

MEMORIAL PRAYERS



**TORCHINSKY HEBREW
FUNERAL HOME**

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TORCHINSKY HEBREW FUNERAL HOME

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254 Carroll Street, NW
Washington, DC 20012
(At the Montgomery Co., MD/
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"Look for our Star"



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MOURNER'S KADDISH

(Sephardic)

Yit-ga-del ve-yit-ka-dash she-mei ra-ba
be-al-ma di-ve-ra-chi-re-u-tei, ve-yam-lich
mal-chu-tei be-cha-yei-chon u-ve-cha-yei
de-chol beit Yis-ra-eil, ba-a-ga-la
u-vi-ze-man ke-riv, ve-i-me-ru: a-mein.

Congregation

Ye-hei she-mei ra-ba me-va-rach le-a-lam
u-le-al-mei al-ma-ya.

Mourners

Yit-ba-rach ve-yish-ta-bach, ve-yit-pa-ar
ve-yit-ro-mam ve-yit-na-sei, ve-yit-ha-dar
ve-yit-a-leh, ve-yit-ha-lal she-mei
de-ku-de-sha, be-rich hu, le-ei-la min kol
bi-re-cha-ta ve-shi-ra-ta, tush-be-cha-ta
ve-ne-che-ma-ta, da-a-mi-ran be-al-ma,
ve-i-me-ru: a-mein.

Ye-hei she-la-ma-ra-ba min she-ma-ya
ve-cha-yim a-lei-nu ve-al kol Yis-ra-eil,
ve-i-me-ru: a-mein.

O-seh sha-lom bi-me-ro-mav, hu ya-a-seh
sha-lom a-lei-nu ve-al kol Yis-ra-eil,
ve-i-me-ru: a-mein.

THE MOURNER'S KADDISH

Mourners

יְתוּגַל וַיִּתְקַדַּשׁ שְׁמֵהּ רַבָּא בְּעֵלְמָא דִּרְבָּרָא
כְּרַעוּתָהּ. וַיִּמְלִיךְ מַלְכוּתָהּ בְּחַיִּיכוֹן וּבְיַמִּיכוֹן וּבְחַיֵּי
רַקְל בֵּית יִשְׂרָאֵל בְּעֵנְלָא וּבְזִמְן קָרִיב וְאָמְרוּ אָמֵן:

Congregation and Mourners

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וּלְעָלְמֵי עָלְמַיָּא:

Mourners

יְתוּבְרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר וַיְהַרְזֵם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר
וַיִּתְעַלֶּה וַיִּתְהַלֵּל שְׁמֵהּ דְּקוּדְשָׁא בְּרִיךְ הוּא. לְעֵלְא
מְרַבְּל-כְּרַתָּא וְשִׁירְתָּא חֲשִׁבְתָּא וְנַחְמָתָא דְּאָמִירָן
בְּעֵלְמָא וְאָמְרוּ אָמֵן:

Mourners

יְהֵא שְׁלָמָא רַבָּא מְרַשְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל-כָּל-
יִשְׂרָאֵל. וְאָמְרוּ אָמֵן:

Mourners

עוֹשֶׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה
שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְאָמְרוּ אָמֵן:

MOURNER'S KADDISH

Readers and Mourners

Magnified and sanctified be the great name of God throughout the world which He hath created according to His will. May He establish His kingdom during the days of your life and during the life of all the house of Israel, speedily, yea, soon; and say ye, Amen.

Congregation

May His great name be blessed for ever and ever.

Reader and Mourners

Exalted and honored by the name of the Holy One, blessed be He, whose glory transcends, yea, is beyond all blessings and hymns, praises and consolations which are uttered in the world; and say ye, Amen.

May there be abundant peace from heaven, and life for us and for all Israel; and say ye, Amen.

May He who establisheth peace in the heavens, grant peace unto us and unto all Israel; and say ye, Amen.

Prayer with which Mourners are greeted as they depart from the grave and during the period of Shiva:

הַמְּקוֹם יְנַחֵם אוֹתְךָ (אֲתָכֶם) בְּתוֹךְ שְׂאֵר אֲבְלֵי צִיּוֹן
וִירוּשָׁלַיִם.

Hamakom yenachem oscha (male)
osach (female) eschem (M/F more than one)
b'soch sh'ar avaylay tzion viyirushalayim.

"May the Almighty comfort you among the rest of the mourners of Zion and Jerusalem."

קריש אחר הקבורה

This Kaddish said only at the grave

יְתַדְּל וַיִּתְקַדֵּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי הוּא עֲתִיד
לְאַתְחַדְתָּא וְלֹאֲחִיזָאָה מִתְּיָא וְלֹאֲסַקָּא יְתְּהוֹן לְחַיִּי
עֲלְמָא וְלִמְבַנָּא קַרְתָּא דִּי יְרוּשָׁלַם וְלִשְׁכַלְלָא הֵיכְלָה
בְּגוּה וְלִמְעַקֵּר פְּלַחְנָא וְנִכְרָאָה מִן אַרְעָא וְלֹאֲתַבָּא
פְּלַחְנָא דִּי שְׁמֵיָא לְאַתְרָהּ. וַיְמַלִּיךְ קִדְשָׁא בְּרִיךְ הוּא
בְּמַלְכוּתָהּ וַיְקַרְהּ. בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיִּי דִּי כָל
בֵּית יִשְׂרָאֵל בְּעֵלְמָא וּבּוֹמֵן קָרִיב וְאִמְרוּ אָמֵן:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעֵלָם וְלְעַלְמֵי עֲלְמֵיָא:
וַיְתַבְּרֵךְ וַיְשַׁמְבַּח וַיְתַפְּאֵר וַיְתַרְמֵם וַיְתַנְשֵׂא וַיְתַהַדְּר
וַיְתַעֲלֶה וַיְתַהַלֵּל שְׁמֵהּ דְקִדְשָׁא בְּרִיךְ הוּא. לְעֵלְמָא
מִן כָּל בְּרַבְתָּא וְשִׁירְתָּא תְּשַׁבְּחַתָּא וְנַחֲמַתָּא דְאַמִּירָן
בְּעֵלְמָא וְאִמְרוּ אָמֵן:

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמֵיָא וְחַיִּים טוֹבִים עֲלֵינִי
וְעַל כָּל יִשְׂרָאֵל וְאִמְרוּ אָמֵן:

עוֹשֶׂה שְׁלוֹם בְּמִרוּמָיו הוּא בְּרַחֲמָיו יַעֲשֶׂה שְׁלוֹם
עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְאִמְרוּ אָמֵן:

SPECIAL KADDISH

Said Only At The Grave

Yisgadal v'yiskadash sh'mey rabba, b'alma d'hoo ahseed le is achadita ul'achaya maysaya ul'asaka l'chaye alma, ul'mivney karta d'yerush lame, ul'shachleil haychalay b'gavah, ul'meh ekar pulchana nuchroah mayarah, ul'asana pulcha d'sh-maya, l'asrey, v'yamlich koodshah brich hoo b'malchusey vee'karey b'chayaychon uv'yomay chone uv'chayay d'chal bais yisrael, ba agalah uv'zan kariv v'imroo ah'main.

Yehey shmay rabbah m'varach l'alam ul'almay ul'mayah.

Yisbarach, vyishtabach, v'yispaer, v'yisromm, v'yisnasay, v'yishadar, v'yisaleh, v'yishalal, sh'mey di kudsha brich hoo. L'aylah min kal birchasa v'sheerasa, tushbichasa, v'nechemasa, d'amirah b'alma v'imroo ah'main.

Yehey shlama rabbah min shemaya v'chayim tovim alenoo v'al kal yisrael v'imroo ah'main.

Oseh shalom bimromov, hoo yaaseh b'rachamav shalom alenoo v'al kal yisrael v'imroo ah'main.

אל מלא רחמים

אל מלא רחמים שכן בפרומים. המצא מנוחה נכונה תחת כנפי השכינה במעלות קדושים וטהורים כוהנה הרקיע מוהירים את נשמת פניו שהלך לעולמו (לנקבה שהלכה לעולמה). בצבור שגדבו צדקה בעד הוצרת נשמתו (נשמתה). בן עזן תהא מנוחתו (מנוחתה). לכן בעל הרחמים יסתירה (יסתירה) בסתר כנפיו לעולמים. ויצרור בצרור התיים את נשמתו (נשמתה). יי הוא נקלתו (נקלתה). וינח (ותנח) על משכבו (משכבה) בשלום. ונאמר אמן:

EL MOLEY RACHAMIM

El malay rachamim shochen bamiromim,
Hamtzey menucha nechona tachas kanfey hashechina,
B'maalos kedoshim ut'horim kezohar harakeea
mazhirim es nishma (name).

Male:

Shehalach l'olamo
Ba'voor shenadvoo tzedaka b'ad
hazkaras nishmaso
b'gan eden t'hay m'noochaso
lachen baal harachamim
yastirah hoo b'eser kna fav l'olamim
v'ytzror bitzror hachayim es nishmaso
Adonoy hoo nachalaso, v'yanooach
b'shalom al mishkavo, v'nomar
ah'main.

Female:

Shehalacha l'olama
Ba'voor shenadvoo tzedaka b'ad
hazkaras nishmasa
b'gan eden t'hay m'noochasa
lachen baal harachamim
yastirah b'eser k'nofaf l'olamim
v'ytzror bitzror hachayim es nishmasa
Adonoy hoo nachalasa, v'sanuach
b'shalom al mishkava, v'nomar
ah'main.

EL MOLEH RACHAMIM

O, God, full of compassion, Thou who dwellest on high, grant perfect rest beneath the shelter of Thy divine presence among the holy and pure who shine as the brightness of the firmament to the soul of my beloved who has gone to his (her) eternal home.

Mayest Thou, O God of Mercy, shelter him (her) forever under the wings of Thy presence, May his (her) soul be bound up in the bond of life eternal, and grant that the memories of my _____'s life inspire me always to noble and consecrated living. Amen.

SUBSTITUTE MEMORIAL PRAYER

(When El Moleh Prayer is not said during Festive Seasons)

(Name of Deceased) אָדוֹן הָעוֹלָמִים: זְכוֹר אֶת נַשְׁמַת
שְׁהַלְךָ לְעוֹלָמָא (שְׁהַלְכָה לְעוֹלָמָה), בְּעֵבֹר שָׁכַל
מִשְׁפָּחָתוֹ נוֹהָגִים (מִשְׁפָּחָתָהּ) נוֹתְנֵת לְצַדִּיקָה לְזִכְרוֹן
נַשְׁמָתוֹ (נַשְׁמָתָהּ). אָנָּה אֵב הַרְחֵמֵם וְהַסְלִיחוֹת, תְּהִי
נִפְשׁוֹ (נִפְשָׁהּ) צְרוּרָה בְּצִרּוֹר הַחַיִּים, וְתִהִי מְנוּחָתָהּ
(מְנוּחָתָהּ) כְּבוֹד, וְנֹאמֵר אָמֵן.

PRAYER ON VISITING GRAVES

(This prayer in addition to any of the Meditations, the Psalms, the El Moleh Rachamim and the Kaddish may be recited.)

WE REMEMBER THEM

At the rising of the sun and at its going down

We remember them.

At the blowing of the wind and the chill of winter

We remember them.

At the opening of the buds and in the rebirth of spring

We remember them.

At the blueness of the skies 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 when it ends

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.

יהיה. מה־תרון לו. כלא היה יהיה. ברוך דין
 האמת. ממית ומחיה: ברוך הוא כי אמת דינו.
 ומשוטט הכל בעינו. ומשלם לאדם חשבונו ודינו.
 והכל לשמו הודיה יתנו: ידענו יי כי צדק משפטך.
 תצדק בדרך ותוכה בשפטך. ואין להרהר אחר
 מדת שפטך. צדיק אתה יי וישר משפטך: דין אמת.
 שופט צדק ואמת. ברוך דין האמת. שקל־משפטיו
 צדק ואמת: נפש בלתי בידך. צדק מלאה ימינך
 וידך. רחם על פלטת צאן ידך. ותאמר למלאך
 הרוך ידך: גודל העצה ורב העזיליה. אשר עיניך
 פקחות על כל־דרכי בני אדם. לתת לאיש בדרךיו
 וכפרי מעליו: להניד ישר יי צורי ולא עולתה
 בו: יי גמן ויי לקח. יהי שם יי מברך: והוא רחום
 יכפר עון ולא ישחית והרבה להשיב אפו ולא יעזיב
 כל־תמות:

צדוק הדין

הצור תמים פעלו כי כל־דרכיו משפט. אל
 אמונה ואין עלו צדיק וישר הוא: הצור תמיד בכל־
 פעל. מריאמר לו מה־תפעל. השליט ממטה
 וממעל. ממית ומחיה מזריד שאול ויעל: הצור
 תמים בכל־מעשה. מריאמר לו מה־מעשה. האומר
 ועשה. חסד חנם לנו מעשה. ובזכות הנעקד קשה.
 הקשיבה ועשה: צדיק בכל־דרכיו הצור תמים.
 אךף אפים ומלא רחמים. חמל נא וחוס נא על
 אבות ובנים. כירף אדון הסליחות והרחמים:
 צדיק אתה יי להמית ולהחיות. אשר בידך פקדון
 כל־רוחות. הלילה לך וברוננו למחות. ויהיו נא
 עיניך ברחמים עלינו פקחות. כי לך אדון הרחמים
 והסליחות: אדם אם בן שנה יתיה. או אלף שנים

MEDITATION

O Shepherd of Israel, Who dost neither slumber nor sleep, we are the people of Thy pasture and the sheep of Thy hand. Enfold us safely in Thy love. And if in our grief and loneliness and moments of desolation, we should stray from following Thee, O leave us not, faithful Shepherd, but draw us near unto Thee.

As we face the great mystery of death which called away this our dear friend from our earthly abode, we feel our frailty, our weakness. We do not understand the brevity of life: we cannot understand why such pain and anguish of heart and mind are visited upon those we love.

Make us not despair, Eternal Father; we are called by Thy Name, we are Thine, Thou hast set thoughts of Thee in our hearts, though we, creatures of flesh and blood, can but dimly apprehend Thy purposes. Teach us not to neglect the task of today because we cannot see its eternal effect. O teach us to number our days that we may apply our hearts to wisdom; to lengthen our brief life by intensity of living; to fill swift hours with worthy deeds.

Besides the still waters, through the green pastures, and in the valley where dark shadows lie, be Thou our strength and shield, and may we find Thy rod and Thy staff a stay and comfort to us in the days that lie ahead. Amen.

YIZKOR

IN MEMORY OF THE DEAR DEPARTED ONES

May God remember the soul of my beloved (grandfather) (grandmother) (uncle) (aunt) (brother) (sister) (*Name*) who has passed to his (her) eternal rest. I pledge charity in his (her) behalf and pray that his (her) soul be kept among the immortal souls of Abraham, Isaac, Jacob, Sarah, Rebekah, Rachel, Leah, and all the righteous men and women in paradise. Amen.

YIZKOR MEDITATION

Our God and God of our fathers, may the memories of those whom we lovingly recall as we say Yizkor this day influence our lives for good and direct our thoughts away from the vain and fleeting toward that which is eternal. Teach us to emulate the virtues of our dear ones so that we too may be inspired to devote ourselves to the Torah, to Israel and to Thee, the source of all our aspirations. Thus shall the historic chain of Judaism remain unbroken, our departed mothers and fathers and all our loved ones be united with us. They live in us, in our hopes, and shall their influence continue in our children. In Thee, O Lord, they and we are one.

'When I stray far from Thee, O God, my life is as death; but when I cleave unto Thee, even in death I have life.' With Thee are the souls of the living and the dead. Teach us to live wisely and unselfishly in truth and understanding, in love and peace, so that those who come after us may likewise remember us for good, as we this day affectionately remember them who were unto us a blessing. Amen.

YIZKOR

IN MEMORY OF A MOTHER

יִזְכּוֹר אֱלֹהִים נִשְׁמַת אִמִּי מוֹרְתִי כְּשֵׁם שֶׁהִלְכָה
לְעוֹלָמָה בְּעִבּוֹר שְׂאֵנִי נוֹדֵר צְדָקָה בְּעֵדָה וּבְשֹׁכֵר
זֶה תְּהֵא נִפְשָׁה צְרוּרָה בְּצִרוֹר הַחַיִּים עִם נִשְׁמַת
אֲבָרְהָם יִצְחָק וְיַעֲקֹב שְׂרָה רַבְקָה רַחֵל וְלֵאָה וְעַם
שְׂאָר צְדִיקִים וְצַדִּיקוֹת שֶׁבָּנָו עֲדוֹן וְנֹאמֵר אָמֵן:

Yizkor elohim nishmas eemee morasi (name)
shehalacha l'olama, baavor sheani noder tzedaka
baada, bischar zeh, t'hay nafsha tzerurah bitzrov
hachayim im nishmos Avraham, Yitzchak,
v'Yaakov, Sarah, Rivka, Rachel, v'Leah, v'im
shear tzadikim v'tzid kaniyos she b'gan eden,
v'nomar ah'main.

May God remember the soul of my respected
mother (name) who has passed to her eternal rest.
I pledge charity in her behalf and pray that her
soul be kept among the immortal souls of
Abraham, Isaac, Jacob, Sarah, Rebekah, Rachel,
Leah, and all the righteous men and women in
paradise. Amen.

YIZKOR

IN MEMORY OF A FATHER

יִזְכּוֹר אֱלֹהִים נִשְׁמַת אָבִי מוֹרֵי כְּשֵׁם שֶׁהִלְךְ
לְעוֹלָמוֹ בְּעִבּוֹר שְׂאֵנִי נוֹדֵר צְדָקָה בְּעֵדוֹ בְּשֹׁכֵר
זֶה תְּהֵא נִפְשָׁה צְרוּרָה בְּצִרוֹר הַחַיִּים עִם נִשְׁמַת
אֲבָרְהָם יִצְחָק וְיַעֲקֹב שְׂרָה רַבְקָה רַחֵל וְלֵאָה
וְעַם שְׂאָר צְדִיקִים וְצַדִּיקוֹת שֶׁבָּנָו עֲדוֹן וְנֹאמֵר אָמֵן:

Yizkor elohim nishmas avee mori (name)
shehalach l'olamo, baavor sheani noder tzedaka
baado, bischar zeh, y'hay nafsho tzerurah bitzrov
hachayim im nishmos Avraham, Yitzchak,
v'Yaakov, Sarah, Rivka, Rachel, v'Leah, v'im
shear tzadikim v'tzid kaniyos she b'gan eden,
v'nomar ah'main.

May God remember the soul of my respected
father (name) who has passed to his eternal rest. I
pledge charity in his behalf and pray that his soul
be kept among the immortal souls of Abraham,
Isaac, Jacob, Sarah, Rebekah, Rachel, Leah, and all
the righteous men and women in paradise. Amen.

YIZKOR

IN MEMORY OF A WIFE

Yizkor elohim nishmas ishtee hayekarah (name) shehalacha l'olama, baavoor sheani noder tzedaka baada, bischar zeh, t'hay nafsha tzerurah bitzrov hachayim im nishmos Avraham, Yitzchak, v'Yaakov Sarah, Rivka, Rachel, v'Leah, v'im shear tzadikim v'tzid kaniyos she b'gan eden, v'nomar ah'main.

May God remember the soul of my beloved wife (name) who has passed to her eternal rest. I pledge charity in her behalf and pray that her soul be kept among the immortal souls of Abraham, Isaac, Jacob, Sarah, Rebekah, Rachel, Leah, and all the righteous men and women in paradise. Amen.

IN MEMORY OF A HUSBAND

Yizkor elohim nishmas baalee hayakar (name) shehalach l'olamo, baavoor sheani noder tzedaka baado, bischar zeh, y'hay nafsho tzerurah bitzror hachayim im nishmos Avraham, Yitzchak, v'Yaakov Sarah, Rivka, Rachel, v'Leah, v'im shear tzadikim v'tzid kaniyos she b'gan eden, v'nomar ah'main.

May God remember the soul of my beloved husband (name) who has passed to his eternal rest. I pledge charity in his behalf and pray that his soul be kept among the immortal souls of Abraham, Isaac, Jacob, Sarah, Rebekah, Rachel, Leah, and all the righteous men and women in paradise. Amen.

YIZKOR

IN MEMORY OF A DAUGHTER

Yizkor elohim nishmas beete hayekarah (name) shehalacha l'olama, baavoor sheani noder tzedaka baada, bischar zeh, t'hay nafsha tzerurah bitzrov hachayim im nishmos Avraham, Yitzchak, v'Yaakov Sarah, Rivka, Rachel, v'Leah, v'im shear tzadikim v'tzid kaniyos she b'gan eden, v'nomar ah'main.

May God remember the soul of my beloved daughter (name) who has passed to her eternal rest. I pledge charity in her behalf and pray that her soul be kept among the immortal souls of Abraham, Isaac, Jacob, Sarah, Rebekah, Rachel, Leah, and all the righteous men and women in paradise. Amen.

IN MEMORY OF A SON

Yizkor elohim nishmas b'ne hayakar (name) shehalach l'olamo, baavoor sheani noder tzedaka baado, bischar zeh, y'hay nafsho tzerurah bitzror hachayim im nishmos Avraham, Yitzchak, v'Yaakov Sarah, Rivka, Rachel, v'Leah, v'im shear tzadikim v'tzid kaniyos she b'gan eden, v'nomar ah'main.

May God remember the soul of my beloved son (name) who has passed to his eternal rest. I pledge charity in his behalf and pray that his soul be kept among the immortal souls of Abraham, Isaac, Jacob, Sarah, Rebekah, Rachel, Leah, and all the righteous men and women in paradise. Amen.

MEDITATIONS AND PRAYERS AT THE GRAVES OF OUR DEAR DEPARTED

Peace be to thy spirit dear one. Well do I know, that safely thou dwellest under the shadow of God. And yet, to think that thou no more art with me on earth, grieves the heart and saddens the thought.

I have come to the place where the earthly part of thee has been laid to rest and at thy grave I pray unto Him, who has revealed Himself to us as a Father, that he grant me the strength and the will to emulate the good example set by thee, that I may practice the good thou hast taught, and lead a pure and virtuous life, so that, when my time shall come to enter eternity my soul may be found worthy of salvation.

May thy love and faithfulness that guarded and guided me, be forever written upon my heart and set us as a memorial before my eyes, that I may ever find grace and favor in the eyes of God and man.

The glory of God be upon thee, and His peace surround thee. Amen.

AT A FATHER'S GRAVE

Lord, who shall sojourn in Thy tabernacle? Who shall dwell upon Thy holy mountain? He that walketh uprightly, and worketh righteousness, and speaketh truth in his heart; That hath no slander upon his tongue, nor doeth evil to his fellow nor taketh on a reproach against his neighbor . . . He that doeth these things shall never be moved. — *Psalm 15*

The memory of your life, dear father, rises before me this solemn moment as I stand before your grave and recall all the years of unselfish devotion, kindness, love and encouragement which you have shown me during your life. I recall all the sacrifices you made for my welfare, and the many comforts with which you provided me. You rejoiced in my achievements, you guided me in my perplexities, and strengthened me in my trials and disappointments. The passing of time will never diminish the blessed memories of your life.

I can pay you the tribute which you so richly deserve, by cherishing the ideals and principles you have taught me, by continuing the noble work you have left unfinished, by loyally upholding the heritage of Israel which you have transmitted unto me, and by serving my people and all who need me. Though you are gone from my physical presence, the bond of love which unites us can never be severed.

May God grant that my father's memory ever inspire me, and may his soul be bound up in the bond of eternal life, together with the souls of all the righteous that are in Thy keeping. Amen.

AT A MOTHER'S GRAVE

Lord, my heart is not haughty, nor mine eyes lofty; neither do I exercise myself in things too great, or in things too wonderful for me. Surely I have stilled and quieted my soul; like a weaned child with its mother, my soul is with me like a weaned child. O Israel, hope in the Lord from this time forth and for ever.

— *Psalm 131*

Though we are separated, dear mother, at this solemn moment when I stand before your grave, I call to mind the love and solicitude with which you tended and watched over my childhood, ever mindful of my welfare, and ever anxious for my happiness. I feel the closeness of your spirit, mother dear, and my heart is filled with tender emotion as I recollect the many sacrifices you made to ennoble my heart and instruct my mind. I am grateful for your every blessing, your kindly deeds, your understanding heart, your sacrificial devotion and your warm love so freely given. What I achieved is because of your influence, and what I am, I have become through you. Indeed, the wisdom that you imparted unto me shall ever remain with me.

If at times, I have failed in showing you the love and appreciation which you so worthily deserved; if I have been thoughtless and ungrateful; I ask to be forgiven. In tribute to your beautiful memory, I implore your inspiration to noble and intelligent living as I cherish the recollections of your lifetime.

I pray, O God, that the soul of my dear mother be bound up in the bond of eternal life, together with the souls of all the righteous that are in Thy keeping. Amen.

AT THE GRAVE OF A HUSBAND

O God, behold and see the sorrow of my heart. Widowed and bereft I mourn the loss of the dear companion of my heart. Thou sleep beneath this tomb, dear husband, and while thou cannot hear me, neither can thou see my tears. My existence is now a void, joy and happiness have fled with thee, and I must bear the burden of life alone, for thy hand can no longer protect me, nor my heart repose on thine. All is cold and sorrow, and I come to pour out my grief at thy grave.

May God support me in this heavy trial, may He in mercy pardon the words of bitterness which have escaped from my widowed heart. O God, protect my bereaved children, deprived of their earthly father's care. Heavenly Father, extend thy omnipotent protection, and inspire them with a love of duty and fidelity to our faith, and veneration for their father's memory.

I pray, O Lord, that the precious memories of our happy years together, may ever be an incentive to noble and sanctified living. May my endeavors to practice what is good atone for my errors, and be accepted in order to assume the salvation of my soul.

Father of all, grant that the soul of my beloved husband be bound up in the bond of eternal life, together with the souls of all the righteous that are in Thy keeping. Amen.

AT THE GRAVE OF A WIFE

With a sorrowing heart, O beloved wife, I fondly recall your love and companionship, your tenderness and devotion and the many comforts and joys you brought into my life. As I stand now before your grave, my heart cries out for the gentle touch of your hand and your sweet compassion. Never will I forget the hardships and the pleasures, trials and triumphs, joys and sorrows, we shared together. You helped dispel my fear and in time of need encouraged me and stood by my side. I pray that our children may ever be inspired by your precious memory. May they always remember, and strive to imitate thy gentleness, piety and virtue.

O God, grant unto her for whom I mourn, all the joys of eternity, grant that her soul may watch as a guardian angel over my bereaved children, remove every evil influence from them, and lead them in the way of righteousness, so that we may one day be all deemed worthy of being numbered among the blessed.

O heavenly Father, grant that the soul of my beloved wife be bound up in the bond of eternal life, together with the souls of all the righteous that are in Thy keeping. Amen.

AT THE GRAVE OF A BROTHER OR SISTER

O merciful God, standing here at the grave of my dear brother (sister), I fondly recollect the happy years we spent together, sharing the love and traditions of our home and family. Alas! death claimed thee too soon, and removed thee too early from those who loved thee. Though Thou hast called him (her) back, O God, I shall always hold sacred memories of his (her) kindness and sincerity, love and devotion. O Lord, grant that the recollections of his (her) life provide an incentive to righteous living. I place my trust in Thee who are the source of all life and my strength in time of sorrow. Though a link has been severed from our family chain, help me, O God, to be more closely united with those dear ones who remain. May the soul of my beloved brother (sister) be bound up in the bond of eternal life together with the souls of all the righteous that are in Thy keeping. Amen.

AT THE GRAVE OF A GRANDPARENT

O heavenly Father, as I stand here at the grave of my beloved grandfather (grandmother), I am grateful unto Thee for all the precious memories of his (her) life and for all that he (she) meant to me and my parents. I hope that I may follow the example of piety and goodness thou hast left to our family. I will strive, with the help of God, to leave a like heritage to my children. I pray that the soul of my beloved grandfather (grandmother) be bound up in the bond of eternal life, together with the souls of all the righteous that are in Thy keeping. Amen.

AT THE GRAVE OF A CHILD

Almighty Father, as I stand at the grave of my beloved child, I tenderly recall the joys that he (she) gave me during his (her) lifetime. How I delighted in his (her) physical and mental growth. How I planned for his (her) future. Though few and brief were the years wherein I rejoiced with my beloved child, many indeed were the blessings he (she) brought into our home. The passage of years will never fill the void in my heart, nor can time soften the pain of bereavement. Though he (she) is no longer in our midst, his (her) memory shall forever be enshrined in my heart.

O merciful God, Giver of life, Thou hast recalled what is Thine own, and hast taken him (her) into Thy loving care and keeping. Though my heart still grieves, may I, who have known the joys of parenthood, bring love and cheer into the lives of others. I pray that the soul of my dearly beloved child be bound up in the bond of eternal life, together with the souls of all the righteous that are in Thy keeping. Amen.

ON LEAVING THE CEMETERY

'Then shall the dust return to the earth whence it came, and the spirit shall return unto God who gave it.'
(*Ecc. 12:7*)

Peace be with you, all whom death has united in this field, the last home of so many of our departed. Peace be with your souls, which have been recalled by the voice of God to eternal life. Amen.

PSALM 23

The Lord is my shepherd; I shall not want.
He maketh me to lie down in green pastures;
He leadeth me beside the still waters.
He restoreth my soul;
He guideth me in straight paths for His name's sake.
Yea, though I walk through the valley of the shadow of death,
I will fear no evil,
For thou art with me;
Thy rod and thy staff, they comfort me.
Thou preparest a table before me in the presence of mine enemies,
Thou anointest my head with oil; my cup runneth over.
Surely goodness and mercy shall follow me all the days of my life;
And I shall dwell in the house of the Lord forever.

PSALM XXIII. כג

מְנוּחָה לְדָוִד יי רֵעִי לֹא אֶחְסָר:
בְּנֵיחוֹת דְּשֵׁן יִרְבִּיצֵנִי עַל-מֵי בְּנֵיחוֹת יִגְהַלְנִי:
נַפְשִׁי יִשׁוּבָב יִנְחֵנִי בְּמַעְגְלֵי צֶדֶק לְמַעַן שְׂמוֹ:
גַם בְּ-יַאֲלֹךְ בְּנִיא צְלֻמוֹת לְאִיאֲרָא רַע בְּ-יַאֲחָה
עֲמָדִי שֶׁבֶטֶךָ וּמִשְׁעֲנֵינֶךָ הִמָּה יִנְחֲמֵנִי:
מִעֲרֹךְ לִפְנֵי שְׁלֹחַן נֹגֵד אֲרָרִי דְשִׁנְתָּ בְשִׁטְוֹן רֵאשִׁי
כּוֹסֵי רִנָּה:
אֲךָ טוֹב וְחֶסֶד יְרַדְפוּנִי כָּל-יְמֵי חַיֵּי וְשִׁבְתִּי בְּבֵית
יְהוָה לְאָרֶךְ יָמַי:

PSALM 90

(selected verses)

Lord, Thou hast been our dwelling place in all generations.
Before the mountains were brought forth,
Or ever Thou hadst formed the earth and the world,
Even from everlasting to everlasting, Thou art God.

Thou turnest man to contrition;
And sayest: 'Return, ye children of men.'
For a thousand years in Thy sight
Are but as yesterday when it is past,
And as a watch in the night.

Thou carriest them away as with a flood; they are as asleep;
In the morning they are like grass which groweth up.
In the morning it flourisheth, and groweth up;
In the evening it is cut down, and withereth.

We bring our years to an end as a tale that is told.
The day of our years are the three-score years and ten,
Or even by reason of strength four-score years;
Yet is their pride but travail and vanity;
For it is speedily gone, and we fly away.

So teach us to number our days,
That we may get us a heart of wisdom.
Let Thy work appear unto Thy servants.
And Thy glory upon their children.

And let the graciousness of the Lord our God be upon us;
Establish Thou also upon us the work of our hands
Yea, the work of our hands establish Thou it.

PSALM 121

I will lift up mine eyes unto the mountains;
From whence shall my help come?
My help cometh from the Lord,
Who made heaven and earth.
He will not suffer thy foot to be moved;
He that keepeth thee will not slumber.
Behold, He that keepeth Israel
Doth neither slumber nor sleep.
The Lord is thy keeper;
The Lord is thy shade upon thy right hand.
The sun shall not smite thee by day,
Nor the moon by night.
The Lord shall keep thee from all evil;
He shall keep thy soul.
The Lord shall guard thy going out and thy coming in,
From this time forth and forever.

PSALM CXXI. קכא

שִׁיר לְמַעְלוֹת אֲשָׁא עֵינֵי אֱלֹהֵי הַהָרִים מֵאַן יְבוֹא
עֲזָרָי:
עֲזָרָי מֵעַם יְהוָה עֲשָׂה שְׂמִימִים וְאֶרְצִי:
אֱלֹהֵינוּ לְמוֹט רְגַלְךָ אֱלֹהֵינוּם שְׂמַרְךָ:
הַגָּד לְאֵלֵינוּם וְלֹא יִישָׁן שׂוֹמֵר יִשְׂרָאֵל:
:: שְׂמַרְךָ :: צִלְךָ עַל־יַד יְמִינֶךָ:
יִזְמַם הַשֶּׁמֶשׁ לֹא־יִכְבֶּה וְיָרֵחַ כֹּל־לַיְלָה:
:: יִשְׂמְרֶךָ מִכָּל־רָע יִשְׁמַר אֶת־נַפְשֶׁךָ:
:: יִשְׁמְרֶךָ אֶת־עוֹלָם וּבֹאֶיךָ מִעַתָּה וְעַד־עוֹלָם:

ON THE ANNIVERSARY OF A
PARENT'S DEATH

(*Yahrzeit*)

"O Lord, Thou hast searched me, and known me. Thou knowest my downsit^{ing} and mine uprising. Thou understandest my thought afar off. Thou measurest my going about and my lying down. And art acquainted with all my ways."

—*Psalm CXXXI.*

O day of sacred, solemn and sorrowful memories! Annually thou renewest the painful recollection of parting with the soul of my dearly beloved (*father-mother*). Somehow I feel this day in close communion with the soul of my dear parent. (*His-Her*) sainted spirit seems to hover over me. (*His-Her*) memory penetrates my heart and my soul. Yea, as long as I live, I shall keep sacred this *Yahrzeit* this annual day of Memorial as a tribute to (*Him-Her*) whom I loved with a love everlasting.

O God of Life, grant rest and peace unto the soul of my sainted (*father-mother*). May (*his-her*) spirit have found the ineffable good which Thou has prepared for the children in Eternity. And may I (*his-her*) earthly child, be permitted to share in the holiness of (*his-her*) sainted spirit that I may become more worthy and more acceptable in Thy sight. O Lord, who givest and takest away. Praised be Thy name forever and ever. Amen.

PRAYER ON UNVEILING MONUMENTS

Read one of the following passages:

Psalm 23 from page 25, Psalm 121 from page 27, or any of the selected verses from pages.

The body has died; the spirit it housed will never die. On earth our dear ones do live on through those of us to whom they were so very precious.

(THE COVERING IS REMOVED)

We now fondly dedicate this monument (plaque) to the blessed memory of (name) realizing that his (her) remains lie not only in this plot of ground but in every heart his (her) life did touch.

O God, we are grateful for the years we were privileged to share with him (her) — years when he (she) brought us so many pleasures and taught us so very much by example.

And even though he (she) has left our midst, we know he (she) will never leave our hearts where his (her) memory will endure as a blessing forever.

EL MOLEH RACHAMIM, page 7-8
KADDISH, page 4-6

HOW TO CONSOLE

Your visit to the mourner at home is more than a courtesy call. In Jewish tradition, the moment is too critical for mere courtesy. It calls for consolation. During this brief visit you could bring comfort to someone in need, or you could act as just another spectator to tragedy. The mandate of our humanity and of our religion is that we bring sensitivity and empathy to those who mourn. The following are suggestions for helping implement your natural healthy feelings during such visits.

WHEN VISITING THE MOURNER

In Judaism, we believe that your very presence in the mourner's home marks the beginning of consolation. If you feel uncomfortable, know that it is understandable and perfectly natural.

- **Let the mourner begin** to talk and set the tone, especially in sensitive situations such as suicide or young deaths or guilt-ridden grief.
- **Listen considerably** – not as though you are taking a breather before beginning to talk again. It is better to be silent than overly talkative.
- **Show concern** for the mourner's well-being. Your face should wear a mien of seriousness, not necessarily sadness.
- **Ideally, your conversation** should not be distracting, but therapeutic. The mourner's "small talk" should trigger your interest as though it is of great import.
- **Speak of the departed.** It may appear to be hurtful, but in fact it helps the mourner to unburden himself. Recall the major events in his life, his opinions on important matters, the quality of his relationships.

- **Levity** may bring you relief – but it is inappropriate for the mourners. However, humorous anecdotes of the deceased spoken respectfully are quite in place.
- **Do not dwell** on your own mourning experiences as it may appear to belittle the grief of the newly-bereaved.
- **Do not offer** gratuitous psychological advice.
- **Conclude your words** of consolation with hope – that the values of the departed will be incorporated by his relatives and friends; that the sunlight of health and happiness will shine once again on the family members; that this tragedy will turn into an experience of personal growth; and that the behavior of his survivors will reflect on the worth of the departed.

In order to obviate fumbling with cumbersome goodbyes, some people conclude their visit with a traditional formula of consolation: "May God comfort you among the mourners of Zion and Jerusalem.

Other good-byes are:

"Please accept my sincerest condolences. I wish that sharing your grief could remove it. I will call to see if I can be of help."

Or:

"I know _____'s memory will always be with you. I have many fond memories of _____."

Or:

"I hope that this will be the last such sadness, and that we will share many happy occasions together."

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YIZKOR DATES

Year	Passover 8th Day	Shavuot 2nd Day	Yom Kippur	Shemini Atzeret
2014	April 22	June 5	Oct. 4	Oct. 23
2015	April 11	May 25	Sept. 23	Oct. 5
2016	April 30	June 13	Oct. 12	Oct. 24
2017	April 18	June 1	Sept. 30	Oct. 12
2018	April 7	May 21	Sept. 19	Oct. 1
2019	April 27	June 10	Oct. 9	Oct. 21
2020	April 16	May 30	Sept. 28	Oct. 10
2021	April 4	May 18	Sept. 16	Sept. 28
2022	April 23	June 6	Oct. 5	Oct. 17
2023	April 13	May 27	Sept. 25	Oct. 7
2024	April 30	June 13	Oct. 12	Oct. 24

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