

## About Mount Nebo

The Mount Nebo Board continues to work diligently to ensure that our facility is the finest in the greater Denver area.

We make every effort to ensure the pristine appearance of our landscaping. Please advise us where grass has browned, weeds have grown or head stones require attention.

We are, of course, a not for profit organization. Without your generous support and funds received from our land lease, we would lose both the ability to maintain and improve the standards of our sacred ground and the financial ability to plan for the future.

Please notice the new sections recently laid out along the east side which face the housing development along this boundary. We have also initiated efforts for expansion across 13th Avenue (south side) in order to meet our longer term needs. This has been an enormous undertaking under the supervision of a subcommittee consisting of Jon Madison, Myles Hayutin and Ilene Rosen.

We thank you for your ongoing support and interest and assure you of our best attention at all times.

John Berman – Chairman, Mount Nebo Board

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**קָבֵר אָבוֹת / KEVER AVOT**  
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conducted by  
Rabbi Yaakov Chaitovsky and Cantor Martin Goldstein  
Clergy of BMH-BJ Congregation

אָדָם יְסוּדוֹ מֵעָפָר וְסוּפוֹ לְעָפָר :

“DUST ART THOU AND UNTO THE DUST  
MUST THOU RETURN”

Transliterations and Booklet Compiled and Edited  
by Cantor Emeritus Joel Lichterman

*It is a venerated custom in Judaism to visit the graves of loved ones. Traditional times for visitation are on the yahrzeit, before the High Holy Days, on the concluding day of shiva and sheloshim (thirtieth day after the funeral) or on fast days.*

*One should not visit a gravesite on the Shabbat or Chagim/Festivals. Excessive visitation to the gravesite is strongly discouraged. Judaism emphasizes life and not pre-occupation with death. We do not pray to the dead, even if we address them upon our visits. The purpose of the visit is to reaffirm our faith that G-d is One and the judge of all humankind. It also demonstrates our love for, and our commitment to the values of, the one who has passed away.*

## Prayers Upon Entering the Cemetery

*Upon reaching the cemetery, one who has seen no graves in 30 days recites the following:*

ברוך אתה יהוה אלהינו מלך העולם,  
אשר יצר אתכם בדין,  
וזן אתכם בדין וכלכל אתכם בדין,  
והמית אתכם בדין, ויודע מספר כלכם בדין,  
ועתיד להחזיר ולהחיותכם בדין.  
ברוך אתה יהוה מחיה המתים:

Blessed are you, Lord our G-d, King of the Universe,  
who created you in judgment,  
who maintained and sustained you in judgment,  
and brought death upon you in judgment,  
who knows the deeds of all in judgment,  
and who will ultimately restore you to life in judgment.  
Blessed are You, Lord, who restores life to all.

## KADDISH

יתגדל ויתקדש שְׁמֵהּ רַבָּא.  
בְּעֵלְמָא דִּי-בְרָא כְרַעוּתְהָ, וְיִמְלִיךְ מַלְכוּתְהָ.  
בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל-בֵּית יִשְׂרָאֵל,  
בְּעֵגְלָא וּבְזַמַּן קָרִיב. וְאָמְרוּ אָמֵן.  
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמֵי עֲלְמֵיָא.  
וְיִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרַמֵּם וְיִתְנַשֵּׂא,  
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל,  
שְׁמֵהּ דְקַדְשָׁא בְרִיךְ הוּא.  
לְעֵלָא (לְעֵלָא) מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא,  
תְּשַׁבְּחָתָא וְנַחֲמָתָא,  
דְאָמְרוּ בְּעֵלְמָא, וְאָמְרוּ אָמֵן.  
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמֵיָא, וְחַיִּים,  
עֲלֵינוּ וְעַל כָּל-יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.  
עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֵׂה שְׁלוֹם,  
עֲלֵינוּ וְעַל כָּל-יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

Yit-gadal v'yit-kadash sh'mei raba.

B'alma di v'ra chirutei, v'yam-lich malchutei.

B'chayeichon uv'yomeichon uv-chayei d'chol beit Yisrael,

Ba-agala u-vizman kariv v'imru amen.

Y'hei sh'mei raba m'varach l'alam ul'almei almaya.

Yitbarach v'yishtabach v'yitpa-ar v'yitromam v'yitnasei,  
V'yithadar v'yitaleh v'yithalal, sh'mei d'kud-sha, b'rich hu.  
L'ela (l'ela) min kol birchata v'shirata,  
Tushbechata v'nechemata,  
Da-amiran b'alma, v'imru amen.

Y'hei shlama raba min shemaya, v'chayim,  
Aleinu v'al kol Yisrael, V'imru amen.

Oseh shalom bimromav, hu ya-ase shalom,  
Aleinu v'al kol Yisrael, v'imru amen.



## RESPONSIVE READING

G-d is my light and my salvation;  
Whom shall I fear?  
G-d is the stronghold of my life;  
Of whom shall I be afraid?

Trust in G-d with all your heart;  
And rely not upon your own understanding.

Be comforted in your sorrow;  
Think not that the grave ends all.

The dust returns to the earth as it was,  
But the spirit returns to G-d who gave it.

Shall G-d who made life out of nothing,  
Be unable to turn what had life into higher life?

Let us remember: the day is short, the work is great,  
The laborers are sluggish, the reward is much,  
And G-d, the Master, is urgent.

When one departs from this world,  
Neither silver nor gold nor precious stones accompany him;  
We are remembered only for our love of Torah,  
and good deeds.

Happy is the one who abounds in good deeds,  
For he shall be honored in life,  
And remembered after death.

The Righteous need no monuments,  
Their good deeds are their monuments.

Even a long life ends soon,  
But a good name endures forever.

Store up for yourself a treasure of righteousness and love,  
And it will be your most priceless possession.

## PSALM 23

יְיָ רֹעִי לֹא אֶחְסָר :  
בְּנֵאוֹת דָּשָׁא יִרְבִּיצֵנִי , עַל-מֵי מְנַחוֹת יִנְהַלֵּנִי .  
נַפְשִׁי יִשׁוּבָב , יִנְחֵנִי בְּמַעְגְלֵי-צֶדֶק לְמַעַן שְׂמוֹ .  
גַּם כִּי-אֵלֶךְ בְּגֵיא צַלְמוֹת ,  
לֹא-אִירָא רָע כִּי-אַתָּה עִמָּדִי .  
שִׁבְתָּךְ וּמִשְׁעַנְתְּךָ הִמָּה יִנְחַמְנִי .  
תַּעֲרֹךְ לִפְנֵי שִׁלְחַן נֹגֵד צִרְרִי ,  
דִּשְׁנַת בְּשִׁמּוֹן רֹאשִׁי כּוֹסֵי רוּיָה .  
אֵךְ טוֹב וְחֶסֶד יִרְדְּפוּנִי כָּל-יְמֵי חַיִּי ,  
וְשִׁבְתִּי בְּבַיִת-יְיָ לְאָרְךָ יָמִים .

Adonaiy ro-i lo echsar:

Binot deshe yarbitseini, al-meiy m'nuchot y'nahaleini.  
Nafshi y'shoveiv, yancheini b'magleiy tzedek l'ma-an shmo.  
Gam ki eileich b'geiy tzalmavet, lo-ira ra, ki ata imadi.  
Shivt'cha umishantecha heima y'nachamuni.  
Ta-aroch l'fanaiy shulchan neged tzoreraiy,  
Dishanta vashemen roshi, kosi r'vaya.  
Ach tov vachessed yirdefuni kol y'meiy chayaiy.  
V'shavti b'veit Adonaiy l'orech yamim.

*A Psalm of David--*

The Lord is my shepherd, I shall not want:  
Giving me repose in green meadows,  
Leading me beside the still waters to revive my spirit,  
Guiding me on the right path, for that is G-d's essence.  
Though I walk through the valley  
of the shadow of death,  
I fear no harm, for You are with me.  
Your staff and Your rod comfort me.  
You prepare a banquet for me  
in the presence of my foes,  
You anoint my head with oil, my cup overflows.  
Surely goodness and kindness  
shall follow me all the days of my life,  
And I shall dwell in the House of G-d forever.

## PSALM 121

אֶשָׂא עֵינַי אֶל-הַהָרִים, מֵאֵין יָבֹא עֲזָרִי.  
עֲזָרִי מֵעַם יְהוָה, עֲשֵׂה שְׂמִים וְאֶרֶץ.  
אֶל-יִתְּנוּ לְמוֹט רַגְלֶךָ, אֶל-יָנוּם שְׁמֹרֶךָ.  
הִנֵּה לֹא-יָנוּם וְלֹא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל.  
יְהוָה שְׁמֹרֶךָ, יְהוָה צִלְּךָ עַל-יַד יְמִינֶךָ.  
יוֹמָם הִשְׁמַשׁ לֹא-יִכָּפֶה, וַיָּרַח בִּלְיָלָה.  
יְהוָה יִשְׁמְרֶךָ מִכָּל-רָע, יִשְׁמֹר אֶת-נַפְשְׁךָ.  
יְהוָה יִשְׁמֹר-צִיאֲתֶךָ וּבֹאֲךָ מֵעַתָּה וְעַד-עוֹלָם.

Shir Lama-a lot.

Esa einaiy el haharim, mei-ayin yavo ezri.

Ezri mei-im Adonaiy, ose shamayim va-aretz.

Al yitein lamot raglecha, al yanum shomrecha.

Hineiy lo yanum v'lo yishan shomeir Yisrael.

Adonaiy shomrecha, Adonaiy tsilcha al-yad y'minecha.

Yomam hashemesh lo yakeka, v'yareach balaiyla.

Adonaiy yishmorcha mikol ra, yishmor et nafshecha.

Adonaiy yishmor tseitche uvo-echa, mei-ata v'ad olam.

### *A Song for Ascents --*

I lift my eyes to the mountains  
From where will my help come?

My help comes from G-d  
Maker of heaven and earth.

G-d will not let your foot give way,  
Your guardian will not slumber.

The guardian of Israel  
Neither slumbers nor sleeps.

G-d is your protection,  
A guardian at your right hand.

By day the sun will not strike you,  
Nor the moon by night.

G-d will guard you from all harm,  
And guards your life.

G-d guards your going and coming,  
Now and forever.

## MEDITATION FOR A FATHER

The memory of your life, dear father, rises before me. I recall your devotion and sacrifice for my welfare, the many comforts with which you provided me. Untiring were your endeavors to direct my heart. You rejoiced in my achievements, guided me in my perplexities, and strengthened me in my trials and disappointments. The passing of years cannot dim the blessed memories you have left behind.

G-d, grant that the memory of my father's life inspire me to put noblest use to the best in me, loyally uphold the heritage of Judaism which he transmitted to me, and be faithful to the ideals which he taught me. May his soul be bound up in the bond of eternal life together with the souls of all the righteous that are in Your keeping. AMEN.

## MEDITATION FOR A MOTHER

As I stand here, dear mother, I feel the closeness of your spirit. You gave me life, guided my first steps, and nursed me through all the illnesses of childhood and youth. From your lips I heard the word of G-d and learned to keep His commandments. Many were your sacrifices through kindly deeds and love so freely given for my well-being. What I have achieved is due to your influence; what I am, I have become through you.

G-d, may I ever keep in mind that my highest tribute to the memory of my mother is emulating her virtues and remaining faithful to the teachings she imparted to me. May her soul be bound up in the bond of eternal life together with the souls of all the righteous that are in Your keeping. AMEN.

## MEDITATION FOR A HUSBAND OR WIFE

As I stand here, I fondly recall the shared bonds formed in G-d's presence, our love and companionship, the hardships and pleasures, trials and triumphs, and the joys and sorrows that we shared together. You dispelled my fears, encouraged me when things went wrong, and stood by me when I most needed you. May the sweet memories of our life together remain for a blessing and strengthen all that is good and noble in me.

Heavenly G-d, may the soul of my beloved be bound up in the bond of eternal life together with the souls of all the righteous that are in Your keeping. AMEN.

### **MEDITATION FOR A CHILD**

Dearly beloved child, I recall the happiness that filled our home and the joys you afforded us during your lifetime. How I rejoiced in the blessings you brought us! How I delighted in your growth and planned for your future! The bond which united us cannot be severed. Your memory is forever enshrined in my heart.

Merciful G-d, endow me with the understanding that You, the Giver of life, having entrusted our children to us, know what is best when You call them back to You. In gratitude for the joy which my child brought me, I pray that I, too, may bring love and joy into the lives of others. May the soul of my dearly beloved child be bound up in the bond of eternal life together with the souls of all the righteous that are in Your keeping. AMEN.

### **MEDITATION FOR A BROTHER OR SISTER**

I recall the many hours we spent together in devoted comradeship sharing the love and traditions of our home and family. Deep is my sorrow at your departure. Your years were too few for those who loved you. But your kindness and understanding will never be forgotten. Love does not perish even in death.

Heavenly G-d, may the soul of my dear one be bound up in the bond of eternal life together with the souls of all the righteous that are in Your keeping. AMEN.

### **MEDITATION FOR OTHER RELATIVES**

Though death separates us, the memories of your life on earth remain ever vivid. I recall the times when you shared in our family joys and I fondly remember your interest in my welfare. May G-d grant that I emulate all that was good, true, and righteous in your life. Remembering your example, may I always endeavor to live blamelessly and uprightly.

Heavenly Father, grant that the soul of my dear one be bound up in the bond of eternal life together with the souls of all the righteous that are in your keeping. AMEN.

### **MEDITATION FOR A FRIEND**

I recall your friendship and understanding and the common interests we shared. Precious indeed are the bonds which held us together. I shall nevermore see your smile or hear your voice or delight in your companionship, yet your ennobling and profound influence shall ever remain with me.

G-d, grant that the soul of my friend be bound up in the bond of eternal life together with all the souls that are united with You. AMEN.

### **CLOSING PRAYER**

You whose thoughts have been directed to the silent realms where your departed dear ones sleep in eternity, hearken to the voice of faith and be consoled.

Love is mightier than death, its rays pierce the grave's darkness.

Though your loved ones are no longer with you physically, the memory of their lives and deeds is a precious heritage that will abide with you always. Let this faith lift the burden of your grief and cause you to behold amidst the cloud of sorrow the rainbow of Divine mercy. Though tears may flow and hearts may ache, be sustained by our sublime faith in the hereafter.

Comforted by the hope of a reunion with those you loved and lost, let us remain united firmly in faith and love. AMEN.