

Prelude to Yizkor

Let us praise the Lord in this time of remembrance,
For the lives we have shared, for the memories we cherish.

*Let us praise God even in times of sorrow,
As we remember God's many kindnesses to us.*

God's love accompanies us throughout life's journey,
So that even in death we are not forsaken.

*Mercifully God redeems us from the grave;
Calling our souls to life everlasting.*

As parents have compassion upon their children,
So the Lord has compassion upon those who revere God.

*For God knows how frail and fragile we are,
How vulnerable we are to disease and death.*

As blades of grass and flowers in the field
Tarry only briefly before they wither away,

*So do the days of our lives pass swiftly by;
They are too quickly gone, never to return.*

But the Lord's steadfast love endures forever;
Those who trust in the Lord need not feel forsaken.

*They know their Healer will bind up their wounds,
And will wipe away the tears from their faces.*

This faith they bequeath to their children's children,
A precious legacy for all generations.

Suggested by Psalm 103 and Isaiah 25

MEMORIES WHICH ILLUMINE OUR LIVES

There are stars whose light reaches the earth only after they themselves have disintegrated. And there are individuals whose memory lights the world after they have passed from it. These lights shine even in the darkest night and illumine our path. . . .

(Hannah Senesh)

ADONAI, what are human beings
that You take account of them,
mortals that You care for them?
Humans are as a breath, their
days like a passing shadow.
In the morning they flourish
anew, in the evening they
shrivel and die.
Teach us to count each day,
that we may acquire a heart of
wisdom.

ה', מָה־אָדָם וַתִּדְעֵהוּ,
בֶּן־אָנוּשׁ וַתִּחְשְׁבֵהוּ.
אָדָם לַהֲבֵל דָּמָה,
יָמָיו כַּצֵּל עוֹבֵר.
בַּבֹּקֶר יִצְיָץ וְחָלָף,
לָעֶרֶב יִמּוּלֵל וַיָּבֵשׁ.
לְמִנּוּת יָמֵינוּ כֵּן הוֹדַע
וְנִבִּיא לִבֵּב חֻכְמָה.

On this solemn day we each make judgments about the quality
of our life.

We re-examine our deeds and relationships with our commu-
nity and with others.

We express our yearnings for a new year, a new beginning,
a year during which we commit ourselves to work toward
bringing health and peace to all.

We long for a year when individually and communally we shall
strive to live in a way that is more reflective of the ideals that
we cherish.

Now, in the midst of looking at our life and assessing its quality,
we pause to reflect and to remember, and to dedicate our-
selves anew.

God is always before me, at my
right hand, lest I fall.
Therefore I am glad, made
happy, though I know that
my flesh will lie in the ground
forever.

שׁוּיִתִּי ה' לִנְגְדִי תָמִיד,
כִּי מִיְמִינִי בֶּל־אֲמוּט.
לִכֵּן שָׂמַח לִבִּי וַיִּגַּל
כְּבוֹדִי, אֲפִי בְּשָׂרִי יִשְׁכֵּן
לְבַטָּח.

The deaths of those we now remember left holes in our lives.
But we are grateful for the gift of their lives and we are strength-
ened by the blessings that they left us and the precious memo-
ries that comfort and sustain us as we recall them this day.

WE RECALL

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

Some of us lovingly call to mind a wife, husband, or partner 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 togetherness and love.

Some of us call to mind children, entrusted to us too briefly, to whom we gave our loving care and from whom we received a trust that enriched our lives.

So many 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, we are grateful for the blessings they brought to our lives. We are sustained and comforted by the thought that their presence in our lives remains an enduring blessing that we can bequeath to others.

We can show our devotion to them by our devotion to those ideas that they cherished.

O God 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 faithfully, for we are cheered by our confidence that You will not permit our lives to be wasted, but will bring all our worthy strivings to live on, even as we may not see their fulfillment.

—MORDECAI M. KAPLAN, EUGENE KOHN, AND IRA EISENSTEIN
(adapted from *Mahzor Hadash*)

Each congregant continues with the appropriate passages among the following, in silent meditation. Personal meditations may also be added.

We rise.

In memory of a father:

יִזְכּוֹר אֱלֹהִים נִשְׁמַת אָבִי מוֹרִי שְׁהֶלְךָ לְעוֹלָמוֹ. הִנְנִי
נוֹדֵב / נוֹדֶבֶת צְדָקָה בְּעַד הַזְכָּרָת נִשְׁמָתוֹ. אָנָּה תְּהִי נִפְשׁוֹ
צְרוּרָה בְּצִרּוֹר הַחַיִּים וְתְּהִי מְנוּחָתוֹ כְּבוֹד, שְׁבַע שְׁמֹחוֹת
אֶת־פָּנֶיךָ, נְעִימוֹת בִּימִינְךָ נֶצַח. אָמֵן.

May God remember the soul of my father who has gone to his eternal home. In loving testimony to his life I pledge charity to help perpetuate ideals important to him. Through such deeds, and through prayer and remembrance, is his soul bound up in the bond of life. May I prove myself worthy of the gift of life and the many other gifts with which he blessed me. May these moments of meditation strengthen the ties that link me to his memory and to our entire family. May he rest forever in dignity and peace. Amen.

In memory of a mother:

יִזְכּוֹר אֱלֹהִים נִשְׁמַת אִמִּי מוֹרֵתִי שְׁהֶלְכָה לְעוֹלָמָהּ. הִנְנִי
נוֹדֵב / נוֹדֶבֶת צְדָקָה בְּעַד הַזְכָּרָת נִשְׁמָתָהּ. אָנָּה תְּהִי נִפְשָׁהּ
צְרוּרָה בְּצִרּוֹר הַחַיִּים וְתְּהִי מְנוּחָתָה כְּבוֹד, שְׁבַע שְׁמֹחוֹת
אֶת־פָּנֶיךָ, נְעִימוֹת בִּימִינְךָ נֶצַח. אָמֵן.

May God remember the soul of my mother who has gone to her eternal home. In loving testimony to her life I pledge charity to help perpetuate ideals important to her. Through such deeds, and through prayer and remembrance, is her soul bound up in the bond of life. May I prove myself worthy of the gift of life and the many other gifts with which she blessed me. May these moments of meditation strengthen the ties that link me to her memory and to our entire family. May she rest forever in dignity and peace. Amen.

In memory of a wife:

יִזְכּוֹר אֱלֹהִים נִשְׁמַת אִשְׁתִּי שְׁהֶלְכָה לְעוֹלָמָהּ. הִנְנִי נוֹדֵב צְדָקָה
בְּעַד הַזְכָּרָת נִשְׁמָתָהּ. אָנָּה תְּהִי נִפְשָׁהּ צְרוּרָה בְּצִרּוֹר הַחַיִּים
וְתְּהִי מְנוּחָתָה כְּבוֹד, שְׁבַע שְׁמֹחוֹת אֶת־פָּנֶיךָ, נְעִימוֹת בִּימִינְךָ
נֶצַח. אָמֵן.

May God remember the soul of my wife who has gone to her eternal home. In loving testimony to her life I pledge charity to help perpetuate ideals important to her. Through such deeds, and through prayer and remembrance, is her soul bound up in the bond of life. Love is as strong as death; deep bonds of love are indissoluble. The memory of our companionship and love overcomes loneliness, for all that we shared still endures. May she rest forever in dignity and peace. Amen.

In memory of a husband:

יִזְכֹּר אֱלֹהִים נִשְׁמַת בְּעָלִי שְׁהֵלָךְ לְעוֹלָמוֹ. הִנְנִי נוֹדֶבֶת צְדָקָה
בְּעַד הַזְכָּרָת נִשְׁמָתוֹ. אֲנֵא תְהִי נַפְשׁוֹ צְרוּרָה בְּצִרוּר הַחַיִּים
וְתְהִי מְנוּחָתוֹ כְּבוֹד, שְׁבַע שְׁמָחוֹת אֶת־פָּנֶיךָ, נְעִימוֹת בְּיָמֶיךָ
נְצַח. אָמֵן.

May God remember the soul of my husband who has gone to his eternal home. In loving testimony to his life I pledge charity to help perpetuate ideals important to him. Through such deeds, and through prayer and remembrance, is his soul bound up in the bond of life. Love is as strong as death; deep bonds of love are indissoluble. The memory of our companionship and love overcomes loneliness, for all that we shared still endures. May he rest forever in dignity and peace. Amen.

In memory of a son or a brother:

יִזְכֹּר אֱלֹהִים נִשְׁמַת בְּנִי / אָחִי הָאֲהוּב שְׁהֵלָךְ לְעוֹלָמוֹ. הִנְנִי
נוֹדֶב / נוֹדֶבֶת צְדָקָה בְּעַד הַזְכָּרָת נִשְׁמָתוֹ. אֲנֵא תְהִי נַפְשׁוֹ
צְרוּרָה בְּצִרוּר הַחַיִּים וְתְהִי מְנוּחָתוֹ כְּבוֹד, שְׁבַע שְׁמָחוֹת
אֶת־פָּנֶיךָ, נְעִימוֹת בְּיָמֶיךָ נְצַח. אָמֵן.

May God remember the soul of my beloved son/brother who has gone to his eternal home. In loving testimony to his life I pledge charity to help perpetuate ideals important to him. Through such deeds, and through prayer and remembrance, is his soul bound up in the bond of life. I am grateful for the sweetness of his life and for all he accomplished in his lifetime. May he rest forever in dignity and peace. Amen.

In memory of a daughter or a sister:

יִזְכֹּר אֱלֹהִים נִשְׁמַת בָּתִּי / אָחוֹתִי הָאֲהוּבָה שְׁהֵלָכָה לְעוֹלָמָהּ.
הִנְנִי נוֹדֶב / נוֹדֶבֶת צְדָקָה בְּעַד הַזְכָּרָת נִשְׁמָתָהּ. אֲנֵא תְהִי
נַפְשָׁהּ צְרוּרָה בְּצִרוּר הַחַיִּים וְתְהִי מְנוּחָתָהּ כְּבוֹד, שְׁבַע
שְׁמָחוֹת אֶת־פָּנֶיךָ, נְעִימוֹת בְּיָמֶיךָ נְצַח. אָמֵן.

May God remember the soul of my beloved daughter/sister who has gone to her eternal home. In loving testimony to her life I pledge charity to help perpetuate ideals important to her. Through such deeds, and through prayer and remembrance, is her soul bound up in the bond of life. I am grateful for the sweetness of her life and for all she accomplished in her lifetime. May she rest forever in dignity and peace. Amen.

In memory of other relatives and friends:

יִזְכּוֹר אֱלֹהִים נִשְׁמוֹת קְרוֹבֵי וְרַעֲי שְׁהָלְכוּ לְעוֹלָמָם. הַנְּגִי
נוֹדֵב/ נוֹדֶבֶת צְדָקָה בְּעַד הַזְכָּרָת נִשְׁמָתָם. אָנָּה תִּהְיֶינָה
נַפְשׁוֹתֵיהֶם צְרוּרוֹת בְּצָרוֹר הַחַיִּים וְתִהְיֶינָה מְנוּחָתָם כְּבוֹד, שְׁבַע
שְׁמָחוֹת אֶת-פָּנֶיךָ, נְעִימוֹת בִּימִינְךָ נָצַח. אָמֵן.

May God remember the soul of _____ and of all relatives and friends who have gone to their eternal home. In loving testimony to their lives I pledge charity to help perpetuate ideals important to them. Through such deeds, and through prayer and remembrance, are their souls bound up in the bond of life. May these moments of meditation strengthen the ties that link me to their memory. May they rest forever in dignity and peace. Amen.

In memory of martyrs:

יִזְכּוֹר אֱלֹהִים נִשְׁמוֹת כָּל-אֶחָיו בְּנֵי יִשְׂרָאֵל שֶׁמָּסְרוּ אֶת-נַפְשָׁם
עַל קְדוּשַׁת הַשֵּׁם. הַנְּגִי נוֹדֵב/ נוֹדֶבֶת צְדָקָה בְּעַד הַזְכָּרָת
נִשְׁמָוֹתֵיהֶם. אָנָּה יִשְׁמַע בְּחַיֵּינוּ הַד גְּבוּרָתָם וּמִסִּירוֹתָם
וְיִרְאָה בְּמַעֲשֵׂינוּ טָהוֹר לָבָם וְתִהְיֶינָה נַפְשׁוֹתֵיהֶם צְרוּרוֹת
בְּצָרוֹר הַחַיִּים וְתִהְיֶינָה מְנוּחָתָם כְּבוֹד, שְׁבַע שְׁמָחוֹת אֶת-פָּנֶיךָ,
נְעִימוֹת בִּימִינְךָ נָצַח. אָמֵן.

May God remember the souls of our brethren, martyrs of our people, who gave their lives for the sanctification of God's name. In their memory do I pledge charity. May their bravery, their dedication, and their purity be reflected in our lives. May their souls be bound up in the bond of life. And may they rest forever in dignity and peace. Amen.

In memory of congregants:

יִזְכּוֹר אֱלֹהִים נִשְׁמוֹת יְדִידֵינוּ חֲבֵרֵי הַקְּהָל הַקָּדוֹשׁ הַזֶּה
שְׁהָלְכוּ לְעוֹלָמָם. אָנָּה תִּהְיֶינָה נַפְשׁוֹתֵיהֶם צְרוּרוֹת בְּצָרוֹר
הַחַיִּים וְתִהְיֶינָה מְנוּחָתָם כְּבוֹד, שְׁבַע שְׁמָחוֹת אֶת-פָּנֶיךָ,
נְעִימוֹת בִּימִינְךָ נָצַח. אָמֵן.

We lovingly recall the members of our congregation who no longer dwell on this earth. They have a special place in our hearts. We pray this day that all who have sustained the loss of loved ones be granted comfort and strength.

Exalted, compassionate God, comfort the bereaved families of this congregation. Help us to perpetuate everything that was worthy in the lives of those no longer with us, whom we remember this day. May their memory endure as a blessing. And let us say: Amen.

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 shining of the sun 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 at its end,
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 a part of us,
as we remember them.**

Sylvan Kamens and Jack Riemer

A Yizkor Meditation in Memory of a Parent Who Was Hurtful

Dear God,

You know my heart. Indeed, You know me better than I know myself, so I turn to You before I rise for Kaddish.

My emotions swirl as I say this prayer. The parent I remember was not kind to me. His/her death left me with a legacy of unhealed wounds, of anger and of dismay that a parent could hurt a child as I was hurt.

I do not want to pretend to a love or to a grief that I do not feel, but I do want to do what is right as a Jew and as a child.

Help me, O God, to subdue my bitter emotions that do me no good, and to find that place in myself where happier memories may lie hidden, and where grief for all that could have been, all that should have been, may be calmed by forgiveness, or at least soothed by the passage of time.

I pray that You, who raise up slaves to freedom, will liberate me from the oppression of my hurt and anger, and that You will lead me from this desert to Your holy place.

-Robert Saks

THE GIFT OF MEMORY

We thank You, O God of life 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

**We mourn those congregants who have
passed away this year**

MARK COHN

MILDRED COHN

STANLEY FRIEDMAN

DAVID MOSKOVITZ

DIANE PAUL

SANDRA CANTOR SCHUTT

ROSALIND "ROZ" SINGER

DANIEL TUCHKLAPER

Their memories are enshrined in this sanctuary, and
are gratefully recorded upon the tablets of our hearts.
May the Source of all comfort send consolation and
healing to those who mourn them. May their memories
endure among us as lasting benediction. And let us
say: Amen.

In memory of the six million:

אל מלא רחמים שוכן במרומים המצא מנוחה נכונה תחת
כנפי השכינה במעלות קדושים וטהורים כזהר הקריצ מזהירים.
את-נשמות כל-אחינו בני ישראל, אנשים נשים וטף, שנהרגו
ושנטבחו ושנשרפו ושנחנקו. בגן עדן תהי מנוחתם. אָנָּא בְּעַל
הַרְחָמִים, הַסְתִּירם בְּסֶתֶר כְּנָפֶיךָ לְעוֹלָמִים וְצָרָר בְּצָרֹר הַחַיִּים
אֶת-נַשְׁמוֹתֵיהֶם. ה' הוּא נִחֲלָתָם, וַיְנַחֵם בְּשָׁלוֹם עַל מִשְׁכַּבּוֹתֵיהֶם.
וְנֹאמַר אָמֵן.

Exalted, compassionate God, grant perfect peace in Your sheltering Presence, among the holy and the pure, to the souls of all our brethren, men, women and children of the House of Israel who were slaughtered and burned. May their memory endure, inspiring truth and loyalty in our lives. May their souls thus be bound up in the bond of life. May they rest in peace. And let us say: Amen.

In memory of the fallen soldiers of the United States:

Exalted, compassionate God, grant perfect peace among the holy and the pure, in Your sheltering Presence, to the souls of the heroic men and women of this great country's armed forces who offered their souls for the security and freedom of the United States of America. O merciful Father, shelter their souls forever under the cover of Thy wings. May their souls thus be bound up in the bond of life. May they rest in peace. And let us say: Amen.

אל מלא רחמים

שוכן במרומים המצא מנוחה נכונה על כנפי השכינה
במעלות קדושים וטהורים כזהר הרקיע מזהירים,
לנשמות חילי צבא הגנה לישראל
אשר מסרו נפשם על קדשת השם ועל כבוש הארץ.
בעל הרחמים הסתירם בסתר כנפיו לעולמים, ויצרר
בצרור החיים את נשמתם, ה' הוא נחלתם, בגן עדן תהא
מנוחתם ויגוהו בשלום על משכבם, ונאמר אמן.

Exalted, compassionate God, grant perfect peace among the holy and the pure, in Your sheltering Presence, to the souls of the heroic and dauntless soldiers, men and women of *TZAHAL—The Israel Defense Forces*, who gave their lives in the battles for the sanctification of God and Eretz Israel. May the memory of the valiant heroes of freedom endure, inspiring truth and loyalty in our lives. May their souls thus be bound up in the bond of life. May they rest in peace. And let us say: Amen.

In memory of all the dead:

אל מלא רחמים שוכן במרומים המצא מנוחה נכונה תחת
כנפי השכינה במעלות קדושים וטהורים כזהר הרקיע מזהירים
את-נשמות כל-אלה שהזכרנו היום לברכה שהלכו לעולמם,
בגן עדן תהי מנוחתם. אנא בעל הרחמים, הסתירם בסתר
כנפיו לעולמים וצרר בצרור החיים את-נשמותיהם. ה' הוא
נחלתם, ויגוהו בשלום על משכבותיהם. ונאמר אמן.

Exalted, compassionate God, grant perfect peace among the holy and the pure, in Your sheltering Presence, to the souls of all our beloved who have gone to their eternal home. May their memory endure as inspiration for deeds of charity and goodness in our lives. May their souls thus be bound up in the bond of life. May they rest in peace. And let us say: Amen.

מִזְמוֹר לְדָוִד:

ה' רֹעִי לֹא אֶחְסָר:

The Lord is my shepherd, I shall not want.

בְּנֵאֲוֹת רֶשֶׁא יֵרְבִּיצָנִי.

God makes me lie down in green pastures,

עַל־מֵי מְנוּחֹת יִנְהַלֵּנִי:

And leads me beside the still waters.

נַפְשִׁי יִשׁוּבֵב. יִנְחֵנִי בְּמַעְגְּלֵי צְדָק לְמַעַן שְׁמוֹ:

God revives my spirit—and guides me
in paths of righteousness, for the sake of God's name.

גַּם כִּי־אֵלֶךְ בְּנֵיא צִלְמוֹת. לֹא־אִירָא רָע כִּי־אֲתָה עִמָּדִי.

Though I walk in the valley of the shadow of death,
I fear no evil; for You are with me.

שִׁבְטְךָ וּמַשְׁעֲנֶתְךָ הִמָּה יִנְחֵמֵנִי:

Your rod and Your staff comfort me.

תַּעֲרֹךְ לִפְנֵי שִׁלְחֹן גִּגְד צָרָרִי.

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

דִּשְׁנֹת בִּשְׁמֵן רֹאשִׁי כּוֹסֵי רוּיָה:

You anoint my head with oil; my cup overflows.

אֵךְ טוֹב וְחֶסֶד יִרְדְּפוּנִי כָּל־יְמֵי חַיִּי.

Surely goodness and kindness shall follow me
all the days of my life.

וְשָׁבְתִי בְּבֵית־ה' לְאָרְךָ יָמִים:

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

אָשָׂא עֵינַי אֶל־הַהָרִים. מֵאֵן יָבֹא עֲזָרִי:

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

עֲזָרִי מֵעַם ה'. עָשָׂה שָׁמַיִם וָאָרֶץ:

My help comes from the Lord,
Who made heaven and earth.

אֱלֹהֵינוּ לֹמוֹט רַגְלָךְ. אֱלֹהֵינוּ שֹׁמְרֶךְ:

God will not allow your foot to give way;
God, who guards you, will not slumber.

הִנֵּה לֹא־יָנוּם וְלֹא יִישָׁן. שׁוֹמֵר יִשְׂרָאֵל:

For the Guardian of Israel
Neither slumbers nor sleeps.

ה' שֹׁמְרֶךְ. ה' צִלְּךָ עַל־יָד יְמִינֶךְ:

The Lord is your keeper;
The Lord is your protection at your right hand.

יּוֹמָם הַשֶּׁמֶשׁ לֹא־יִכָּבֵה. וַיָּרֶחַ בַּלַּיְלָה:

The sun shall not smite you by day,
Nor the moon by night.

ה' יִשְׁמְרֶךְ מִכָּל־רָע. יִשְׁמַר אֶת־נַפְשְׁךָ:

The Lord shall keep you from all evil;
God shall keep your soul.

ה' יִשְׁמַר־צֵאתְךָ וּבֹאֶךָ. מֵעַתָּה וְעַד־עוֹלָם:

The Lord shall guard your going out and your coming in,
From this time forth and forever.

What death cannot take from us

Death has cast its dark shadow over this home,
And it has left us all deeply bereft.

*A voice has been stilled, a heart has been stopped,
Laughter has departed, joy has fled.*

Gone are the warmth and the glow of a loved one's presence;
The chain of love has lost a vital link.

*Death has taken a life which was precious;
It has brought pain, loneliness, and sorrow.*

And yet there is so much which death cannot touch,
So much over which it has no dominion.

*Death cannot rob us of our past:
The years, the dreams, the experiences which we shared.*

Death cannot take from us the love we knew;
It is woven into the tapestry of our lives.

*The lessons we were taught we shall continue to cherish;
We shall cling to the wisdom which lives on.*

What we have had, we shall always possess;
What we have known, we shall always hold dear.

*Death cannot take from us our abiding trust,
That God will give us strength to endure what we must.*

Death cannot take from us our sustaining hope—
That darkness will yield to light, and hurt give way to healing.

*Death cannot take from us the comforting faith,
That with God every soul is precious; none is ever lost.*

Thus, even in sorrow, we thank the Lord our God,
For our memories and our hopes, for our trust and our faith.

*For these, we believe, need never be lost;
These, and so much more, death cannot take from us.*

Yizkor reflections

SHALL I CRY OUT IN ANGER?

Shall I cry out in anger, O God,
Because Your gifts are mine but for a while?

*Shall I forget the blessing of health
The moment it gives way to illness and pain?*

Shall I be ungrateful for the moments of laughter,
The seasons of joy, the days of gladness and festivity?

*When a fate beyond my understanding takes from me
Friends and kin whom I have cherished, and leaves me
Bereft of shining presences that have lit my way
Through years of companionship and affection,*

When tears cloud my eyes and darken the world,
And my heart is heavy within me,
Shall I blot from the mind the love
I have known and in which I have rejoiced?

*Shall I grieve for a youth that has gone
Once my hair is gray and my shoulders bent,
And forget days of vibrancy and power?*

Shall I, in days of adversity, fail to recall
The hours of joy and glory You once granted me?

*Shall the time of darkness put out forever
The glow of the light in which I once walked?*

Give me the vision, O God, to see and feel
That imbedded deep in each of Your gifts
Is a core of eternity, undiminished and bright,
An eternity that survives the dread hours of
affliction and misery.

*Those I have loved, though now beyond my view,
Have given form and quality to my life,
And they live on, unfailingly feeding
My heart and mind and imagination.*

They have led me into the wide universe
I continue to inhabit, and their presence
Is more vital to me than their absence.

*What You give, O Lord, You do not take away,
And bounties once granted
Shed their radiance evermore.*

Within me Your love and vision,
Now woven deep into the texture of my being,
Live and will be mine forever.

Morris Adler (adapted)

Mourner's Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא בְּעָלְמָא דִּי בְּרָא כְּרַעוּתָהּ, וְיִמְלִיךְ
מַלְכוּתָהּ בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל-בֵּית יִשְׂרָאֵל בְּעָגְלָא
וּבְזֶמַן קָרִיב, וְאָמְרוּ אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמַיָּא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדַּר וְיִתְעַלֶּה
וְיִתְהַלַּל שְׁמֵהּ דְּקֻדְשָׁא בְּרִיךְ הוּא, לְעָלְמָא לְעָלְמָא מְכָל-בְּרַכְתָּא
וְשִׁירְתָּא הַשְׁבַּחְתָּא וְנִחְמַתָּא דְאַמִּירָן בְּעָלְמָא, וְאָמְרוּ אָמֵן.

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

עוֹשֶׂה שְׁלוֹם בְּמִרְוּמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל-יִשְׂרָאֵל,
וְאָמְרוּ אָמֵן.

*Yit-gadal ve-yit-kadash shmei raba, b'alma divra khir'utei ve-
yamlikh mal-khutei b-hayei-khon uve'yomei-khon uve-hayei dis-
khol beit yisrael ba-agala u-vizman kariv v'imru amen.*

Ye-hei shmei raba meva-rakh l'alam ul'almei 'almaya.

*Yit-barakh ve-yish-tabah ve-yitpa'ar ve-yitromam ve-yitnasei ve-yit-
hadar ve-yit'aleh ve-yit-halal shmei d-kudsha brikh hu, l'eila l'eila
mikol bir-khata ve-shirata tush-be-hata ve-nehe-mata da-amiran
b'alma, v'imru amen.*

*Ye-hei shlama raba min shmaya ve-hayim aleinu v'al kol yisrael
v'imru amen.*

*Oseh shalom bimromav hu ya'aseh shalom aleinu v'al kol yisrael
v'imru amen.*

A RELIGION OF LIFE

Judaism is a religion of life, which makes no cult out of death, which seeks no private salvation from the grave, which accepts with confidence and trust both the miracle of birth and the mystery of death.

Our faith does not close its eyes to tragedy and does not deny that we human beings shall never possess the everlastingness of stone, the silent enduring quality of the mountain peak; but we have other gifts, conscious minds, aspiring hearts, far-visioned souls.

Our faith tells us that God has given to each human being the ability to paint a portrait large or small, beautiful or ugly, radiant or blooming; and our faith summons us to become portrait painters of soul-landscapes, worthy to be hung in any art gallery of the spirit.

Judaism proclaims that God has arranged our journey so that in years brief or many we can find love, joy, and the fruits of fulfillment (partial and relative though they be), and that when our day is finished, we should accept its final note with the same calm trust that we greet the skylark's song at sunrise.

Joshua Loth Liebman

A RESPONSE AND A WITNESS

The facts of life and death are neutral. It is we, by our responses, who give meaning to suffering and death.

Illnesses, accidents, human tragedies do kill people. But they do not necessarily kill life or destroy faith.

If the death and suffering of someone we love makes us bitter, jealous, hostile to religion, and incapable of happiness, then it is we who turn the person who has died into one of the "devil's martyrs." If the death of someone close to us brings us to explore the limits of our capacities for strength, love, and cheerfulness, if it leads us to discover sources of consolation which we never knew before, then we make our departed into a witness for the affirmation of life rather than its rejection.

There is one thing which we can still do for those whom we have loved and lost. We could not keep them alive. Perhaps we could not even lessen their pain significantly. But now, after their death, we can let them be witnesses for God and for life.

The dead depend on us for their redemption and their immortality.

Harold Kushner (adapted)