

### Meditation

The death of those we now remember left gaping holes in our lives. But we are grateful for the gift of their lives. And we are strengthened by the blessings which they left us, by precious memories which comfort and sustain us as we recall them this day.

We can cherish hopes, embrace values and perform deeds which death cannot destroy. May we all be charitable in deed and in thought, in memory of those we love who walk the earth no longer. May we live unselfishly, in truth and love and peace, so that we will be remembered as a blessing, as we this day lovingly remember those whose lives endure as a blessing.



### Three Ways to Mourn

Rabbi Abraham Joshua Heschel once said:

There are three ways to mourn: to weep, to be silent and to sing.

#### THE FIRST WAY TO MOURN IS TO WEEP:

Even if our tears are for ourselves, for our ache of loneliness, for our pain of loss, they are still sacred, for they are the tears of love. But we may weep only if we do not weep too long, only if the spark of our own spirit is not quenched by a grief too drawn out, only if we do not indulge ourselves in the luxury of grief until it deprives us of courage and even the wish for recovery.

#### THE SECOND WAY TO MOURN IS TO BE SILENT:

to behold the mystery of love, to recall a shared moment, to remember a word or a glance, or simply at some unexpected moment, to miss someone very much and wish that he or she could be here. The twinge lasts but a moment, and passes in perfect silence.

#### THE THIRD WAY TO MOURN IS TO SING:

to sing a hymn to life, a life that still abounds in sights and sounds and vivid colors; to sing the song our beloved no longer has the chance to sing. We sing the songs of our beloved; we aspire to their qualities of spirit; and we trust in our heart that there is a God who hears the bitter-sweet melody of our song.

### IN LOVING MEMORY

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אסתר שרה בת ישראל וחנה פייגע

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### SHIVAH SERVICE

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וְהוּא רַחוּם יְכַפֵּר עֲוֹן וְלֹא יִשְׁחִית, וְהִרְבָּה לְהַשִּׁיב  
אֶפֶס וְלֹא יַעִיר כָּל בְּמַתּוֹ. יְיָ הוֹשִׁיעָה הַמֶּלֶךְ יַעֲנֵנוּ בַּיּוֹם קָרָאנוּ:

בָּרְכוּ אֵת יְיָ הַמְּבֹרָךְ:  
בָּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד:

### Barchu — Call to Prayer

Rabbi: *Barchu et Adonai hamevorach.*

All: *Baruch Adonai hamevorach le'olam va'ed.*

Praised be the Lord, Source of blessing!

Praised be the Lord, Source of blessing, forever!

### Prayer for Evening

Praised are You, Lord our God, Master of the universe, by whose charge the evening falls. With wisdom and intelligence You change the day's divisions, set the succession of seasons, and set the starry constellations in the sky. Creator of day and night, rolling light away from darkness and darkness from light. You are rightly called "Master of heavenly hosts." Living and eternal God, be our guide now and always. Praised are You, Lord, who mingles iridescent light and ever-darkening shadow in the lovely fall of evening.

בָּרוּךְ אַתָּה יְיָ, הַמַּעֲרִיב עֶרְבִים:

### God's Eternal Love

Because You love us with constant devotion, You give us *Torah* (guidance) and *mitzvot* (spiritual connections), laws and morals. So when we lie down and when we awaken, we reflect on our lives, and we are ever grateful for Your gifts and truly appreciate Your Word. Since Your Word enlarges our lives and Your gifts sustain our years, we shall meditate upon them day and night. Your love will never depart from us so long as the universe endures. Praised are You, Lord, who loves Your people.

בָּרוּךְ אַתָּה יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל:

### Shema

Accepting God's Unity

*Shema Yisra'el Adonai elohainu Adonai echad.*

Hear O Israel, the Lord is our God, the Lord is one.

[softly] *Baruch shem kevod malchuto le'olam va'ed.*

שְׁמַי יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

עֲשֵׂה שָׁלוֹם בְּמִרְמְיוֹ הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמַר:

*Yitgadal ve-yitkadash shmei raba.* [All say:] *Amen. B'alma diversa khir'utei veyamlilkh mal-khutei bechayeikhon uve'yomei-khon uvechayei dikhol beit yisrael ba-agala uvizman kariv v'imru:* [All say:] *Amen.*

[All say:] *Yehei shmei raba mevarakh l'alam ul'almei almaya.*

*Yitbarakh veyishtabach veyitpa'ar veyitromam veyitnasei veyithadar vehit'aleh veyithahal shmei dikudsha, brikh hu, l'eila (on Yom Kippur add: l'eila) mikol birkhata veshirata tushbechata venechemata da-amiran b'alma, v'imru:* [All say:] *Amen.*

*Yehei shelama raba min shmaya vechayim aleinu v'al kol yisrael v'imru:* [All say:] *Amen.*

[take 3 steps back] *Oseh shalom bimromav [bow left] hu ya'aseh*

[bow right] *shalom [bow center] aleinu [straighten] v'al kol yisrael v'imru:*

[All say:] *Amen.*

### Mourner's Kaddish

Exalt and acclaim holy our mighty, renowned God (Amen)

Throughout the entire world, as is God's desire.

May God's reign prevail in our own days —

In our own lives and in the lives of all Your people Israel —

Quickly, in the near future; and let us say: Amen.

*May our mighty, renowned God be praised*

*Through time, space and beyond!*

Glorified, praised, exalted, extolled, lauded

Adored, honored, and acclaimed

Be our renowned Holy One — praise the Lord —

Though God is far above

Any praises, songs, hymns and consolations

Which we can express in this world; and say: Amen.

May universal peace descend from Heaven, along with

A blessed life for us and for all the people Israel; and say: Amen.

May the One who brings peace to the universe

Bring peace to us and to all the people Israel and to all humanity.

And say: Amen.

## What Death Cannot Take From Us

Death has cast its dark shadow over our lives,  
And it has left us all deeply bereft.

*A voice has been stilled, a heart has been stopped,  
Laughter has departed, joy has fled.*

Gone are the warmth and the glow of a loved one's presence;  
The chain of love has lost a vital link.

*Death has taken a life which was precious;  
It has brought pain, loneliness, and sorrow.*

And yet there is so much which death cannot touch,  
So much over which it has no dominion.

*Death cannot rob us of our past:  
The years, the dreams, the experiences which we shared.*

Death cannot take from us the love we knew;  
It is woven into the tapestry of our lives.

*The lessons we were taught we shall continue to cherish;  
We shall cling to the wisdom which lives on.*

What we have had, we shall always possess;  
What we have known, we shall always hold dear.

*Death cannot take from us our abiding trust,  
That God will give us strength to endure what we must.*

Death cannot take from us our sustaining hope:  
That darkness will yield to light, and hurt give way to healing.

*Death cannot take from us the comforting faith,  
That with God every soul is precious; none is ever lost.*

Thus, even in sorrow, we thank the Lord our God,  
For our memories and our hopes, for our trust and our faith.

*For these, we believe, need never be lost;  
These, and so much more, death cannot take from us.*

## Mourner's Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעָלְמָא דִּי בְרָא כְרַעוּתֵיהּ, וְיִמְלִיךְ  
מַלְכוּתֵיהּ בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעָגְלָא וּבְזִמְנָא  
קָרִיב וְאִמְרוּ אָמֵן:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמֵי:

יְתַפְּרֵךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרַומֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל  
שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא לְעָלְמָא (בְּעִשְׂרִית וְלֵעָלְמָא מִכָּל) מִן כָּל

בְּרַכְתָּא וְשִׁירָתָא, תְּשַׁבְּחָתָא וְתִתְמַתָּא, דְאִמְרִין בְּעָלְמָא, וְאִמְרוּ אָמֵן:

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאִמְרוּ אָמֵן: 9

## Accepting God's Sovereignty — Falling in Love

You should love the Lord your God,  
With both your mind and soul,  
In all your aspirations, and with everything you have made.  
*I order you to connect your life to these values today  
And to implant them in your feelings.*

You must be a role model for your children  
So they become a paradigm in your lives.  
*Address them in the privacy of your home and on the errands you run.*  
May they help you relax when you lay down to sleep  
And activate you to be productive when you awaken.  
*Bind them on your arm as a sign of your devotion  
And affix them over your mind as an emblem of Jewish consciousness.*  
Inscribe them on the doorposts of your houses and gates,  
So that you remember that my love surrounds you always.

וְאָתְּבַתְּ אֶת יְיָ אֱלֹהֶיךָ, בְּכָל-לִבְּךָ, וּבְכָל-נַפְשְׁךָ, וּבְכָל-מְאֵדְךָ.  
וְהָיוּ חֻדְכֵּימְךָ הָאֵלֶּה, אֲשֶׁר אֲנִי מְצַוְךָ הַיּוֹם, עַל-לִבְּךָ: וְשִׁנְנֶתָם  
לְבִנְיָךְ, וְדַבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבְלִקְחֶתְךָ בְּדֶרֶךְ, וּבְשֹׁכְבְּךָ,  
וּבְקוּמְךָ. וְקִשְׁרָתָם לְאוֹת אֶל-יָדְךָ, וְהָיוּ לְטַטְפַּת בֵּין אֶפְרָיִם,  
וּבְתַתְּבָתָם אֶל מְזוֹזַת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

## Accepting God's Spiritual Plan — Rules of the Relationship

How good it will be when you-all really listen and hear my directions  
And follow My order today to connect your life to  
The love and worship of the Lord your God  
With both your mind and soul and in all your aspirations.  
*Then all your earthly needs will be met at the right time in every season.  
You will reap what you plant for your delight and health.  
Your animals, too, will have ample food.*

All of you will eat hearty and be content.  
But be careful! Watch out! Don't become alienated!  
*Don't let your debased cravings become your gods!  
Because the God-sense within you will become distorted.*  
Heaven will be shut to you, grace will not descend.  
Without rain, without harvest, you will perish!  
And the earth will not readily recover her good balance  
In which God's gifts are made manifest.

*Connect your life to these values in both mind and soul  
And implant them in your aspirations,  
Marking what you produce and guiding what you perceive.  
Bind them on your arm as a sign of your devotion*

And affix them over your mind as an emblem of Jewish consciousness.  
*Teach them to your children so they can make their homes holy:*  
*Address them in the privacy of your home and on the errands you run.*  
 May they help you relax when you lay down to sleep  
 And activate you to be productive when you awaken.  
*Inscribe them on your entrances and exits,*  
*So that you remember my love surrounds you always.*  
 By doing so, you and your children and their children  
 Will be blessed with long, enriched lives on the land,  
*And fulfill the divine promise given to your ancestors*  
*To live heavenly days right here on this earth.*

Accepting God's Covenant — Wearing Fringes as a Wedding Ring  
 The Lord said to Moses: Speak to the Israelites.  
 Tell them to make a fringes on the corners of their garments,  
 Throughout all their generations.  
*On the fringe of each corner let them place a sky-blue cord.*  
*This fringe is for your benefit! When you look at it,*  
*Remember all of the Lord's commands and act on them!*  
 Then you will not be led astray by your fantasies and cravings.  
 This way you will remember and act upon all My commands,  
 So you become wholly dedicated to your God.  
*I am the Lord your God, who freed you from Egyptian oppression*  
*In order to be your God. I am the Lord your God.*

(Always remember this:) *Adonai Eloheychem emet.*  
 The Lord your God is True.

### *Ge'ulah — Redemption*

True, precious, and enduring is Your Teaching,  
 Providing hope and inspiration to every generation.  
*You are our one and only true protector.*  
 You rescued our people from distress through history  
 As You liberated our ancestors from slavery in Egypt.  
*When You split the sea and saved the Israelites,*  
*They acclaimed Your awesome power.*  
 Moses and Miriam led them in this song of praise:  
*Who is like You, Lord, among celestial beings?*  
*Who is like You?! So incredibly holy!*  
*So awesome! So magnificent! So marvelous!*

### *Aleynu (continued)*

[bow] *Va'anachnu kor'im umish'tachavim umodim [straighten] lif'nei melech*  
*mal'chei hamlachim, hakadosh baruch Hu.*

*Shehu noteh shamayim v'yoseid aretz umoshav y'karo bashamayim mima'al,*  
*ush'chinat uzo b'gov'hei m'romim. Hu Eloheinu ein od. Emet mal'keinu, efes*  
*zulato, kakatuv b'torato V'yada'ta hayom v'hasheivota el-l'vavecha, ki Adonai*  
*Hu ha'Elohim bashamayim mima'al v'al ha'aretz mitachat, ein od.*

And so, Lord our God, we hope soon to see Your realm,  
 A world without the false gods of power, beauty, and extravagance,  
*As we work to repair the world under Your dominion;*  
*When all humanity will invoke Your name, Lord,*  
 And all the wicked turn back to You, repentant.  
 Then all people will worship You and be devoted to You.  
*They will honor and respect You and accept Your authority.*  
*Then Your absolute reign will last forever.*  
 This is the assurance of Your prophet:  
 "The Lord shall be acknowledged Master of the whole world.  
*On that day there shall be one Lord worshipped,*  
*With one name [instead of the many names for You]."*

עֲלֵינוּ לְשַׁבֵּחַ לְאֲדֹנָי הַכֵּל, לְחַת נְדָלָה לְיוֹצֵר בְּרִיאִשִּׁית, שֶׁלֹּא עֲשֵׂנוּ  
 בְּגִזֵּי הָאֲרָצוֹת, וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאֲדָמָה, שֶׁלֹּא שָׁם חִלְקֵנוּ  
 כָּהֵם, וְנִדְּלָנוּ כָּלֵל הַמּוֹנֵם (שֵׁהֵם מִשְׁתַּחֲוִים לְהַבֵּל וְרִיק וּמִתְפַּלְלִים אֶל  
 אֵל לֹא יוֹשִׁיעַ) וְאַנְחָנוּ בּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים, לִפְנֵי מֶלֶךְ, מַלְכֵי  
 הַמַּלְכִּים, הַקְדוֹשׁ בְּרוּךְ הוּא. שֶׁהוּא נוֹטֶה שָׁמַיִם וְיֹסֵד אֶרֶץ, וּמוֹשֵׁב  
 יָקָר בְּשָׁמַיִם מְפַעֵל, וְשׁוֹכֵנֵת עֹז בְּגִבְהֵי מְרֹמִים, הוּא אֱלֹהֵינוּ אֵין  
 עוֹד. אֲמַת מַלְכֵנוּ אָפֶס זִלְתּוֹ, בְּפִתּוֹב בְּתוֹרָתוֹ: וְיִדְעַת הַיּוֹם וְהַשַּׁבָּת  
 אֵל לְבָבְךָ, כִּי יְיָ הוּא הָאֱלֹהִים בְּשָׁמַיִם מְפַעֵל, וְעַל הָאֶרֶץ מִתַּחַת,  
 אֵין עוֹד:

*V'ne'emar: v'hayah Adonai l'melech al kol ha'aretz; bayom habu yih'yeh*  
*Adonai echad, ush'mo echad.*

וְנֵאמַר, וְהָיָה יְיָ לְמֶלֶךְ עַל כָּל הָאֲרֶץ, בַּיּוֹם הַהוּא יִהְיֶה  
 יְיָ אֶחָד, וּשְׁמוֹ אֶחָד:



## *Shemonah Esreh* — Silent Prayer (conclusion)

### Meditation

Lord, keep my tongue from evil and my lips from lies.

*Help me ignore those who slander me,*

*And let me be humble to everyone.*

Open my heart to understand and appreciate Your Torah,

So that I eagerly strive to become more holy and connect to You

Through Your spiritual practices, the mitzvot.

*Frustrate the plots of those who plan to harm me*

*And ruin all their evil schemes.*

Act with Your righteous power; Act to defend Your holy Torah.

*Answer my plea and rescue those who love You from trouble.*

Lord, You are the wind beneath my wings,

The one who always comes to my rescue.

*So I open up my mind and heart and offer to You Lord,*

*My innermost thoughts and my deepest feelings about You,*

*And I hope that this gives You pleasure.*

May the One [take 3 steps back] who brings peace to the universe

Bring peace to us and to all the people Israel and to all humanity.

[be seated]

## *Aleynu* — Acknowledging God's Kingdom

We rise to our duty to praise the Master of all,

To acclaim the Creator of the universe.

*For You assigned us a unique destiny*

*Making our lot different than other peoples,*

By giving us Your Torah (guidance) and mitzvot (spiritual connections),

Which You helped us to share with all humanity.

*So we bend the knee, bow, and acknowledge*

*The Master of all rulers, the blessed Holy One,*

*Creator of this amazing universe,*

Who spread out the heavens and laid the foundations of the earth,

Whose glorious abode is in the highest heaven,

*Whose mighty dominion is in the loftiest heights.*

*The Lord is our God, there is no other.*

*Aleinu l'shabeiach la'adon hakol, lateit g'dula l'yotzer b'reishit, shelo asanu  
k'goyei ha'aratzot, velo samanu k'mishp'chot ha'adamah; shelo sam chelkeinu  
kahem, v'goraleinu k'chol hamonam.*

At the shore of the sea, saved from destruction,

The redeemed sang a new song to You.

*They proclaimed Your sovereign power and declared:*

*The Lord reigns supreme through time and space!*

And it is stated (Jeremiah 31:11):

For the Lord rescued the people of Jacob,

and set them free from those who overpowered them.

*May You soon bring redemption to us also.*

*Praised are You Lord, Redeemer of Israel*

מִי כְמוֹחַ בָּאֵלִים יְיָ, מִי כְמוֹחַ נֹאדָר בְּקֹדֶשׁ, נוֹרָא תְהִילַת, עֲשֵׂה  
פְּלֵא: מְלֻכּוֹתֶיךָ רָאוּ בְנִיךָ, בּוֹקֵעַ יָם לִפְנֵי מַשָּׁח, וְהָ אֱלֹהֵינוּ וְאִמְרוּ: יְיָ  
יִמְלֹךְ לְעוֹלָם וָעֶד. וְנֹאמַר: כִּי פָדָה יְיָ אֶת יַעֲקֹב, וְנִאֲלֹ מִיד חֲזֹק  
מִמֶּנּוּ. בָּרוּךְ אַתָּה יְיָ נֹאֵל יִשְׂרָאֵל:

*Mi chamocha ba'eilim Adonai,*

*mi kamocha nedar bakodesh, nora tehilot oseh feleh.*

*Adonai yimloch l'olam va'ed.*

## *Hashkiveinu* — Bedtime Prayer

Lord, may we lie down tonight serene,

and awaken calmly in the morning.

*Spread over us and the whole world Your sheltering peace.*

Imbue us with goodness and guide us with wisdom.

*Protect and keep us from enmity, illness, violence, want, and sorrow.*

Remove envy, grief, selfishness, and recrimination from our hearts.

*Protect and defend us and watch over us at home and away.*

Bless us with life and peace now and always.

*Praised are You, Lord, constant Protector of Your people Israel.*

וּפְרֹשׁ עָלֵינוּ סֶפֶת שְׁלוֹמֶךָ. בָּרוּךְ אַתָּה יְיָ, שׁוֹמֵר עַמּוֹ יִשְׂרָאֵל לָעַד:

## *Shemonah Esreh* — Silent Prayer (Traditional)

[said standing, silently]

Avot: God's loving, covenantal promise to our ancestors

Praised [bend knees] are You [bow] O Lord [straighten] our God.

You were Abraham's God, Isaac's God, and Jacob's God

Sarah's God, Rebecca's God, Rachel's God, and Leah's God.

*We too reach for You, infinite, awesome, and transcendent God.*

*We, their distant descendants, draw strength from their lives.*

*Shemonah Esreh — Silent Prayer (continued)*

Source of all being, You nurture us gently and are kind to us.  
You remember how our ancestors loved You.  
*We trust that You will lovingly fulfill Your promise  
To bring redemption to their children's children,  
Who lovingly chant Your name.*  
Be our Master, our Helper, and our Protector, as You were theirs.  
Praised [bend knees] are You [bow] O Lord [straighten], shield of Abraham.

Gevurot: God's grace in the cycle of life and death  
Lord, Your infinite power sustains the universe.  
You deliver us from death by granting our soul immortal life.  
*You tenderly care for all living things.  
Your limitless love lets life triumph over death.*  
You heal the sick, uphold the fallen, free the fettered.  
You keep faith with those who sleep in the dust.  
*Whose power can compare with Yours?  
You are the Master of life and death and deliverance,*  
And You faithfully grant us immortal life.  
Praised are You O Lord, who grants our souls immortality.

Kedushah: joy in worshipping the holy God  
You are holy and Your mystery is holy.  
Seekers of holiness worship You all their lives.  
*We praise You, Lord, ultimate sacred mystery.*

Havineynu (Abridged Prayer)

Help us Lord to understand Your ways,  
And sensitize our hearts with awe all our days.  
*Forgive us, with compassion, every sin,  
That redemption we may soon hope to win.*  
In Your caring take our pain and suffering away,  
And satisfy us with Your abundance, we pray.  
*With Your all-powerful and mighty hand  
Our scattered ones bring home to our own land.*  
May justice triumph and righteousness prevail  
May evil plots be foiled and fail.  
*May righteous efforts be well regarded  
And those who serve goodness be rewarded.*  
When Your sacred city with joy we rebuild

And Your house of prayer with all peoples be filled,  
*Then with a loud and exultant voice  
Will the righteous, O God of Israel, rejoice.*  
May it be Your will to speedily found  
A messianic age where peace abounds.  
*And may the light of Torah brightly blaze  
While in reverence Your holy Name we praise.*  
To You, Blessed One, we sincerely declare  
That You do hear the voice of prayer. Amen.

Shome'a Tefilah: God responds to our prayers  
Hear our voices, Lord, when we cry out our hearts to You.  
*Take to heart our prayers, consider our pleas lovingly.*  
[we customarily pray here for any special needs]  
Listen to Your people when we reach toward You with love.  
Help us accept Your answer, even if it is "No."  
*We praise You, God, who cherishes prayer.*

Avodah: May God be pleased with our worship  
We hope that You found our worship acceptable.  
*We wish we Your people could pray to You  
With the passionate piety of our ancestors.*  
We close our eyes and imagine a time  
When You return in all Your glory to Zion  
And we all encounter Your loving Presence.  
*We praise You, God, whose Presence forever radiates from Zion.*

Shalom: harmony, world peace  
O God, from whom all blessings flow,  
Grant serenity and peace, love and mercy, grace and goodness  
to Your Jewish people and to the whole world.  
*Loving Parent, help us find peace and harmony  
Among ourselves and among all people,*  
By shining upon us Your divine light,  
So that we may become one, as You are One.  
*For by that divine light Lord our God  
You graciously bestowed upon us Your enlightening guidance —*  
A Torah that is life-affirming, inculcates lovingkindness,  
And values justice, blessing, compassion, and peace.  
*Consider us kindly and bless us with tranquility at all times.*  
*We praise You, Source of Peace, whose blessing is peace.*