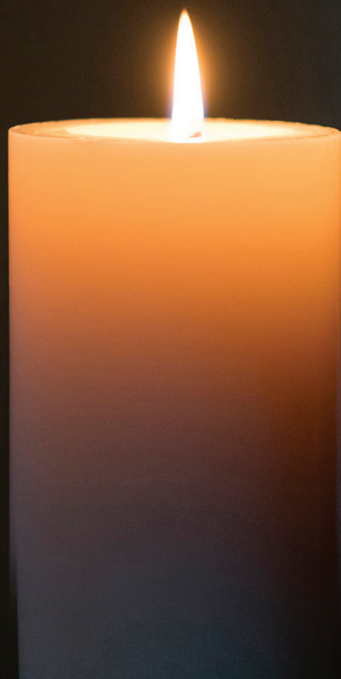


זְכוֹר צַדִּיק לְבִרְכָּה

Zekher Tzadik Livrakha

The Memory of the
Righteous is a Blessing

A Siddur for the
House of Mourning



woodlandscommunitytemple



woodlands
community
temple

מקום שלבי אוהב
THE PLACE THAT MY HEART HOLDS DEAR

Dear friend,

Your visit here this evening is a compassionate gift to those who are mourning.

כְּבוֹד הַמֵּית (*k'vod ha-meit*) means “honoring someone who has died.” It is a *mitzvah* – a spiritual act – of the highest caliber in Jewish tradition because of the kindness offered at the very time it is most needed. Grieving for a loved one is not easy to do; your companionship offers invaluable comfort and healing. Thank you for accompanying your friend on this journey through “the valley of the shadow” (Psalms 23).

If you are interested, we've placed at the end of this service booklet a brief article written by the staff of the Bereavement Center of Westchester, entitled, “How You Can Help A Grieving Person.”

In *Agadat Shir HaShirim*, we are taught: “Those who give care to others, give care to God.” Thank you again for being here this evening.

Jewish Life Committee
Woodlands Community Temple
January 2018 • Sh'vat 5778

זְכוֹר צַדִּיק לְבִרְכָּה

Zekher Tzadik Livrakha

The Memory of the Righteous is a Blessing

A Siddur for the House of Mourning

YOU GIVE MEANING TO OUR DAYS, to our struggles and strivings. In the stillness of the night and in the press of the crowd, Yours is the voice within that brings joy and peace.

We do not ask for a life of ease, for happiness without alloy. We ask only to be uncomplaining and unafraid. In our darkness be our light, and in our loneliness help us discover the many souls akin to our own. Give us strength to face life with courage, to draw blessing even from its discords and conflicts. Make us understand that life calls us not merely to enjoy the richness of the earth, but to exult in heights gained after the toil of climbing.

Let our darkness be dispelled by Your love, that we may rise above fear and failure, our steps sustained by faith. You give meaning to our days; You are our support and our trust.

שְׁמַע וּבְרָכוּתֶיהָ

The Shema and Its Blessings

BAREKHU

ברכו

בְּרָכוּ אֶת יְיָ הַמְּבָרֵךְ.

Bar-khu et Adonai hahm-vo-rakh.

בְּרוּךְ יְיָ הַמְּבָרֵךְ לְעוֹלָם וָעֶד.

Ba-rukh Adonai hahm-vo-rakh l'o-lahm va-ed.

Praise Adonai to whom our praise is due! Praise Adonai to whom our praise is due, now and forever!

MAARIV ARAVIM

מעריב ערבim

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בְּדָבָרוֹ מַעֲרִיב
עֲרָבִים, בְּחֶכְמָה פּוֹתַח שְׁעָרִים, וּבִתְבוּנָה מְשַׁנֶּה עֲתִים,

וּמַחֲלִיף אֶת הַזְּמַנִּים, וּמַסְדֵּר אֶת הַכּוֹכָבִים
בְּמִשְׁמְרוֹתֵיהֶם בְּרָקִיעַ כְּרִצּוֹנוֹ. בּוֹרָא יוֹם וְלַיְלָה, גּוֹלֵל
אוֹר מִפְּנֵי חֹשֶׁךְ, וְחֹשֶׁךְ מִפְּנֵי אוֹר, וּמַעֲבִיר יוֹם וּמַבִּיא
לַיְלָה, וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה, יְיָ צְבָאוֹת שְׁמוֹ. אֵל
חַי וְקַיִם, תָּמִיד יְמַלּוֹךְ עָלֵינוּ לְעוֹלָם וָעֶד.

*Ba-rukh a-ta Adonai, e-lo-hay-nu me-lekh ha-o-lahm, a-sher bid-va-ro ma-a-riv
a-ra-veem, b'khokh-ma po-tay-akh sh'a-reem, u-vit-vu-nah m'sha-neh ee-teem,
u-makh-leef et haz-ma-neem, oom-sa-dayr et ha-ko-kha-veem
b'mish-m'ro-tay-hem ba-ra-kee-ya keer-tzo-no. Bo-ray yom va-lai-lah, go-layl or
mip-nay kho-shekh v'kho-shekh mip-nay or, u-ma-a-veer yom u-may-vee lai-lah,
u-mav-deel bayn yom u-vayn lai-lah, Adonai tz'va-ot sh'mo. Eyl khai v'ka-yam,
ta-meed yim-lokh a-lay-nu l'o-lahm va-ed!*

בְּרוּךְ אַתָּה יְיָ, הַמַּעֲרִיב עֶרְבִים.

Ba-rukh a-ta Adonai, ha-ma-a-reev a-ra-veem.

PRAISED BE OUR ETERNAL GOD, Ruler of the universe, whose word brings
on the evening, whose wisdom opens heaven's gates, whose understanding
makes the ages pass and the seasons alternate, and whose will controls the stars
as they travel through the skies.

*You are Creator of day and night, rolling light away from darkness and
darkness away from light; You cause day to pass and bring on the night;
separating day from night; You command the hosts of heaven! May the living
and eternal God rule as always, to the end of time! We praise You, Eternal One,
whose word makes evening fall.*

AHAVAT OLAM

אהבת עולם

אֶהְבֶּת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אֶהְבֶּת, תּוֹרָה וּמִצְוֹת,
חֻקִּים וּמִשְׁפָּטִים, אוֹתָנוּ לְמִדָּת. עַל־כֵּן יְיָ אֱלֹהֵינוּ,
בְּשִׂכְכֵּנוּ וּבְקוֹמָנוּ נִשְׁיַח בְּחֻקֶּיךָ, וְנִשְׁמַח בְּדְבָרֵי תוֹרָתְךָ
וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד. כִּי הֵם חַיֵּינוּ וְאַרְךָ יָמֵינוּ, וּבָהֶם
נִהְגָּה יוֹמָם וְלַיְלָה. וְאֶהְבֶּתְךָ אֵל תִּסִּיר מִמֶּנּוּ לְעוֹלָמִים.
בְּרוּךְ אַתָּה יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

*A-ha-vat o-lahm beyt Yisrael am-kha a-hav-ta, To-rah u-mitz-vot, khu-keem
u-mish-pa-teem, o-ta-nu lee-mahd-ta. Al keyn, Adonai e-lo-hay-nu,
v'shokh-bey-nu oov-ku-mey-nu na-see-akh b'khu-ke-kha, v'nis-makh v'div-ray
To-ra-te-kha oov-mitz-vo-te-kha l'o-lahm va-ed. Kee hem kha-yey-nu v'o-rekh
ya-mey-nu, u-va-hem ne-h'geh yo-mahm va-lai-lah. V'a-ha-vat-kha al ta-seer
mee-me-nu l'o-la-meem! Ba-rukh a-ta Adonai, o-hev a-mo Yisrael.*

Unending is Your love for Your people, the House of Israel. Torah and mitzvot, laws and precepts have You
taught us. Therefore, Adonai our God, when we lie down and when we rise up we will meditate on Your
laws and rejoice in Your Torah and mitzvot forever. Day and night we will reflect on them, for they are our
life and the length of our days. Then Your love shall never depart from our hearts! Blessed are You, Adonai,
who loves Your people Israel.

IN NATURE'S EBB AND FLOW, God's eternal law abides. When tears dim our
vision or grief clouds our understanding, we often lose sight of God's eternal plan.

*Yet we know that growth and decay, life and death,
all reveal a divine purpose.*

God, who is our support in the struggles of life, is also our hope in death.

We have set God before us and shall not despair.

In God's hands are the souls of all the living and the spirits of all flesh.

Under God's protection we abide, and by God's love are we comforted.

O Life of our life, Soul of our soul, shine Your light into our hearts, and fill our
spirits with abiding trust in You.

—Union Prayer Book

בְּרוּךְ אַתָּה יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

Ba-rukh a-ta Adonai, o-hev a-mo Yisrael.

SHEMA

שמע

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

Sh'ma Yisrael, Adonai E-lo-hey-nu, Adonai E-khad.

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Ba-rukh shem k'vod mal-khu-to l'o-lahm va-ed.

Hear, O Israel, Adonai is our God, Adonai is One! Blessed is God's glorious name forever and ever!

V'AHAVTAואהבת

וְאֶהְבֶּתָּ אֶת יְיָ אֱלֹהֶיךָ, בְּכָל לִבְּךָ, וּבְכָל נַפְשְׁךָ, וּבְכָל
מַאֲדֶךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצִוֶּה הַיּוֹם, עַל
לִבְּךָ. וְשִׁנַּנְתָּם לְבִנְיָךְ, וְדִבַּרְתָּ בָם, בְּשִׁבְתְּךָ בְּבֵיתְךָ,
וּבְלִכְתְּךָ בַּדֶּרֶךְ, וּבְשֹׁכְבְּךָ וּבְקוּמְךָ. וְקִשְׁרָתָם לְאוֹת עַל
יָדְךָ, וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ, וְכִתְבָתָם עַל מְזוֹזֹת בֵּיתְךָ
וּבְשַׁעְרֶיךָ. לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת כָּל מִצְוֹתַי, וְהָיִיתֶם
קְדוֹשִׁים לֵאלֹהֵיכֶם. אֲנִי יְיָ אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי אֶתְכֶם
מֵאֶרֶץ מִצְרַיִם, לְהָיוֹת לָכֶם לֵאלֹהִים, אֲנִי יְיָ אֱלֹהֵיכֶם.

*V'a-hav-ta et Adonai eh-lo-he-kha b'khol l'vav-kha oov-khol nahf-sh'kha oov-
khol m'o-deh-kha. V'ha-yu ha-d'va-reem ha-ey-leh a-sheyr a-no-khee m'tzav-
kha ha-yom al l'va-ve-kha. V'shee-nahn-tahm l'va-ne-kha v'dee-bar-ta bahm
b'sheev-t'kha b'vay-teh-kha oov-lekh-t'kha va-deh-rekh oov-shokh-b'kha
oov-ku-meh-kha. Ook-shar-tahm l'ot al ya-deh-kha v'ha-yu l'to-ta-fot beyn
ay-neh-kha. Ookh-tahv-tahm al m'zu-zot bey-teh-kha oo-vish-a-re-kha. L'ma-an
teez-k'ru va-a-see-tem et kol mitz-vo-tai vee-h'yee-tem k'do-sheem
ley-lo-hey-khem. A-nee Adonai eh-lo-hey-khem a-sheyr ho-tzay-tee et-khem
mey-eh-retz mitz-ra-yeem l'hee-yot la-khem ley-lo-heem. A-nee Adonai
eh-lo-hey-khem.*

YOU SHALL LOVE ADONAI YOUR GOD with all your heart, with all your strength, and with all your being. Set these words which I command you this day upon your heart. Teach them faithfully to your children; speak of them in your home and on your way, when you lie down and when you rise up. Bind them as a sign upon your hand; let them be a symbol before your eyes; inscribe them on the doorposts of your house and on your gates. Be mindful of all My mitzvot and do them, so shall you consecrate yourselves to your God. I am Adonai your God who brought you out of the land of Egypt to be your God. I, Adonai, am your God.

• • •

TRUE AND ENDURING, BELOVED AND PRECIOUS, awesome, good, and beautiful is this eternal teaching.

This truth we hold to be forever certain: the Eternal God is our Ruler.

You are the Rock of Jacob, our protecting Shield.

You abide through all generations; Your name is Eternal. Your throne stands firm; Your sovereignty and faithfulness are everlasting.

Your words live and endure, true and precious to all eternity.

Adonai our God, You redeemed us from Egypt;

You set us free from the house of bondage.

For this the people who felt Your love sang songs of praise to You:

The living God, high and exalted, mighty and awesome,

Who humbles the proud and raises the lowly, who frees the captive and redeems the oppressed,

who is the Answer to all who cry out to You.

MEE KHAMOKHAמי כמכה

מִי כַמֶּכָּה בָּאֱלִים יְיָ, מִי כַמֶּכָּה נֶאֱדָר בַּקֹּדֶשׁ,
נוֹרָא תְהִילָת, עֲשֵׂה פֶלֶא.

*Mee kha-mo-kha ba-ey-leem, Adonai? Mee ka-mo-kha, ne-dar ba-ko-desh,
no-ra t'hee-lot, o-seh feh-leh?*

מַלְכוּתְךָ רָאוּ בְנֵיךָ בּוֹקֵעַ יָם לִפְנֵי מֹשֶׁה וּמִרְיָם:
”זֶה אֱלֹהֵינוּ” עָנוּ וְאָמְרוּ: ”יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד!”

*Mal-khoot-kha ra-u va-ne-kha, bo-key-a yam lif-ney Mo-sheh oo-Mir-yam.
“Zeh ey-lee!” a-nu v'ahm-ru, “Adonai yim-lokh l'o-lahm va-ed!”*

וְנֶאֱמַר: כִּי פָדָה יְיָ אֶת יַעֲקֹב, וַגָּאֻל מִיַּד חֲזַק מִמֶּנּוּ.
כָּרוּךְ אַתָּה יְיָ, גָּאֹל יִשְׂרָאֵל.

*V'ne-e-mar: “Kee fa-dah Adonai et Ya-a-kov, oo-g'a-lo mee-yad kha-zahk
mee-meh-nu.” Ba-rukh a-ta Adonai, ga-al Yisrael.*

Who is like You, O God, among the gods people worship? Who is like You, majestic in holiness, awesome in splendor, doing wonders? Your children witnessed Your sovereign power, the sea splitting before Moses and Miriam. “This is my God!” they sang. “Adonai will reign forever and ever!” As You redeemed Israel and saved us from arms stronger than our own, so may You redeem all the oppressed and persecuted. Praised are You, Adonai, Redeemer of Israel.

HASHKIVENU/OH GUIDE MY STEPS (TAUBMAN, WINSTON)השכיבנו

הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם,
וְהַעֲמִידֵנוּ שׁוֹמְרָנוּ לְחַיִּים.

Hash-kee-vey-nu, Adonai eh-lo-hey-nu, l'sha-lom,

V'ha-a-mee-dey-nu, shom-ray-nu, l'kha-yeem.

Oh guide my steps and help me find my way.

I need Your shelter now.

Rock me in Your arms and guide my steps.

And help me make this day a song of praise to You.

Rock me in Your arms and guide my steps.

וּפְרוֹשׁ עָלֵינוּ סֶכֶת שְׁלוֹמָךְ.

Oof-ros a-ley-nu su-kat sh'lo-me-kha.

Help us, O God, to lie down in peace, and awaken us each morning to renewed life and strength. Spread Your shelter of peace over us.

תפילהTEFILLAHAVOT V'IMAHOTאבות ואמהות

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, אֱלֹהֵי
אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב. אֱלֹהֵי שָׂרָה, אֱלֹהֵי
רִבְקָה, אֱלֹהֵי רָחֵל וְאֱלֹהֵי לָאָה. הָאֵל הַגָּדוֹל הַגִּבּוֹר
וְהַנּוֹרָא, אֵל עֶלְיוֹן, גּוֹמֵל חֲסָדִים טוֹבִים, וְקוֹנֵה הַכֹּל,
וְזוֹכֵר חֲסֵדֵי אֲבוֹת וְאִמָּהוֹת, וּמַבִּיא גְּאֻלָּה לְבָנֵי בְּנֵיהֶם
לְמַעַן שֵׁמוֹ בְּאַהֲבָה. מְלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן. בְּרוּךְ
אַתָּה יְיָ, מַגֵּן אַבְרָהָם וְעִזְרַת שָׂרָה.

*Ba-rukh a-tah Adonai, eh-lo-hey-nu vey-lo-hey a-vo-tey-nu v'ee-mo-tey-nu:
eh-lo-hey Av-ra-ham, eh-lo-hey Yitz-khak, vey-lo-hey Ya-a-kov. Eh-lo-hey
Sa-rah, eh-lo-hey Riv-kah, eh-lo-hey Ra-khel vey-lo-hey Ley-ah. Ha-eyl
ha-ga-dol ha-gee-bor v'ha-no-rah, eyl el-yon, go-meyl kha-sa-deem to-veem
v'ko-ney ha-kol, v'zo-kher khas-dey ah-vot v'ee-ma-hot, u'mey-vee g'u-lah
liv-ney v'ney-hem, l'ma-an sh'mo b'a-ha-vah. Me-lekh o-zeyr u-mo-shee-a
u-ma-geyn. Ba-rukh a-tah Adonai, ma-geyn Av-ra-ham v'ez-rat Sa-rah.*

Praised be our God, the God of our fathers and our mothers: God of Abraham, God of Isaac, and God of Jacob; God of Sarah, God of Rebekah, God of Leah and God of Rachel; great, mighty, and awesome God, God supreme. Ruler of all the living, Your ways are ways of love. You remember the faithfulness of our ancestors, and in love bring redemption to their children's children for the sake of Your name. You are our Sovereign and our Help, our Redeemer and our Shield. We praise You, Eternal One, Shield of Abraham, Protector of Sarah.

GEVUROTגבורות

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי, מְחִיָּה הַכֹּל אַתָּה, רַב לְהוֹשִׁיעַ.

A-tah gee-bor l'o-lam, Adonai, m'kha-yey ha-kol a-tah, rav l'ho-shee-ah.

מְשִׁיב הָרוּחַ וּמוֹרִיד הַגֶּשֶׁם. (Simhat Torah to Pesakh)

Mah-sheev ha-roo-akh oo-mo-reed ha-ga-shem.

מוֹרִיד הַטֵּל. (Pesakh to Simhat Torah)

Mo-reed ha-tahl.

מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחִיָּה הַכֹּל בְּרַחֲמִים רַבִּים, סוֹמֵךְ
נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמַקְיֵם אֲמוּנָתוֹ
לִישָׁנֵי עָפָר. מִי כָמוֹךְ בַּעַל גְּבוּרוֹת וּמִי דוֹמֶה לָךְ, מְלֶךְ
יִמִּית וּמְחַיֶּה וּמַצְמִיחַ יְשׁוּעָה. וְנֶאֱמַן אַתָּה לְהַחְיֹת
הַכֹּל. בְּרוּךְ אַתָּה יְיָ, מְחִיָּה הַכֹּל.

M'khal-keyl kha-yeem b'khe-sed, m'kha-yey ha-kol b'ra-kha-meem ra-beem.

*So-meykh nof-leem, v'ro-feh kho-leem, u-ma-teer a-soo-reem, oom-ka-yeym
eh-moo-na-to lee-shey-ney a-far. Mee kha-mo-kha ba-al g'voo-rot, u-mee do-meh
lakh, me-lekh mey-meet oom-kha-yey u-matz-mee-akh y'shoo-ah? V'ne-eh-mahn
a-tah l'ha-kha-yot ha-kol. Ba-rukh a-tah Adonai, m'kha-yay ha-kol.*

ETERNAL IS YOUR MIGHT, O God; all life is Your gift; great is Your power to save! With love You sustain the living, with great compassion give life to all. You send help to the falling and healing to the sick; You bring freedom to the captive and keep faith with those who sleep in the dust. Who is like You? Who is Your equal, God of life and death, Source of salvation? Blessed are You, the Source of life.

KEDUSHAHקדושה

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ וְקְדוּשֵׁים בְּכָל יוֹם יְהִלְלוּךָ,
סְלָה. בָּרוּךְ אַתָּה יי, הָאֵל הַקָּדוֹשׁ.

*A-tah ka-dosh v'shim-kha ka-dosh, ook-do-sheem b'khol yom y'ha-l'lu-kha
se-lah. Ba-rukh a-tah Adonai, he-eyl ha-ka-dosh.*

YOU ARE HOLY, Your name is holy, and Your holy ones declare Your glory
day by day. Blessed are You, Adonai, the Holy God.

BINAHבינה

אַתָּה חוֹנֵן לְאָדָם דַּעַת, וּמְלַמֵּד לְאִנּוֹשׁ בִּינָה. חֲנִנּוּ מֵאֲתָךְ
חֲכָמָה, בִּינָה וְדַעַת. בָּרוּךְ אַתָּה יי, חוֹנֵן הַדַּעַת.

*A-tah kho-nein l'a-dahm da-at oom-la-meid le-e-nosh bee-nah. Kho-nei-nu
mei-eet-kha khokh-mah, bee-nah v'da-at. Ba-rukh a-tah, Adonai, kho-nen
ha-da-at.*

YOU GRACE humans with knowledge and teach mortals understanding.
Graciously share with us Your insight, wisdom, and knowledge. Blessed are
You, Adonai, who graces us with knowledge.

TESHUVAHתשובה

הַשִּׁיבֵנוּ לְתוֹרָתְךָ, וְקַרְבָּנוּ לַעֲבוֹדָתְךָ, וְהַחֲזִירֵנוּ
בְּתִשׁוּבָה שְׁלֵמָה לְפָנֶיךָ. בָּרוּךְ אַתָּה יי, הַרוֹצֶה
בְּתִשׁוּבָה.

*Ha-shee-vei-nu l'To-ra-te-kha v'kar-vei-nu la-a-vo-da-te-kha v'ha-kha-zee-rei-nu
bit'shu-vah shlei-mah l'fa-ne-kha. Ba-ruck a-tah, Adonai, ha-ro-tzeh bit'shu-vah.*

RETURN US to Your Torah and draw us to Your service, in complete
repentance restore us to Your presence. Blessed are You, Adonai, who
welcomes repentance.

S'LIKHAHסליחה

סְלַח לָנוּ כִּי חָטֵאנוּ, מַחֵל לָנוּ כִּי פָשַׁעְנוּ, כִּי מוֹחֵל
וְסוֹלֵחַ אַתָּה. בָּרוּךְ אַתָּה יי, הַמְרַבֵּה לְסִלְחָ.

*S'lakh lah-nu kee kha-ta-nu, m'khal la-nu kee fa-sha-nu, kee mo-kheil
v'so-lei-akh a-tah. Ba-rukh a-tah, Adonai, ha-mar-beh lis'lo-akh.*

FORGIVE US for we have sinned, pardon us for we have transgressed, for You
pardon and forgive. Blessed are You, Adonai, abounding in forgiveness.

GE'ULAHגאולה

רְאֵה בְּעֵינֵינוּ וּרְיִיבָה רִיבָנוּ, וּגְאֹלָנוּ מִהֲרָה לְמַעַן שְׁמֶךָ, כִּי
גּוֹאֵל חֲזַק אַתָּה. בָּרוּךְ אַתָּה יי, גּוֹאֵל יִשְׂרָאֵל.

*R'eih v'on-yei-nu v'ree-vah ree-vei-nu, oog'a-lei-nu m'hei-rah l'ma-an
sh'me-kha, kee go-eil kha-zak a-tah. Ba-rukh a-tah, Adonai, Go-eil Yis-ra-el.*

LOOK UPON our affliction and make our struggles Your own. Redeem us
swiftly and fully for Your Name's sake, for You are the mighty redeemer.
Blessed are You, Adonai, Redeemer of Israel.

R'FUAHרפואה

רַפְּאֵנוּ יי וְנִרְפָּא, הוֹשִׁיעֵנוּ וְנוֹשְׁעָה, וְהַעֲלֵה רְפוּאָה
שְׁלֵמָה לְכָל מַכּוֹתֵינוּ, וּלְכָל תַּחֲלוּאֵינוּ, וּלְכָל מַכְאוּבָנוּ.
בָּרוּךְ אַתָּה יי, רוֹפֵא הַחוּלִים.

*R'fa-ei-nu, Adonai, v'nei-ra-fei, ho-shee-ei-nu v'ni-va-shei-ah, v'ha-a-leih r'fu-ah
sh'lei-mah l'khol ma-ko-tei-nu, ool'khol ta-kha-lu-ei-nu, ool'khol
ma-kho-vei-nu. Ba-rukh a-tah, Adonai, ro-fei ha-kho-lim.*

HEAL US and let us be healed; save us and let us be saved. Grant full healing to
our every illness, wound and pain. Blessed are You, Adonai, who heals the sick.

BIRKAT HASHANIMברכת השנים

בָּרַךְ עֲלֵינוּ יי אֶת הַשָּׁנָה הַזֹּאת וְאֶת כָּל מִינֵי תְבוּאָתָהּ
לְטוֹבָה. וְתֵן בְּרָכָה עַל פְּנֵי הָאָדָמָה, וְשִׁבְעֵנוּ מִטוֹבָךָ.
בָּרוּךְ אַתָּה יי, מְבָרַךְ הַשָּׁנִים.

*Ba-reikh a-lei-nu et ha-sha-nah ha-zot v'et kol mee-nei t'voo-a-tah l'to-vah.
V'tein b'ra-kha al p'nei ha-a-da-mah, v'sahb-ei-nu mi-tu-ve-kha. Ba-rukh a-tah,
Adonai, m'va-reikh ha-sha-nim.*

ADONAI our God, bless this our year and its abundant harvest for good. Grant blessing throughout the earth and satisfy us with Your goodness. Blessed are You, Adonai, who blesses the year.

KHERUTחרות

תִּקַּע בְּשׁוֹפָר גָּדוֹל לְחֵרוּתֵנוּ, וְשֵׂא נֶס גָּדוֹל לַעֲשׂוּקֵנוּ,
וְקוֹל דְּרוֹר יִשְׁמַע בְּאַרְבַּע כַּנְפוֹת הָאָרֶץ. בָּרוּךְ אַתָּה יְיָ,
פוֹדֶה עֲשׂוּקִים.

*T'ka b'sho-far ga-dol l'khei-ru-tei-nu, v'sa neis ga-dol la-a-shoo-kei-nu, v'kol
d'ror yi-sha-ma b'ar-ba kahn-fot ha-a-retz. Ba-rukh a-tah, Adonai, po-deh
a-shoo-keem.*

SOUND the great shofar to proclaim our freedom, raise a great banner for our oppressed and let the voice of liberty be heard in the four corners of the earth. Blessed are You, Adonai, who redeems the oppressed.

MISHPATמשפט

עַל שׁוֹפְטֵי אֶרֶץ שְׁפוֹךְ רוּחַךְ, וְהַדְרִיכֵם בְּמִשְׁפָּטִי צְדָקָךְ,
וּמְלוֹךְ עָלֵינוּ אַתָּה לְבַדְּךָ, בְּחֶסֶד וּבְרַחֲמִים. בָּרוּךְ אַתָּה
יְיָ, אוֹהֵב צְדָקָה וּמִשְׁפָּט.

*Ahl shof-tei e-retz sh'fokh roo-kha-kha v'ha-dree-kheim b'mish-p'tei
tzid-ke-kha, oom-lokh a-lei-nu a-tah l'vad-kha, b'khe-sed oov'ra-kha-mim.
Ba-rukh a-tah, Adonai, o-hev tz'da-kah oo-mish-paht.*

POUR Your spirit upon the rulers of all lands; guide them that they may govern justly. O may You alone rule over us in steadfast love and compassion. Blessed are You, Adonai, who loves righteousness and justice.

AL HARISH'AHעל הרשעה

וְלַרְשָׁעָה אַל תְּהִי תְקוּהָ, וְהִטּוּעִים אֲלֶיךָ יִשׁוּבוּ, וּמַלְכוּת
זְדוֹן מִהֲרָה תִּשְׁפֹּר. בָּרוּךְ אַתָּה יְיָ, שׁוֹבֵר רָשָׁע מִן הָאָרֶץ.

*V'la-rish-ah ahl t'hee tik-vah, v'ha-to-eem ei-le-kha ya-shoo-voo, oo-mal-khut
za-don m'hei-rah t'sha-beir. Ba-rukh a-tah, Adonai, sho-veir re-sha min ha-a-retz.*

Y'SHUAHישועה

אֱמֶת מֵאֲרֶץ תִּצְמַח וְצֶדֶק מִשָּׁמַיִם נִשְׁקָף, וְקֶרֶן עֲמֹךְ
תָּרוּם בִּישׁוּעָתְךָ, כִּי לִישׁוּעָתְךָ קוֹיֵנוּ כָּל הַיּוֹם. בָּרוּךְ
אַתָּה יְיָ, מַצְמִיחַ קֶרֶן יִשׁוּעָה.

*E-met mei-e-retz titz-makh v'tze-dek mee-sha-ma-yim nish-kaf, v'ke-ren ahm-
kha ta-room bee-shu-a-te-kha, kee lee-shu-aht-kha kee-vee-nu kol ha-yom. Ba-
rukh a-tah Adonai, mahtz-mee-akh ke-ren y'shu-ah.*

TRUTH springs up from the earth; justice looks down from the heavens. May Your people's strength flourish through Your deliverance for which we continually hope. Blessed are You, Adonai, who causes salvation to flourish.

SHOMEIA T'FILAHשומע תפילה

שִׁמַּע קוֹלֵנוּ, יְיָ אֱלֹהֵינוּ, חוּס וְרַחֵם עָלֵינוּ, וְקַבֵּל
בְּרַחֲמִים וּבְרָצוֹן אֶת תְּפִלָּתֵנוּ, כִּי אֵל שׁוֹמֵעַ תְּפִלוֹת
וְתַחֲנוּנִים אַתָּה. בָּרוּךְ אַתָּה יְיָ, שׁוֹמֵעַ תְּפִלָּה.

*Sh'ma ko-lei-nu, Adonai E-lo-hei-nu, khoos v'ra-kheim a-lei-nu, v'ka-beil
b'ra-kha-mim oov'ra-tzon et t'fee-la-tei-nu, kee El sho-mei-a t'fee-lot
v'ta-kha-nu-nim a-tah. Ba-rukh a-tah, Adonai, sho-mei-a t'fee-lah.*

HEAR our voice, Adonai our God, have compassion upon us and accept our prayer with favor and mercy, for You are a God who hears prayer and supplication. Blessed is Adonai, who hearkens to prayer.

AVODAHעבודה

רָצָה, יְיָ אֱלֹהֵינוּ, בְּעַמְּךָ יִשְׂרָאֵל וּתְפִלָּתָם בְּאַהֲבָה תִּקְבֹּל,
וּתְהִי לְרָצוֹן תָּמִיד עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ. אֵל קָרוֹב לְכָל
קוֹרְאָיו, פָּנֶה אֶל עַבְדֶּיךָ וְחַנּוּנוֹ, שְׁפוֹךְ רוּחְךָ עָלֵינוּ,
וּתְחַזְּקֵנָה עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן בְּרַחֲמִים. בָּרוּךְ אַתָּה יְיָ,
הַמַּחְזִיר שְׂכִינָתוֹ לְצִיּוֹן.

*R'tzey, Adonai eh-lo-hey-nu, b'ahm-kha Yisrael oot-fee-la-tahm b'a-ha-vah
t'ka-beyl, oot-hee l'rah-tzon ta-meed a-vo-daht Yisrael ah-me-kha. Eyl ka-rov
l'khol kor-ahv, p'ney eyl ah-va-de-kha v'kho-ney-nu, sh'fokh roo-kha-kha
ah-ley-nu, v'te-khe-zeh-nah ey-ney-nu b'shoov-kha l'tzee-yon b'ra-kha-meem.*

Ba-rukh a-ta Adonai, ha-ma-kha-zeer sh'khee-na-to l'tzee-yon.

FIND FAVOR, Adonai our God, with Your people Israel and accept their prayer in love. May the worship of Your people Israel always be acceptable. God who is near to all who call, turn lovingly to Your servants. Pour out Your spirit upon us. Let our eyes behold Your loving return to Zion. Blessed are You, Adonai, whose Presence returns to Zion.

HODA'AH

הודאה

מוֹדִים אֲנַחֲנוּ לָךְ, שְׂאֵתָהּ הוּא, יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ
וְאֲמוֹתֵינוּ לְעוֹלָם וָעֶד. צוּר חַיֵּינוּ, מָגֵן יִשְׁעֵנוּ, אֵתָהּ הוּא
לְדוֹר וָדוֹר. נוֹדָה לָךְ וְנִסְפֹּר תְּהִלָּתְךָ. עַל חַיֵּינוּ הַמְּסוּרִים
בְּיָדְךָ, וְעַל נְשִׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ, וְעַל נְסִיךְ שְׂבָכָל יוֹם
עֲמָנוּ, וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שְׂבָכָל עֵת, עָרַב וּבָקָר
וְצִהָרִים. הַטּוֹב כִּי לֹא כָלוּ רַחֲמֶיךָ, וְהִמְרָחֵם כִּי לֹא תָמוּ
חֲסִדֶיךָ מֵעוֹלָם קִוִּינוּ לָךְ.

*Mo-deem a-nakh-nu lakh, sha-a-ta hoo, Adonai E-lo-hay-nu vay-lo-hay
a-vo-tay-nu v'ee-mo-tay-nu l'o-lahm va-ed. Tzur kha-yay-nu, ma-gayn
yish-ay-nu, a-ta hoo l'dor va-dor. No-deh l'kha oon-sa-payr t'hee- la-te-kha. Al
kha-yay-nu hahm-soo-reem b'ya-de-kha, v'al nish-mo-tay-nu hahp-ku-dot lakh,
v'al ni-se-kha she-b'khol yom ee-mah-nu, v'al nif-l'oh-te-kha v'to-vo-te-kha
she-b'khol ayt, e-rev va-vo-kayr v'tzo-ho-ra-yim. Ha-tov kee lo kha-lu
ra-kha-me-kha, v'hahm-ra-khaym kee lo tah-mu kha-sa-de-kha may-o-lahm
kee-vee-nu lakh.*

וְעַל כָּלֶם יִתְבָּרַךְ וַיִּתְרוֹמֵם שְׁמֶךָ, מַלְכֵנוּ, תָּמִיד לְעוֹלָם
וָעֶד. וְכָל הַחַיִּים יוֹדוּךָ סֵלָה, וַיְהִלְלוּ אֶת שְׁמֶךָ בְּאַמֶּת,
הָאֵל יִשׁוּעָתָנוּ וְעִזְרָתָנוּ סֵלָה. בָּרוּךְ אַתָּה יְיָ, הַטּוֹב שְׁמֶךָ
וְלָךְ נֶאֱדָה לְהוֹדוֹת.

*V'al ku-lahm yit-ba-rakh v'yit-ro-mahm shim-kha, mal-kay-nu, ta-meed
l'o-lahm va-ed. V'khol ha-kha-yeem yo-du-kha se-lah, vee-ha-l'lu et shim-kha
be-e-met, ha-ayl y'shu-a-tay-nu v'ez-ra-tay-nu se-lah. Ba-rukh a-ta Adonai,
ha-tov shim-kha ool-kha na-eh l-ho-dot.*

WE ACKNOWLEDGE with thanks that You are Adonai, our God and the God of our ancestors, forever. You are the Rock of our lives, and the Shield of our

salvation in every generation. Let us thank You and praise You — for our lives which are in Your hand, for our souls which are in Your care, for Your miracles that we experience every day and for Your wondrous deeds and favors at every time of day: evening, morning and noon. O Good One, whose mercies never end, O Compassionate One, whose kindness never fails, we forever put our hope in You. For all these things, O Sovereign, let Your Name be forever praised and blessed. O God, our Redeemer and Helper, let all who live affirm You and praise Your Name in truth. Blessed are You, Adonai, Your Name is Goodness, and You are worthy of thanksgiving.

SHALOM RAV

שלום רב

שְׁלֹום רַב עַל יִשְׂרָאֵל עַמְּךָ תְּשִׁים לְעוֹלָם.

Sha-lom rav al Yisrael am-kha ta-seem l'o-lahm.

כִּי אַתָּה הוּא מֶלֶךְ אֶדוֹן לְכָל הַשָּׁלוֹם.

Kee a-tah hu me-lekh ah-don l'khol ha-sha-lom.

וְטוֹב בְּעֵינֶיךָ לְבָרֶךְ אֶת עַמְּךָ יִשְׂרָאֵל,

בְּכָל עֵת וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ.

*V'tov b'ey-ne-kha l'va-rekh et am-kha Yisrael b'khol eyt oov-khol sha-ah
bish-lo-me-kha.*

בָּרוּךְ אַתָּה יְיָ, הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

Ba-rukh a-tah Adonai, hahm-va-rekh et a-mo Yisrael ba-sha-lom.

GRANT ABUNDANT peace to Israel Your people forever, for You are the sovereign God of all peace. May it please You to bless Your people Israel in every season and moment with Your peace. Blessed are You, Adonai, who blesses Your people Israel with peace.

SIM SHALOM

ברכת שלום

שְׁשִׁים שָׁלוֹם טוֹבָה וּבִרְכָּה, חֵן וְחֶסֶד וְרַחֲמִים,

עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל עַמְּךָ.

*Sim sha-lom to-va oov-ra-kha, khayn va-khe-sed v'ra-kha-meem, a-ley-nu v'al
kol Yisrael ah-me-kha.*

בְּרַכָּנוּ, יוֹצְרֵנוּ, כְּלָנוּ כְּאַחַד בְּאוֹר פָּנֶיךָ, כִּי בְּאוֹר פָּנֶיךָ

נִתְּתָ לָנוּ, יְיָ אֱלֹהֵינוּ, תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד, וְצִדִּיקָהּ

וּבְרָכָה וְרַחֲמִים וְחַיִּים וְשָׁלוֹם, וְטוֹב בְּעֵינֶיךָ לְבָרֶךְ אֶת
עַמְּךָ יִשְׂרָאֵל בְּכָל עֵת וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ.

*Bar-khey-nu yotz-ray-nu, ku-la-nu k'e-khad, b'or pa-ne-kha, kee v'or
pa-ne-kha na-ta-ta la-nu, Adonai E-lo-hey-nu. To-rat kha-yim v'a-ha-vat
khe-sed, ootz-da-kah oov-ra-khah v'ra-kha-meem, v'kha-yeem v'sha-lom. V'tov
b'ey-ne-kha l'va-rekh et ahm-kha Yisrael, v'et kol ha-a-meem b'khol eyt
oov-khol sha-ah bish-lo-me-kha.*

בָּרוּךְ אַתָּה יְיָ, הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

Ba-rukh a-ta Adonai, hahm-va-rekh et a-mo Yisrael ba-sha-lom.

GRANT PEACE, goodness and blessing, grace, kindness, and mercy, to us and to all Your people Israel. Bless us our Creator, all of us together, through the light of Your Presence. Truly through the light of Your Presence, Adonai our God, You gave us a Torah of life — the love of kindness, justice and blessing, mercy, life, and peace. May You see fit to bless Your people Israel, at all times, at every hour, with Your peace. Praised are You Adonai, who blesses Your people Israel with peace.

תַּפִּלַּת הַלֵּב

SILENT PRAYER

YIH'YU L'RATZON

יהיו לרצון

יְהִיּוּ לְרָצוֹן אֲמָרִי פִי וְהִגִּיוֹן לְבִי לְפָנֶיךָ,
יְיָ צוּרִי וְגוֹאֲלִי.

*Yih'yu l'rah-tzon eem-rey fee v'heg-yon lee-bee l'fah-ne-kha,
Adonai tzu-ree v'go-ah-lee.*

May the words of my mouth and the meditations of my heart, be acceptable in Your sight,
Adonai, my Rock and my Redeemer.

OSEH SHALOM

עושה שלום

עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ,
וְעַל כָּל-יִשְׂרָאֵל וְעַל כָּל-יּוֹשְׁבֵי תֵּבֵל וְאֲמָרוּ: אָמֵן.

*O-seh sha-lom bim-ro-mav, hu ya-a-seh sha-lom a-ley-nu v'al kol Yisrael v'al
kol yosh-vei te-vel, v'eem-ru a-meyn.*

May the One who makes peace in the heavens above cause peace to descend upon us, all Israel, and all who inhabit the earth. Amen.

AT A HOUSE OF MOURNING

WE ARE ASSEMBLED WITH OUR FRIENDS in the shadow that has fallen on this home. We raise our voices together in prayer to the Source of life, asking for comfort and strength.

We need light when gloom darkens our home; to whom shall we look, if not to the Creator of light? We need fortitude and courage when pain and loss assail us; where shall we find them, if not in the thought of the One who preserves all that is good from destruction?

Who among us has not passed through trials and bereavements? Some bear fresh wounds in their hearts, and therefore feel more keenly the kinship of sorrow; others, whose days of mourning are more remote, still recall the comfort that sympathy brought to their sorrowing hearts.

All things pass; all that lives must die. All that we prize is but lent to us, and the time comes when we must surrender it. We are travelers on the same road that leads to the same end.

As in the world around us, so too in human life: darkness is followed by light, and sorrow by consolation. Life and death are twins; grief and hope walk hand in hand. Although we cannot know what lies beyond the body's death, we put our trust in the undying Spirit that calls us into life and abides to all eternity.

PSALM 23

תהלים כ"ג

מִזְמוֹר לְדָוִד. יְיָ רֹעִי, לֹא אֶחָסֶר. בְּנֵאוֹת דָּשָׁא יִרְבִּיצֵנִי,
עַל מֵי מְנַחֲוֹת יִנְהַלֵּנִי, נִפְשִׁי יִשׁוּבָב. יִנְחֵנִי בְּמַעְגְּלֵי צֶדֶק
לְמַעַן שְׂמוֹ. גַּם כִּי אֵלֶךְ בְּגִיא צְלָמוֹת לֹא אִירָא רָע, כִּי
אַתָּה עִמָּדִי. שְׁבַתְךָ וּמִשְׁעֲנִתְךָ הִמָּה יִנְחַמְנִי. תַּעֲרוֹךְ לִפְנֵי
שְׁלֹחַן נֹגֵד צִרְרִי. דִּשְׁנַתָּ בְּשֶׁמֶן רֹאשִׁי כוֹסֵי רוּיָהּ. אַךְ טוֹב
וְחֶסֶד יִרְדְּפוּנִי כָּל יְמֵי חַיִּי, וְשִׁבְתִּי בְּבֵית יְיָ לְאָרְךָ יָמִים.

God is my shepherd, I shall not want. You make me lie down in green pastures.
You lead me beside still waters. You restore my soul, and lead me in the path of

righteousness for the sake of Your name. Yea, though I walk through the valley of the shadow of death, I fear no evil, for You are with me. With rod and staff You comfort me. You have set a table before me in the presence of my enemies. You have anointed 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.

• • •

At this hour, especially, the blessed presence of family and friends brings us comfort and strength. It says to us: "Be sure that love, the spring of life, abides."

May all who mourn take heart, as they remember the goodness they have given and received. And when the days of their mourning are ended, may the memory of their loved ones come to be a benediction.

בְּרוּךְ אַתָּה יְיָ, מְחִיָּה הַכֹּל.

Ba-rukh a-ta Adonai, m'kha-yei ha-kol.

Praised be the Eternal Source of life.

EL MALE RAKHAMIM

אל מלא רחמים

אֵל מָלֵא רַחֲמִים שׁוֹכֵן בַּמְרוֹמִים. הַמֵּצֵא מְנוּחָה נְכוֹנָה
תַּחַת כַּנְפֵי הַשְּׂכִינָה. עִם קְדוּשִׁים וְטְהוּרִים כְּזוֹהַר
הַרְקִיעַ מְזִהֲרִים, אֶת נִשְׁמַת שֶׁהֵלֵךְ לְעוֹלָמוֹ
(שֶׁהֵלְכָה לְעוֹלָמָהּ). בְּעַל הַרְחָמִים יִסְתַּיְּרָהּ (יִסְתַּיְּרָהּ)
בְּסִתְרָה כַּנְפֵי לְעוֹלָמִים. וַיִּצְרֹר בְּצִרְוֹר הַחַיִּים אֶת
נִשְׁמָתוֹ (נִשְׁמָתָהּ). יְיָ הוּא נִחְלָתוֹ (נִחְלָתָהּ) וַיִּנְחֶה
(וַתִּנְחֶה) בְּשָׁלוֹם עַל מְשַׁכְּבוֹ (מְשַׁכְּבָהּ). וְנֹאמַר: אֲמֵן:

*Eil ma-lei ra-kha-mim, sho-khein bam-ro-mim, ham-tzei me-nu-kha n'kho-na
ta-khat kan-fei hash-khi-na, im k'do-shim u-t'ho-rim k'zo-har ha-ra-ki-a maz-bi-
rim, et nish-mat she-ha-lakh l'o-la-mo (she-hal-kha l'o-la-mah). Ba-al ha-ra-
kha-mim yas-ti-rei-hu (yas-ti-rei-ha) b'sei-ter k'na-fav l'o-la-mim, v'yitz-ror bitz-
ror ha-kha-yim et nish-ma-to (nish-ma-tah). Adonai hu nakh-la-to (nakh-la-tah).
V'ya-nu-akh (v'ta-nu-akh) b'sha-lom al mish-ka-vo (mish-ka-vah). V'no-mar:
A-men.*

O GOD, FULL OF COMPASSION, eternal spirit of the universe, grant perfect rest under the wings of Your presence to our loved one who has entered eternity. Source of mercy, let him/her find refuge forever in the shadow of Your wings, and let his/her soul be bound up in the bond of eternity. Be his/her inheritance, and may he/she rest in peace. Amen.

ALENU

עלינו

עֲלֵינוּ לְשִׁבְחָהּ לְאֶדוֹן הַכֹּל, לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרָאשִׁית,
שֶׁלֹא עָשָׂנוּ כְּגִוְיֵי הָאָרְצוֹת, וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת
הָאֲדָמָה, שֶׁלֹא שָׁם חֻלְקָנוּ כָּהֶם, וְגִרְלָנוּ כָּכָל הַמוֹנֵם.

*A-ley-nu l'sha-bey-akh la-a-don ha-kol, la-teyt g'doo-lah l'yo-tzeyr b'rey-sheet,
she-lo a-sa-nu k'go-yey ha-a-ra-tzot, v'lo sa-ma-noo k'mish-p'khot ha-a-da-mah;
she-lo sahm khel-key-nu ka-hem, v'go-ra-ley-nu k'khol ha-mo-nam.*

וְאַנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים,

לְפָנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בְּרוּךְ הוּא.

*Va-a-nakh-nu kor-eem u-mish-ta-kha-veem u-mo-deem lif-nei me-lekh
mal-khey hahm-la-kheem, ha-ka-dosh ba-rukh hu.*

It is our duty to praise God, ascribing greatness to God who formed the world in the beginning, for God did not make us like the others of all lands. God gave us a portion like no other. We bow in reverence and thanksgiving before the Ruler of rulers, the Holy One of Blessing.

BAYOM HAHU

ביום ההוא

וְנֹאמַר: וְהָיָה יְיָ לְמֶלֶךְ עַל כָּל הָאָרֶץ.

בְּיוֹם הַהוּא יְהִיָּה יְיָ אֶחָד, וְשִׁמוֹ אֶחָד.

*V'ne-e-mar: "V'ha-ya Adonai l'me-lekh al kol ha-a-retz; ba-yom ha-hu yi-h'yeh
Adonai e-khad u-sh'mo E-khad."*

It has been said: "God shall reign all over the earth. On that day, You shall be One and Your name shall be One."

WHEN CHERISHED TIES are broken, and the chain of love is shattered, only trust and the strength of faith can lighten the heaviness of the heart. At times, the pain of separation seems more than we can bear; but love and understanding can help us pass through the darkness toward the light.

Out of affliction the Psalmist learned the law of God. And in truth, grief is a great teacher, when it sends us back to serve and bless the living. We learn how

to counsel and comfort those who, like ourselves, are bowed with sorrow. We learn when to keep silence in their presence, and when a word will assure them of our love and concern.

Thus, even when they are gone, the departed are with us, moving us to live as, in their higher moments, they themselves wished to live. We remember them now; they live in our hearts; they are an abiding blessing.

KADDISH

קדיש יתום

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֶלְמָא דִּי בְרָא כְרַעוּתָהּ,
וַיְמַלִּיךְ מַלְכוּתָהּ, בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית
יִשְׂרָאֵל, בְּעַגְלָא וּבְזִמְן קָרִיב וְאָמְרוּ אָמֵן.

*Yit-ga-dal v'yit-ka-dash sh'mey ra-ba b'al-ma dee v'ray kheer-u-tey,
v'yahm-leekh mal-khu-tey b'kha-yey-khon oov-yo-mey-khon oov-kha-yey
d'khol beyt Yisrael, ba-a-ga-la oo-viz-man ka-reev, v-eem-ru: A-men.*

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמֵי עֲלָמֵיָא.

Y'hey sh'mey ra-ba m'vo-rakh l'a-lam ool-al-mey al-ma-ya.

יִתְבָּרַךְ וַיִּשְׁתַּבַּח, וַיִּתְפָּאֵר וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא, וַיִּתְהַדָּר
וַיִּתְעַלֶּה וַיִּתְהַלֵּל שְׁמֵהּ דְקֻדְשָׁא, בְּרִיךְ הוּא. לְעָלְמָא מִן כָּל
בְּרַכְתָּא וְשִׁירְתָּא, תְּשַׁבַּחְתָּא וְנַחֲמַתָּא, דְאָמִירָן בְּעֶלְמָא,
וְאָמְרוּ אָמֵן.

*Yit-ba-rakh v'yish-ta-bakh v'yit-pa-ar v'yit-ro-mahm v'yit-na-sey, v'yit-ha-dar
v'yit-ah-leh v'yit-ha-lal sh'mey d'kood-sha, b'rikh hu. L'ey-la min kol bir-kha-ta
v'shee-ra-ta, toosh-b'kha-ta v'ne-khe-ma-ta da-a-mee-rahn b'al-ma, v'eem-ru:
A-men.*

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

*Y'hey sh'lah-mah ra-ba min sh'ma-yah v'kha-yeem a-ley-nu v'al kol Yisrael,
v'eem-ru: A-men.*

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל
יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵבֶל וְאָמְרוּ: אָמֵן.

*O-seh sha-lom bim-ro-mav, hu ya-a-seh sha-lom a-ley-nu v'al kol Yisrael v'al
kol yosh-vei te-vel, v'eem-ru: A-men.*

Let the glory of God be extolled, and God's great name be hallowed in the world whose creation God willed. May God rule in our own day, in our own lives, and in the life of all Israel, and let us say: Amen. Let God's great name be blessed forever and ever. Beyond all the praises, songs, and adorations that we can utter is the Holy One, the Blessed One, whom yet we glorify, honor, and exalt. And let us say: Amen. For us and for all Israel, may the blessing of peace and the promise of life come true, and let us say: Amen. May the One who causes peace to reign in the high heavens, cause peace to reign among us, all Israel, and all the world, and let us say: Amen.

May the Source of peace send peace to all who mourn, and comfort to all who are bereaved. Amen.

OSEH SHALOM

עשה שלום

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ,
וְעַל כָּל יִשְׂרָאֵל וְאָמְרוּ אָמֵן.

*O-seh sha-lom bim-ro-mav, hu ya-a-seh sha-lom a-ley-nu v'al kol Yisrael,
v'eem-ru a-meyn.*

May the One who makes peace in the heavens above cause peace to descend upon us, all Israel, and all the world. Amen.

זְכַר צַדִּיק לְבִרְכָּה

Zekher Tzadik Livrakha

The Memory of the Righteous is a Blessing

Additional Readings

1. The Light

Once — no, not once alone, but once a thousand, thousand times — a brilliant light danced beneath that brow.

It lasered through trials and troubles. It ventured with defiance into thoughts and challenges that most would flee. It hopped with delight and humor. It pulsated with love and warmth of spirit.

The light was life.

The light was heart.

The light was the pent-up fire that made the man a man.

And, later, as the shadows drifted in,

He still had that smile.

He still had that touch.

He still had the light, but it flickered now.

It flickered and it dimmed.

It flickered.

And then it died.

—*David Craig Berliner*

2. Portrait of a Soul

They're gone now.

Their portraits hang in the gallery of memory.

When they lived, you savored each as a whole,
a finished masterpiece, a life blended into yours.

You thought you knew her.

You thought you knew him.

But now, you move closer to the canvas and discover that

No matter how many solid colors

and sublime shadings combine to create a picture of their soul,

There are always brush strokes that only become visible
in the light and shadow of remembrance.

We are all masterpieces, each an original painted by the hand of God.

Each an amalgam of mind and body, at once indelicate yet nuanced, majestic yet sublime.

Though they are gone, their portraits are on permanent display,

Their hidden treasures beckoning, waiting to soothe your pain.

Look for them. find them. Savor them.

They are there.

They always were.

They always will be.

—*David Craig Berliner*

3. The Dash

I read of a man who stood to speak
 At the funeral of a friend,
 He referred to the dates on the tombstone
 From the beginning ...to the end.
 He noted that first came the date of his/her birth
 And spoke of the second with tears,
 But said that what mattered most of all
 Was the dash between those years,
 For the dash represents all the time
 That he/she spent alive on earth,
 And now only those who loved him/her know
 What that little line is worth.
 For it matters not how much we own;
 the cars, the house, the cash.
 What matters is how we live and love
 When we're living out the dash.
 If we could just slow down long enough
 To consider what's true and what's real,
 And always try to understand
 The way other people feel,
 And be less quick to anger
 and show appreciation more,
 And love the people in our lives
 Like we've never loved before.
 If we treat each other with respect
 And more often wear a smile,
 Remember that this special dash
 might only last a while.
 So when your eulogy is being read
 With your life's actions to rehash,
 Will you be pleased with what there is to say
 About how you spent your dash?

—Linda Ellis

4. To Those I Love and Those Who Love Me

When I am gone, release me, let me go –
 I have so many things to see and do.
 You mustn't tie yourself to me with tears,
 Be happy that we had these years.
 I give you my love. You can only guess
 How much you gave to me in happiness.
 I thank you for the love you each have shown,
 But now it's time I traveled on alone.
 So grieve a while for me if grieve you must,
 Then let your grief be comforted by trust.
 It's only for a while that we must part
 So bless the memories within your heart.
 I won't be far away, for life goes on
 So if you need me, call and I will come.
 Though you can't see or touch me, I'll be near –
 And if you listen with your heart, you'll hear
 All of my love around you soft and clear.
 And then, when you must come this way alone,
 I'll greet you with a smile, and "Welcome home."

—Jing Jing

5. Kindness

Before you know what kindness really is
 you must lose things,
 feel the future dissolve in a moment
 like salt in a weakened broth.
 What you held in your hand,
 what you counted and carefully saved,
 all this must go so you know how desolate the landscape can be
 between the regions of kindness.
 How you ride and ride
 thinking the bus will never stop,
 the passengers eating maize and chicken
 will stare out the window forever.
 Before you learn the tender gravity of kindness,
 you must travel where the Indian in a white poncho
 lies dead by the side of the road.

You must see how this could be you,
 how he too was someone
 who journeyed through the night with plans
 and the simple breath that kept him alive.

Before you know kindness as the deepest thing inside,
 you must know sorrow as the other deepest thing.
 You must wake up with sorrow.
 You must speak to it till your voice
 catches the thread of all sorrows
 and you see the size of the cloth.
 Then it is only kindness that makes any sense anymore,
 only kindness that ties your shoes
 and sends you out in to the day to mail letters and purchase bread,
 only kindness that raises its head
 from the crowd of the world to say
 It is I you have been looking for,
 and then goes with you everywhere
 like a shadow or a friend.

—Naomi Shihab Nye

How You Can Help a Grieving Person

Bereavement Center of Westchester

Listen without trying to cure. Being truly present to a grieving person, without judging or denying their pain, without trying to fix the unfixable, is the single most important gift you may give someone who is grieving.

Understand that this will take time. This is not like a cold or a cut that will continuously get better. Grief will come in unexpected waves, affecting a person throughout their lifetime. Each person, even within a family, will have a different time schedule and, sometimes, it gets worse before the intensity and frequency of the waves change.

Be direct and honest. Use real language (for example, “he died”) versus euphemisms (such as “passed away,” “gone to a better place” or “not with us any more”). In our well-intentioned way, we are frequently overprotective and tip-toe around issues of death and dying. This language especially confuses children, who may think, “If he’s in a better place, why am I not there?”

If you don’t believe it, or you don’t have an answer, don’t say anything. It is always better to remain quiet, or admit what we don’t know, rather than responding to fill the space. This will create a sense of trust between you and the person grieving. A simple hug or handshake can say it all.

Don’t avoid topics that include the deceased. After a death, we need outlets to create the significance of the person who died. We do that through talking about that person, memories and legacies.

Allow for humor and lightness. Grieving people need breaks from their grief, and time to remember what it feels like to be “normal” while adjusting to the “new normal.”

Take the lead from the person who is grieving. In public places (supermarkets, school grounds, etc.), reflect their mood and their words, allowing them the room to be where they are at the moment.

Be aware of your own limitations. Many people cannot sit with another person in pain, especially when there is nothing functional that can be done. There are many ways to support the grieving person – assisting with childcare, distracting them with movies and meals, offering a second home, helping with the household bills and mail, etc.



woodlandscommunitytemple

מקום שלי אוהב
THE PLACE THAT MY HEART HOLDS DEAR

Woodlands Community Temple
50 Worthington Road
White Plains, NY 10607

914.592.7070 phone
914.592.7376 fax
email: wct@wct.org
web: www.wct.org

Woodlands Community Temple is affiliated
with the Union for Reform Judaism





woodlandscommunitytemple

50 Worthington Road, White Plains, NY 10607