

זכור

Yizkor Memorial Service

5786

2025 - 2026



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*.

In person Minyan held Sunday—Friday in our chapel.

Also available livestream, see website for ZOOM link .

Shabbat at 9:15 AM

Sunday at 8:30 AM

Monday – Friday at 7:00 AM ~ in person and 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:

Thursday, October 2, 2025 ~ Yom Kippur

Tuesday, October 14, 2025 ~ Shemini Atzeret

Thursday, April 9, 2026 ~ Pesach

Saturday, May 23, 2026 ~ Shavuot

אוהב שלום



Ohav
Shalom

A Conservative / Egalitarian
Congregation
Albany, New York

Building Community ✡ *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

קֹהֶלֶת

Selections from Psalms

יְהוָה מִה־אָדָם וַתִּדְעֵהוּ בְּרֹאשׁוֹ וַתַּחֲשֹׁבֵהוּ :
אָדָם לְהֵבֵל דָּמָה יָמָיו כְּצֵל עוֹבֵר :
בִּבְקָר יִצִּיץ וְחֶלֶף לָעָרֵב יִמּוּלֵל וַיִּבֹּשׁ
לְמִנּוֹת יָמֵינוּ כֵּן הוֹדַע וְנָבֵא לְבַב חֲכָמָה :

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.

כָּלֶּה שְׂאִירִי וּלְבָבִי צוּר־לִבִּי וְחֶלְקִי אֱלֹהִים לְעוֹלָם :
וַיֵּשֶׁב הָעֶפֶר עַל־הָאָרֶץ כְּשֶׁהָיָה וְהָרוּחַ תָּשׁוּב אֶל־הָאֱלֹהִים אֲשֶׁר נִתְּנָה :
שְׁוִיטִי יְהוָה לִנְגִדִי תָמִיד כִּי מִיָּמִינִי בִּלְאָמוּט :

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:

יִזְכֹּר אֱלֹהִים אֶת-נַשְׁמַת
אָבִי מוֹרִי
רַעֲי הָאֱהוּב
בְּנִי
אָחִי
יָקִירִי
יָדִידִי
שֶׁהִלֵּךְ לְעוֹלָמוֹ. הִנְנִי נוֹדֵר (וְנוֹדֶרֶת) צְדָקָה בְּעַד הַזְכָּרַת
נַשְׁמָתוֹ. אֲנֵא תְהִי נִפְשׁוֹ צְרוּרָה בְּצִוּוֹר הַחַיִּים וְתִהְיֶה
מְנוּחָתוֹ כְּבוֹד. שִׁבְעַ שְׁמָחוֹת אֶת-פָּנֶיךָ נְעִימוֹת בְּיָמֶיךָ
נִצַּח. אָמֵן.



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

יִזְכֹּר אֱלֹהִים אֶת-נַשְׁמַת
אִמִּי מוֹרֵתִי
רַעֲיָתִי הָאֱהוּבָה
בָּתִּי
אָחוֹתִי
יָקִירָתִי
יָדִידָתִי
שֶׁהִלְכָה לְעוֹלָמָהּ הִנְנִי נוֹדֵר (וְנוֹדֶרֶת) צְדָקָה בְּעַד הַזְכָּרַת
נַשְׁמָתָהּ. אֲנֵא תְהִי נִפְשָׁהּ צְרוּרָה בְּצִוּוֹר הַחַיִּים וְתִהְיֶה
מְנוּחָתָהּ כְּבוֹד. שִׁבְעַ שְׁמָחוֹת אֶת-פָּנֶיךָ נְעִימוֹת בְּיָמֶיךָ
נִצַּח. אָמֵן.

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

My mother.....

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

אל מלא רחמים, שוכן במרומים, המצא מנוחה וכוונה תחת כנפי השכינה, במעלות קדושים וטהורים כזהר הרקיע מזוהרים, את נשמות אחינו בני ישראל, אנשים, נשים וטף, שנהרגו ושנשחטו ושנשרפו ושנחנקו על קדוש שמך, בגן עדן תהא מנוחתם. אָנָּה בָּעַל הַרְחָמִים, הַסְתִּירָם בְּסֶתֶר כְּנֶפֶיךָ לְעוֹלָמִים, וְצָרוּר בְּצִרּוֹר הַחַיִּים, אֶת נַשְׁמוֹתֵיהֶם, יְיָ הוּא נַחֲלָתָם, וְיִנְחוּ בְּשָׁלוֹם עַל מִשְׁכְּבוֹתֵיהֶם, וְנֹאמַר 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

אל מלא רחמים, שוכן במרומים, המצא מנוחה וכוֹנֶה תחת כנפי השכינה, במעלות קדושים וטהורים כְּזֹהֵר הַרְקִיעַ מִזֹּהִירִים, אֶת נִשְׁמוֹת כָּל אֱלוֹ שֶׁהִזְכַּרְנוּ הַיּוֹם, שֶׁהָלְכוּ לְעוֹלָמָם, בְּגֶן עֵדֶן תִּהְיֶה מְנוּחָתָם. אָנָּה בְּעַל הַרְחָמִים, הַסְתִּירָם בְּסֶתֶר כְּנִפֶּיךָ לְעוֹלָמִים, וְצָרוֹר בְּצִרוֹר הַחַיִּים אֶת נִשְׁמוֹתֵיהֶם, יְיָ הוּא נִחַלְתָּם, וְיִנְחוּ בְּשָׁלוֹם עַל מִשְׁכַּבּוֹתֵיהֶם. וְנֹאמַר 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 יְהוָה רֹעִי לֹא אֶחָסֵר:
בְּנֵאוֹת דָּשָׁא יִרְבִּיצֵנִי עַל־מִי מְנַחֲוֹת יְנַהֲלֵנִי:
נִפְשִׁי יִשׁוּבֵב יִנְחֵנִי בְּמַעְגְּלֵי־צֶדֶק לְמַעַן שְׁמוֹ:
גַּם כִּי־אֵלֶף בָּגִיא צִלְמֹת לֹא־אִירָא רָע כִּי־אַתָּה עֲמָדִי שְׁבִטְךָ
וּמִשְׁעֲנֶתְךָ הִפָּה יְנַחֲמֵנִי:
תַּעֲרֹךְ לִפְנֵי שִׁלְחֹן נֶגֶד צִרְרֵי דִשְׁנֶת בִּשְׁמֹן רֹאשִׁי כוֹסֵי רוּיָה:
אֵף טוֹב וְחֶסֶד יִרְדְּפוּנִי כָּל־יְמֵי חַיִּי וְשִׁבְתִּי בְּבֵית־יְהוָה לְאָרְךָ
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

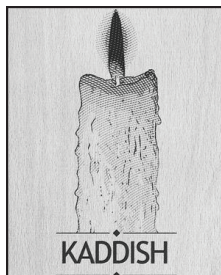
Their souls to him.

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 Mikvah*, by Ann Brener



Mourners Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעָלְמָא דִּי בְּרָא כְרַעוּתָהּ, וְיִמְלִיךְ
מַלְכוּתָהּ בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל, בְּעָגְלָא וּבְזִמְן
קָרִיב, וְאָמְרוּ אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְּקֻדְשָׁא בְּרִיךְ הוּא, לְעָלָא [לְעָלָא] מִן כָּל בְּרַכְתָּא וּשְׁיִרְתָּא
תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְּאָמִירוֹן בְּעָלְמָא,
וְאָמְרוּ אָמֵן.

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

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

*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.*

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Scher continued

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Samuel Schips
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Irving Louis Diamond
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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



may their memory be for a blessing

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