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.
**MA’ARIV — WEEKDAY EVENING SERVICE**

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.

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.

Shema

Accepting God’s Unity

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

[softly] Baruch shem kevod malchuto l’olam va’d.

Shituf Yi’sra’el, Yi’isra’el, Yi’isra’el.

Yitgadal ve-yitkadash shmei raba. [All say:] Amen. B’alma d’vira
kh’ritei veymal’khul mal-khutei bechayyekhon uw’eyomei-khun
uwechaye delic hokh be’et yisrael ba-agala
uvizman kariv v’imru: [All say:] Amen.

[All say:] Yehei shmei raba mevarakh l’alum ul’almayi almaya.
Yit’barakh veysistabach veysitromam veysitnei veysitnam
vebeit’aleh veysit’al shmei dikudsha, birkh hu, l’eila (on Yom Kippur
add: l’eila) mikol birkhata veshirata tushbehata venechemata da-
amiran balma, v’imru: [All say:] Amen.

Yehei shelama raba min shmaya vecharim 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 beyond
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

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.

Mourner’s Kaddish

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 heartily 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 throught 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)

Shehu notehe shamayim v’yoseid aretz umoshev y’karo bashamayim mimda’al,
us’chibinat uzo b’gouvei m’romim. Hu Eloheinu ein od. Emet mal’keinu, efetz zulato, kakatuv b’torato V’yada’ta hayom v’hasheivota el-l’vavecha, ki Adonai Hu ha’Elohim bashamayim mimda’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].”

V’ne’emar: v’hayah Adonai l’melech al kol ha’aretz; bayom bahu yih’yeh Adonai echad, ush’bo echad.

(continued)
**Shemona 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’shabech l’adon hakol, lateit g’dula l’ytzeri breishit, shelo asanu k’goeyei ha’aratzot, velo samanu knishp’hot ha’adamah; shelo sam chelkeinu kahem, v’goraleinu k’chol hamonom.

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

Mi chamocha ba’elim 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.

[be seated]

**Shemona Esreh — Silent Prayer (Traditional)**

[said standing, silently]

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


You were Abraham’s God, Isaac’s God, and Jacob’s God
Sarah’s God, Rebeccah’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 Esre — 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.