



# **YIZKOR MEMORIAL BOOKLET**

**5780  
2019-2020**

**YOM KIPPUR**

**Wednesday, October 9, 2019**

**SHEMINI ATZERET**

**Monday, October 21, 2019**

**PESACH**

**Thursday, April 16, 2020**

**SHAVUOT**

**Shabbat, May 30, 2020**



Within these pages are contained the names of dear ones who have passed into life eternal and who will always be in the hearts of those they left behind.

In this solemn Yizkor service, we recall their memories for an everlasting blessing.

*In memory of our members  
who passed away this year*

Harriet Settle	Cheryl Makovsky
Sherman Burry	Leon Tulper
Alice Shore	Thelma Replin
Ruth Weiss	Theodore Pomeranz
Jack Zerobnick	Lionel Richman
Sam Plattner	Manny Weizman
Edythe Sunshine	Shirley Engbar
Leland Huttner	Joe Silver
Elaine Singer	John Peterson
Dr. Mickey Mandel	Marvin Goldman
David Suson	Paul Kasztl
Helen Pringle	Sonia Kawa
Barbara Greenwald	Risa Jane Buckstein
Seymour Katzson	Ellen Slatkin
Gayle Boxer	Paula Burger

*Our sincerest condolences to those members who have  
suffered the loss of a loved one this past year.*

With Respect, Gratitude

In memory of



Milton Lewkowitz

Although you have left us,

and so Much Love...

In memory of



Abby Meisterplass

you are always with us.

In Loving Memory of  
Jack Hyatt



Yaakov Noah ben Yehuda

Your integrity, compassion and benevolence to your family, friends and community were stellar. Your guiding principles will live on in our hearts and minds along with the countless people you touched throughout your lifetime.

We miss you greatly, yet we continue, as you would want us to, walking in gratitude for the love we were so very blessed to receive from you.

Andrea, Hope and Alyson

In Loving Memory of  
Joe “Better than Gold” Silver



Yosef ben Moshe

With a heart full of kindness, respect and love for all human beings, Joe brought beauty and meaning into the lives of those around him. He was an inspiration with his belief that we are all put on this earth to serve each other in kindness. He reminded others that there is a “silver” lining in every cloud and we should always have faith that good things will happen.

Donna Mae and Beverly





# The History and Halachot of Yizkor

The custom of remembering the dead is mentioned in *Midrashim* and was originally practiced only on Yom Kippur. One interpretation suggests that its purpose was to make the worshippers more vulnerable and to inspire them to repent. Another suggests that the name of the day is in the plural, *Yom Ha'Kippurim*, because atonement applies to both the living and the dead and on such a day it is appropriate to pray on their behalf.

The custom of reciting *Yizkor* on *Pesach, Shavuot, and Sukkot* developed in the eighteenth century in Ashkenazic communities.

In the Ashkenazic tradition, the name of the deceased is mentioned by his/her Hebrew name, the son/daughter of the father. In the Sephardic tradition, the deceased is mentioned as the son/daughter of the mother.

The essential part of the *Yizkor* service is the pledge to donate *zedakah* in the merit of the deceased. Such a pledge is included in the traditional *Yizkor* formula. Some have the custom of lighting memorial lamps on the eve of those days on which *Yizkor* is said. *Yizkor* may be recited even during the year following a relative's death. *Yizkor* may be recited for one's deceased spouse even after one is remarried.

*I Believe with Perfect Faith*

אָנִי מֵאֲמִין בְּאֵמוּנָה שְׁלֵמָה בְּבִיאַת הַמָּשִׁיחַ.

וְאֵף עַל פִּי שְׂיִתְמַהֵמֵה

עִם כָּל-זֶה אַחֲכָה-לוֹ בְּכָל-יוֹם שְׂיָבוֹא :

Ani ma-amin be-emunah shelema b'vi-at hamashiach.

V'af-al-pi she-yitmahamei-ha

Im kol zeh achakeh lo, b'chol yom sheyavo.

I believe with perfect faith in the coming of the Messiah,  
and, though he tarry, I will wait daily for his coming.

*In Memory of our Six Million Martyrs*

אֵל מְלֵא רַחֲמִים, שׁוֹכֵן בְּמְרוֹמִים. הַמְצֵא מְנוּחָה נְכוֹנָה  
תַּחַת כַּנְּפֵי הַשְּׁכִינָה. בְּמַעְלוֹת קְדוּשִׁים וּטְהוּרִים כְּזֹהר  
הַרְקִיעַ מְזַהֲרִים, לְנִשְׁמוֹת שְׁשֵׁת מִלִּיּוֹנֵי הַיְהוּדִים, חֲלָלֵי  
הַשׁוֹאָה בְּאֵירוּפָּה, שְׁנֶהְרָגוּ, שְׁנִשְׁחַטּוּ, שְׁנִשְׂרְפוּ וְשִׁנְסְפוּ עַל  
קְדוּשַׁת הַשֵּׁם, בְּיַד הַמְרַצְחִים הַנָּאֲצִים וְעוֹזְרֵיהֶם מְשָׂאֵר  
הָעַמִּים. כָּלֵם קְדוּשִׁים וּטְהוּרִים. לָכֵן בְּעַל הַרְחָמִים,  
יִסְתַּיֵּרם בְּסִתְרַת כַּנְּפֵיו לְעוֹלָמִים. וְיִצְרֹר בְּצִרּוֹר הַחַיִּים  
אֶת נַשְׁמוֹתֵיהֶם. בְּגֵן עֵדֶן תִּהְיֶה מְנוּחָתָם. יֵהוּה הוּא  
נִחְלָתָם. וְיִנְוָחוּ בְּשָׁלוֹם עַל מְשַׁכְּבוֹתָם, וְנֹאמֵר: אָמֵן.

O G-d, full of mercy, dwelling on high, grant perfect rest on the wings of the divine Presence - in the lofty levels of the holy and the pure ones, who shine like the glow of the firmament, to the souls of our six million martyrs who were brutally and tortuously murdered, gassed, cremated, or buried alive, for the sanctification of Your Name by the Nazi's and their collaborators. Holy and pure were they all. May the Master of Mercy shelter them in the shelter of His wings for eternity and may He bind their souls in the Bond of Life. May they rest in the Garden of Eden, Hashem is their heritage, May they rest in peace and let us respond: Amen.

## *David Ben Gurion - May 4, 1949*

Let us stand silently in memory of our dearly beloved sons and daughters who gave their lives for the liberation of our homeland and the security of our people. They gave all they had. They poured out their lifeblood for the freedom of Israel, even as the living waters quench the thirst of the arid soil. Not in monuments of stone or trees shall their memories be preserved, but in the reverence and pride which fill the hearts of our people when their memory is recalled until the end of time.

### *In Memory of Members of Israel's Defense Forces*

אֵל מְלֵא רַחֲמִים, שׁוֹכֵן בְּמְרוֹמִים. הַמְצִיא מְנוּחָה נְכוֹנָה  
תַּחַת כַּנְּפֵי הַשְּׁכִינָה, בְּמַעְלֹת קְדוּשִׁים וּטְהוּרִים כְּזֹהָר  
הַרְקִיעַ מְזֻהָרִים, לְנַשְׁמוֹת חַיְלֵי צָבָא הַגְּנָה לְיִשְׂרָאֵל אֲשֶׁר  
מָסְרוּ נַפְשָׁם עַל קְדוּשַׁת הַשֵּׁם וְעַל כְּבוֹשׁ וְהַגְּנַת הָאָרֶץ. לְכֹן  
בְּעַל הַרְחָמִים יִסְתַּיְרָם בְּסִתְרֵי כַּנְּפֵיו לְעוֹלָמִים, וְיִצְרֹר  
בְּצִרּוֹר הַחַיִּים אֶת נַשְׁמוֹתֵיהֶם, בְּגֹן עֵדוֹ תִּהְיֶה מְנוּחָתָם,  
יְהוּה הוּא נַחְלָתָם, וְיִנְוְחוּ בְּשָׁלוֹם עַל מְשַׁכְּבוֹתָם.  
וְנֹאמֵר: אָמֵן.

O G-d, full of mercy, Who dwells on high, grant perfect rest on the wings of the Divine Presence - in the lofty levels of the holy and the pure ones, who shine like the glow of the firmament, to the souls of the members of Israel's Defense Forces who gave their lives for the sanctification of Your Name and for the conquest and defense of the Land. May the Master of Mercy shelter them in the shelter of His wings for eternity and may He bind their souls in the bond of Life. May they rest in the Garden of Eden in peace. Hashem is their heritage, may they rest in peace, and let us respond: Amen.

### *What Can I Do?*

What can I do? I can talk out when others are silent.

I can say man when others say money.

I can stay up when others are asleep.

I can keep working when others have stopped to play.

I can give life big meaning when others give life little meanings.

I can say love when others say hate.

I can try events by a hard test when others try by an easy test.

What can I do?

I can give myself to life when other men refuse themselves to life.

— Horace Traubel

## *Prayer for Israel's Defense Forces*

מִי שֶׁבֵרַךְ אֲבוֹתֵינוּ אַבְרָהָם יִצְחָק וְיַעֲקֹב הוּא יְבָרֵךְ אֶת  
חַיְלֵי צְבָא הַהֲגָנָה לְיִשְׂרָאֵל וְאֲנָשֵׁי כַחוֹת הַבִּטְחוֹן,  
הָעוֹמְדִים עַל מְשָׁמַר אֶרְצֵנוּ וְעָרֵי אֱלֹהֵינוּ, מִגְּבוּל הַלְּבָנוֹן  
וְעַד מִדְּבַר מִצְרַיִם וּמִן הַיָּם הַגָּדוֹל עַד לְבוֹא הָעֶרְבָה וּבְכָל  
מְקוֹם שָׁהֵם, בִּיבְשָׁה, בְּאוֹר וּבַיָּם. יִתֵּן יְהוָה אֶת אוֹיְבֵינוּ  
הַקָּמִים עָלֵינוּ נִגְפִים לְפָנֵיהֶם. הַקָּקוֹשׁ בְּרוּךְ הוּא יִשְׁמַר  
וְיַצִּיל אֶת חַיְלֵינוּ מִכָּל צָרָה וְצוּקָה וּמִכָּל נֶגַע וּמַחֲלָה,  
וְיִשְׁלַח בְּרָכָה וְהַצְלָחָה בְּכָל מַעֲשֵׂי יָדֵיהֶם. יְדַבֵּר שׁוֹנְאֵינוּ  
תַּחֲתֵיהֶם וַיַּעֲטֵרֵם בְּכֶתֶר יְשׁוּעָה וַיַּבְעִטְרֵת נִצְחוֹן. וַיְקִיֵם  
בָּהֶם הַכְּתוּב, כִּי יְהוָה אֱלֹהֵיכֶם הֵהָלַךְ עִמָּכֶם לְהַלְחִם לָכֶם  
עַם-אֹיְבֵיכֶם לְהוֹשִׁיעַ אֶתְכֶם: וְנֹאמֶר אָמֵן.

May He who blessed our ancestors, Abraham, Isaac and Jacob, bless the members of Israel's Defense Forces and its security services who stand guard over our land and the cities of our G-d from the Lebanese border to the Egyptian desert, from the Mediterranean sea to the approach of the Aravah, and wherever else they are, on land, in air and at sea. May the LORD make the enemies who rise against us be struck down before them. May the Holy One, blessed be He, protect and deliver them from all trouble and distress, affliction and illness, and send blessing and success to all the work of their hands. May He subdue our enemies under them and crown them with deliverance and victory. And may there be fulfilled in them the verse, "It is the LORD your G-d who goes with you to fight for you against your enemies, to deliver you." And let us say: Amen.

## *Prayer for the State of Israel*

אָבִינוּ שְׁבַשְׁמַיִם, צוּר יִשְׂרָאֵל וְגוֹאֲלוֹ, בְּרַךְ אֶת  
מְדִינַת יִשְׂרָאֵל, רֵאשִׁית צְמִיחַת גְּאֻלַּתֵּנוּ.

הִגֵּן עָלֶיךָ בְּאַבְרַת חֲסֵדֶךָ וּפְרוֹס עָלֶיךָ סִכַּת שְׁלוֹמֶךָ,  
וּשְׁלַח אוֹרְךָ וְאַמְתָּךְ לְרֵאשֵׁי הָ, שְׂרָיָה וְיוֹעֲצֵי הָ,  
וּתְקַנֵּם בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ.

חֲזֵק אֶת יְדֵי מְגַנֵּי אֶרֶץ קְדְשֵׁנוּ, וְהַנְחִילֵם אֱלֹהֵינוּ  
שְׂוֵעָה, וְעֵטְרַת נֶצְחוֹן תַּעֲטִרֵם.

וְנַתַּת שְׁלוֹם בְּאֶרֶץ, וְשִׂמְחַת עוֹלָם לְיוֹשְׁבֵיהָ.

Avinu, shebashamayim. Tzur Yisrael v'goalu  
Bareich, et m'dinat Yisrael reishet tz'michat g'ulateinu.  
Hagen aleha b'evrat chasdecha  
Ufros aleha sukat sh'lomecha.  
Ushlach orcha va-a-mitcha l'rasheha, sareha v'yo-a-tzecha,  
V'taknem b'eitza tova milfanecha.  
Chazeik et yedeiy m'gineiy eretz kodsheinu,  
V'hanchileim eloheinu y'shua, v'ateret nitzachon t'aterim.  
V'natata shalom ba'a'retz v'simchat olam l'yoshveha,  
V'nomar amen.

Our Father in heaven, Protector and Redeemer of Israel, bless  
the State of Israel, the first flowering of our redemption.

Shield her beneath the wings of Your kindness, and spread over  
her Your canopy of peace. Send Your light and truth to her  
leaders, officers and counselors, and direct them with Your good  
counsel.

Strengthen the defenders of our Holy Land; grant them salvation;  
crown them with victory.

Establish peace in the land and everlasting joy for its inhabitants.

## ***Prelude to Yizkor "We Recall"***

Eternal G-d, 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.

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

Some of us lovingly call to mind a wife or a husband 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, entrusted to our care all too briefly, taken from us before they reached the years of maturity and fulfillment, to whom we gave our loving care and from whom we received a trust which enriched our lives.

All 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.

Though they are gone from us we are grateful for the blessings they brought and were to us. 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 the goodness which they brought into our lives remains an enduring blessing which we can bequeath to our descendants.

We can still serve our departed by serving You. We can show our devotion to them by our devotion to those ideals which they cherished.

O G-d of Love, make us worthy of the love we have received by teaching us to love You with all our heart and with all our soul and with all our might and to spread the light of Your divine love on all whose lives touch ours.

Give us strength to live honorably and, when our time comes, to die serenely, cheered by the confidence that You will not permit our lives to be wasted, but will bring all our worthy strivings to fulfillment. Amen.

# Yizkor .. Memorial Service

## *Our Days are Like Grass*

אָנוֹשׁ כְּחֶצִיר יָמָיו כְּצִיץ הַשָּׂדֶה כִּן יֵצֵיץ :  
כִּי רוּחַ עֲבָרָה בּוֹ וְאֵינָנוּ וְלֹא יִכְרְנוּ עוֹד מְקוֹמוֹ :  
וְחֶסֶד יְיָ מֵעוֹלָם וְעַד עוֹלָם עַל יְרֵאָיו וְצַדִּיקְתּוֹ לְבָנֵי בְנֵים :

לוֹ חֲכָמוֹ יִשְׁכְּלֵלוּ זֹאת יְבִינּוּ לְאַחֲרֵיתָם :  
כִּי לֹא בְמֹותוֹ יִקַּח הַכֹּל לֹא יֵרֵד אַחֲרָיו כְּבוֹדוֹ :  
שְׁמֵר תָּם וְרָאָה יֵשֶׁר כִּי אַחֲרֵית לְאִישׁ שְׁלוֹם :  
פוֹדָה יְיָ נֶפֶשׁ עֲבָדָיו וְלֹא יֵאֲשָׁמוּ כָּל הַחוֹסִים בּוֹ :

מַה יִּקָּר חֶסֶדְךָ אֱלֹהִים, וּבְנֵי אָדָם בְּצֵל כְּנֶפֶסְךָ יִחְסִיוּ.  
יְרִיגוּ מִדְּשׁוֹן בֵּיתְךָ, וְנִחַל עֲדָנֶיךָ תִּשְׁקֵם.  
יְבוֹא שְׁלוֹם, יְנוּחוּ עַל מִשְׁכְּבוֹתֶם, הוֹלֵךְ נְכוּחוֹ.

אָנוֹשׁ כְּחֶצִיר יָמָיו כְּצִיץ הַשָּׂדֶה כִּן יֵצֵיץ :  
כִּי רוּחַ עֲבָרָה בּוֹ וְאֵינָנוּ וְלֹא יִכְרְנוּ עוֹד מְקוֹמוֹ :

Enosh k'chatsir yamav, k'tsits hasadeh kein yatzitz,  
Ki ruach avrah bo v'einenu, v'lo yakirenu od m'komo.  
V'chesed Adonai mei-olam v'ad olam al y'rei-av,  
V'tsidkato livnei vanim.  
Lu chochmu yaskilu zot yavinu l'acheiritam  
Ki lo v'moto yikach hakol, lo yeireid acharav k'vodo.  
Shmor tam ur'eiy yashar, ki acharit l'ish shalom,  
Podeh Adonai nefesh avadav, v'lo yeshmu kol hachosim bo.

Mah yakar chasdecha elohim,  
U'v'nei adam b'tseil k'nafecha yechesayun,  
Yirv'yun mideshen beitecha v'nachal adanecha tashkeim.  
Yavo shalom, yanuchu al mishkevotam holeich nechochoch.

As for mankind our days are like grass.  
We flourish as the flowers of the field.  
And fade as the wind passes over them, and they are gone.  
And their place is no longer known.  
Yet G-d's loving kindness is everlasting to those who revere Him.  
And His righteousness extends to all generations.

## *Responsively*

יְיָ מָה-אָדָם וַתִּדְעֵהוּ, בֶן-אָנוּשׁ וַתַּחֲשְׁבֵהוּ :

Lord, what are we humans, that You have regard for us,  
Mere mortals, that You take account of us?

אָדָם לְהַבֵּל דָּמָה, יָמָיו כְּצֶל עוֹבֵר :

We are like a breath,  
Our days are like a fleeting shadow.

לְמִנּוֹת יָמֵינוּ כִּן הוֹדַע, וְנִבְיֵא לִבָּב חֲכָמָה :

Teach us to number our days,  
That we may attain a heart of wisdom.

פּוֹדֶה יְיָ נַפְשׁ עַבְדָּיו, וְלֹא יֶאֱשָׁמוּ כָל-הַחֲסִים בּוֹ :

The Lord redeems the life of His servants,  
And those who trust in Him shall not feel forsaken.

## *I Have Set G-d Before Me*

שְׁוִיתִי יְיָ לְנֶגְדִי תָמִיד. כִּי מִיְמִינִי בֵּל-אֶמוֹט :

לְכוֹן שָׂמַח לִבִּי וַיִּגַּל כְּבוֹדִי. אֶף-בְּשָׂרִי יִשְׁכֹּן לְבֶטֶח :

Shiviti Adonai l'negdi tamid, ki mimini bal emot,  
Lachein samach libi vayagel k'vodi, af b'sari yishkon lavetach.

I have set G-d before me always,  
Because He is at my right hand, I shall not fail.  
Therefore my heart rejoices, my whole being exults,  
And my body rests secure.

## *The Yizkor Prayer*

When we recite *Yizkor* (“May He remember”), we ask G-d to remember the souls for whom we pray. Of course, G-d never forgets and, in fact, we acknowledge this in the *Musaf* prayer on *Rosh Hashanah*: “*Ata Zocheir Ma-aseiy Olam*”-- “You remember everything.”

*Yizkor* is therefore our opportunity to recreate and reinforce the connections between ourselves and our loved, deceased ones, and draw inspiration and comfort from their memories.

Traditionally, we pledge charity (*Tzedakah*) at this time, in memory of our loved ones. Performing this *mitzvah* “protects from death” (“*U'tzedakah tatzil mimavet*”) that is, we share the credit of giving *tzedakah* with our loved ones and enhance the status of their memory. This is especially significant on *Yom Kippur*, when we ask for atonement for ourselves and past generations.



# Personal Memorial Prayers

## *In Remembrance of a Father*

יְזַכֵּר אֱלֹהִים נְשִׁמַת אָבִי מוֹרִי (Father's Name) שֶׁהִלָּךְ לְעוֹלָמוֹ,  
בְּעִבּוֹר שְׁאֲנִי נוֹדֵר צְדָקָה בְּעֵדוֹ, בְּשִׁכְרֵךְ זֶה תִּהְיֶה נִפְשׁוֹ צְרוּרָה  
בְּצִרוֹר הַחַיִּים עִם נְשִׁמוֹת אַבְרָהָם, יִצְחָק וְיַעֲקֹב, שָׂרָה, רַבְקָה,  
רַחֵל וְלֵאָה, וְעִם שְׂאֵר צְדִיקִים וְצַדִּיקָנוֹת שֶׁבָּגוּ עִדּוֹ, וְנֹאמֵר אָמֵן.

May G-d 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 my deeds and prayers keep his soul bound in the bond of life as an enduring source of blessing, Amen.

## *In Remembrance of a Mother*

יְזַכֵּר אֱלֹהִים נְשִׁמַת אִמִּי מוֹרְתִי (Mother's Name) שֶׁהִלְכָה לְעוֹלָמָה,  
בְּעִבּוֹר שְׁאֲנִי נוֹדֵר צְדָקָה בְּעֵדָה בְּשִׁכְרֵךְ זֶה תִּהְיֶה נִפְשָׁה צְרוּרָה  
בְּצִרוֹר הַחַיִּים עִם נְשִׁמוֹת אַבְרָהָם, יִצְחָק וְיַעֲקֹב, שָׂרָה, רַבְקָה,  
רַחֵל וְלֵאָה, וְעִם שְׂאֵר צְדִיקִים וְצַדִּיקָנוֹת שֶׁבָּגוּ עִדּוֹ, וְנֹאמֵר אָמֵן.

May G-d 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 my deeds and prayers keep her soul bound in the bond of life as an enduring source of blessing, Amen.

## *In Remembrance of a Husband, Son, Brother*

יְזַכֵּר אֱלֹהִים אֶת נְשִׁמַת

for brother

for son

for husband

אָחִי

בְּנִי

בְּעָלִי

שֶׁהִלָּךְ לְעוֹלָמוֹ. אֲנֵא תִּהְיֶה נִפְשׁוֹ צְרוּרָה בְּצִרוֹר הַחַיִּים וּתְהִי מְנַחְתּוֹ  
כְּבוֹד. שְׂבַע שְׁמֹחוֹת אֶת-פְּנִיךָ. נְעֻמוֹת בִּימִינְךָ נִצַּח. אָמֵן:

I pray, O G-d you remember and bless with peace and happiness in the company of the upright and the good the soul of

\* my husband

\* my son

\* my brother

whom you have called to his (their) eternal home. Let his soul (their souls) be bound up in the bond of eternal life and grant that my life on earth be worthy of my loved ones whom I recall in your presence in this sacred hour, Amen.

## *In Remembrance of a Wife, Daughter, Sister*

יִזְכֹּר אֱלֹהִים אֶת נַשְׁמַת

*for sister*

*for daughter*

*for wife*

אֲחוֹתִי

בְּתִי

אִשְׁתִּי

שְׁהֲלֵכָה לְעוֹלָמָה. אֲנָא תְהִי נִפְשָׁה צְרוּרָה בְּצָרוֹר הַחַיִּים וּתְהִי מְנַחְתָּה כְּבוֹד. שְׁבַע שְׁמַחוֹת אֶת-פְּנִיךָ. נְעֻמוֹת בִּימִיךָ נִצַּח. אָמֵן.

I pray, O G-d you remember and bless with peace and happiness in the company of the upright and the good, the soul of

\* my wife

\* my daughter

\* my sister

whom you have called to her (their) eternal home. Let her soul (their souls) be bound up in the bond of eternal life and grant that my life on earth be worthy of my loved ones whom I recall in your presence in this sacred hour, Amen.

## *Congregational Memorial Prayer*

אֵל מְלֵא רַחֲמִים שׁוֹכֵן בְּמְרוֹמִים הַמָּצֵא מְנוּחָה נְכוֹנָה תַּחַת כְּנִפְי הַשְּׁכִינָה. בְּמַעְלוֹת קְדוּשִׁים וְטְהוּרִים כְּזֹהַר הַרְקִיעַ מְזַהְרִים אֶת-נַשְׁמוֹת כָּל-אֵלֶּה שֶׁהִזְכַּרְנוּ הַיּוֹם לְעוֹלָמִים. אֲנָא בְּעַל הַרְחֲמִים תַּסְתִּירֵם בְּסִתְרֵךְ לְעוֹלָמִים. וְתַצְרוֹר בְּצָרוֹר הַחַיִּים אֶת-נַשְׁמוֹתֵיהֶם וְיִנְחוּ עַל-מִשְׁכְּבוֹתֵם בְּשָׁלוֹם. וְנֹאמֵר אָמֵן:

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 they be bound up in the bond of eternal life and their souls be at peace, and let us say, Amen.

## *Prayer for a Living Father or Mother*

Lord of the Universe, In whose hand are the souls of the living and the dead. You have favored me by keeping alive my dear father/mother. For this I express my deep felt gratitude and humble thanks. At this solemn moment (when I recall the memory of my late father/mother) I pray that you grant me the privilege of keeping my dear father/mother alive for many years to come. It is my sincere desire and wish to do all that is within my power to bring sunshine, happiness and tranquility into his/her life. Grant him/her a long blessed and blissful life with joy, success and satisfaction in all his/her endeavors, Amen.

## *In Memory of Terror Victims In Israel and Worldwide*

יִזְכֹּר אֱלֹהִים אֶת נַשְׁמוֹת הַקְּדוּשִׁים וְהַטְּהוֹרִים, חֲלָלֵי פְעוּלוֹת  
הָאֵיבָה שְׁנֵהֲרָגוּ, בִּיַּדֵי הַמְרַצְחִים מֵאֶרְצוֹנֵי הַטְּרֹר  
בְּאַרְצֵינוּ הַקְּדוּשָׁה, וּבְכָל הָעוֹלָם. בְּעֵבוֹר שְׁבָלֵי נֶדֶר אֶתֶן  
צְדָקָה בְּעַד הַזְּכָרֹת נַשְׁמוֹתֵיהֶם. לָכֵן בְּעַל הַרְחָמִים,  
יִסְתִּירֵם בְּסִתְרֵי כְּנָפָיו לְעוֹלָמִים. וַיְצַרֹר בְּצַרֹר הַחַיִּים  
אֶת נַשְׁמוֹתֵיהֶם. בְּגֹן עֵדוֹן תִּהְיֶה מְנוּחָתָם. יְהוּה הוּא  
נִחְלָתָם. וַיְנוּחֵם בְּשָׁלוֹם עַל מְשֻׁכְבוֹתָם, וְנֹאמַר: אָמֵן.

May G-d remember the souls of the innocent victims, murdered by terrorists in Israel and throughout the world. Therefore, without making a vow, I shall give charity and do good deeds in their memory. As a reward for this, may their souls be bound in the Bond of Eternal Life, together with the souls of all righteous people in the Garden of Eden. May they take comfort in the shelter of the Almighty. May their memory serve as a blessing to all their loved ones and let us respond, Amen.

## *In the Shadow of Your Wings*

וּבִצֵּל כְּנָפֶיךָ תִּסְתִּירֵנוּ,  
כִּי אֵל שׁוֹמְרֵנוּ וּמְצִילֵנוּ אַתָּה,  
כִּי אֵל מְלֹךְ חַנוּן וְרַחוּם אַתָּה.  
וּשְׁמוֹר צִאתָנוּ וּבואָנוּ,  
לְחַיִּים וּלְשָׁלוֹם  
מֵעַתָּה וְעַד עוֹלָם.

U'v'tseil k'nafecha tastireinu,  
Ki Eil shomreinu umatzileinu ata,  
Ki Eil melech chanun v'rachum ata.  
U'shmor tseiteinu uvo-einu,  
L'chayim ul'shalom  
Mei-ata v'ad olam.

In the shadow of Your wings shelter us -  
for G-d Who protects and rescues us are You;  
for G-d, the Gracious and Compassionate King, are You.  
Safeguard our going and coming -  
for life and for peace - from now to eternity.

## Psalm 121

שִׁיר לַמַּעְלוֹת.  
אֲשָׁא עֵינַי אֶל-הַהָרִים, מֵאֵין יבֹא עֲזָרִי.  
עֲזָרִי מֵעַם יְהוָה, עֲשֵׂה שָׁמַיִם וָאָרֶץ.  
אֶל-יֵתֵן לַמוֹט רַגְלֶךָ, אֶל-יָנוּם שְׁמֶרְךָ.  
הֲיֵנָה לֹא-יָנוּם וְלֹא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל.  
יְהוָה שְׁמֶרְךָ, יְהוָה צִלְּךָ עַל-יַד יְמִינֶךָ.  
יוֹמָם הַשֶּׁשֶׁשׁ לֹא-יִכָּפֶה, וַיָּרַח בְּלֵילָהּ.  
יְהוָה יִשְׁמְרֶךָ מִכָּל-רָע, יִשְׁמֹר אֶת-גַּנְּפוֹךָ.  
יְהוָה יִשְׁמֹר-צִאֲתֶךָ וּבּוֹאֲךָ, מֵעַתָּה וְעַד-עוֹלָם.

### **Shir Lama-a lot**

Esa einaiy el haharim, mei-ayin yavo ezri.  
Ezri mei-im Adonai, oseh shamayim va-aretz.  
Al yitein lamot rag-lecha,  
Al yanum shomrecha.  
Hineiy lo yanum v'lo yashan, shomeir Yisrael  
Adonaiy shomreicha, Adonaiy tsilcha al-yad yeminecha.  
Yomam hashemesh lo yakeka, v'yareach ba-laila.  
Adonaiy yishmoreha mikol ra, yishmor et nafshecha.  
Adonaiy yishmor tseitcha uvo-echa, mei-ata v'ad olam.

### **A Song of Ascents**

I turn my eyes to the mountains  
From where will my help come?  
My help comes from Adonai,  
Maker of heaven and earth,  
Adonai will not let your foot give way;  
Your guardian will not slumber.  
The guardian of Israel  
Neither slumbers nor sleeps!  
Adonai is your protection,  
A guardian at your right hand.  
By day the sun will not strike you,  
Nor the moon by night.  
Adonai will guard you from all harm,  
And guard your life.  
Adonai guards your going and coming,  
Now and forever.

## Psalm 23

יְיָ רֹעִי לֹא אֶחָסֵר :  
בְּנֵאוֹת דָּשָׂא רְבִיצָנִי, עַל-מֵי מְנַחֹת יִנְהַלְנִי.  
נַפְשִׁי יִשׁוּב, יִנְחֵנִי בְּמַעְגְלֵי-צֶדֶק לְמַעַן שְׁמוֹ :  
גַּם כִּי-אֶלֶף בְּגִיא צִלְמוֹת. לֹא-אֵירָא רָע כִּי-אַתָּה עִמָּדִי.  
שְׁבַתְּךָ וּמִשְׁעַנְתְּךָ הִמָּה יִנְחַמְנִי.  
תַּעֲרֹךְ לִפְנֵי שְׁלַחֹן נֶגֶד צֶרְרִי, דִּשְׁנֶנֶת בְּשֶׁמֶן רֹאשִׁי כּוֹסֵי רוּיָה.  
אֶךְ טוֹב וְחֹסֵד יִרְדְּפוּנִי כָּל-יְמֵי חַיִּי, וְשִׁבְתִּי בְּבַיִת-יְיָ לְאַרְךָ 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 vacheshed yirdefuni kol y'meiy chayaiy.

V'shavti b'veit Adonaiy l'orech yamim.

The Lord is my shepherd: I shall not want.

He makes me lie down in green pastures;

He leads me beside the still waters.

He restores my soul;

He guides me in straight paths for His name's sake.

Yea, though I walk through the valley of the shadow of death,

I will fear no evil, for You, G-d, are with me.

Your rod and your staff, they comfort me.

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

You anoint my head with oil, my cup runs over.

Surely goodness and mercy shall follow me all the days of my life,

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

## Thoughts on Yizkor

*Written by Chief Rabbi Jonathan Sacks --- October 1, 2002*

Judaism gave two majestic ideas their greatest religious expression: memory and hope.

Memory is our living connection to those who came before us.

Hope is what we hand on to the generations yet to come.

Those we remember live on in us: in words, gestures, a smile here, an act of kindness there, that we would not have done had that person not left their mark on our lives.

That is what Yizkor is: memory as a religious act of thanksgiving for a life that was, and that still sends its echoes and reverberations into the life that is.

# Poetic Thoughts

*by Marilyn Gottesfeld*

## ***We Must Listen***

We must Listen to Each other  
and the Stories that we Tell  
We must listen to Each other  
and listen very well  
We must Listen to Each other  
The differences as well

We must listen to Each other  
and find some new insights  
We need not reject those  
different thoughts between us  
I can learn from you  
You can learn from me

Adding here and there  
Together we can meet the World  
because we are a listening pair

## ***My Tears***

The tears that fall upon my face  
Are warm and salty to the taste  
They stay with me in warm embrace  
Those tears that fall upon my face  
I cannot stop them as  
They flow so freely from  
My eyes  
Nor can I hide them  
In disguise  
They come that is all I know  
One and one they come  
Side by side  
Glad am I that I have cried.

## **Kaddish Translation**

Magnified and sanctified may His great name be, in the world He created by His will. May He establish His kingdom in your lifetime and in your days, and in the lifetime of all the house of Israel, swiftly and soon - and say: Amen.

May His great name be blessed for ever and all time.

Blessed and praised, glorified and exalted, raised and honored, uplifted and lauded be the name of the Holy One, blessed be He, beyond any blessing, song, praise and consolation uttered in the world - and say: Amen.

May there be great peace from heaven,  
and life for us and all Israel - and say: Amen.

May He who makes peace in His high places,  
make peace for us and all Israel - and say: Amen.

## Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.  
בְּעֵלְמָא דִּי-בְרָא כְרַעוּתְהָ, וְיִמְלִיךְ מַלְכוּתְהָ.  
בְּחַיִּיכוּן וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל-בֵּית יִשְׂרָאֵל,  
בְּעַגְלָא וּבְזַמַּן קָרִיב. וְאִמְרוּ אָמֵן.  
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי וּלְעַלְמֵי עֵלְמַיָּא.  
יְתְבָרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרַמַּם וְיִתְנַשֵּׂא,  
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל, שְׁמֵהּ דְקַדְשָׁא בְרִיךְ הוּא.  
לְעֵלְא (לְעֵלְא) מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא,  
תְּשַׁבְּחָתָא וְנַחֲמָתָא,  
דְאִמְרוּ בְּעֵלְמָא, וְאִמְרוּ אָמֵן.  
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא, וְחַיִּים,  
עֲלִינוּ וְעַל כָּל-יִשְׂרָאֵל, וְאִמְרוּ אָמֵן.  
עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם,  
עֲלִינוּ וְעַל כָּל-יִשְׂרָאֵל, וְאִמְרוּ 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.

## ***When We Remember Them***

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

*At the blowing 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 blueness of the skies 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 when it ends  
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 part of us,  
as we remember them.*

For when Jews remember, they do so for the future, the place where, if  
we are faithful to it, the past never dies.

## ***Do These Tears Know Judah Halevi***

*Do these tears know who made them fall?*

*Do these hearts know who made them recoil?*

*They recoiled when their shining light sank into the earth,  
and the clods of earth knew not what they hold.*

*They hold a princely man, a good man, blameless,  
upright, a God-fearing man, discreet and wise.*



## ***The Gift of Memory***

We thank You, O God of live 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, O God,  
Who enables Your children to remember.

*Morris Adler*

## ***Footprints in the Sand***

One night a man had a dream. He dreamed  
he was walking along the beach with the Lord.  
Across the sky flashed scenes from his life.  
For each scene he notices two sets of  
footprints in the sand; one belonging  
to him, and the other to the Lord.

When the last scene of his life flashed before him,  
he looked back at the footprints in the sand.

He notices that many times along the path of  
his life there was only one set of footprints.

He also noticed that it happened at the very  
lowest and saddest times in his life.

This really bothered him and he  
questioned the Lord about it:

“Lord, you said that once I decided to follow  
you, you’d walk with me all the way.  
But I have noticed that during the most  
troublesome times in my life,  
there is only one set of footprints.  
I don’t understand why when  
I needed you most you would leave me.”  
The Lord replied:

“My son, my precious child,  
I love you and I would never leave you.  
During your times of trial and suffering,  
when you see only one set of footprints,  
it was then that I carried you.”

## *The Crown of a Good Name*

There are three crowns our Sages taught:  
The crown of Torah, the crown of priesthood,  
and the crown of royalty;  
But the crown of a good name excels them all.

*“Blessed is the person who lives with a good name  
And departs this world with a good name,”*

Of such a person did the Bible say;  
“A good name is to be treasured above precious oil.”

*Wealth, like health, may pass away,  
But a good name can live on forever.*

It can adorn a person throughout life;  
It can be bequeathed as a precious inheritance,

*Conferring honor on family and friends,  
Inspiring and challenging those who carry on.*

Therefore our ancient Sages taught:  
“The righteous need no monuments;  
Their good deeds are their memorials.”

*The earth of the grave does not cover them;  
The hand of time does not erase them.*

The kindness they have shown, the love they have given,  
Remain in everlasting remembrance.

*Their achievements are more lasting than granite,  
Their devotion is an enduring legacy.*



***Shed Not Too Many Tears***  
***Author Unknown***

Shed not too many tears when I shall leave;  
Be brave enough to smile.

It will not shorten, whosoe'er you grieve,  
Your loneliness the while.

I would not have you sorrowful and sad,  
But joyfully recall

The glorious companionship we've had.  
And thank G-d for it all.

Don't let your face grow tear-streaked,  
pale and wan:  
Have heart for mirth and song-

Rejoice, though for a little while I've gone,  
That I was here so long.

For if I thought your faith would fail you so,  
And leave you so distressed,

That sobbing to my body's grave you'd go,  
My spirit could not rest.



# Kaddish

יְתַגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.  
בְּעֵלְמָא דִּי-בְרָא כְרַעוּתֵיהּ, וַיְמַלִּיךְ מַלְכוּתֵיהּ.  
בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל-בֵּית יִשְׂרָאֵל,  
בְּעַגְלָא וּבְזַמַּן קָרִיב. וְאָמְרוּ אָמֵן.  
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי וּלְעַלְמֵי עֵלְמֵיָא.

יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרַמֵּם וְיִתְנַשֵּׂא,  
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל, שְׁמֵהּ דְקַדְשָׁא בְרִיךְ  
הוּא.

לְעֵלְא (לְעֵלְא) מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא,  
תְּשַׁבְּחָתָא וְנַחֲמָתָא,  
דְאָמִירוֹן בְּעֵלְמָא, וְאָמְרוּ אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא, וְחַיִּים,  
עֲלִינוּ וְעַל כָּל-יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם,  
עֲלִינוּ 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'nechema-  
ta,  
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.

*The Women's League makes every effort to ensure the accuracy of our memorial lists.*

*Any error or omission is sincerely regretted.  
Please contact us the Women's League  
to update our records.*



Our Congregation is open 365 days a year.  
We hold daily morning and evening services with a minyan in the Adelman Chapel. For all service times please contact our office at 303-388-4203 or visit our website calendar at [www.bmh-bj.org](http://www.bmh-bj.org).

Contributions to our Rose Saper Memorial Flower Fund are graciously accepted throughout the year in times of celebration or commemoration of Yahrzeits.

Please contact our clergy office at 303-951-8231 to update Yahrzeit information.

Please contact Jay Siegel, Mt. Nebo Administrator, at 303-951-8236 for memorial plaque information.

Please do not destroy or discard this  
Yizkor Memorial Booklet



BMH  BJ

*560 S. Monaco Parkway  
Denver CO 80224  
tel. 303-388-4203  
[www.bmh-bj.org](http://www.bmh-bj.org)*