

Mourner's Kaddish

תְּגַדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא. בְּעֶלְמָא דִּי בְרָא
כְּרַעוּתָהּ, וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיֵּינוּ וּבְיוֹמֵינוּ וּבְחַיֵּי
דְּכָל בֵּית יִשְׂרָאֵל, בְּעַגְלָא וּבְזִמְן קָרִיב, וְאִמְרוּ אָמֵן.

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

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמַיָּא.

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

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקָדְשָׁא בְּרִיךְ הוּא,
לְעֵלְא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנַחֲמָתָא,
דְּאִמְרוּ בְּעֶלְמָא, וְאִמְרוּ אָמֵן.

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

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

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

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

*O-seh sha-lom bi-me-ro-man, hu ya-a-seh sha-lom
a-lei-nu ve-al kol Yis-ra-el, ve-i-me-ru, a-mein.*

Comforting Mourners at Beth Emet A Brief Guide to Practices in Our Community

At Beth Emet, there are many ways to provide comfort and support to those in mourning. Your presence at a funeral is one important way to honor the person who died and provide comfort to those who are grieving. It is also a mitzvah to visit the home of mourners during the shiva period, which may range from one day to seven, and to participate in the prayer service held in their home. According to Jewish custom, mourners should not greet or entertain visitors during shiva, or provide food for visitors.

However, in our Beth Emet community — as in many others — friends often help arrange food for family and shiva visitors. Beth Emet's *Ozerim* committee can also provide assistance.

Whether or not you are able to make a personal visit, you can also call, write a note, sign an online guestbook and/or donate to Beth Emet or a charity identified by the mourners in memory of the deceased. Knowing that their loved one is remembered helps comfort those who are grieving. As Judaism recognizes, healing is a process that takes time. Staying in touch or offering a meal in the weeks or months following a death also can be a source of support and comfort.

If you would like additional information or guidance about Jewish mourning practice, Rabbi London, Cantor Luck and the *Ozerim* committee welcome your questions.

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Yahrzeit

Memorial Observance

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Beth Emet בית אמת

THE FREE SYNAGOGUE

Yahrzeit

***Yahrzeit* is a Yiddish word meaning “a year’s time” and it is the remembrance of the anniversary of a loved one’s death. It is observed each year on the date of death.**

Lighting a Candle

Perhaps the best known custom for observing a *Yahrzeit* is lighting a candle made to burn for at least 24 hours. We light the candle at home in the evening that the *Yahrzeit* begins, and it is a symbol of the soul and spirit of the deceased. If a *Yahrzeit* falls on Shabbat or a Holiday, the candle is typically lit before the Shabbat or holiday candles. Although there is no formal blessing when lighting the candle, a meditation may be said. It is appropriate, of course, to use your own words and thoughts in addition to, or in place of, a meditation.

Attending Services

The *Yahrzeit* observance lasts a full day and it is customary to attend services on the Shabbat following the *Yahrzeit*. You will receive a reminder from the office each year sharing with you the date in which the name of your loved one will be read, and the name will be read prior to the *Kaddish* prayer. Should you wish to change the date in which you want the name to be read, please contact the Synagogue office.

Tzedakah

It is traditional to do Tzedakah — righteous acts of charitable giving — when observing a *Yahrzeit* to honor the memory of the deceased. The annual reminders that you receive from the office list funds in which you may consider. The names of the funds are also listed within the Memorial Book each year.

Visiting the Grave

Along with the practices mentioned above, one may wish to visit the grave as part of the *Yahrzeit* observance. Some people choose to recite psalms or recite “*El Maleh Rabamim*.” Jews typically do not place flowers at the grave, but rather place a small pebble or stone on the monument or grave marker. In one sense, this is a simple way of saying: this was a person worth remembering, and I am placing the stone here to continue to build a monument of remembrance. The pebble also lets others know that someone did come and remember. Symbolically, it suggests the continuing presence of love and memory which are as strong and enduring as a rock. One name for God is “The Rock of Israel.” The rock is a reminder of the presence of the Rock, whose love is stronger than death.

On the eve of the anniversary of the death (Yahrzeit) say the following prayer when lighting the Yahrzeit candle:

If with family or friends, recite the following:

At this moment, which bears the memory of our beloved (name) let us join hands in love and remembrance. A link has been broken in the chain which binds family and friends to our dear one. Yet strong bonds of home and love hold us each to the other.

We give thanks for the blessing of life, of companionship and of memory. We are grateful for the strength and faith that sustained us in the hour of our bereavements. Though sorrow lingers, we have learned that love is stronger than death. Though our loved one is beyond our sight, we do not despair, for we sense our beloved in our hearts as a living presence.

If by yourself, recite the following:

At this moment, which bears the memory of our beloved (name) I light this candle in love and remembrance. A link has been broken in the chain which binds family and friends to our dear one. Yet we who are near and far are joined always by our loving remembrance and we remain strongly tied each to the other and each to her/his memory.

I give thanks for the blessing of life, of companionship and of memory. I am grateful for the strength and faith that sustained all who loved her/him in the hour of our bereavement. Though sorrow lingers, we have learned that love is stronger than death. Though our loved one is beyond our sight, we do not despair, for we sense our beloved in our hearts as a living presence.

The 23rd Psalm or another favorite passage from the Bible or prayerbook might now be recited.

Sustained by words of faith, comforted by precious memories, we kindle the Yahrzeit light in remembrance. “The human spirit is the light of the Eternal.” As this light burns pure and clear, so may the blessed memory of the goodness and nobility of character of our dear _____ illumine our souls.

The Yahrzeit candle is lit.

זְכָרוֹנוֹ/זִכְרוֹנָהּ לְבָרְכָהּ

*Zich-ro-no/Zich-ro-na li-ve-ra-cha.
May his/her memory be for a blessing.*