

From Psalm 16: Secure in the Presence of God

Shiviti Adonai l'negdi tamid;

ki mimini: bal-emot.

Lachein samach libi, vayagel k'vodi;

af-b'sari yishkon lavetach.

שׁוְּיתִי, יְיָ, לְבֶּגְדִּי תָמִיד כִּי מִימִיבִּי בַּל־אֶמוֹט. לָבֵן שָׁמֵח לִבִּי וַיְּגֶל כְּבוֹדִי אַף־בְּשָׁרִי יִשְׁכֹּן לָבֶטַח. אַף־בְּשָׁרִי יִשְׁכֹּן לָבֶטַח.

Ki lo-taazov nafshi lish·ol; lo-titein chasid'cha lirot shachat. Todi·eini orach chayim, sova s'machot et panecha,

n'imot bimin'cha netzach.

בִּי לֹא־תַצְזֹב נַפְשִׁי לִשְׁאוֹל לֹא־תִתֵּן חֲסִידְךּ לִרְאוֹת שֶׁחַת. תּוֹדִיעֵנְי אְרַח חַיִּים שְׂבַע שְׁמָחוֹת אֶת־פָּנֶיךְּ נִעִמוֹת בִּימִינִךְ נֵצַח.

Keep me, Eternal One, for in You I find refuge, and in You my soul finds its peace.
Guardian of all my days,
You are my cup from which I drink,
and the portion of my life.
I thank You for guiding my steps,
for the inner voice that instructs me.

I have set You before me always; with You beside me I cannot fail. So my heart is glad, my soul rejoices, and all of me can rest secure: for You will not abandon me in death. You show me the path of life, and Your presence is fullness of joy.

This is the hour of memory — and this is a place of comfort.

Wounded by loss, we retreat from life; We come to this cemetery, at the turning of the year and we find, here, a gathering, a coming together into a place of love and devotion.

Into this place we bring stories and prayers, unanswered questions, tears that need to be shed. Lives recollected and carried within us — moments of courage and laughter and pain — this day embraces them all; this place embraces us all.

Now the heart opens in sorrow, for we are time's subjects, and all that we love we must lose.

So let us hold fast to the love that remains, and cherish the light of the sun. Today all of us walk the mourner's path; together may we find strength.

Meditations

At the moment of our departure from this world, neither silver nor gold nor precious stones accompany us — only learning and good deeds.

Mishnah Avot 6:9

The dust returns to the earth as it was; the spirit returns to God, who gave it.

Ecclesiastes 12:7

בֶר יָיָ בִשְּׁבֵּת אֶדָם Ner Adonai nishmat adam The spirit within is the lamp of God Eternal.

Proverbs 20:27

A voice says: Cry out!

And I say: What shall I cry? All flesh is grass, all its goodness like flowers of the field.

Grass withers, flowers fade, when from Beyond the wind blows.

Indeed we are but grass.

It withers, and the flowers fade — but the word of our God abides forever.

Isaiah 40:6-8 (adapted)

By the sweat of your brow shall you get bread to eat, until you return to the ground — for from it were you taken: for dust you are, and to dust you shall return.

Genesis 3:19

Human beings are like a cord tied at two ends: bound to the earth through their bodies and to heaven through their souls. They are partly animal through the physical aspect of their being and partly angel through the spiritual aspect of their being. They are mortal yet immortal, transient yet eternal, filled at once with misery and grandeur.

Rabbi Samuel H. Dresner (adapted)

How precious Your loving-kindness — We take refuge in the shadow of Your wings.

How abundant the feast in Your house —

You give us drink from the river of Your delights.

For You are the fountain of life; in Your light shall we see light.

Psalm 36:8-10 (adapted)

In reverence, suffering, and humility we discover our existence and find the bridge that leads from existence to God.

Rabbi Abraham Joshua Heschel



בְּתַח דָבָר Peitach Davar

בּוָבוֹת Kavanot YOM KIPPUR : YIZKOR אוֹן בַרפוּןך : יוֹזְבוּןר

On Inner Strength and Survival

ADONAI, ma adam vateida-eihu?

Ben enosh vat'chashveihu?

Adam lahevel dama yamav k'tzeil oveir.

Baboker yatzitz v'chalaf,

la-erev y'moleil v'yaveish.

Tasheiv enosh ad daka,

vatomeir: Shuvu, v'nei adam!

Lu chachmu yaskilu zot,

yavinu l'acharitam!

Ki lo v'moto yikach hakol;

lo yeireid acharav k'vodo.

Sh'mor tam ur'ei yashar,

ki acharit l'ish shalom.

Podeh Adonai nefesh avadav,

v'lo yesh'mu kol hachosim bo.

נְּנִילָ, מָה־אָדָם וַתִּדָּגְהוּיִ בָּן־אֶנוֹשׁ וַתְּחַשְׁבֵּהוּיִ אָדָם לַהֶּבֶל דָּמָה יָמָיו כְּצֵל עוֹבֵר. בַּבְּקֶר יָצִיץ וְחָלָף, תָּשֵׁב אֲנוֹשׁ עַד־דַּכָּא, וַתְּאֹמֶר: שִׁוֹבוּ, בְנֵי־אָדָם! לוּ חָכְמוּ יַשְׂכִּילוּ זֹאת, לִבִינוּ לְאַחֲרִיתָם! כִּי לֹא בְמוֹתוֹ יִקַּח הַכֹּל;

פָּי כאַ בְּכּװנּוּ יִּצְּוּיוּ נַוּפּׁכּי, לֹא־זֵרֵד אַחֲרָיוּ כְּבּוֹדוֹ. שְׁמָר־תָּם וּרְאֵה יָשָׁר, כִּי אַחֲרִית לְאִישׁ שָׁלוֹם. פֹּדֵה יִיָּ נֵפֵשׁ עַבָּדָיוּ,

וְלֹא יֶאְשְׁמוּ כָּל־הַחֹסִים בּוֹ.

Adonai, how hard to fathom that we are worthy of Your care! How astonishing — Your awareness of us! For we are like the morning mist; our days — a passing shadow.

At dawn we flourish anew; by dusk we wither and fade. Sending us back to earth's dust,

You tell us: "Return, you who belong to humanity."

If only we were wise and understood what lies ahead —
for when we die we carry nothing away;

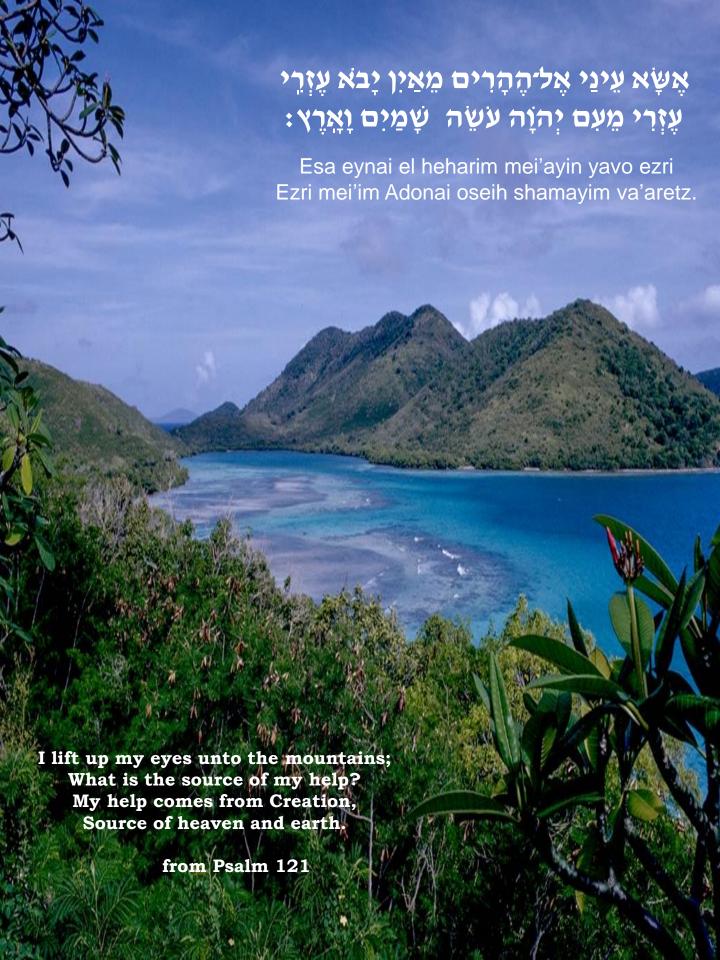
we leave our possessions behind.

So mark the whole-hearted, take note of the upright — for there is purpose in a life of integrity.

Adonai, You replenish the lives of all who revere You; and those who trust in You will never despair.

based on Psalms 144:3-4; 90:6, 3; Deuteronomy 32:29; Psalms 49:18; 37:37; 34:23





If some messenger were to come to us with the offer that death should be overthrown, but with the one inseparable condition that birth should also cease; if the existing generation were given the chance to live forever, but on the clear understanding that never again would there be a child, or a youth, or first love, never again new persons with new hopes, new ideas, new achievements; ourselves for always and never any others — could the answer be in doubt?

When we fear death's decree,
let these bring us solace:
the memory of loved ones
who have gone before us;
a vision of generations to come,
through whom we reach far into the future —
beyond our own lives.

Psalm 23

Adonai Ro'i Lo Echsar.
Bin'ot deshe yarbitzeini,
al mai m'nuchot y'na'haleini.
Nafshi y'shoveiv,
yan'cheini v'ma'agalei tzedek,
l'ma'an sh'mo.
Gam ki eileich b'gai tzalmavet,
lo ira ra, ki atta imadi.
Shiv'techa umishantecha, heima y'nachamuni.
Ta'aroch lifanai shulchan neged tzor'rai,
dishanta vashemen roshi, kosi rivaya.
Ach tov vachesed yird'funi kol y'mei chayai,
v'shavti b'veit Adonai, l'orech yamim.

מִזְמוֹר לְדָוִד יְהֹנָה רֹעִי לֹא אֶחְסֶר:
בּּנְאוֹת דָּשֶׁא יַרְבִּיצֵנִי עַלֹּ־מֵי מְנָחוֹת יְנְהַלֵּנִי:
נַּפְשִׁי יְשׁוֹבֵב יַנְחֵנִי בְמַעְּגְּלֵי־צֶדֶק לְמַעַן שְׁמְוֹ:
נַּפְשִׁי יְשׁוֹבֵב יַנְחֵנִי בְמַעְּגְּלֵי־צֶדֶק לְמַעַן שְׁמְוֹ:
כִּי־אַתָּה עִּמָּדִי
שִׁבְטְדְ וּמִשְׁעַנְּתָּדְ הֵמָּה יְנְחֲמֻנִי:
תְּעֲרֹדְ לְפָנֵי וֹ שֻׁלְחָן נָגֶד צֹרְרָי
תַּעְרֹדְ לְפָנֵי וֹ שֻלְחָן נָגֶד צֹרְרָי
אַדְ טוֹב וָחֶסֶד יִרְדְּפוּנִי כָּלֹ־יְמֵי חַיָּי
וְשְׁבָתִי בָּבֵית־יִהֹנָה לְאֹרֵדְ יַמִים:

The Eternal God is my shepherd; I shall not want.

God makes me lie down in green pastures; God leads me beside still waters.

God restores my soul; leads me in paths of righteousness for God's name's sake. Yea, though I walk through the valley of the shadow of death,

I will fear no evil; for you are with me;

your rod and your staff comfort me.

You prepare a table before me in the presence of my enemies;

you anoint my head with oil; my cup runs over.

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

and I will dwell in the house of the Lord forever.

L'CHOL ish yesh shem shenatan lo Elohim v'natno aviv v'imo.
L'chol ish yesh shem she'natnu lo komato v'ofen chiyucho v'natan lo he-arig.
L'chol ish yesh shem

she'natnu lo heharim

v'natnu lo k'talav.

לְכָל אִישׁ יֵשׁ שֵׁם שָׁנָתַן לוֹ אֱלֹהִים לְכָל אִישׁ יֵשׁ שֵׁם שְׁנָתְנוּ לוֹ קוֹמָתוֹ וְאָפֶן חִיּוּכוֹ וְנָתַן לוֹ הֶאָרִיג. לְכָל אִישׁ יֵשׁ שֵׁם שָׁנָתְנוּ לוֹ הֶהָרִים שִׁנָּתְנוּ לוֹ הֶהָרִים ונתנוּ לוֹ כִּתלִיו.



Each one of us has a name, given to us by nature, and given to us by our parents.

Each of us has a name, given to us by our stature and our way of smiling, and given to us by our clothes.

Each of us has a name given to us by the mountains, and given to us by our walls.

Each of us has a name given to us by the planets, and given to us by our neighbors.

Each of us has a name given to us by our sins, and given to us by our longing.

Each of us has a name given to us by our enemies, and given to us by our love.

Each of us has a name given to us by our fast days, and given to us by our craft.

Each of us has a name given to us by the seasons of the year, and given to us by our blindness.

Each of us has a name given to us by the sea, and given to us by our death.

Zelda

El malei rachamim,
shochein bam'romim,
hamtzei m'nuchah n'chonah
tachat kanfei hash'chinah —
im k'doshim ut·horim
k'zohar harakia mazhirim—
l'nishmot yakireinu
shehal'chu l'olamam.
Baal harachamim yastireim
b'seiter k'nafav l'olamim;
v'yitzror bitzror hachayim
et nishmatam.
Adonai — hu nachalatam.

אֵל מַלֶא רַחֲמִים, שוכן במרומים. הַמְצֵא מִנוּחַה נְכוֹנַה תַּחַת כַּנִפֵּי הַשָּׁכִינָה עם קדושים וטהורים בּוְהַר הָרָקִיעַ מַוְהִירִים לְבָשָׁמוֹת יַקִּירֵינוּ שֶׁהָלְבוּ לְעוֹלָמֶם. בַּעַל הָרַחֵמִים יַסִתִּירֵם בְּסֵתֶר בִּנָפָיו לִעוֹלַמִים, ויצרור בצרור החיים את נִשְׁמַתַם. יַני הוּא נַחֵלַתַם. וָיָבִוּחוּ בִּשָּׁלוֹם עַל מִשְּבַּבַם. ֿבֿאמַר: אַמֶּךְ.

הַזְכָּרַת נְשָּׁמוֹת

אֵל מָלֵא רַחֲמִים El Malei Rachamim Memorial Prayer

בַּנָבוֹת לַקַּדִּישׁ קַדִּישׁ יָתוֹם

Merciful God, God Most High:

V'yanuchu b'shalom al mishkavar

Let there be perfect rest

V'nomar: Amen.

for the souls of our loved ones who have gone into eternity.

May they find shelter in Your presence among the holy and pure whose light shines like the radiance of heaven. Compassionate God, hold them close to You forever.

May their souls be bound up in the bond of life eternal.

May they find a home in You.

And may they rest in peace.

Together we say: Amen.



O God, full of compassion, who dwells on high:
grant perfect rest
in Your sheltering presence
along with the holy and pure,
who shine as the brightness of the firmament,
to our loved ones
who have gone to their eternal home.
Master of mercy, shelter them
beneath the shadow of Your wings,
and let their souls be bound up
in the bond of eternal life.
The Eternal God is their inheritance;
may they rest in peace.
And let us say, Amen.

Mourner's Kaddish

Yitgadal v'yitkadash sh'meih raba,
b'alma di v'ra chiruteih.
V'yamlich malchuteih b'chayeichon
vyomeichon,
uvchayei d'chol beit Yisrael —
baagala uvizman kariv;
v'imru: Amen.
Y'hei sh'meih raba m'varach

l'alam ul·almei almaya.

יִתְבַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא, בְּעָלְמָא דִּי בְרָא כִּרְעוּתֵהּ וְיַמְלִיךְ מֵלְכוּתֵהּ בְּחַיֵּיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׁרָאֵל, בַּעֲגָלָא וּבִזְמַן קָרִיב. וְאִמְרוּ: אָמֵן,

> יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְּ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

•00

May God's great name come to be magnified and sanctified in the world God brought into being. May God's majestic reign prevail soon in your lives, in your days, and in the life of the whole House of Israel; and let us say: *Amen*. May God's great name be blessed to the end of time.



Yitbarach v'yishtabach v'yitpaar
v'yitromam v'yitnasei v'yit·hadar
v'yitaleh v'yit·halal sh'meih
v'kudsha — b'rich hu —
l'eila ul·eila mikol birchata v'shirata,
tushb'chata v'nechemata
daamiran b'alma;
v'imru: Amen.

יִתְבָּרֵךְ וְיִשְׁתַּבֵּח וְיִתְפָּאַר וְיִתְרוֹמֵם וְיִתְנַשֵּא וְיִתְהַדָּר דְּקְדְשָׁא, בְּרִיךְ הוּא, לְעֵלָּא וּלְעֵלָּא מִכְּל בִּרְכָתָא וְשִׁירָתָא, תְּשְׁבְּחָתָא וְנָחֱמָתָא דַּאֲמִירָן בְּעָלְמָא. וְאִמְרוּ: אָמֵן.

0.0

May God's holy name come to be blessed, acclaimed, and glorified; revered, raised, and beautified; honored and praised. Blessed is the One who is entirely beyond all the blessings and hymns, all the praises and words of comfort that we speak in the world; and let us say: *Amen*.



YOM KIPPUR : YIZKOR יוֶם בַיפוּן ; יוֹבוּן

Y'hei sh'lama raba min sh'maya, v'chayim aleinu v'al kol Yisrael; v'imru: Amen. יְהֵא שְׁלָמֶא רַבָּא מִן שְׁמֵיָּא, וְחַיִּים עָלֵיבוּ וְעַל כְּל יִשְׂרָאֵל. וְאִמְרוּ: אָמֵן.

Oseh shalom bimromav,
Hu yaaseh shalom aleinu,
v'al kol Yisrael
v'al kol yoshvei teiveil;
v'imru: Amen.

עשה שָלוּם בִּמְרוֹמָיו הוּא יַצְשֶׁה שָלוֹם עָלִינוּ וְעַל כָּל יִשְׁרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵבֵל. וְאִמְרוּ: אָמֵן.

00

Let perfect peace abound; let there be abundant life for us and for all Israel. May the One who makes peace in the high heavens make peace for us, all Israel, and all who dwell on earth; and let us say: *Amen*.



יִהְיוּ לְרָצוֹן אִמְרֵי פִּי וְהֶגְיוֹן לִבִּי לְפָנֶיךְ, יְיָ צוּרִי וְגוֹאֲלִי. Yih'yu l'ratzon im'rei fi v'hegyon libi l'fanecha, Adonai Tzuri V'Go'ali.

May the words of my mouth, and the meditations of my heart be acceptable to You, Adonai, my Rock and my Redeemer.

> עֹשֶׂה שָׁלוֹם בִּמְרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ, וְעַל כָּל יִשְׂרָאֵל, (וְעַל כָּל יוֹשְׁבֵי תֵבֵל) וְאִמְרוּ אָמֵן.

Oseh Shalom bimromov, hu ya'aseh shalom aleinu, v'al kol Yisrael (v'al kol Yosh'vei Teiveil), v'imru: Amen.

May the One who makes peace in the high heavens make peace for us, for all Israel, and for all who inhabit the earth.

And let us say: Amen.

