers, I have learned that love is stronger than death. Though my loved one is beyond my sight, I do not despair for I sense my beloved in my heart as a living presence.

Sustained by words of faith, comforted by precious memories, I kindle the Yahrzeit light in remembrance. As this light burns purely and clearly, so may the blessed memory of the goodness of my dear..... illumine my soul.

PSALM 23

God is my shepherd; I shall not want. You make me lie down in green pastures; You lead me beside the still waters. You restore my soul, and guide me in straight paths for Your name's sake. Yea, though I walk through the valley of the shadow of death, I fear no harm, for You are with me; Your rod and Your staff, they comfort me. You prepare a table for me in the presence of my enemies; You anoint my head with oil, my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in Your house forever.

יְהוָה רֹעִי לֹא אֶחְסָר: בְּנְאוֹת דְּשָׂא
יִרְבִּיצֵנִי עַל־מִי מְנַחֲוֹת יְנַהֲלֵנִי: נַפְשִׁי
יִשׁוּב בְּיַחְנֵנִי בְּמַעְגְּלֵי־צֶדֶק לְמַעַן
שְׁמוֹ: גַּם כִּי־אֵלֶךְ בְּגִיא צַלְמוֹת
לֹא־אִירָא רָע כִּי־אֶתָּה עִמָּדִי שְׁבֹטְךָ
וּמִשְׁעֲנִתְךָ הִמָּה יִנַּחֲמֵנִי: תִּעְרֹךְ לְפָנַי |
שְׁלַחַן נֶגֶד צָרְרִי דִשְׁנַת בְּשֵׁמֶן רֹאשִׁי
כּוֹסֵי רוּיָהּ: אֶךְ טוֹב וְחֶסֶד יִרְדְּפוּנִי
כָּל־יְמֵי חַיִּי וְשִׁבְתִּי בְּבֵית־יְהוָה לְאָרְךָ
יָמִים:

PSALM 121

I lift up my eyes to the mountains; from where shall my help come? My help comes from God, the Creator of heaven and earth. You will not let my foot give way; my Guardian does not slumber. For indeed, the Guardian of Israel neither slumbers nor sleeps! You are my Guardian, You are the protection at my right hand. By day the sun will not smite me, nor the moon by night. You keep me from all harm; You protect my soul. You will guard my going out and my coming in, from this time forth and forever.

אֲשָׂא עֵינַי אֶל־הַהָרִים מֵאֵין יָבֵא עֲזָרִי:
עֲזָרִי מֵעַם יְהוָה עֲשֵׂה שְׁמִים וְאָרֶץ:
אֶל־יִתֵּן לְמוֹט רַגְלְךָ אֶל־יָנוּם שְׁמֹרֶךָ:
הִנֵּה לֹא יָנוּם וְלֹא יִישָׁן וְלֹא יִשְׁרָאֵל:
יְהוָה שְׁמֹרֶךָ יְהוָה צִלְּךָ עַל־יַד יְמִינְךָ:
יוֹמָם הַשֶּׁמֶשׁ לֹא־יִכָּכֶה וַיְרַח בַּלַּיְלָה:
יְהוָה יִשְׁמְרֶךָ מִכָּל־רָע יִשְׁמֹר
אֶת־נַפְשֶׁךָ: יְהוָה יִשְׁמֹר־צִאתְךָ וּבואְךָ
מִמֶּתָה וְעַד־עוֹלָם:

The Light is Kindled

For a male

זיכרונו לברכה

Zichrono livrachah

His memory is a blessing.

For a female

זיכרונה לברכה

Zichronah livrachah

Her memory is a blessing.

It is traditional to perform an act of tzedakah in memory of your loved one around the time of their Yahrzeit. It is also traditional to recite Kaddish on a shabbat service closest to the yahrzeit. Feel free to contact Rabbi Greene or Holli Berman if you have any questions or concerns.

Rabbi Fred Greene

Holli Berman, Cantorial Soloist

Congregation Har HaShem

3950 Baseline Road

Boulder, CO 80303

303-499-7077

www.harhashem.org