

YIZKOR BOOK OF REMEMBRANCE





YIZKOR SERVICE

Remembering Our Departed Loved Ones

Yizkor is recited four times a year.

YOM KIPPUR – OCT. 5, 2022 SHEMINI ATZERET – OCT. 17, 2022

PASSOVER – APRIL 13, 2023 SHAVUOT – May 27, 2023

Dear Friends,

Our Memorial Book allows us to remember our loved ones during the Yizkor Memorial service and beyond. Remembering family and friends whose lives helped shape the people we have become, and the people we are becoming is an important element of our service on Yom Kippur and the three Pilgrimage festivals, the three other times each year when we recite Yizkor Prayers. There is pain in evoking the memory of our loved ones, even as we pray that the sweetness of those memories will add beauty to our lives. We Jews have developed a particular expertise in our ability to experience both the bitter and the sweet simultaneously. Even as we prepare to usher in the New Year with anticipation and gratitude, we remember that to be human also involves the experience of loss. One aspect of our humanity is to have the ability to remember.

On these High Holidays we will say the phrase "zochraynu l'Chaim/ remember us for life" many times. We evoke the idea that even with all the pain in our lives and in the world, we want to remain in this world, we want to remember our loved ones and to live lives that bring honor to them.

When Jews come together you will often hear us wish each other "I'Chaim-' To Life!" I'Chaim is not a wish for good health or good luck, nor a prayer or a petition, for God has already given us life. To say I'Chaim is to affirm our faith in the goodness and the holiness of life even when life is difficult and painful. It is also an affirmation of gratitude for the many blessings that we have already been given. As a people, we have been willing to say I'Chaim in the midst of great suffering and great sorrow. And as individuals, our willingness to say I'Chaim is a sign that life is precious and holy, even when it is painful. In this coming year, may each of us merit the gift of the power of the phrase I'Chaim-so that we may live fully though celebration and sorrow as we incorporate the ideals of our loved ones in our lives.

In the pages that follow please see a brief guide to Jewish funeral and mourning rituals. We hope this will be helpful for those in their times of need.

With Blessings,

Rable Andrea f. Meson

זכר צדיק לברכה



The Memory of the Righteous is a Blessing

We miss you, Rabbi Adam Feldman ^{z"l}



We Remember Them

by Sylvan Kamens & Rabbi Jack Riemer

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.

In the opening of buds and in the rebirth of spring, we remember them.

In the blueness of the sky and in the warmth of summer, we remember them.

In the rustling of leaves and in the beauty of autumn, we remember them.

In the beginning of the year and when it ends, 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 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.



"The memory of the righteous shall be a blessing."

At this memorial hour we recall our former Rabbi, congregants, and loved ones of our congregational family who passed away in 5782.

OUR RABBIS

Rabbi Everett Gendler

OUR CONGREGANTS

Samuel Cohen Honey (Annette) Rosenberg Rena Klein Anne (Elizabeth) Rutman

Marci Israelite Lieberman Meyer Sapoff

Joyce Maso Howard Siskowitz

LOVED ONES OF OUR CONGREGATIONAL FAMILY

Herbert Albin Jacob Feinstein Rose Mascia Robert Altman Marcia Kirstein Fitzmaurice Michael Jules Mattes Arthur Ballen Shirley Gardenswartz Sonia (Sunny) Merow Alvin Brown Sandra (Sandy) Haber Alice Nemeth Jay Craig Robin Herman Ben Ostrer Joan Crespi Harold Sambol David J. Holzsager Edith Duberstein Walter Leo Schiff Sheila Nitzberg-Kartoz Dr. Armin Elkins Sandra Ganin Katz Richard (Dick) Slavin Wayne Elkins Mark Mitchell Kaufman Freida Wallstein Lynda Falcon Robert Wallstein Selma (Sally) Kaufman Dusya Farberova Susan Warschauer Jovce H. Kevelson Marc Fedder Florence Klein Patricia Anne Will

Eternal God, Source of all mercy, give us the gift of remembering. May our memories of the departed be both tender and true, undiminished by time, not falsified by sentimentality. Let us recall them and love them as they were. Give us the gift of tears. Let us express our sense of loss, our sorrow, and our pain, as well as our gratitude and love. Give us the gift of prayer. May You comfort us with an open heart and trusting faith. Give us the gift of hope. May we always believe in the beauty of life, the power of goodness, the right to joy. May we surrender our being, and the souls of the departed, to Your eternal COMPASSION.

(names included are as of 9/28/22) – we apologize for any inadvertently left off)

"The memory of the righteous shall be a blessing."

At this memorial hour we recall our past presidents and founding members who passed away.

PAST PRESIDENTS

Seymour Bogdonoff Reuben Cohen Norman Denard Jess Epstein Joseph Fath Richard B. Fishbane Alvin E. Gershen Maurice Glicksman George Goldsmith Alvin Gordon Gil Gordon Irwin Gordon Herbert M. Gurk Bernard Hershenov

Leonard Hymerling Ernest Lynton William Miller Dexter Neadle Murray Reich Roslyn Staras

FOUNDING MEMBERS

Louis and Minnie Abrams Henry and Susan Abrams William and Esther Abrams Murray and Ruth Bailey Harry and Cecilia Ballot Marver and Sheva Bernstein Harriet and Seymour Bogdonoff Alice Braverman Sarah Braverman David and Helen Brener Joseph and Stella Caplan Jess and Marion Epstein Gussie Felsher Meyer and Helen Goldstein Milton Horowitz Marjorie Horowitz Leonard and Madeline Hymerling Abraham and Rosalind Kahane

Nathan and Anita Kasrel Ernest and Adele Kaufman Otto and Ruth Kaufman William and Ruth Kleinberg Jerome and Phyllis Kurshan Rabbi Irving and Sarah Levey William and Bernice Miller Benjamin and Violet Miller Julius and Laura Peskin Avner and Marion Robinson Aaron and Libby Salkin **Louis Schleifer** Rubin and Blanche Schwartzstein **Esther Schwartzstein** Percy and Bess Siskowitz Arthur and Dorothy Tobolsky Paul and Eunice Urken Nathan and Fanny Wolman

Barry Ableman & Linda Rosenberg

Lester Ableman Shirley Ableman

Jeffrey & Kathleen Abrams

Iris Abrams Murry Abrams

Adele Agin

*Norman Agin Mildred Finerman Harry Finerman Luisa Zauli

Jeffrey Albert & Marian Bass

Goldie Bass Motel Bass Richard Albert

Jane, Jennifer & John Altman

Robert A. Altman

Fran & Assaf Amir

Sylvia Sandler Louis Sandler Michal Amir Yosef Amir Marjorie Stenerson

Carolyn Angoff

*William H. Angoff *Eleanor Angoff Mary Sachar Wolk Simon Wolk

Avi Argaman

Meir Argaman

Craig, Meta and Daedalus Arnold

Beverly Arnold

Cathy & Brad Bailey

James H. Quartner *Ruth Bailey *Murray Bailey

The Bar-Cohen Family

Avram Bar-Cohen Sandra Haber

Olga Barsky

Vladislaw Barsky Baruch Israel

Meryl Baurmash

*Daniel J. Wagner Harold Baurmash Lila Baurmash Edith Finkelstein

The Behar Family

Max Galen Josephine Galen Nessim Behar Rachel Behar

^{*}Indicates person being remembered was a congregant.

Carrie & Michael Bernstein

Warren Weinstein

Ruth & William Besser

*Karen Sue Besser

Jeremy & Jen Black

Rosalynda Black

Leslie & Stephanie Blau

Aurelia Blau and Eugen Blau Maria Eisner Miklos Eisner William Eisner

Bleyman & Ginovker Family

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Georgiy Ginovker
Rita Alperovich
Sarah Hasdan-Bleyman
Eliezer Bleyman
Sterna Kogan
Aaron Leybovsky
Dina Gaukhman
Mera Ginovker
Israel Ginovker
Boris Alperovich

Beatrice & Michael Bloom

Alfred Bloom Bernice "Bunny" Bloom Ruben Souroujon D'Alcala

Harold Borkan

*Jean Borkan Dora Borkan Fred Philip Borkan Betty Borkan Chait

Ellen Borrow

*Rita Fishman Morris Fishman

Shirley Reich, Lenore Argen, Doreen Kirsch, Charlene Borsack and Families

*Sheldon Reich

Daniel Brent & Sally Steinberg-Brent

Alfred H. Brent
Norma Brent
Howard L. Steinberg
Lylian Estrin Alsofrom
Joseph M. Alsofrom
Jacalyn Susan Silberstein
Schary Ruth Silberstein
Miriam Silberstein
Ann Alsofrom

Randy & Deborah Brett

Betty Lieber
Boruch Lieber
Muriel Brett
Herbert Brett
William Berns
Ann Berns
Lester Brett and Helen Brett

Daniel & Elissa Brito

Mark Zaidel Joan Zaidel

Sara Bucholtz & Talia, Dena and Ilan Feldman

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Susan Chermak

David Mraovitch Irene Fraum

Denise, Shay, Noah and Etana Cheskis

Marilyn Cheskis-Lear

Marc & Marcie Citron

Sylvia Ruttenberg Harry Ruttenberg Anne Citron Max Citron

Peter Constantin

*Susan Constantin

Lewis & Lynn Coopersmith

Sidney Blair Ann Blair Hyman Coopersmith Gertrude Coopersmith

Barbara Curran

Morris Lebowitz
*Ann Lebowitz
Martin H. Perle
Eugene Perle
*Lowell F. Curran Jr. (Frank)

Judy Diamond

*Rabbi Jim Diamond

Marc, Sharon, Eric & Jason Diamondstein

L. Myron Diamondstein Samuel Zvi Fichman Haber

^{*}Indicates person being remembered was a congregant.

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Linda Edelman Samuel Edelman Marion Edelman Albert Gunther Tillie Gunther Terry Gunther Roberta Volinsky **Emily Marshall** Gunther Meyer Eva Ritter Meyer Michael Ernest Meyer

Frances Zeitler Edelman

Ruth Turim Arthur Turim Irwin Turim *Johanna Friedman *Gil Gordon *Rabbi Adam Feldman

Mark Edelstein

Mannie Edelstein

Suzanne Esterman & John McKeegan

Michael Esterman Jack McKeegan Carolyn McKeegan Calvarusso

Susan & Michael Falcon

Freida Wallstein Robert Wallstein Fave Wallstein Sydney Wallstein Sara Schneider Sam Schneider Lynda Falcon Sarah Abeshaus

Ruth Fath

*Joseph Fath Nettie Schreiber Morris Schreiber Ludwig Fath Edith Fath

Michael & Lori Feldstein

*Nathan Feldstein *Ruth Feldstein Carole Katz Joseph Katz *Richard Fishbane *Lonny Kaplan *Merrye Shavel-Hudis *Rabbi Adam Feldman

*Gil Gordon

^{*}Indicates person being remembered was a congregant.

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*Richard B. Fishbane Stella Reiffe Philip Reiffe Fran Fishbane Jordan Fishbane Leonard Reiffe

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Frieda Silver
Uriel Flax
Ruth Flax
Jack Silver
Rene Hennesey
Esther Delman
Murray Delman
Roberta Baron

Bernie & Judi Fleitman

Israel H. Steinberg Anne Steinberg Harry Fleitman Martha Fleitman

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Seymour & Dorothy Friedman

Benjamin Uslip Sarah Uslip Max Friedman and Ida Friedman

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Evelyn & Sam Gabai Evelyn & Hy Gabai Evelyn & Jules Strauss

Barbara & Lew Gantwerk

Sarah Meyers Hyman Meyers Samuel Gantwerk Belle Gantwerk

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*Arnold Gelzer

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*Mildred B. Gershen
*Alvin E. Gershen
Frances P. Blaine
Arthur M. Blaine
Jennie Gershen
Hyman Gershen
Riviera Parish
Arthur Parish
Dora Luchtan
Chaim Luchtan
Chaim Dubowska

Ben & Debbi Gitterman

Marilyn Gitterman Jack Gitterman

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Max Goldfarb
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Michael J. Lesnick, Sr.
Lillian VanderBrook
Stanley Goldman
Irwin Levine
Sandra Pikoff
Harvey Pikoff
John Nichols

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When All That's Left Is Love

by Rabbi Allen S. Maller

When I die If you need to weep Cry for someone Walking the street beside you. You can love me most by letting Hands touch hands, and Souls touch souls. You can love me most by Sharing your Simchas (goodness) and Multiplying your Mitzvot (acts of kindness). You can love me most by Letting me live in your eyes And not on your mind. And when you say Kaddish for me Remember what our Torah teaches, Love doesn't die People do. So when all that's left of me is love Give me away.

Lewis Goldshore

Morris Goldshore Lea Goldshore Koppel Goldshore Pia Goldshore PVT. Louis Goldshore

Jerry & Vera Goodkin

Nathan Goodkin
Augusta Goodkin
Emil Herman, M.D.
Margaret Herman
Bela Burger, M.D.
Bella Burger
Baba Burger
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Steve Hudis & Suzanne

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Ann Hudis
Mac Hudis
*Gloria Shavel
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Ira Fink
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^{*}Indicates person being remembered was a congregant.

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Aaron Frank
*Richard Slavin
*June Slavin
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Pearl Lehrhaupt Solomon Lehrhaupt Mildred Lehrhaupt Fanny Lehrhaupt David Lehrhaupt Celia Friedman Morris Friedman Abraham Friedman

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*Milton Ales
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Jacob Akiba Marinsky Ruth Slick Marinsky

^{*}Indicates person being remembered was a congregant.

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Tillie Marks
Nathan Marks
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Rose Seidler
Edwin Seidler
Shirley Seidler
Lois Ruth Seidler

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Adolf Mayer Edna Mayer Judith Lynn Mayer Jody Barlerin Abraham Jakobi Dina Jakobi

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- *David Kass
- *Elaine Kass
- *Leona Medvin Farber
- *Murray Medvin

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Sidney Meisel Rosalind Meisel Langer Donald Meisel *Aaron Familant *Rosalind Familant

Rabbi Andrea Merow

Dr. Edwin Merow Sonia Merow Joel Merow Michael Forman Rose Bolinsky Joseph Bolinsky Augusta Merow Benjamin Merow Thomas Evans Barry Sysler

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Daniel Milstein Henrietta Milstein Ruth Mandel and Lenard Mandel Myra Mandel Joyce Pravda

^{*}Indicates person being remembered was a congregant.

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Tirza Wahrman & Warren Mitlak

Arthur Mitlak Henry Wahrman Naomi Wahrman Walter Kaufman Dan Wax Irma Kaufman

Debra Morgenstern

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Charles Baber *Dr. Kenneth S. Gould Jason Moss

Cynthia & Fred Neufeld

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Leah Namenson-Neufeld & Shawn Neufeld

Moses Dov Namenson Madeline Krause Namenson Arthur Isaac Namenson Tobias Abraham Namenson Ardith Estelle Namenson

Jerry Neumann & Naomi Richman Neumann

Avriam S. Richman Morris Richman Leonard J. Neumann *Rabbi Adam Feldman

Shai Noiman & Edna Bryn-Noiman

Suzi and Ben Brin Miriam and Ephraim Noiman Stella Avram

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Charles Nussbaum Temie Nussbaum Sydney Gelblat Eleanor Gelblat Judy Kazansky

^{*}Indicates person being remembered was a congregant.

Arlene & Henry Opatut

*Jessica Allyn Opatut Eleanor Jacobs Murray Jacobs Mary Opatut Ben Opatut

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Evsey Pantchechnikoff
Miriam Pantchechnikoff
*Rebecca Wasserman
Morris Wasserman
*Jacques Pankove
*Ethel Pankove
*Ruth Rabstein Pelletieri

Howard & Sofia Parish

Dora Luchtan Chaim Luchtan Chaim Dubowska Arthur Parish Riviera Parish

Fredi L. Pearlmutter

Paul D. Cohen Rose H. Pearlmutter Paul Pearlmutter

Robin & Jeff Persky

Dr. Lloyd Nimaroff Rose Nimaroff David Persky Evelyn Persky

Bob & Mary Pickens

Annette Pickens Malvin Joseph H. Pickens Elliot Pickens

Pearl Podell

Gershon Grubert Adele Grubert

Karen & Don Polakoff & Family

Florence Klein Jacobs Robert Klein Irene Polakoff Harold Polakoff Harold Jacobs

David & Alison Politziner

Syril S. Reitman Norman Reitman Ethel Politziner Seymour Politziner

Carol & Mark Pollard

Miriam Wagner Pollard Robert Pollard Minna Wagner Sanford Silman Toni Silman Michael Silman Joseph Silman Robert Silman Ruth Silman

^{*}Indicates person being remembered was a congregant.



Mourners' Kaddish for Everyday By Debra Cash

Build me up of memory loving and angry, tender and honest. Let my loss build me a heart of wisdom, compassion for the world's many losses Each hour is mortal and each hour is eternal and each hour is our testament. May I create worthy memories all the days of my life.

Consolation By Harold M. Schulweis

I would comfort you, dear friend wipe away your tears Turn your sorrow into joy.

I would console you
With words of ancient wisdom
Of the need for acceptance of the
inevitable
The inexorable course of life.

I would speak to you of The immortality of influence The afterlife of memory The echo of goodness In the cavern of our lives.

Yet the sages caution
Not in haste
To console the bereaved
Not too soon
To begin the healing.

I would raise the heavy weight From your heart, Wave a wand and transform your grief.

But the heart has its own wisdom Sets its own time And will not be rushed.

Now is the time for silence the dumb silence that awaits The coming of a new mood, And a brighter spirit With you, friend, I will be silent Tomorrow we will speak.

Allen & Rhona Porter

Edna Wang Paul Wang Fred Porter Tillie Porter Stanley Wang

Summer & Andrew Pramer

Mildred Herman Sidney Herman *Rhoda Pramer

Jonathan & Rebecca Prenner

Joyce Prenner Buzz Baumgold

Ellen & George Pristach

*Shirley Becher *Max Becher Robert Becher Mollie Pristach Joseph Pristach Claudia Brenner

Debbie Orel & Craig Provorny & Family

Frimi Orel Murray Provorny Estelle Provorny Sharon Provorny

Sandie Rabinowitz

*Irving N. Rabinowitz

Lauren, Ari, Sydney & Lila Raivetz

Steven R. Weiser

Michael & Joyce Rappeport

Rosalie Albin Arkady Albin Lilie Rappeport Moses Rappeport

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Rachel Shelly Philipp Wanda Reiman Mark Bernard Reiman

Rogie & Martin Rome

Shirley Rome *Nita Rome Alice Rome Shea Henrietta Reichlin Jean Stone Irwin Stone

Marilyn & Joe Rosen

Ruth Rosen and Hyman Rosen Lillian Greene and Sidney Greene

Sherry Rosen

Sara Rosen Kaufman Samuel J. Rosen Leila Rosen Young Rose Rosen Baer

^{*}Indicates person being remembered was a congreg

Donna S. Rosenberg

Helene Yagoda Rand Stanley Rand

Dr. Michael L. Rosenthal

*Jacob "Jack" Rosenthal

*Suzanne Dolinko Rosenthal

Lynne Ross

Samuel Ludwig Minnie Ludwig *David Ross

Barry & Terri Rossman

Daniel Stillson Melvin Rossman Barbara Rossman

Martha & Marty Rossman

Florence Saul Ida Rossman Sheila Chefetz

Phil, Lily & Julia Rutman

*Anne Rutman Liliane Kapitanoff Emanuel Kapitanoff Faye Rutman William Rutman

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Harold R. Sambol

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*Meyer Sapoff
Benjamin Sapoff
Mary Sapoff
Murray Kaye
Lilian Kaye
Morris Cohen
Ida Cohen
Nathan Cohen
Arnold H. Kagan
Thelma Layton Camhe
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Hans M. Schapire Lillian "Libby" Schapire Julie Schapire Myron Sloan Susanne Sloan Howard Sloan

Jay, Ginger & Miki Schnitzer

Jacqueline Schnitzer
*Indicates person being remembered was a congr



Jewish Proverbs

What soap is for the body, tears are for the soul.

- Jewish Proverb

The 'gift' of grief is that it presents us with the opportunity to heal and grow.

- Jewish Proverb

To everything there is a season and a time for every purpose under heaven.

Ecclesiastes

Say not in grief 'he is no more' but in thankfulness that he was.

- Hebrew Proverb

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

- Jewish Prayer

God is closest to those with broken hearts.

- Jewish Proverb



Ruth Schulman

*Melvin A. Schulman *Amy Adina Schulman Alvin R. Brown Carol B. Peretz

Iris & Steve Schulman

Bertha Gross and Charles Gross Joel Gross Mary Schulman Israel Schulman Mona Miller

Alicia, Tim, Liam & Nicole Schwarcz

Dr. Susana B. Schwarcz Dr. Joseph M. Schwarcz

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Elaine Antebi

Harriett Schwartz

Marshall Hunovice Dorothy Hunovice *Howard Schwartz Martin Schwartz Stanley Schwartz Philip Schwartz Hannah Schwartz

Judy & Martin Schwartz

Irwin Greene Eleanore Greene Jean Schwartz Harold Schwartz Roger Schwartz

Robert & Carol Schwartz

Anna Schwartz Miklos Schwartz Miriam Tobey and Irving Tobey Victor Klein Eva Klein Martin Neuwirth Fanny Neuwirth Lester Neuwirth Olga Schwartz **Emanuel Schwartz** Vera Schwartz

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Gerald L. Popick

Harold T. & Vivian B. Shapiro

Max Shapiro and Mary Kantor Alec Rapoport Yedda Rapoport Francis Jason

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*Gloria T. Shavel *Merrye Shavel-Hudis *Matthew Shavel Arthur Bern Ira Bayers Israel Berg *Lonny Kaplan *Rabbi Adam Feldman David Smith

*Indicates person being remembered was a congregant.

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Harden Boyce
*Matthew and Gloria Shavel
*Merrye Shavel-Hudis
Charles and Mollye Tuck
Louis and Ida Shavel
*Lonny Kaplan
David Smith
*Gil Gordon

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*Ben Shylit Elias Shylit Henia Shylit Alexander Fiegler Pearl Fiegler Rita Feigeles Bruce Feigeles

Shoshana Silberman

Samuel Ribner Betty Ribner Borok *Mel Silberman Elliot Ribner

Ziona Silverman

*Rabbi David Wolf Silverman Jenny Zion Sam Zion Shira Silverman (Ahuva) Esther Silverman Samuel J. Silverman

Jeffrey & Vickie Solomon

Simon Lackowitz Rose Lackowitz Randi Beth Siegel Dorothy Solomon Elayne Solomon Sidney Solomon Agnes Klein

Winifred Hughes Spar

*Fredric J. Spar

Roberta & Jeremy Spector

Annabelle Temkin Abraham Temkin Frances Spector Alexander Spector

Elisa & Cary Spiegel

Roslyn Levine Sheldon Levine Victor Spiegel Annabelle Speigel Gusta Brown Evelyn Feinberg

Melanie Stein

Sara Grubert Hack Oscar Grubert Harry Grubert Charles L. Podell

Roberta and Ephraim Sternthal

Celia Hinden
Benjamin Hinden
Bella Sternthal
Irving Sternthal
*Indicates person being remembered was a congregant.

Hazel Sherwin Stix

*Thomas Howard Stix May Sherwin J. Stephen Sherwin John Stix

Bev Surrey

*Marc Surrey Frieda Weiss Frank Weiss Jane Surrey David Surrey Nelya Tkach

Michael Swallow

Robert Swallow

Mark & Lisa Tobias

Rose Levenson
Barney Levenson
Frank Devin
Leah Devin
David Devin and Roberta Devin
Jack Simon
Mildred Simon

Jesse & Marissa Treu

Ahbe Jay Treu Charlotte Treu Gross Morris J. Fellner Virginia Fellner Harry Jay Treu Sophie Treu Louis Ratner Emma Ratner John Heckler

The Ullmann Family

Anthony Ullmann

Roslyn & David Vanderbilt

Paul Gilbert Ina Gilbert

Barbara & David Vilkomerson

*Jess Epstein *Marion Epstein Benjamin Vilkomerson Violet Vilkomerson

Nina Wacholder

*Robert Goldenberg Bernard Goldenberg Irene Goldenberg Ben Zion Wacholder Touby Wacholder Sholom Wacholder

Myra Weiner

*Irving Newman Mollie Doctor Lee Lawrence Lee Susan Lee

Thomas & Stephanie Will

J. Louis Zigman Rose Zigman Max Schneier Ruth Schneier Helen King Harry King

^{*}Indicates person being remembered was a congregant.

Bobby Willig & Ginny Mason

Jack Willig Meg Willig Ben Mason Irene Mason Paula Siegel

Dave & Sandy Wilson

Yolanda Gonzalez Selsa Gonzalez Fernando Gonzalez Kathleen Gressett Evelyn Wilson William Wilson

Lara Winn

Sheila Sheer

Charlie, Sonnie and Neil Wise

Ralph Wise Ruth Wise Avrum Sellers Shyfra Sellers

Eric Wiseblatt & Debra Bass

Joan Bass Bernard Wiseblatt

Lesley & Ross Wishnick

Herbert Wishnick Bernice Wishnick *Gertrude Dubrovsky Bradford Schofield

Deborah Yaffe

Elaine Yaffe James Yaffe

Maryann Yarin & Family

*Jack D. Yarin
Esther Yarin
Harry Yarin
Elaine Cantor
Hal Cantor
Carol Belmer
Perley Belmer
Margaret Hester
John F. Hester
John T. Waldmann
John F. T. Hester
Vivian Nehemias
William Nehemias
Mary Nelson
Jack Nelson

Froma I. Zeitlin

*George Zeitlin Claire Zeitlin Dora Inselbuch Samuel Inselbuch

Joshua & Advah Zinder

Sameul B. Zinder

^{*}Indicates person being remembered was a congregant.

Service for the Cemetery

Those who have not visited a cemetery for more than thirty days recite the following blessing:

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁרּ יָצַר אֶתְכֶם בַּדִּין, וְזָן וְכִלְכֵּל אֶתְכֶם בַּּדִּין, וְזָן וְכִלְכֵּל אֶתְכֶם בַּּדִּין, וְזָתְיִּד אֶתְכֶם בַּדִּין, וְיוֹדֵצַ מִסְפֵּר כָּלְכֶם בַּּדִּין, וְעָתִיד לְהַחֲזִיר וּלְהַחֲיוֹתְכֶם בַּדִּין. בָּרוּךְ אַתָּה יהוה, מִחֵיֵה הַמֵּתִים.

Praised are You, Adonai our God, who rules the universe, who in keeping with the laws of nature created you, nourished and sustained you, knows how many of you there are, and who will someday restore and give life to you. Praised are You, Adonai, Master of life and death.

Verses from the Psalms

יָיָ מָה־אָדָם וַתַּדָעַהוּ בְּּרְאֵנוֹשׁ וַתְּחַשְּבֵהוּ: אָדָם לַהֵּבֶל דָּמָה יָמָיו בְּצֵל עוֹבֵר בַּבְּקָר יָצִיץ וְחָלֶף לְעֵרֶב יִמוֹלֵל וְיָבַשׁ: לִמְנוֹת יָמֵינוּ כֵּן הוֹדַע וְנָבִיא לְבַב חָכְמָה: שְּׁמֶר־תָּם וּרְאַה יָשֶּׁר בָּיִשׁ שָׁלוֹם אַרְאַלְהִים יִפְּדָּהוּנַפְשִׁי מִיָּד שְׁאוֹל. כִּי יִקְּחַנִי קַלָה: Adonai, what is a person that You should care about her? The human being that You should think of him?

A human being is like a breath.

His or her days like a passing shadow.

At daybreak it flourishes anew

But by dusk it withers and dries up. Teach

us to use all our days,

That we may attain a heart of wisdom.

Mark the blameless, note the upright,

For there is a future for a person of integrity.

God will redeem my life.

When taking me, God will save my soul.

Unison Reading

Eternal God, give us the gift of remembering. May our memories of the dead be tender and true, undiminished by time. Let us recall them, and love them, as they were. Shelter us with the gift of tears. Let us express our sense of loss, our sorrow, our pain, as well as our love, and words unspoken.

Bless us with the gift of prayer. May we face You with an open heart, with trusting faith, unembarrassed and unashamed. Strengthen us with the gift of hope. May we always believe in the beauty of life, the power of goodness, the right of joy. May we surrender our being, and the souls of all the dead, to Your all-knowing compassion.

At the Graves of Relatives

In memory of a male:

May God remember the soul of my beloved______who has gone to his eternal home. In loving testimony, I pledge charity to help perpetuate ideals important to him. Through such deeds, and through prayer and remembrance, is his soul bound up in the bond of life. I am grateful for the sweetness of his life and for what he did accomplish. May he rest forever in dignity and peace. Amen.

In memory of a female:

May God remember the soul of my beloved, who has gone to her eternal home. In loving testimony, I pledge charity to help perpetuate ideals important to her. Through such deeds, and through prayer and remembrance, is her soul bound up in the bond of life. I am grateful for the sweetness of her life and for what she did accomplish. May she rest forever in dignity and peace. Amen.

In memory of relatives and friends:

May God remember the souls of all our beloved relatives and friends who have gone to their eternal home. In loving testimony, I pledge charity to help perpetuate ideals important to them. Through such deeds, and through prayer and remembrance, their souls are bound up in the bond of life. I am grateful for the sweetness of their lives and for what they accomplished. May they rest forever in dignity and peace. Amen.

In memory of martyrs:

May God remember the souls of our fellow Jews, martyrs of our people, who gave their lives for the sanctification of God's name. In their memory I pledge charity. May their bravery, their dedication and their purity be reflected in our lives. May their souls be bound up in the bond of life. And may they rest forever in dignity and peace. Amen.

EL MALEI RAHAMIM MEMORIAL PRAYER

אַל מָלֵא רַחֲמִים, שׁוֹבֵן בַּמְּרוֹמִים, הַמְצֵא מְנוּחָה נְכוֹנָה תְּחַת כַּנְפֵי הַשְּׁכִינָה, בְּמֵעְלוֹת קְרוֹשִׁים וּטְהוֹרִים, כְּוֹהַר הָרָקִיעַ מַוְהִירִים, לְנִשְׁמוֹת כָּל־אֵלֶה שֶׁהִוְכַּרְנוּ הַיּוֹם לִבְרָכָה, שֶׁהָלְכוּ לְעוֹלָמָם, בְּגַן עֵדֶן תְּהִי מְנוּחָתָם. אָנָא בַּעַל הָרַחֲמִים הַסְתִּירֵם בְּסֵתֶר כְּנָפֶיךְ לְעוֹלָמִים וּצְרוֹר בִּצְלוֹר הַחַיִּים אֶת־נִשְׁמוֹתֵיהֶם. יהוה הוּא נַחֲלָתָם. וְיָנְיּחוּ בְשָׁלוֹם עַל מִשְׁכְּבוֹתֵיהֶם. וְנֹאמַר אָמֵן.

Exalted, compassionate God, grant infinite rest, in Your sheltering Presence, among the holy and pure, to the souls of all our beloved who have gone to their eternal home and whom we have fondly recalled today. Merciful One, we ask that our loved ones find perfect peace in Your tender embrace, their memory enduring as inspiration for commitment to their ideals and integrity in our lives. May their souls be bound up in the bond of life. May they rest in peace. And let us say: Amen.

EL MALEI RAHAMIM MEMORIAL PRAYER In memory of the six million:

אַל מָלֵא רַחֲמִים, שׁוֹכֵן בַּמְּרוֹמִים, הַמְצֵא מְנוּחָה נְכוֹנָה תַּחַת בַּנְפֵי הַשְּׁכִינָה, בְּמֵעֲלוֹת קְרוֹשִׁים וּטְהוֹרִים, כְּוֹנְה הָרָקִיעַ מֵּזְהִירִים, לְנִשְׁמוֹת בָּל־אֲחֵינוּ בְּנֵי יִשְׂרָאֵל שֶׁנְטְבְּחוּ בַשׁוֹאָה, אֲנָשִׁים נָשִׁים וְטַף, שֶׁנֶּחְנְקוּ וְשֶׁנִּשְׂרְפוּ וְשֶׁנֶּהֶרְגוּ, שֶׁפֶּסְרוּ אֶת נַפְשָׁם עַל קִדּוּשׁ הַשֵׁם, בְּגַן עֵדֶן תְּהִי מְנוּחָתָם. אָנָא בַּעַל הָרַחֲמִים, הַסְתִּירֵם בְּסֵתֶר בְּנָפֶיךְ לְעוֹלָמִים. וּצְרוֹר בִּצְרוֹר הַחַיִּים אֶת־נִשְׁמוֹתֵיהֶם. יהוה הוּא נַחֲלָתָם. וְיָנְיּחוּ בְשָׁלוֹם עַל מִשְׁבְּבוֹתֵיהֶם. וְנֹאמֵר אָמֵן.

Exalted, compassionate God, grant infinite rest, in Your sheltering Presence, among the holy and pure, to the souls of our brethren who perished in the Shoah-men, women and children of the House of Israel who were slaughtered and suffocated and burned to ashes. May their memory endure and inspire deeds of charity and goodness in our lives. May their souls be bound up in the bond of life. May they rest in peace. And let us say: Amen.

Psalm 23

מִזְמוֹר לְדָוֹד. יהוה רֹעִי לֹא אֶחְסָר בִּנְאוֹת דֶשֶׁא יַרְבִּיצֵנִי, עַל־מֵי מְנוּחוֹת יְנַהֲלֵנִי. נַפְשִׁי יְשׁוֹבַב, יַנְחֵנִי בְמַעְגְּלִי־צֵדֶק לְמֵעַן שְׁמוֹ. גַּם כִּי־אֵלֵךְ בְּגִיא צַלְמֵוֶת לֹא־אִירֶא רָע כִּי־אַתָּה עִמֶּדִי. שִׁבְטְךְ וּמִשְׁעַנְתֶךְ הַשָּׁנְתָּ בַשֶּׁמְן רֹאשִי, כּוֹסִי רְנָיָה. אַךְ טוֹב לְתְרָי, דְשַׁנְתָּ בַשֶּׁמוֹ רֹאשִי, כּוֹסִי רְנָיָה. אַךְ טוֹב נַחֶסֶד יִרְדְּפִוּנִי כָּל־יְמֵי חַיָּי, וְשַׁבְתִּי בְּבִית־יהוה לארך יַמִים.

A Psalm of David.

Adonai is my shepherd, I lack nothing, Making me lie down in green pastures, Leading me beside still waters to revive my spirit,

Guiding me on the right path, for that is God's essence.

Though I walk through a valley of deepest darkness

I fear no harm, for You are with me.

Your rod and Your staff, they comfort me.

You prepare a meal for me in the presence of my foes,

You anoint my head with oil; my drink is abundant.

Surely goodness and kindness shall be my portion

All the days of my life,

And I shall dwell in the house of Adonai For many long years.

Kaddish Yatom - Mourner's Kaddish

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵה רַבָּא, בְּעָלְמָא דִּי בְרָא, בְּרְעוּתֵה, וְיַמְלִיךְ מַלְכוּתֵה בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל־בֵּית יִשְׂרָאֵל, בַּעַגַלֵא וּבִוֹמֵן קָרִיב, וְאָמִרוּ אָמֵן.

יָהֵא שְׁמֵה רַבָּא מְבָרַךְ לְעָלֵם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרֵךְ וְיִשְׁתַּבָּח וְיִתְפָּאַר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדֵּר וְיִתְעֵלֶּה וְיִתְהַלֵּל שְׁמֵה דְּקְדְשָׁא, בְּיִרְ הוּא ּלְעֵלֶּא מו בָּל־בִּרְכָתָא וְשִׁירָתָא תִּשְׁבְּחָתָא וְנֶחָמָתָא דַּאֲמִירָן בַּעַלְמָא, וְאָמָרוּ אָמֵן.

*Between יום כפור and יום כפור:

לְעֵלָּא לְעֵלָּא מִכְּל־בִּרְכָּתָא וּשִירָתָא

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל בָּל־יִשְּׂרָאֵל, וְאָמָרוּ אָמֵן.

עֹשֶּה שָׁלוֹם בִּמְרוֹמָיו הוּא יַצֲשֶׁה שָׁלוֹם עָלֵינוּ וְעַל בַּל־יִשְׂרַאֵל, וְאִמְרוּ אָמֵן.

Yitgadal v'yitkadash sh'mei raba, b'alma di v'ra kir-utei v'yamlikh malkhutei b'hayeikhon u-v'yomeikhon u-v'hayei d'khol beit yisrael, ba'agala u-vi-z'man kariv, v'imru amen.

Y'hei sh'mei raba m'varakh l'alam u-l'almei almaya

Yitbarakh v'yishtabah v'yitpa-ar v'yitromam v'yitnasei, v'yithadar v'yit-aleh v'yit-halal sh'mei d'kudsha, b'rikh hu *l'ela min kol birkhata v' shirata

[*on Yom Kippur: l'ela l'ela mi-kol birkhata v'shirata] tushb'hata v'nehamata da'amiran b'alma, v'imru amen.

Y'hei sh'lama raba min sh'maya, v'hayim aleinu v'al kol yisra-el, v'imru amen.

Oseh shalom bi-m'romav hu ya'aseh shalom aleinu v'al kol yisra-el, v'imru amen.

Guide to Jewish Mourning

Adapted from The United Synagogue of Conservative Judaism

A Jewish funeral is a sacred rite and should be invested with both dignity and simplicity as taught by Jewish tradition. The family of the deceased should consult a rabbi when death occurs. Preplanning with a funeral home and cemetery is encouraged. When a death occurs, please call the synagogue at any time to reach our Rabbi.

The Jewish way of dealing with death is one part of a larger philosophy of life in which all persons are viewed with dignity and respect. Our people believe that, even after death, the body, which once held a holy human life, retains its sanctity. Our sages have compared the sacredness of the deceased to that of an impaired Torah scroll which, although no longer useable, retains its holiness. In Jewish tradition, therefore, the greatest consideration and respect are accorded the dead.

Jewish law and tradition have endowed funeral and mourning practices with profound religious significance. To this end, Jewish funerals avoid ostentation; family and visitors reflect in dress and deportment the solemnity of the occasion; flowers and music are inappropriate; embalming and viewing are avoided; and interment takes place as soon as possible after death.

The preparation and burial of the body are highly valued mitzvot. It is a chesed shell emet, an act of kindness performed without ulterior motive, for the dead cannot repay this service.

When a member of a community dies, it is the community's responsibility to lovingly assist the deceased's family in this final act.

When Death Occurs

Time of Funeral/Burial - Jewish law requires that burial take place as soon as possible. Burial may be delayed for legal reasons; to transport the deceased, if close relatives must travel long distances to be present at the funeral/burial; or to avoid burial on Shabbat or another holy day.

Shmirah (Attending to the body) - Jewish tradition asks that the deceased not be left alone prior to burial. Hospitals should be requested to avoid disturbing the remains until the arrival of a **Shomer** (guardian/wathcer).

It is preferable that **shomrim** be members of the family, friends of the deceased, or members of the congregation. You may also ask the funeral homes to help provide people to do this mitzvah.

Tehillim (Psalms) are recited by the **shomrim**.

Aninut - Time Between Death and Burial

Autopsies and organ donation - The practice of routine autopsies is contrary to Jewish law since autopsies are viewed as a desecration of the body. In most cases, when an autopsy is recommended, the family can refuse. Alternatively, Judaism does permit an autopsy when it is legally required or if there is medical knowledge that can be gained to help others. Organ donation should be viewed as an example of K'vod Ha-met (respect for the deceased) which brings healing to the living. Thus, donating organs or tissues should be considered a mitzvah.

Embalming - According to Jewish tradition, embalming and the use of cosmetics on the deceased are not permitted. Embalming is not permitted unless required by civil law.

Cremation -Cremation is not part of Jewish practice; a Rabbi may still choose to officiate at a service.

Taharah (Ritual cleansing) – It is Jewish Tradtion to have the body cleansed according to prescribed ritual as an expression of respect. A group of specially trained persons called a **Hevra Kadisha** (holy society) or a Jewish funeral director can arrange this.

Tachrichim (Shroud and burial attire) - Jewish law prescribes burial in plain white shrouds **(tachrichim)** to demonstrate the equality of all. In addition, a Jewish male is customarily buried wearing a **kipah** and his own **tallit**; a Jewish woman may do the same.

Aron (Casket) -To avoid interference with the natural process of "returning to the earth," Jewish tradition requires that an **aron** be made entirely of wood.

K'riah (Rending the garment) - Mourners for parents, a spouse, children, or siblings traditionally participate in the rite of **K'riah** (rending of garments) usually just prior to the funeral service. This rite consists of tearing a visible portion of clothing (lapel, pocket, collar, or ribbon, for example) The torn garment is worn throughout the 7-day mourning period **(shivah)**. The tearing for parents is on the left side over the heart and for all other relatives on the right side.

Onen (Bereaved person) - Between the time of death and the funeral, an immediate family member of the deceased is called an **onen**. The **onen** is exempt from the performance of all affirmative religious obligations, such as reciting the three daily services or putting on **tefillin** during **aninut**. The laws of **aninut**, as well as all the laws of mourning, apply to the seven specific

relatives: spouse, father and mother, son and daughter, brother and sister. (See: A Guide to Jewish Religious Practice - Isaac Klein)

The Funeral

Services - Funeral services may be held in the synagogue, in a funeral home, or at the gravesite. The funeral service is usually brief and simple. It usually includes the chanting of psalms, **Eyl Malei Rahamim** (the traditional memorial prayer), and a **hesped** (eulogy) honoring the deceased.

Viewing - Viewing the body publicly is contrary to Jewish tradition.

Pall and pallbearers - At a funeral, the casket may be covered with a specially prepared cloth, called a pall, and is borne from the funeral service to the gravesite by family or friends (pallbearers) selected by the mourners.

K'vurah (Burial) - In traditional practice, the casket is lowered into the earth and the grave filled, using a reversed shovel until a mound is formed over the casket. The **Kaddish** is recited at the grave after **k'vurah** is completed. There are different customs or variations, and the Rabbi should be consulted.

Leaving the cemetery - It is customary for the mourners to pass between two rows of people in attendance to receive traditional expressions of consolation. After burial, washing one's hands when leaving the cemetery or before entering the house of mourning is also traditional.

The Mourning Period

Who is obligated - Mourners are those whose parent, spouse, child, or sibling has died.

Shivah (Initial period of mourning) - Shivah is the seven-day period of intensive mourning observed by the immediate family of the deceased beginning on the day of the burial. During the entire **shivah** period mourners are encouraged to stay away from work or school, and to remain at home. It is, also, a time to contemplate the meaning of life and the manner in which adjustment will be made to the death of the be- loved. Public mourning observances are suspended on the Shabbat in view of the belief that the sanctity and serenity of this day supersedes personal grief. Mourners are permitted and encouraged to attend Shabbat services; but they are not given an alivah, may not conduct services, and they do not display the k'riah publicly. The major festivals terminate shi- vah. (For details consult the Rabbis.) Since Juda- ism teaches that the feeling of loss of a human life is not limited to the descendant's family alone, but is shared by the entire community, it is customary for the name of the deceased to be recalled at the Shabbat service after the funeral.

Condolence Meal - It is customary for family and friends to arrange for a **seudat havra'a**, condolence meal, which traditionally includes round foods such as eggs, which are symbolic of the cycle of life, to be served the mourners at the house of mourning upon their return from the cemetery.

Shivah - It is customary, as expressions of mourning, for mirrors in the **shivah** home to be covered, for a seven-day memorial candle to be kindled, for the mourners to refrain from wearing leather shoes and for males to refrain from shaving. In ancient times, mourners sat on the floor to experience discomfort.

Today, we reflect that experience by sitting on lower or harder chairs without cushions. Greetings of Shalom between mourners and visitors are not normally exchanged. The house of mourning should reflect solemnity. Mourners shall not deem themselves as hosts who are obligated to serve their visitors during the mourning period.

Minyan - Every day, the mourner recites Kaddish at a service. A minyan is required. It is preferable to have the services in the home of the mourner. If a minyan cannot be assured, then the mourner attends the synagogue service. On Shabbat, or join us online, mourners join the synagogue service and receive public condolences.

Shloshim - The first thirty days - During the thirty days following burial, after the observance of **shivah**, mourners return to work and activities but refrain from public entertainment or social activities. The **k'riah** is customarily worn during **shloshim**. In place of home services, mourners participate in synagogue services daily and recite **Kaddish**.

Shanna - Twelve months: The duration of the mourning period - Mourners for deceased parents attend services daily to recite **Kaddish** for eleven Hebrew months and continue to refrain from public celebratory activities for the full twelve months. Other mourners often choose to say **Kaddish** during this period as well.

Yahrzeit (Anniversary of death) - The Kaddish is recited each year on the Hebrew calendar anniversary of death. It is customary to light a yahrzeit (24 hour burning) candle, to study a portion of Torah or Mishnah, and to donate tzedakah on the anniversary. The synagogue and your Jewish funeral home will send you the date each year.

Yizkor (Memorial prayers) - The Yizkor is recited on Yom Kippur, Sh'mini Atzeret, the eighth day of Pesah, and the second day of Shavuot. The Rabbi should be consulted to determine when the first Yizkor is recited. Some Jews follow the custom of lighting a yahrzeit candle on each of these occasions, others only on Yom Kippur.

Miscellaneous

Kohanim (Priests) - There are special provisions related to the attendance of **kohanim** at a funeral.

Consult the Rabbi.

Flowers - Friends and associates of the deceased who wish to express condolences should be encouraged to contribute to a **Tzedakah** Fund important to the deceased or the family.

Nichum Avaylim (Condolence calls) - Condolence calls to comfort the mourner should be made after the funeral, during the **shivah** period, except on **Shabbat.**

Opportunities to participate in a mitzvah include helping with:

- Funeral arrangements
- Shmirah
- Taharah
- Cemetery arrangements
- · Condolence meals
- Shivah minyanim

Unveiling - There is no required formal rite. If a ritual service is conducted, it may be any time after one month has passed. Often it is conducted close to the

first yahrzeit.

Pre-Planning - Advance purchase of gravesites is important and appropriate. Providing designated relatives with vital information to direct the decisions and allow the family to follow the Tradition and wishes of the deceased is sensitive and wise. The Committee on Jewish Law and Standards of the Rabbinical Assembly has prepared useful material on Living Wills which should be utilized by those engaged in advance planning. The following information will be needed at the time of death:

- · Full name of the deceased
- Hebrew name, Hebrew name of father and mother
- Kohen/Levi/Yisrael
- · Date of birth and location of birth certificate
- · Place of birth
- Mother's maiden name
- Social Security number and where card is kept
- Location of will, legal advisor's telephone number
- Life insurance agent's telephone number
- Life insurance policy numbers and where policies are kept
- Location of safe deposit box, key, and who has access
- Bank account numbers checking and savings and where kept

- Securities information and where securities are kept
- Cemetery deed/location
- Real estate and how title is held
- Military service and where discharge papers are kept
- · Rabbi to be notified
- · Funeral home choice

Glossary of Hebrew Terms

- Aliyah Blessings recited by honoree on being called to the Torah
- Aninut Time period from death to burial
- Aron Casket carrying the physical remains of a Jew
- Chesed shel emet -Compassionate concern and kindness of the living for a deceased
- Eyl Malei Rahamim Memorial prayer recited at funeral service, on visiting a gravesite, during Yizkor services
- Hesped Eulogy of tribute to a deceased
- Hevra Kadisha Holy society of men or women who wash and clothe a deceased in keeping with Jewish tradition
- K'riah Tear in a garment of a mourner
- K'vod Ha-met Respect for the deceased
- K'vurah Burial of the deceased
- Kaddish Aramaic language prayer in praise of God, recited by mourners
- Kohen One of three categories to designate a Jew based on birth lineage
- Levi Category of Jew based on birth lineage
- Minhag A Jewish custom, often becomes normative practice
- Minyan Quorum of ten Jews required for public prayer

- Mishnah Third century C.E. compilation of Jewish law
- Mitzvah Divine (or Rabbinic) commandment incumbent to be fulfilled by Jews
- Nichum Avaylim Comforting the mourns after burial and for the seven days of shivah
- Onen Those individuals who have suffered a loss - after the death until the burial
- Pesah Eight day holiday, Feast of Freedom
- Seudat Havra'a Condolence meal served to mourners upon return from cemetery burial
- Sh'mini Atzeret Eighth day of Assembly, immediately follows Sukkot, precedes Simhat Torah
- Shalom Means peace, completeness; hello or goodbye
- Shanna Year. Applies to the eleven months of Kaddish
- Shavuot Two day holiday, seven weeks after Pesah, marks Giving of Torah by God to Jewish people
- Shivah Seven day mourning period begins after burial
- Shloshim Thirty-day continuing mourning period; twenty-three days plus shivah
- Shmirah Attending to the deceased body, remaining at all times until burial
- Shomer The person who attends to the body, recites psalms to honor

deceased

- Tachrichim Shrouds placed on deceased
- Taharah Ritual washing of deceased by Hevra Kadisha. Tehilim Psalms recited while attending to deceased.
- **Tzedakah** Act of righteousness. Donation in memory of deceased to a worthy organization
- · Yahrzeit Yiddish. Anniversary of the death
- Yisrael Category of Jew based on birth lineage
- Yizkor Remembrance. Memorial prayers recited at synagogue service on four Jewish holidays
- Yom Kippur Day of Atonement. Twenty-five hour period of reflection, prayer, repentance; non-eating or drinking by Jewish community

The Wisdom of Jewish Mourning Practices

By Anne Brener

I didn't have this map at twenty-four, when my mother and sister died. In the aftermath of their deaths, I became a lonely sojourner. Horrified by the suggestion of my father's cousin that I observe the Jewish mourning rituals and determined not to spend my life grieving, I grabbed my backpack and fled my hometown of New Orleans to northern California, where I had once gone to school.

My attempts at self-healing sent me on a roller-coaster ride through the human potential movement. I learned yoga, gestalt, and transactional analysis. I tended a garden, kept a journal, and attended consciousness-raising groups. Each experience taught me a lot, but I felt alone. Few people understood me. No one seemed to want to hear about the pain of my loss.

I reacted with embarrassment and anger. My life was unfocused. Sometimes I thought I was crazy. Was I the only one who had ever taken this tumultuous journey? My behavior, I later learned, was exactly like a mourner's. And the rough path toward healing was known and the journey had been eased centuries ago by the rabbis who had created the rituals of mourning.

Twenty years later, my reaction to my father's death was profoundly different, because I had this map. Upon receiving the news of his death, I ripped my garment and recited the blessing praising "God the true Judge." I then called my father's rabbi in New Orleans and made certain that the members of his congregation would perform the sacred duty of sitting with my dad's body, reciting psalms until I could get there from Los Angeles and say my final goodbye.

After the funeral, I knew how to accept the congregation's generosity. The people who had stood in prayer with my father over the course of his lifetime came to sit with me in his apartment during shivah. Twice a day for seven days they came, offering food and prayer until I had found my

own voice in the words of the Kaddish and could return to my home in Los Angeles to say the mourner's prayer on my own.

When the week of shivah ended, I followed the tradition of walking around the block to re-enter the world, accompanied by members of my father's community. Strengthened by their caring and compassion, I was able to leave his house and return to Los Angeles, where I would walk the less protected path of the first year of mourning.

During that time, my own synagogue community held a place for me where I could regularly recite the Kaddish. The word "place" is of great significance; it is the name used for God-HaMakom, the Place. When the Temple stood in Jerusalem, mourners had a place-a separate gate through which they entered and continued walking along a special Mourner's Path. As they walked, they came face to face with all the other members of the community, who greeted them with the blessing, "May the One who dwells in this place comfort you. May you find God-HaMakom-the Holy place of comfort."

Those walking in the opposite direction, former mourners who had made it through, affirmed by their presence the possibility of healing. Looking into their experienced eyes, the mourners found comfort in the knowledge that one does not walk the mourner's path forever.

Those who had never walked the Mourner's Path looked into the face of grief and learned that death and loss are part of life. Knowing that someday they too would walk this path, they could prepare themselves for that eventuality. They realized also that, when that day came, they would not be alone; they would walk in the company of other survivors.

When the Temple stood, the commonality of the various experiences of loss was publicly acknowledged. Others joined the mourners on the path. For it was understood that economic reverses, personal illness, relocation, and

the illness of someone close required attention similar to that given to mourners. As it says in the Talmud: "Who are they who circle to the left? A mourner, an excommunicant, one who has someone sick at home, and one concerned about a lost object" (Minor Tractate of Talmud: Semahot).

The existence of the Mourner's Path confirmed that it is acceptable for those facing significant loss to be out of step with others and affirmed their status as a normal part of community life. Having their experience mirrored in this holy place kept mourners from feeling invisible, unsupported, or ashamed.

Today, we do not have such places. We no longer live in small communities which share our sorrow. More often than not, we attend funerals out of state and then hurry home to a transitory community where few people share our grief. When no one around us carries the stories and memories that mirror our loss and bring us comfort, our painbecomes even more invisible. Moreover, in our society death is often seen as a failure of the medical community, something abnormal and inappropriate. The bereaved are not encouraged to take time out to walk the Mourner's Path. Having a strong reaction to a death, one which prevents the mourner from bouncing back into the normal stream of living, is seen as evidence of maladjustment, requiring the help of psychiatrists or social workers. HaMakom is hard to find.

How, then, do we reclaim the Mourner's Path for the Jewish community and remove the negative connotations associated with this universal life experience?

After returning to Los Angeles at the end of shivah, I continued to wear the cut black ribbon given to me at the funeral. It was the only visible sign of the profound change in my life. This practice has roots in the Jewish tradition of keriah, in which a person rips his or her garment upon hearing the news of the death of someone he or she will mourn. As it says in the Shulchan Aruch: "...all garments must be rent opposite the heart...for the mourner has to

expose the heart." (Kitzur Shulchan Aruch: 195:3-4)

After the completion of Sheloshim, the first month of mourning, I was reluctant to remove the ribbon, not wanting to hide my heart. I appreciated the compassionate nods of recognition I had received from those who understood the significance of my little ribbon. Their silent defer- ence, their awareness of my status as a mourner contin- ued to provide reassurance, help me stay connected to my feelings, and focus on my griefwork. I felt acknowledged as one walking an ancient and venerable path. Gone was the shame and embarrassment I had felt twenty years earlier.

Rather than surrender my ribbon, I decided to embrace it and reclaim the visibility of mourning. I began handing

out colored ribbons to signify the varying statuses of those who walk the mourner's path; black ribbons for those in the first year of mourning; green ribbons for those observ- ing a yahrzeit or another significant date connected to the loss; blue ribbons for those in the midst of other major life changes such as divorce, ending a relationship, relocation, change of job, illness, or becoming a caretaker for some- one else who is ill; and purple ribbons for those whose lives have been transformed by the journey of mourning. Wearing these visible marks of mourning helps guide the process of healing. Some people will bring comfort through gently acknowledging the significance of the ribbon. Oth- ers may ask the ribbon's meaning and give the mourner a chance to tell his or her story. All of these responses give the bereaved validation and solace.

Ironically, being marked as different makes it easier for the mourner to return to the mundane tasks of everyday living. Visible ribbons give mourners relief from the incongruity they feel when their inner experience of grief is masked by the persona they feel obliged to present to a community that is unaware of their loss. Without the burden of cover- ing up their sense of brokenness, mourners are able to attend to their deeper emotional and spiritual needs.

After a while, people begin playing with the ribbons. They weave them into their jewelry, wrap them around their buttons, and finger them as comforting talismans. In those actions the experience of mourning begins to change. It shifts from a static state to an active, creative process-a kind of dance.

Indeed, mourning is a dance. It is a dance that has been choreographed over the millennia by everyone who has passed through the Mourner's Path. By making loss and bereavement visible, we can fulfill the psalmist's promise: to turn mourning into dancing.

Anne Brener, the author of Mourning and Mitzvah (Jewish Lights Publishing, 1993), leads workshops on grief, healing, and Jewish spirituality, and consults with synagogues and other organizations on creating healing communities. A graduate of the HUC-JIR School of Communal Service, Anne is a member of Temple Israel of Hollywood, CA.



NOTE

The compilation of the list of names in this Yizkor
Book of Remembrance is a major task.

While we have tried to be precise and have rechecked our
work, some errors or omissions may have occurred.

If so, we apologize and ask for your understanding.

Please give us corrected information as needed.