



MAY GOD REMEMBER
THESE BELOVED

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יזכור / Yizkor

יהוה, מה אדם ותדעהו, בן־אנוש ותחשבהו.
אדם להבל דמה, ימיו כצל עובר.
בבקר יציץ וחלף, לערב ימולל ויבש.
ונביא לבב חכמה.

O' God, 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.

We Recall

(Responsively)

(Rabbi) Some of us recall parents who gave us life, who cared for us and nurtured us, and taught us to take our first steps on our own.

(Congregation) Some of us remember a wife, husband, or partner with whom we shared so much of our lives, our hopes and our pains, our failures and our achievements, in our joys and our sorrows, intimate secrets.

(Rabbi) Some of us recall brothers and sisters, who matured together with us, sometimes competing with us, and sometimes encouraging us on, bound to us by a life-long relationship.

(Congregation) Some of us remember children, entrusted to us too briefly, to whom we gave our loving care and from whom we received a trust that enriched our lives. Their memory is always with us.

(Rabbi) Many of us recall relatives who knew us, teachers who affected us, and beloved friends who walked beside us in life, guiding us, listening to us, supporting us.

(Congregation) Our lives are shaped by those who were alongside us as we walked on our path.

(Rabbi) May our inheritance impel us to strive to live lives of holiness and service. May memories of love; may painful memories impel us to mitigate the pain others experience. And may we be granted the strength to affirm life's meaning, even in the face of death.

שׁוֹיְתִי יְהוָה לְנֶגְדִי תָמִיד,
כִּי מִיְמִינִי בַל-אֲמוֹט.
לִכֵּן שִׂמַח לִבִּי וַיִּגַל
כְּבוֹדִי, אֶף בְּשָׂרֵי יִשְׁכֵן לְבַטָּח.

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.

(Together)

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 strengthened by the blessings that they left us and the precious memories that comfort and sustain us as we recall them this day.

We rise.

We each continue in private meditation, selecting from among the following and adding appropriate names as indicated. Personal prayers may be added.

In memory of male relatives or friends:

זְכוֹר אֱלֹהִים אֶת נַשְׁמַת

my father _____ אָבִי מוֹרִי

my husband _____ אִישִׁי

my partner _____ בֶּן זִוְגִי

my brother _____ אָחִי

my son _____ בְּנִי

my relative _____ קְרוֹבִי

my friend _____ חֵבְרִי

(others) _____

שְׁהַלֵּךְ לְעוֹלָמוֹ (שְׁהִלְכוּ לְעוֹלָמָם). הִנְנִי נוֹדֵב

(נוֹדֵבָת) צְדָקָה בְּעַד הַזְכָּרָת נַשְׁמָתוֹ

(נַשְׁמוֹתֵיהֶם). אֲנֵא תְהִי נַפְשׁוֹ צְרוּרָה

(תְּהִיֵּינָה נַפְשָׁם צְרוּרוֹת) בְּצְרוֹר הַחַיִּים וְתְהִי

מְנוּחָתוֹ (מְנוּחָתָם) כְּבוֹד, שְׁבַע שְׁמָחוֹת אֶת-

פְּנִיךָ, נְעִימוֹת בִּימִינְךָ נֶצַח. אָמֵן

who has [have] gone to his [their] eternal home. In loving testimony to his life [their lives], I pledge *tzedakah* to help perpetuate ideals important to him [them]. Through such deeds, and through prayer and remembrance, may his [their] soul[s] be bound up in the bond of life. May I prove myself worthy of the many gifts with which he [they] blessed me. May these moments of meditation strengthen the ties that link me to his [their] memory. May he [they] rest in peace forever in God's presence. Amen.

In memory of female relatives or friends:

זְכוּר אֱלֹהִים אֶת נִשְׁמַת

my mother _____ אִמִּי מוֹרְתִי
my wife _____ אִשִּׁי
my partner _____ בַּת זוּגִי
my sister _____ אַחוֹתִי
my daughter _____ בְּתִי
my relative _____ קְרוֹבִי
my friend _____ חֲבֵרְתִי
(others) _____

שְׁהֲלָכָה לְעוֹלָמָה (שְׁהֲלָכוּ לְעוֹלָמָן). הַנְּנִי
נוֹדֵב (נוֹדֵבַת) צְדָקָה בְּעַד הַזְּכָרַת נִשְׁמַתָּה
(נִשְׁמוֹתֶיהָ). אֲנֵא תְהִי נִפְשָׁה צְרוּרָה
(תְּהִיִּנָּה נִפְשׁוֹתֶיהֶן צְרוּרוֹת) בְּצִוּוֹר הַחַיִּים
וְתְהִי מְנוּחָתָה (מְנוּחָתָן) כְּבוֹד, שְׁבַע שְׁמֵחוֹת
אֶת-פְּנִיךָ, נְעִימוֹת בִּימִינְךָ נֹצֵחַ. אָמֵן

who has [have] gone to her [their] eternal home. In loving testimony to her life [their lives], I pledge *tzedakah* to help perpetuate ideals important to her [them]. Through such deeds, and through prayer and remembrance, may her [their] soul[s] be bound up in the bond of life. May I prove myself worthy of the many gifts with which she [they] blessed me. May these moments of meditation strengthen the ties that link me to her [their] memory. May she [they] rest in peace forever in God's presence. Amen.

A Yizkor Meditation in Memory of a Parent Who Was Hurtful – Robert Saks

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 love, or to 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.

In memory of congregants:

**זְכוֹר אֱלֹהִים נְשָׁמוֹת יְדֵיִדְנוּ חֲבָרֵי הַקְּהָל
הַקְּדוֹשׁ הַזֶּה שֶׁהָלְכוּ לְעוֹלָמָם. אֲנֵא תִהְיֶינָה
נַפְשׁוֹתֵיהֶם צְרוּרוֹת בְּצָרוֹר הַחַיִּים וְתִהְיֶי
מְנוּחָתָם כְּבוֹד, שְׁבַע שְׁמֹחוֹת אֶת־פְּנֵיךָ,
נְעִימוֹת בִּימֵיךָ נְצַח. אָמֵן.**

May God remember the souls of our friends, members of this holy congregation, who have gone to their eternal home. May their souls be bound up in the bond of life. May these moments of meditation strengthen the ties that link us to their memory. May they rest in peace forever in God's presence. Amen. We lovingly recall:

In memory of the six million:

אֵל מְלֵא רַחֲמִים, שׁוֹכֵן בְּמְרוֹמִים, הַמְצֵא
מְנוּחָה נְכוֹנָה תַּחַת פְּנֵי הַשְּׁכִינָה, בְּמַעְלוֹת
קְדוּשִׁים וְטְהוֹרִים, כְּזֹהַר הַרְקִיעַ מִזֵּהִירִים,
לְנַשְׁמוֹת כָּל-אֲחֵינוּ בְּנֵי יִשְׂרָאֵל שֶׁנִּטְבְּחוּ
בְּשׂוֹאָה, אֲנָשִׁים נָשִׁים וְטָף, שֶׁנִּחְנְקוּ
וְשֶׁנִּשְׂרְפוּ וְשֶׁנֶּהְרְגוּ, שֶׁמָּסְרוּ אֶת-נַפְשׁוֹתֵיהֶם
עַל קְדוּשַׁת הַשֵּׁם, בְּגוֹן עֲדוֹן תְּהִי מְנוּחָתָם. אָנָּה
בְּעַל הַרְחָמִים, הַסְתִּירָם בְּסִתְרֶךָ כְּנֶפֶךְ
לְעוֹלָמִים. וְצָרוּר בְּצָרוּר הַחַיִּים אֶת-
נַשְׁמוֹתֵיהֶם. יְהוּה הוּא נַחֲלָתָם. וַיְנוּחוּ בְּשָׁלוֹם
עַל מִשְׁכְּבוֹתֵיהֶם. וְנֹאמֵר אָמֵן.

Exalted, compassionate God, grant perfect peace in Your sheltering presence, among the holy and the pure, whose radiance is like the heavens, to the souls of all the men, women, and children of the House of Israel who were slaughtered, strangled, and burned in the Shoah. May they rest in paradise. Master of mercy, may they find eternal shelter beneath Your sheltering wings, and may their souls be bound up in the bond of life. Adonai is their portion. May they rest in peace. And let us say: Amen.

In memory of all the dead:

אֵל מֶלֶא רַחֲמִים, שׁוֹכֵן בְּמְרוֹמִים, הַמְצִיא
מְנוּחָה נְכוֹנָה תַּחַת פְּנֵי הַשְּׂכִינָה, בְּמַעְלוֹת
קְדוּשִׁים וְטְהוֹרִים, פְּזֹהַר הַרְקִיעַ מִזְהִירִים,
לְנִשְׁמוֹת כָּל-אֵלֶּה שֶׁהִזְכַּרְנוּ הַיּוֹם לְבִרְכָּה,
שֶׁהֲלָכוּ לְעוֹלָמָם, בְּגוֹן עֵדוֹן תְּהִי מְנוּחָתָם.
אֲנֵי בְּעַל הַרַחֲמִים, הַסְתִּירָם בְּסִתְרֵךְ כְּנַפְיֶךָ
לְעוֹלָמִים. וְצָרוֹר בְּצָרוֹר הַחַיִּים אֶת-
נְשָׁמוֹתֵיהֶם. יְהוּה הוּא נֶחֱלָתָם. וַיְנוּחוּ בְּשָׁלוֹם
עַל מְשֻׁכְבוֹתֵיהֶם. וְנֹאמֵר אָמֵן.

Exalted, compassionate God, grant perfect peace in Your sheltering presence, among the holy and the pure, whose radiance is like the heavens, to the souls of all those we have recalled today. May their memory be a blessing, and may they rest in paradise. Master of mercy, may they find eternal shelter beneath Your sheltering wings, and may their souls be bound up in the bond of life. Adonai is their portion. May they rest in peace. And let us say: Amen.

יְהוָה רֹעִי, לֹא אֶחְסָר.
בְּנֵאוֹת דָּשָׁא יִרְבִּיצֵנִי, עַל מֵי מְנַחֹת יְנַהֲלֵנִי.
נַפְשִׁי יִשׁוּבֵב, יִנְחֵנִי בְּמַעְגְּלֵי צְדָק לְמַעַן שְׁמוֹ.
גַּם כִּי אֵלֶךְ בְּגֵיא צַלְמוֹת
לֹא אִירָא רָע כִּי אֵתָּה עִמָּדִי.
שִׁבְטְךָ וּמִשְׁעַנְתְּךָ הֵמָּה יִנְחַמְּנִי.
תַּעֲרֹךְ לְפָנַי שִׁלְחַן נֶגֶד צָרְרִי,
דֹּשַׁנְתָּ בְּשֶׁמֶן רֹאשִׁי, כּוֹסֵי רוּחִי.
אֵךְ טוֹב וַחֲסֵד יִרְדְּפוּנִי כָּל-יְמֵי חַיִּי,
וְשִׁבְתִּי בְּבַיִת יְהוָה לְאָרְךָ יָמִים.

A psalm of David.

Adonai is my shepherd, I shall not want.

God lays me down in green pastures, leads me to calm waters, revives my spirit, guides me in right paths— for that is God’s way.

Though I walk through the valley of the shadow of death, I fear no harm, for You are at my side.

Your staff and Your rod, they comfort me.

You spread a table before me in full view of my foes;

You anoint my head with oil, my cup is overflowing.

Only goodness and steadfast love shall pursue me all the days of my life, and I shall dwell in the house of Adonai forever.

קדיש יתום Mourner's Kaddish

Mourners:

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא, בְּעֲלָמָא דִּי בְרָא,
כְּרַעוּתָהּ, וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן
וּבְחַיֵּי דְכָל-בֵּית יִשְׂרָאֵל, בְּעֲגָלָא וּבְזָמַן קָרִיב,
וְאָמְרוּ אָמֵן.

Congregation and mourners:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וְלְעָלְמָא יְעָלְמָא.

Mourners:

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלַּל שְׁמֵהּ דְקָדְשָׁא,
בְּרִיךְ הוּא, לְעֵלְא (לְעֵלְא) מְכַל-בְּרַכְתָּא וְשִׁירְתָּא
תְּשַׁבְּחָתָא וְנִחְמָתָא דְאִמְיָכוֹן בְּעֲלָמָא, וְאָמְרוּ אָמֵן.

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

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם
עָלֵינוּ וְעַל כָּל-יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

Yitgaddal v'yitkaddash sh'meih rabba, b'alma div'ra, ki-r'uteih, v'yamlikh malkhuteih b'hayyeikhon u-v'yomeikhon u-v'hayyei d'khol beit yisrael, ba-agala u-viz'man kariv, v'imru amen.

Y'hei sh'meih rabba m'varakh l'alam u-l'almei almayya.

Yitbarakh v'yishtabbah v'yitpa-ar v'ytromam v'yitnassei v'yit-haddar v'yit-alleh v'yit-hallah sh'meih d'kudsha, b'rikh hu, l'eilla l'eilla mi-kol birkhata v'shirata tushb'hata v'nehamata da-amiran b'alma, v'imru amen.

Y'hei sh'lama rabba min sh'mayya v'hayyim aleinu v'al kol yisra-el, v'imru amen. Oseh shalom bi-m'romav hu ya.aseh shalom aleinu v'al kol yisra.el [v'al kol yosh'vei teiveil], v'imru