

# Yizkor Memorial Service

5783 2022-2023



### Services and Yahrzeits

*Yahrzeits* are observed on the anniversary of a loved one's death by lighting a candle the previous evening. It is also proper to recite *Kaddish* with our *minyan* on the day of the *Yahrzeit* and at the Shabbat preceding the *Yahrzeit*.

Services are held daily:

Currently due to COVID guidelines, only Monday and Thursday services are in person in our chapel. See website for ZOOM link for all additional services.

Shabbat at 9 AM
Sunday at 8:30 AM ~ ZOOM
Monday and Thursday at 7:00 AM ~ in person
Tuesday, Wednesday and Fridays at 7:00 AM ~ ZOOM

Federal holidays at 8:00 AM

*Yizkor* services are held four times during the Jewish year. The *Yizkor* prayers ask God to remember the souls of the deceased.

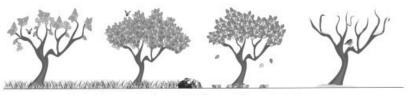
This year, Yizkor will be recited on the following dates:

Wednesday, October 5, 2022 ~ Yom Kippur Monday, October 17, 2022 ~ Shemini Atzeret Wednesday, April 13, 2023 ~ Pesach Saturday, May 27, 2023 ~ Shavuot



A Conservative / Egalitarian Congregation Albany, New York

Building Community \$\precedextcolor Celebrating Tradition



### To Everything There Is A Season

There is a time for everything, For all things under the sun.

A time to be born and a time to die,
A time to laugh and a time to cry,
A time to dance and a time to mourn,
A time to seek and a time to lose,
A time to forget,
And a time to remember.

Ecclesiastes ~ Kohelet



### Selections from Psalms

יְהוָה מָה־אָדָם וַתֵּדָעֵהוּ בֶּן־אֲנוֹשׁ וָתְּחַשְּׁבָהוּ : אָדָם לַהֶבֶל דָּמָה יָמָיו כְּצֵל עוֹבֶר : בַּבֹּקֶר יָצִיץ וְחָלָף לָעֶרֶב יְמוֹלֵל וְיָבָשׁ לִמִנוֹת יַמִינוּ כֵּן הוֹדַע וְנַבָא לִבַב חַכִּמָה :

Eternal One, what are mortals that you regard them?
What is humanity that you take account of it?
We are like a breath; our days like a fleeting shadow.
We are like new grown grass;
in the morning, it flourishes afresh,
in the evening, it is cut down and withers.
Teach us to number our days,
so that we shall acquire a heart of wisdom.

ַּכָּלָה שְׁאֵרִי וּלְבָבִי צוּר־לְבָבִי וְחֶלְקִי אֱלֹהִים לְעוֹלָם: וְיָשֹׁב הָעָפָר עַל־הָאָרֶץ כְּשָׁהָיָה וְהָרוּחַ תָּשׁוּב אֶל־הָאֱלֹהִים אֲשֶׁר נְתָנָהּ: שִׁוִּיתִי יִהֹוָה לְנֵגְדִּי תַמִיד כִּי מִימִינִי בַּל־אֵמָּוֹט:

The flesh and the heart fail,
But God is my strength and my portion forever.
The dust returns to the earth as it was,
but the spirit returns unto God who gave it.
I am ever mindful of Adonai's presence.
God is at my right hand;
I shall not be shaken.



### We Remember

- We come together in this hour of memorial to recall those who have departed from our midst.
- We remember mothers and fathers, who gave us the sacred gift of life, who built families, and foundations for our lives.
- We remember cherished life partners with whom we were lovingly united in body and spirit.
- We remember sisters and brothers, companions with whom we shared a common bond of family and tradition.
- We remember treasured children for whom we hoped and planned, who were taken from us too soon.
- Today, each of us remembers with tenderness and with sadness, family members, friends and members of our community who touched our lives.

#### God of mercy,

- **Give us the gift of remembering.** May our memories of the dead be lasting and true. Let us recall them, and love them, as they were.
- **Give us the gift of tears.** Let our tears express our sense of loss, our sorrow and our pain, as well as our gratitude and our love.
- Give us the gift of hope. May we always believe in the beauty of life, in the right to joy, and in the power of goodness. May our memories of our loved ones inspire us to better ourselves and to better the world in which we live.
- Give us the gift of prayer. May we come before You with an open heart, embraced by Your eternal compassion. May this sanctuary be a safe container for our memory and for our grief.

### תפילות יזכור

The *Yizkor* prayer may be recited for anyone who was important in your life or in the life of the community at large.

Repeat this Yizkor prayer for each male individual you wish to recall at this time:

אָבִי מוֹרִי
בְּעִי הָאָהוֹב
בְּנִי
אָחִי
יִקְירִי
יִקְירִי
יִקְירִי
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יִקְירִי
יִקְיִים וּתְּנִי נוֹדַר ונוֹדֶרְתוֹ צְדָקָה בְּעַד הַזְּכָּרַתְּ
עָּשְׁמָתוֹ. אָנָא תְּהִי נַפְשׁוֹ צְרוּרָה בִּצְרוֹר הַחַיִּיִם וּתְּהִי
יִנְשְׁמַתוֹ בָּימִינְךְ
מְנִיךְ נְעִימוֹת בִּימִינְךְ
עָנִימוֹת בִּימִינְךְ
נְעִימוֹת בִּימִינְךְ



Repeat this *Yizkor* prayer for each female individual you wish to recall at this time:

יִזָבַּר אֱלֹהִים אֶת־נִשְּמַת
אָמִי מוֹרָתִי
ַרַעְיָתָי הָאֲהוּבָה
בָּתִי
אֱחוֹתָני
ּיְקִירָתִי
יְדָידָתָי
שֶּׁהַלְּכָה לְעוֹלָמָהּ הַנְנִי נוֹדֵר ונוֹדֶרָתוֹ צְדָקָה בְּעַד הַזְּכָּרַוּ
נִשְּׁמָתָה. אָנָּא תְּהִי נַפְשָׁהּ צְרוּרָה בִּצְרוֹר הַחַיִּים וּתְּהִי
מְנוּחָתָהּ כָּבוֹד. שֹבַע שְׂמָחוֹת אֶת־פָּנְיֶךְ נִעִימוֹת בִּימִינְדְ
ַנְצֶח. אָמֶן.

### Yizkor Prayers

The *Yizkor* prayer may be recited for anyone who was important in your life or whom you wish to remember.

Repeat this *Yizkor* prayer for each male individual you wish to recall at this time.

May God remember the soul of

my father
my husband
my life partner
my son
my brother
my loved one
my friend

who has gone to his eternal home. I resolve to honor his memory through acts of *tzedakah*: supporting justice and helping those in need. May his soul thus be bound up in the bond of life. May he be at peace in the comfort of Your eternal presence. *Amen* 



Repeat this *Yizkor* prayer for each female individual you wish to recall at this time.

May God remember the soul of

<i>My mother</i>
My wife
My life partner
My daughter
My sister
My loved one
My friend

who has gone to her eternal home. I resolve to honor her memory through acts of *tzedakah*: supporting justice and helping those in need. May her soul thus be bound up in the bond of life. May she be at peace in the comfort of Your eternal presence. *Amen* 

### Additional Readings and Reflections

### Let Their Memories Be a Blessing

Let their memories be a blessing.

In recalling their struggles, let us become able to face our own. In reflecting on their joy, let us become able to savor our own.

Give us the courage to transform loss into hope for the future.

Let their memories be a blessing.



### We Enter the World: a Teaching from the Midrash

We enter the world the same way we depart.

We enter with a cry and go with a cry.

We enter with weeping and go with weeping.

We enter with love and go with love.

We enter with a sigh and go with a sigh.

We enter without knowing and go without knowing.

It was taught in the name of Rabbi Meir:

When we enter the world, our hands are clenched as if to say,

"The whole world is mine; I shall inherit it."

But when we take leave of it, our hands are spread open, as if to say,

"I have taken nothing from the world."

Ecclesiastes Rabbah

### What is a Person?



What is a person?

A person is skin, flesh, blood, veins, nerves, muscle and tissue. But a person is not only that.

What constitutes a human being is the soul, the rest being only the garments that cover our inner essence.

When a person dies, the outer coverings are removed, and that person continues to live by virtue of the soul, which is immortal.

from the Zohar

### Prayer

Teach me, God, to pray, to praise
The splendor of ripe fruit, the wonder of the wrinkled leaf,
The freedom to see, to feel, to breathe,
To know, to hope, and even to know grief.
Teach my lips blessings, song, and praise
When You renew Your time each right night, each dawn,
So that my days will not repeat my yesterdays,
To save my life from the mere routine of all days gone.

Lea Goldberg (translated from Hebrew by Rabbi Jules Harlow)



### A Yizkor Meditation in Memory of a Parent who was Hurtful

Dear God, You know my heart, Perhaps 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 dismay that a parent could hurt a child As I was hurt.

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 be soothed
By the passage of time.

I pray that You, who raises 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, *Amen* 

By Rabbi Bob Saks

### Death is Not the Enemy

I often feel that death is not the enemy of life, but its friend; for it is the knowledge that our years are limited which makes them so precious.

It is the truth that time is but lent to us which makes us, at our best, look upon our years as a trust handed into our temporary keeping.

We are like children privileged to spend a day in a great park, a park filled with many gardens and playgrounds, and azure-tinted lakes and boats sailing upon tranquil waves.

True, the day allotted to each of us is not the same in length, in light, in beauty.

Some children of earth are privileged to spend a long and sunlit day in the garden of the earth. For others, the day is shorter, cloudier, and dusk descends more quickly as in a winter's tale.

But whether our life is a long summery day or a shorter wintry afternoon, we know that inevitably there are storms and squalls which overcast even the bluest heaven and there are sunlit rays which pierce the darkest autumn sky.

The day we are privileged to spend in the great park of life is not the same for all human beings; but there is enough beauty and joy and gaiety in the hours, if we but treasure them.

Then for each of us the moment comes when the great nurse, death, takes us by the hand and quietly says, "It is time to go home. Night is coming. It is your bedtime, child of earth.

Come, you're tired. Lie down at last in the quiet nursery of nature and sleep. Sleep well. The day is gone.

Stars shine in the canopy of eternity."

Joshua Loth Liebman



### In Memory of Jewish Martyrs

We turn our thoughts to those who have died throughout the centuries because they were Jews. We remember those we knew, and those whose very names are lost. We mourn for all that died with them – their goodness, their wisdom, their learning and laughter and love of Torah.

We remember our six million dead, who were murdered during the reign of Nazi terror. May we find the strength and commitment to fight tyranny and evil whenever it arises.

We recall the soldiers of the Israel Defense Forces, and all of the others who have given their lives for the liberation of our homeland and for the security of our people in the Jewish state.

We remember those men and women who were not Jews, who had the courage to stand and suffer with us. Their acts are a source of hope when we despair.

We stand in silence, and honor the memories of all those who have sanctified God's name on this earth.



### Memorial Prayer for Martyrs

אֵל מָלֵא רַחֲמִים, שׁוֹכֵן בַּמְּרוֹמִים, הַמְצֵא מְנוּחָה נְכוֹנָה תַּחַת כַּנְפֵי הַשְּׁכִינָה, בְּמַצֵלוֹת קְדוֹשִׁים וּטְהוֹרִים כְּוְּהַר הָרָקִיעַ מַוְהִירִים, אֶת נִשְׁמוֹת אַחֵינוּ בְּנֵי יִשְׁרָאֵל, אֲנָשִים, נָשִים וְטַף, שֶׁנֶּהֶרְגוּ וְשֶׁנִּשְׁחֲטוּ וְשֶׁנִּשְׂרְפוּ וְשֶׁנֶּחְנְקוּ עַל קִדּוֹשׁ שְּמֶךְ, בְּגַן עָדֶן תְּהֵא מְנוּחָתָם. אָנָא בָּעַל הָרַחֲמִים, הַסְתִּירֵם בְּסָתֶר כְּנָפֶיךְּ לְעוֹלְמִים, וּצְרוֹר בִּצְרוֹר הַחַיִּים אֶת נִשְׁמוֹתֵיהֶם, יְיָ הוּא נַחֲלָתָם, וְיָנְוּחוּ בְּשָׁלוֹם עַל מִשְׁכְּבוֹתֵיהֶם, וְנֹאמֵר אָמֵן.

God, full of compassion, dwelling on high, grant perfect rest under the wings of the *Shekhinah*, among the holy and the pure, to the souls of the men women and children whose lives were sacrificed for the sake of Your Name. Master of Compassion, gather them forever in the shelter of Your wings. May their souls be bound up in the bond of life. The Eternal is their inheritance. May they rest in peace and let us say. *Amen*.

### Memorial Prayer for Those Who Have Died

אֵל מָלֵא רַחֲמִים, שׁוֹכֵן בַּמְּרוֹמִים, הַמְצֵא מְנוּחָה נְכוֹנָה תַּחַת כַּנְפֵּי הַשְּׁכִינָה, בְּמֵעֲלוֹת קְדוֹשִׁים וּטְהוֹרִים כְּזְהַר הָרָקִיעַ מַזְּהִירִים, אֶת נִשְׁמוֹת כָּל אֵלוּ שָׁהִזְּכַּרְנוּ הַיוֹם, שֶׁהָלְכוּ לְעוֹלָמָם, בְּגַן עָדֶן תְּהֵא מְנוּחָתָם. אָנָא בָּעַל הָרַחֲמִים, הַסְתִּירָם בְּסָתֶר כְּנָפֶידְּ לְעוֹלָמִים, וּצְרוֹר בִּצְרוֹר הַחַיִּים אֶת נִשְׁמוֹתֵיהֶם, יְיָ הוּא נַחֲלָתָם, וְיָנְוּחוּ בְּשָׁלוֹם עַל מִשְׁכְבוֹתֵיהֶם. וְנֹאמֵר אָמֵן.

God, full of compassion, dwelling on high, grant perfect rest under the wings of the *Shekhinah*, among the holy and the pure who shine as the light of the firmament, to the souls of all those whom we have recalled on this day. May their souls be bound up in the bond of life. The Eternal is their inheritance. May they rest in peace, and let us say, **Amen**.



### We Remember Them

In the rising of the sun and in its going down, We remember them

In 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 the 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

In the beginning of the year and at its end, 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 decisions that are hard to make, We remember them.

When we have joys we yearn to share,

We remember them

So long as we live, they too shall live, for they are now a part of us, As we remember them.

— Rabbi Sylvan Kamens and Rabbi Jack Riemer



### Psalm 23

מִזְמוֹר לְדָוִד יְהֹנָה רֹעִי לֹא אֶחְסָר: בִּנְאוֹת דָשָׁא יַרְבִּיצֵנִי עַל־מֵי מְנָחוֹת יְנָהַלָנִי: נַפְשִׁי יְשׁוֹבֵב יַנְחֵנִי בְמֵעְגְּלֵי־צֶדֶק לְמֵעַן שְׁמְוֹ: עַּם כִּי־אֵלֵךְ בְּגֵיא צַלְמָוֶת לֹא־אִירָא רָע כִּי־אַתָּה עִמְּדִי שִׁבְטְךְ וּמִשְׁעַנְתֶךְ הַמָּה יְנָחֲמְנִי: תָּעֵרֹךְ לְפָנִי וֹ שֻׁלְחָן נָגֶד צֹרְרָי דְשַׁנְתָּ בַּשֶּמֶן רֹאשִׁי כִּוֹסִי רְנָיָה: וֹ אַךְ טוֹב וָחֶסֶד יִרְדִּפוֹנִי כָּלִיִמִי חַיָּי וְשַׁבְתִּי בְּבֵית־יְהֹוָה לְאֹרֶךְ יָמִים:



#### A Psalm of David

Adonai is my shepherd. I shall not want.
In green meadows, God gives me repose.
God leads me beside the still waters and restores my spirit.
God guides me on paths of righteousness, as befits God's name.
Though I walk through the valley of the shadow of death: I fear no harm, for You are with me.

Your rod and your staff – they comfort me.
You spread a banquet before me in the presence of my foes.
You anoint my head with oil: my cup overflows
Surely goodness and kindness shall pursue me
all the days of my life.

And I shall dwell in the house of Adonai forever.

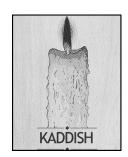
### Variation on the Kaddish

This is the hall, this is the hush, this is the hour I rise to praise the Lord of all the living And the lonely dead.

I rise to praise: I raise my voice I lift my head Despite the sick Despite the dead Despite the cries of pain, I rise To praise my God. I praise the God Whom all folk praise With separate song. Who made the earth, The sky, the throng Of those who raise In prayerful phrase Their souls to him. This holy hour, this hush, this lull I yield to Him whose glory is beyond all praise

And bless His name and say Amen.

- Ruth Brin



### Kaddish: Beauty of the World

Praise the world - praise its fullness and its longing, its beauty and its grief.

Praise stone and fire, lilac and river, and the solitary bird at the window.

Praise the moment when the whole bursts through pain and the moment when the whole bursts forth in joy.

Praise the dying beauty with all your breath, and praising, see the beauty of the world is your own.

Marcia Falk



### Yizkor and Yahrzeit

The Jewish calendar recognizes that the ongoing work of mourning is the task of a lifetime. We grow. We change. We reevaluate past relationships and forge new ones. This understanding of ongoing changes is beautifully recognized in *Yizkor* and *Yahrzeit*.

In the midst of the joys of celebration, holidays may bring up feelings and memories about people who have died, reminding us of their absence and recalling unresolved issues. *Yizkor* services come at these times, when we are particularly vulnerable to the loss, regret, despair, and yearning that accompany grief. This is likely to be true even if death happened long ago.



Yizkor and Yahrzeit help compress issues of mourning into five days, so that during the rest of the year one can go on with life without preoccupation with intense mourning. By structuring the times of mourning, Jewish rituals provide a carefully designed container for our emotional responses. This helps us focus the emotions and gives us the confidence needed to explore these feelings, knowing that they will not last forever. Time will pass and we will enter a new season. We can feel safe to give way to our tears or our rage, knowing that celebration and affirmation are also part of the cycle.

Adapted from Mourning and Mitzvah, by Ann Brener



### Mourners Kaddish

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְּׁמֵהּ רַבָּא. בָּעָלְמָא דִּי בְרָא כִרְעוּתֵהּ, וְיֵמְלִידְּ מַלְכוּתֵהּ בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל, בַּעֲגָלָא וּבִּזְמַן קָרִיב, וְאָמְרוּ **אָמֵוֹ.** 

יָהֵא שְׁמֵהּ רַבָּא מְבָרַףּ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

יִתְבָּרַךְּ וְיִשְׁתַּבַּח וְיִתְּפָּאַר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלֶּל שְׁמֵה דְּקַדְשָׁא **בְּרִידְּ הוּא**, לְעָלֶּא [לְעָלֶּא] מִן כָּל בִּרְכָתָא וְשִׁירָתָא תַּשְׁבְּחָתָא וְנֶחֱמָתָא, דַּאֲמִירָן בְּעָלְמָא, וְאָמָרוּ **אַמֵּו**.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא, וְחַיִּים עָלָינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ **אָמֵן**.

עשָׁה שָׁלוֹם בִּמְרוֹמָיו, הוּא יַנְעֶשֶׁה שָׁלוֹם עָלָינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ **אַמֵּן**.

Yitgadal ve-yitkadash shemei rabbah, be-alma di'vera khir'utei ve-yamlikh malkhutei, be-hayyei-khon u-ve-yomeikon, u-ve-hayyei de-khol beit Yisrael: ba-agala u-vizman kareev, ve-imru **Amen**.

#### Yehei sh'mei rabba mevorakh, le'alam u-l'almei al'maya

Yitbarakh ve-yishtabakh ve-yitpa'ar ve-yit-ro-mam ve-yit-nassei ve-yit-haddar

ve-yit-alleh ve-yit-hallal shemei dekud'sha. **Berikh hu**, le'eilla (le'eilla) min kol birkhata ve-shirata, tush-be-hata ve-ne-he-mata da-amiran be'alma, ve-imru **Amen**.

Yehei sh'lama rabba min shemayya, ve-hayyim aleinu ve'al kol Yisrael, ve-imru **Amen**.

Oseh shalom bim'romav, hu ya'aseh shalom aleinu ve-al kol Yisrael, ve-imru **Amen**.

#### Abelson

Elaine Rubin Harvey Rubin Joseph Nadler Lena Nadler Joseph Rubin Goldie Rubin

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Burton C. Agata Dale S. Agata Abby F. Agata Samuel Axler Beatrice E. Axler Marin Granirer Bessie Granirer Augusta Agata Max Agata Rhoda Bellach

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Fay Davidoff Leo Davidoff Henrietta Nozick Joseph Nozick Ida Nozick Murray Nozick

#### Deitcher, J David Mark

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#### Deitcher, S

John Deitcher Etta Deitcher Herbert Deitcher Elizabeth Walden George Walden Frances Farber Marion Goldman Carole Robinson Al Goldman

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Joel Fromer
Rose Fromer
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Miriam Spevak
Abraham Weprinsky
Anna Weprinsky
Saul Weprin
Jack Weprin

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Martin Gally Morry Natal

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#### Gomez

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Louis Greenblatt
Robert Greenblatt
Shirley Greenblatt
Milton Lyon
Harriet Lyon Raus

#### Greenstein/Shallop

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Harry Ikler
Charlotte Ackerman
Natham Ackerman
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Michael Lazarus
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Hilda Rothschild

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Denise Schwartz Veesaert Don Schwartz

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Daniel Silverstein
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Anne Harrison
Jacob Neifeld
Florence Neifeld
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#### Sternklar

Adele Chick Isidore Chick

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Irwin Arbesman Bertha Arbesman

continued

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Leonard E. Stokes, Jr. Mary Jane Stokes Dawn Stokes Lester

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Jewele Shabel
Jean Shabel
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#### Readings in this booklet were adapted from the following sources:

Kol Haneshamah Daily Prayer Book, Reconstructionist Press Renew Our Days, Ed. Ronald Aigen, Congregation Dorshei Emet, Montreal Daily Prayer Book, Ed. Rabbi Morris Silverman, Prayer Book Press Siddur Sim Shalom, Ed. Rabbi Jules Harlow, Rabbinical Assembly, United Synagogue of America

# Book of Remembrance ספר זכרון

5783 2022-2023



## Congregation Ohav Shalom

113 New Krumkill Road Albany, NY 12208 518-489-4706

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