

BOOK OF REMEMBRANCE

תשפ"ו | 5786





OR OLAM

THE EAST 55TH STREET SYNAGOGUE

אור עולם

For the Lord shall be your *light* everlasting

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WELCOME TO OR OLAM THE EAST 55TH STREET SYNAGOGUE

We hope you find both our services and this booklet meaningful. Please feel free to take a copy home with you; it contains not only the names of our loved ones and the Yizkor service itself, but a collection of meditations and readings which may be used at home on a yahrzeit, during a period of mourning, or on a visit to the cemetery.

Please join us in times of joy as well as mourning, at our Shabbat services or daily minyan, for holiday observations, classes, dinners and other programs. We are a participatory, fully egalitarian community where all are welcome. If you would like to learn more about our congregation, we invite you to make an appointment with our rabbi, Eugene A. Wernick; to speak to any of our members; or to visit our website at www.east55.org.

DATES FOR YIZKOR OBSERVANCE 5786

Yom Kippur October 2, 2025

Shemini Atzeret..... October 15, 2025

Passover (8th Day) April 9, 2026

Shavuot (2nd Day) May 23, 2026

We Remember Them

At the rising of the sun and at its going down,
we remember them.

*At the blowing of the wind and in the chill of winter,
we remember them.*

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

*At the shining of the sun and in the warmth of summer,
we remember them.*

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

*At the beginning of the year and at its end,
we remember them.*

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

*When we are weary and in need of strength,
we remember them.*

When we are lost and sick at heart,
we remember them.

*When we have joy we crave to share,
we remember them.*

When we have decisions that are difficult to make,
we remember them.

*When we have achievements that are based on theirs,
we remember them.*

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

--Sylvan Kamens and Jack Riemer

יזכור YIZKOR

adapted from Siddur Sim Shalom for Shabbat and Festivals
(Rabbinical Assembly, 1998, Rabbi Jules Harlow, ed.)

ה', מָה אָדָם וַתַּדְעֶהוּ, בֶּן אָנוּשׁ וַתַּחֲשֹׁבֵהוּ.
אָדָם לְהֵבֵל דָּמָה, יָמָיו כְּצֵל עוֹבֵר.
בִּבְקָר יֵצֵץ וְחָלָף, לְעֶרֶב יְמוּלֵל וַיָּבֵשׁ.
תִּשָּׁב אָנוּשׁ עַד דָּכָא, וַתֵּאמֶר שׁוּבוּ בְנֵי אָדָם.
שׁוּבָה ה', עַד מָתִי, וְהִנָּחֵם עַל עֲבֹדָיִךְ.

Loving God, what are mortals that You should take notice; or that
You show consideration to them.

A mortal is a mere breath, our days like a shadow that slips away.
We are like grass that grows in the morning, is cut down in the
evening and then withers.

You humble us and entreat us: "Return to me, my children."
Turn to us in love, do not delay, and pity us, Your servants.

There is a time for everything,
for all things under the sun:
A time to be born and a time to die,
a time to laugh and a time to cry;

*a time to dance and a time to mourn,
a time to seek and a time to lose,
a time to forget and a time to remember.*

This day in sacred convocation
we remember those who gave us life.

*We remember those who enriched our lives
with love and beauty, kindness and compassion,
thoughtfulness and understanding.*

We renew our bonds to those
who have gone the way of all the earth,
to those whose memory moves us this day.

*As we reflect upon them, we seek consolation,
and the strength and the insight born of faith.*

As a parent shows love to a child,
Adonai embraces all who are faithful.

*God knows how we are fashioned,
remembers that we are dust.*

Our days are as grass;
we flourish as a flower in the field.
The wind passes over it and it is gone,
and no one can recognize where it grew.

*But Adonai's compassion for those who are steadfast,
God's tenderness to children's children,
remain, age after age, unchanging.*

Three score and ten our years may number,
four score years if granted the vigor.
Laden with trouble and travail,
life quickly passes; it flies away.

*What are mortals, eternal God,
that You should be mindful of them?*

What are mortals, that You should take note of them,
that You have made them little less than angels?

*The sounds of infants attest to Your power;
the magnificence of life reflects Your glory.
The heavens display Your splendor.
What majesty is Yours throughout the world!*

Teach us to use all of our days,
that we may attain a heart of wisdom.

*Bless us with Your love in the morning,
that we may joyously sing all our days.*

שׁוֹיֵתִי ה' לִנְגְדִי תָמִיד, כִּי מִיָּמִינִי בֶל אֲמוֹט:
לִכֹּן שִׂמַּח לְבִי וַיִּגַּל כְּבוֹדִי, אַף בְּשָׂרִי יִשְׁכֵּן לְבִטָּח:

I have placed God as my guide forever.
God is ever with me, I am sure in my path.
Therefor my thoughts are happy and I am filled with joy.
I live in the security of my faith in God.

A Personal Meditation

Eternal God, Source of love, 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 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 dead to Your all-knowing compassion.



We rise and continue with the appropriate passages from among the following, in silent meditation. Personal meditations, as well as those found on pages 17 to 23, may be added.

In Memory of a Father

יְזַכֵּר אֱלֹהִים נְשָׁמַת אָבִי מוֹרִי _____ שְׁהֶלֶךְ לְעוֹלָמוֹ. הִנְנִי נוֹדֵב/
נוֹדֵבֶת צִדְקָה בְּעַד הַזְכָּרַת נְשָׁמָתוֹ. אֲנֵא תְהִי נֶפֶשׁ צְרוּרָה בְּצִרוֹר
הַחַיִּים וְתְהִי מְנוּחָתוֹ כְּבוֹד, שֶׁבַע שְׁמָחוֹת אֶת-פָּנֶיךָ, נְעִימוֹת בִּימִינְךָ
נִצַּח. אָמֵן.

May God remember the soul of my father, _____, who has gone to his eternal home. In loving testimony to his life, I pledge *tz'dakah* to help perpetuate ideals important to him. Through such deeds, and through prayer and remembrance, may his soul be bound up in the bond of life. May I prove myself worthy of the many gifts with which he blessed me. May these moments of meditation strengthen the ties that link me to his memory. May he rest in peace forever in God's presence. Amen.

In Memory of a Mother

יְזַכֵּר אֱלֹהִים נְשָׁמַת אִמִּי מוֹרֵתִי _____ שְׁהֶלְכָה לְעוֹלָמָהּ. הִנְנִי נוֹדֵב/
נוֹדֵבֶת צִדְקָה בְּעַד הַזְכָּרַת נְשָׁמָתָהּ. אֲנֵא תְהִי נֶפֶשׁ צְרוּרָה בְּצִרוֹר
הַחַיִּים וְתְהִי מְנוּחָתָה כְּבוֹד, שֶׁבַע שְׁמָחוֹת אֶת-פָּנֶיךָ, נְעִימוֹת בִּימִינְךָ
נִצַּח. אָמֵן.

May God remember the soul of my mother, _____ who has gone to her eternal home. In loving testimony to her life, I pledge *tz'dakah* to help perpetuate ideals important to her. Through such deeds, and through prayer and remembrance, may her soul be bound up in the bond of life. May I prove myself worthy of the many gifts with which she blessed me. May these moments of meditation strengthen the ties that link me to her memory and to our entire family. May she rest in peace forever in God's presence. Amen.

In Memory of a Wife

יִזְכֹּר אֱלֹהִים נִשְׁמַת אִשְׁתִּי _____ שְׁהִלְכָה לְעוֹלָמָהּ. הִנְנִי נוֹדֵב
צְדָקָה בְּעֵד הַזְכָּרָת נִשְׁמָתָהּ. אֲנִי תָהִי נִפְשָׁה צְרוּרָה בְּצִרוּר הַחַיִּים
וְתָהִי מְנוּחָתָה כְּבוֹד, שְׁבַע שְׁמָחוֹת אֶת-פָּנֶיךָ, נְעִימוֹת בְּיַמֶּיךָ נֹצַח. אָמֵן.
May God remember the soul of my wife, _____ who has gone to
her eternal home. In loving testimony to her life, I pledge *tz'dakah*
to help perpetuate ideals important to her. Through such deeds,
and through prayer and remembrance, may her soul be bound up
in the bond of life. May I prove myself worthy of the many gifts
with which she blessed me. May these moments of meditation
strengthen the ties that link me to her memory and to our entire
family. May she rest in peace forever in God's presence. Amen.



In Memory of a Husband

יִזְכֹּר אֱלֹהִים נִשְׁמַת בְּעָלִי _____ שְׁהִלְךְ לְעוֹלָמוֹ. הִנְנִי נוֹדֵבֶת צְדָקָה
בְּעֵד הַזְכָּרָת נִשְׁמָתוֹ. אֲנִי תָהִי נִפְשׁוֹ צְרוּרָה בְּצִרוּר הַחַיִּים וְתָהִי
מְנוּחָתוֹ כְּבוֹד, שְׁבַע שְׁמָחוֹת אֶת-פָּנֶיךָ, נְעִימוֹת בְּיַמֶּיךָ נֹצַח. אָמֵן.
May God remember the soul of my husband, _____, who has
gone to his eternal home. In loving testimony to his life, I pledge
tz'dakah to help perpetuate ideals important to him. Through such
deeds, and through prayer and remembrance, may his soul be
bound up in the bond of life. May I prove myself worthy of the
many gifts with which he blessed me. May these moments of
meditation strengthen the ties that link me to his memory. May he
rest in peace forever in God's presence. Amen.

In Memory of a Son or a Brother

יִזְכֹּר אֱלֹהִים נֶשְׁמַת בְּנִי/אָחִי _____ הָאֲהוּב שְׁהִלֵּךְ לְעוֹלָמוֹ. הִנְנִי
נוֹדֵב/ נוֹדֵבֶת צְדָקָה בְּעַד הַזְכָּרָת נֶשְׁמָתוֹ. אֲנִי אֶתְּהִי נִפְשׁוֹ צְרוּרָה בְּצִרוּר
הַחַיִּים וְתֵהִי מְנוּחָתוֹ כְּבוֹד, שְׁבַע שְׁמֻחוֹת אֶת-פָּנָיִךְ, נְעִימוֹת בְּיָמֶיךָ
נֶצַח. אָמֵן.

May God remember the soul of my son/brother, _____, who has
gone to his eternal home. In loving testimony to his life, I pledge
tz'dakah to help perpetuate ideals important to him. Through such
deeds, and through prayer and remembrance, may his soul be
bound up in the bond of life. May I prove myself worthy of the
many gifts with which he blessed me. May these moments of
meditation strengthen the ties that link me to his memory. May he
rest in peace forever in God's presence. Amen.

In Memory of a Daughter or a Sister

יִזְכֹּר אֱלֹהִים נֶשְׁמַת בְּתִי/אֲחוֹתִי _____ הָאֲהוּבָה שְׁהִלְכָה לְעוֹלָמָהּ.
הִנְנִי נוֹדֵב/נוֹדֵבֶת צְדָקָה בְּעַד הַזְכָּרָת נֶשְׁמָתָהּ. אֲנִי אֶתְּהִי נִפְשָׁהּ צְרוּרָה
בְּצִרוּר הַחַיִּים וְתֵהִי מְנוּחָתָה כְּבוֹד, שְׁבַע שְׁמֻחוֹת אֶת-פָּנָיִךְ, נְעִימוֹת
בְּיָמֶיךָ נֶצַח. אָמֵן.

May God remember the soul of my daughter/sister, _____ who
has gone to her eternal home. In loving testimony to her life, I
pledge *tz'dakah* to help perpetuate ideals important to her.
Through such deeds, and through prayer and remembrance, may
her soul be bound up in the bond of life. May I prove myself
worthy of the many gifts with which she blessed me. May these
moments of meditation strengthen the ties that link me to her
memory and to our entire family. May she rest in peace forever in
God's presence. Amen.

In Memory of Other Relatives and Friends

זְכוֹר אֱלֹהִים נְשָׁמוֹת קְרוֹבֵי וְרַעֲי _____ שֶׁהָלְכוּ לְעוֹלָמָם. הִנְנִי
נוֹדֵב/ נוֹדֶבֶת צְדָקָה בְּעַד הַזְכָּרָת נְשָׁמָתָם. אֲנִי וְהַיְיָנָה נְפְשׁוֹתֵיהֶם
צָרוֹרוֹת בְּצָרוֹר הַחַיִּים וְתִהְיֶי מְנוּחָתָם כְּבוֹד, שְׁבַע שְׁמֹחוֹת אֶת-פָּנֶיךָ,
נְעִימוֹת בְּיָמֶיךָ נְצַח. אָמֵן.

May God remember the souls of _____, and of all relatives and friends who have gone to their eternal home. In loving testimony to their lives, I pledge *tz'dakah* to help perpetuate ideals important to them. Through such deeds, and through prayer and remembrance, may their souls be bound up in the bond of life. May I prove myself worthy of the many gifts with which they blessed me. May these moments of meditation strengthen the ties that link me to their memory. May they rest in peace forever in God's presence. Amen.

In Memory of Martyrs

זְכוֹר אֱלֹהִים נְשָׁמוֹת כָּל-אֲחֵינוּ בְּנֵי יִשְׂרָאֵל שֶׁמָּסְרוּ אֶת-נַפְשָׁם עַל
קְדוּשַׁת הַשֵּׁם. הִנְנִי נוֹדֵב/נוֹדֶבֶת צְדָקָה בְּעַד הַזְכָּרָת נְשָׁמוֹתֵיהֶם. אֲנִי
שֹׁמֵעַ בְּחַיֵּינוּ הַדְּגוּרָתָם וּמִסִּירוֹתָם וְיִרְאָה בְּמַעֲשֵׂינוּ טָהוֹר לְבָם
וְתִהְיֶינָה נְפְשׁוֹתֵיהֶם צָרוֹרוֹת בְּצָרוֹר הַחַיִּים וְתִהְיֶי מְנוּחָתָם כְּבוֹד, שְׁבַע
שְׁמֹחוֹת אֶת-פָּנֶיךָ, נְעִימוֹת בְּיָמֶיךָ נְצַח. אָמֵן.

May God remember the souls of the martyrs of our people, who gave their lives for the sanctification of God's name. In their memory do I pledge *tz'dakah*. May their bravery, their dedication, and their purity be reflected in our lives. May their souls be bound up in the bond of life. May they rest in peace forever in God's presence. Amen.

In Memory of Congregants

זְכוֹר אֱלֹהִים נַשְׁמוֹת יְדִידֵינוּ חֲבֵרֵי הַקָּהָל הַקָּדוֹשׁ הַזֶּה שֶׁהָלְכוּ
לְעוֹלָמָם. אָנָּה תְהַיְיבָה נַפְשוֹתֵיהֶם צָרוֹרוֹת בְּצָרוֹר הַחַיִּים וְתִהְיֶה
מְנוּחָתָם כְּבוֹד, שְׁבַע שְׁמֵחוֹת אֶת-פָּנֶיךָ, נְעִימוֹת בְּמִינָה נְצַח. אָמֵן.

May God remember the souls of our friends, members of this holy congregation, who have gone to their eternal home, May their souls be bound up in the bond of life. May these moments of meditation strengthen the ties that link us to their memory. May they rest in peace forever in God's presence. Amen.

Exalted, compassionate God, comfort the bereaved families of this congregation. Help us to perpetuate everything that was worthy in the lives of those no longer with us, whom we remember this day. May their memory endure as a blessing. And let us say: Amen.

In Memory of the Six Million

אֵל מְלֵא רַחֲמִים, שׁוּכֵן בְּמְרוֹמִים, הַמַּצֵּא מְנוּחָה וְכֹנֶה תַּחַת כְּנָפָי
הַשְּׁכִינָה, בְּמַעְלוֹת קְדוּשִׁים וְטְהוֹרִים, כְּזֹהֵר הַרְקִיעַ מְזֻהָרִים, לְנַשְׁמוֹת
כָּל-אֲחֵינוּ בְּנֵי יִשְׂרָאֵל שֶׁנִּטְבְּחוּ בַשּׁוֹאָה, אֲנָשִׁים, נָשִׁים וְטָף, שֶׁנִּחְנָקוּ
וְשֶׁנִּשְׂרְפוּ וְשֶׁנֶּהֱרָגוּ, שֶׁמָּסְרוּ אֶת נַפְשָׁם עַל קְדוּשַׁת הַשֵּׁם, בְּגֵן עֶדֶן תִּהְיֶה
מְנוּחָתָם. אָנָּה בָּעֵל הַרְחָמִים, הַסִּתִּירָם בְּסִתְרֵי כְּנָפֶיךָ לְעוֹלָמָם. וְצָרוֹר
בְּצָרוֹר הַחַיִּים אֶת-נַשְׁמוֹתֵיהֶם. ה' הוּא נִחְלָתָם. וְיִנוּחוּ בְּשָׁלוֹם עַל
מִשְׁכְּבוֹתֵיהֶם, וְנֹאמַר אָמֵן.

Exalted, compassionate God, grant perfect peace in your sheltering presence, among the holy and the pure, to the souls of all the men, women, and children of the House of Israel who were slaughtered, strangled, and burned in the Shoah. May they rest in peace. Master of mercy, may they find eternal shelter beneath Your sheltering wings, and may their souls be bound up in the bond of life. Adonai is their portion. May they rest in peace. And let us say: Amen.

In Memory of Members of Israel Defense Force

אל מֶלֶא רַחֲמִים, שׁוֹכֵן בְּמְרוֹמִים, הַמָּצֵא מְנוּחָה נְכוֹנָה תַּחַת כְּנָפֶי
הַשְּׂכִינָה, בְּמַעְלֹת קְדוּשִׁים וְטְהוֹרִים, כְּזֹהֵר הַרְקִיעַ מִזְהָרִים,
לְנַשְׁמוֹת חֵילִי צָבָא הַגָּנָה לְיִשְׂרָאֵל אֲשֶׁר מָסְרוּ נַפְשָׁם עַל קִדְשֵׁי הַשָּׁמַיִם
וְעַל כְּבוֹשׁ הָאָרֶץ. בַּעַל הַרְחָמִים יִסְתִּירֵם בְּסִתְרֵךְ כְּנָפָיו לְעוֹלָמִים.
וְיִצְרָר בְּצִרּוֹר הַחַיִּים אֶת נַשְׁמוֹתֵיהֶם, בְּגֶן עֵדֶן וְתֵהָא מְנוּחָתָם, יֵהוּה
הוּא נִחְלָתָם, וְיִנוּחוּ בְּשָׁלוֹם עַל מִשְׁכַּבֹּתָם. וְנֹאמַר: אָמֵן.

Exalted, compassionate God, grant perfect peace in your
sheltering presence, among the holy and the pure, to the souls of
the members of the Israel Defense Forces who perished in the
defense of our Holy Land. May their memory be a blessing, and
may they rest in peace. Master of mercy, may they find eternal
shelter beneath Your sheltering wings, and may their souls be
bound up in the bond of life. Adonai is their portion. May they rest
in peace. And let us say: Amen.

In Memory of a Departed (Man)

אל מֶלֶא רַחֲמִים, שׁוֹכֵן בְּמְרוֹמִים, הַמָּצֵא מְנוּחָה נְכוֹנָה תַּחַת כְּנָפֶי
הַשְּׂכִינָה, בְּמַעְלֹת קְדוּשִׁים וְטְהוֹרִים, כְּזֹהֵר הַרְקִיעַ מִזְהָרִים, לְנַשְׁמַת
[name] שֶׁהָלַךְ לְעוֹלָמוֹ, בַּעֲבוּר שְׁנֵדְבוּ צְדָקָה בְּעַד הַזְכָּרַת נִשְׁמָתוֹ. בְּגֶן
עֵדֶן וְתֵהָא מְנוּחָתוֹ. לָכֵן בַּעַל הַרְחָמִים יִסְתִּירֵהוּ בְּסִתְרֵךְ כְּנָפָיו לְעוֹלָמִים.
וְיִצְרָר בְּצִרּוֹר הַחַיִּים אֶת נִשְׁמָתוֹ. ה' הוּא נִחְלָתוֹ. וְיִנוּחַ בְּשָׁלוֹם עַל
מִשְׁכָּבוֹ, וְנֹאמַר אָמֵן.

Exalted, compassionate God, grant perfect peace in your
sheltering presence, among the holy and the pure, to the souls of
our departed loved ones. May their memory be a blessing, and
may they rest in peace. Master of mercy, may they find eternal
shelter beneath Your sheltering wings, and may their souls be
bound up in the bond of life. Adonai is their portion. May they rest
in peace. And let us say: Amen.

In Memory of a Departed (Woman)

אל מלא רחמים, שוכן במרומים, המצא מנוחה נכונה תחת כנפי השכינה, במעלות קדושים וטהורים, כזהר הרקיע מזהירים, לנשמת [name] שהלכה לעולמה, בעבור שנדבו צדקה בעד הזכרת נשמתה. בגן עדן תהא מנוחתה. לכן בעל הרחמים יסתירה בסתר כנפיו לעולמים. ויצרור בצרור החיים את נשמתה. ה' הוא נחלתה. ותנוח בשלום על משכבה, ונאמר אמן.

Exalted, compassionate God, grant perfect peace in your sheltering presence, among the holy and the pure, , to the souls of our departed loved ones. May their memory be a blessing, and may they rest in peace. Master of mercy, may they find eternal shelter beneath Your sheltering wings, and may their souls be bound up in the bond of life. Adonai is their portion. May they rest in peace. And let us say: Amen.

In Memory of All the Dead

אל מלא רחמים, שוכן במרומים, המצא מנוחה נכונה תחת כנפי השכינה, במעלות קדושים וטהורים, כזהר הרקיע מזהירים, לנשמות כל-אלה שהזכרנו היום לברכה, שהלכו לעולמם, בגן עדן תהי מנוחתם. אנה בעל הרחמים הסתירם בסתר כנפיו לעולמים וצרור בצרור החיים את נשמותיהם. ה' הוא נחלתם. וינוחו בשלום על משכבותיהם. ונאמר אמן.

Exalted, compassionate God, grant perfect peace in your sheltering presence, among the holy and the pure, to the souls of all those we have recalled today. May their memory be a blessing, and may they rest in peace. Master of mercy, may they find eternal shelter beneath Your sheltering wings, and may their souls be bound up in the bond of life. Adonai is their portion. May they rest in peace. And let us say: Amen.

**A Yizkor Meditation
in Memory of a Parent Who Was Hurtful**

Dear God,

You know my heart.

Indeed, You know me better than I know myself, so I turn to you before I rise for Kaddish.

My emotions swirl when I say this prayer. The parent I remember was not kind to me. His/her death left me with a legacy of unhealed wounds, of anger and of dismay that a parent could hurt a child as I was hurt.

I do not want to pretend to love, or to grief that I do not feel, but I do want to do what is right as a Jew and as a child.

Help me, O God, to subdue my bitter emotions that do me no good, and to find that place in myself where happier memories may lie hidden, and where grief for all that could have been, all that should have been, may be calmed by forgiveness, or at least soothed by the passage of time.

I pray that You, who raise up slaves to freedom, will liberate me from the oppression of my hurt and anger, and that You will lead me from this desert to Your holy place.

-- Robert Saks

Psalm 6

Lord, do not chastise me in Your wrath,
do not punish me in Your fury.

Have mercy on me, Lord, for I am wretched.
Heal me, for my limbs are stricken.

And my life is hard stricken.

- and You, O Lord, how long?

Come back, Lord, deliver my life,
rescue me for the sake of Your kindness.

For death holds no mention of You.
In Sheol who can acclaim You?

I weary in my sighing
I make my bed swim every night.

With my tears I water my couch.

From vexation my eye becomes dim,
is worn out, because of all my foes.

Turn from me all you wrongdoers,
for the Lord hears the sound of my weeping.

The Lord hears my plea,
The Lord will take my prayer.

Let all my enemies be shamed and hard stricken,
let them turn back, be shamed in an instant.

-- translation by Robert Alter

Psalm 23

מִזְמוֹר לְדָוִד
ה' רֹעִי לֹא אֶחְסָר.
בְּנֵאוֹת דָּשָׁא יִרְבִּיצֵנִי, עַל מֵי מִנְחוֹת יִנְהַלֵּנִי.
נַפְשִׁי יִשׁוּבָב, יִנְחֵנִי בְּמַעְגְלֵי צֶדֶק לְמַעַן שְׁמוֹ:
גַּם כִּי אֵלֶךְ בְּגִיא צַלְמוֹת
לֹא אִירָא רָע כִּי אֵתָה עִמָּדִי.
שִׁבְטְךָ וּמִשְׁעֶנֶתְךָ הֵמָּה יִנְחַמְנִי.
תַּעֲרֹךְ לִפְנֵי שְׁלֹחַן נֹגֵד צִרְיִי,
דֹּשְׁנֶת בַּשָּׁמֶן רֹאשִׁי, כּוֹסֵי רִוְיָה.
אֵךְ טוֹב וְחֹסֵד יִרְדְּפוּנִי כָּל יְמֵי חַיִּי,
וְשִׁבְתִּי בְּבֵית ה' לְאֶרְךָ יָמִים.

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

Mourner's Kaddish

וַיִּתְגַּדֵּל וַיִּתְקַדֵּשׁ שְׁמֵהּ רַבָּא, בְּעֶלְמָא דִּי בְּרָא כְרַעוּתֵהּ, וַיִּמְלִיךְ
מַלְכוּתֵהּ בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל, בְּעֶגְלָא
וּבְזִמְן קָרִיב, וְאָמְרוּ אָמֵן:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וּלְעָלְמֵי עָלְמַיָּא:

וַיִּתְבָּרַךְ וַיִּשְׁתַּבַּח, וַיִּתְפָּאֵר וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר וַיִּתְעַלֶּה
וַיִּתְהַלָּל שְׁמֵהּ דְּקֻדְשָׁא בְּרִיךְ הוּא לְעָלְא

מִן כָּל (on Pesah, Shavuot and Shemini Atzeret):

לְעָלְא מְכָל (on Yom Kippur):

בְּרַכְתָּא וְשִׁירָתָא, תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְּאָמִירוֹן בְּעֶלְמָא, וְאָמְרוּ
אָמֵן:

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

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,
וְעַל כָּל יוֹשְׁבֵי תְּבִיל, וְאָמְרוּ אָמֵן:

Mourner's Kaddish

Yitgadal v'yitkadash sh'meh raba b'alma di v'ra khiruteh, v'yamlikh malkhuteh b'hayekhoh uv'yomeikhoh uv'hayei d'khol-beit Yisrael, ba-agala uvizman kariv, v'imru amen.

Y'he sh'meh raba m'varakh l'alam ul'almei almay.

Yitbarakh v'yishtabah v'yitpa-ar v'yitromam v'yitnase, v'yithadar v'yitaleh v'yit'halal sh'meh d'kud'sha, b'rikh hu l'ela

(on Pesah, Shavuot, and Shemini Atzeret): min kol-

(on Yom Kippur):

l'ela mikol-

birkhata v'shirata, tushb'hata v'nehemata da-amiran b'alma, v'imru amen.

Y'he shlama raba min sh'maya v'hayim aleinu v'al kol-Yisrael, v'imru amen.

Oseh shalom bimromav, hu ya-aseh shalom aleinu v'al kol Yisrael, v'al kol yoshvei tevel, v'imru amen.

May God's name be exalted and hallowed throughout the world that God created, as is God's wish. May God's sovereignty soon be accepted, during our life and the life of all Israel. And let us say: Amen.

May God's great name be praised throughout all time.

Glorified and celebrated, lauded and worshipped, exalted and honored, extolled and acclaimed may the Holy Blessed One be praised beyond all song and psalm, beyond all tributes that mortals can utter. And let us say: Amen.

Let there be abundant peace from heaven, with life's goodness for us and for all Israel. And let us say: Amen.

May the One who brings peace in the Divine realms bring peace to us and to all Israel. And let us say: Amen.

THE EMPTY CHAIR

Jonathan spoke to David saying, "Your chair will be empty. You will be missed."

As our families gather around our dining room tables, whether welcoming the New Year, Passover, Thanksgiving, Hanukkah, or *Shabbat*, we often feel the presence of those who used to share our festival meals together. After a loss, *Shabbat* and the holidays are often times to realize that there is a chair at the family table that is empty.

Sitting at our dining tables, with the candles, china, silver, *challah*, wine, and good food, we can feel the spiritual presence of those who have sat with us in the past--those who have shared those meals, those who used to prepare the meals that we now prepare ourselves. Sitting in a sanctuary on *Shabbat*, *Rosh Hashanah*, *Yom Kippur*, or other holidays we might well recall parents grandparents, children, teachers, and family members who are no longer alive, yet their presence is felt. It is as if there were an empty chair or place next to us where they should be.

The chair is empty, but we know they continue to be seated among us. There is consolation and comfort to be found in the awareness that we continue to feel the presence of those who have influenced and touched our lives. Their teachings, advice, and wisdom did not die with them. They are still present to us and alive through us.

It is fitting to recall those who have most profoundly shaped us. They sit at our side. Their spirit is felt in our homes. They will always merit a place at our tables, for they have earned a place in our hearts. May we continue to be blessed with the gift of memory, and may we strive to live our lives in fulfillment of the noblest values and most sacred visions of those who have loved us and those whom we have loved.

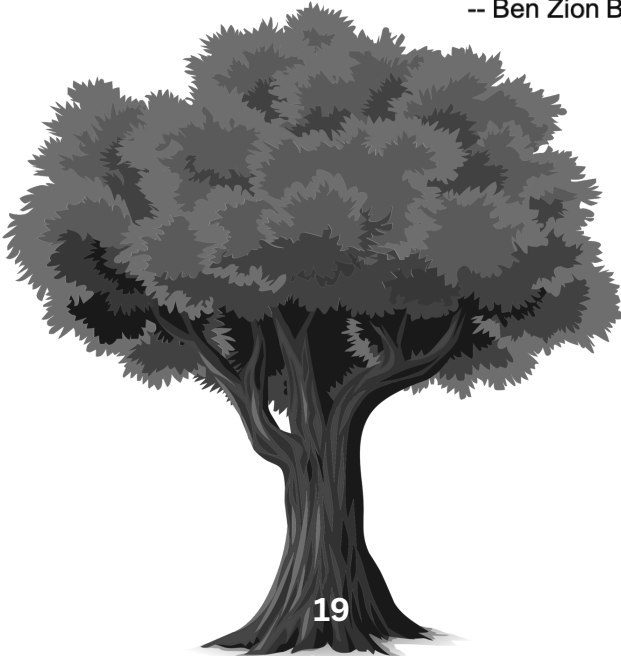
-- Samuel N. Gordon

THE TREE KNOWS

Naked and lonely,
Bereaved of her children,
The brood of green foliage,
The tree stands in the winter cold
Shaking in the wind.
She bears witness to her faith
That the world will green again.
The storm bends her,
But she remains rooted.
In the spot
Where God or man
Stationed her.

She knows through the wisdom
Imbibed in her flesh
That storms recede,
That spring returns,
That her hard limbs
Will grow soft again
At the touch of a warmer sun,
And the crown of new foliage
Will mark the renewal
Of her life.

-- Ben Zion Bokser



THIS IS MY PRAYER

This is my prayer to You, my God:
Let not my spirit wither and shrivel
in its thirst for You
and lose the dew
with which You sprinkled it
when I was young.

May my heart be open
to every broken soul,
to orphaned life,
to every stumbler
wandering unknown
and groping in the shadows.

Bless my eyes, purify me to see
man's beauty rise in the world,
and the glory of my people in its redeemed land
spreading its fragrance over all the earth.

Deepen and broaden my senses
to absorb a fresh
green, flowering world,
to take from it the secret
of blossoming in silence.

Grant strength to yield fine fruits,
quintessence of my life,
steeped in my very being,
without expectation of reward.

And when my time comes--
let me slip into the night
demanding nothing, God, of man, or of You.

-- Hillel Bavli, translated from the Hebrew by Rabbi Norman Tarnor



Life is not fair. The wrong people get sick and the wrong people get robbed and the wrong people get killed in wars and in accidents.

Some people see life's unfairness and decide, "There is no God; the world is nothing but chaos." Others see the same unfairness and ask themselves, "Where do I get my sense of what is fair and unfair? Where did I get my sense of outrage and indignation, my instinctive response of sympathy? Don't I get these things from God? Doesn't God plant in me a little bit of the divine outrage at my injustice and oppression, just as God did for the prophets of the Bible? Isn't my feeling of compassion for the afflicted just a reflection of the compassion God feels in seeing the suffering of God's creatures?"

Our responding to life's unfairness with sympathy and righteous indignation, God's compassion and God's anger working through us, may be the surest proof of all of God's reality.

-- Rabbi Richard Levy



There are stars whose radiance is visible on earth though they
have long been extinct.

There are people whose brilliance continues to light the world
even though they are no longer among the living.

These lights are particularly bright when the night is dark.

They light the way for human kind.

-- Hannah Senesh



It is hard to feel serene when our world is not complete, when those who once brought wholeness to our life have gone. Yet in the emptiness their passing leaves behind, we are not alone. For we have the companionship of the living, and even our loved ones who have died live on in our hearts, for what they were is part of what we have become. We honour them best when we live, as they would wish, responsibly and happily, even in the shadow of our loss, and so draw closer to the Source of life, in whom life finds meaning, purpose, and hope.

-- Richard Levy

Say the old masters, "What is life like?" "Life," said they, "is like a musical instrument." God plays upon the instrument. The time may come when the instrument that had felt the touch of the hand of God, and had responded to its caressing, may crumble and fall into dust. But they who have heard the melody will have its notes ring in their ears to their last day. Our beloved one was a musical instrument in the hands of God. Eagerly, faithfully, he answered with the melody of his life to the touch of God's hands. We know that mortal remains will go back to dust, but we have heard the melody.

-- Gerson B. Levi

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The death of those close to our hearts grieves and humbles us. It devastates our lives, lives that once were filled with the warmth of their presence. It reminds us that we all must die, even the most humble and righteous among us. And yet we know that life does not end at the grave; the soul lives on. How, then, do we accept the reality of death? By remembering the goodness of our loved ones and by shaping our lives after their example. For the memory of the righteous is truly a blessing, an inspiration for all our days. May our lives be worthy of their memory, always.

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When my loved one is taken from me, shall I mourn?
When my dear one departs forever,
shall I wail and rend my flesh as I do my garment?
No! That is not the way.

*I may find the road ahead lonely.
I may dread tomorrow without that voice, without that smile.
I may not know whence will come the courage to continue
Yet I shall not despair!*

I shall praise God who gave me my beloved.
I shall sing unto God who enables us to love.
I shall voice thanks for what I have had.
I will refuse to become bitter over what I shall lack.

*When my loved one leaves me, I shall indeed shed tears.
Yet, even then, I shall utter a hymn --
A song of joy for what has been.*

~~~

BARUKH ATAH ADONAI!  
Praised are You, O God!  
You have allowed me to know love;  
You have granted me an eternal treasure.

-- Simcha Kling

# Reflections

“To live in the hearts of those we leave behind is  
not to die”



“Those we have loved live on in the kindness they  
showed, the comfort they shared, and the love they  
brought into our lives.”

"Those we have loved and lost are never truly gone.  
They live on in the kindness they shared,  
in the comfort they offered,  
and in the love they brought into our lives.

Their voices echo in our prayers,  
their values guide our choices,  
their light continues to shine in our community.



May their memory inspire us,  
strengthen us,  
and bless us all the days of our lives"



# זכר

5786  
תשפ"ו

IN MEMORY OF OUR BELOVED MEMBERS

**Mordecai Braunstein, z"l**

January 30, 2025

**Edith Claman, z"l**

October 26, 2024

**Vivian Schwimmer, z"l**

July 2, 2025

**Marcia Kerr Cherbini, z"l**

September 13, 2025

זְכוֹר אֱלֹהִים

## **Remembered By**

**Kenneth Adelsberg & Laurie Newitz** .....

## **In Memory Of**

Joseph Adelsberg  
Dorothy Adelsberg  
Lee Adelsberg  
Allen Blum  
Cydelle Blum  
Andrew Bovin  
Hyman Bovin  
Rose Bovin  
Saul Broverman  
Jack Green  
Laura Green  
Jack Newitz  
Judith Newitz  
Dorothy Schwartz  
Henry Schwartz  
Robert Schwartz  
Minnie Winter  
Robert Winter Eve  
Newitz  
Ruth Bovin  
Vera Broverman  
Faye Adelsberg  
Henry Bovin  
Ben Goldberg  
Marlene Goldberg

**Joshua & Judith Adler** .....

Hyman Adler  
Hattie Adler  
Irving Lowitz  
Millicent Lowitz  
Samuel Eckstein  
Esther Eckstein  
Louis Lowitz  
Dora Lowitz  
Minnie Wackstein  
Laurie Kopman

**Miriam Anzolut** .....

Mollie Weiss  
Joseph Weiss  
Frances Schwartz  
Irene Santa  
Murray Weiss  
Julie Weiss  
Sandra Hoberman

**Remembered by**

**Norman Arnoff** .....

**In Memory of**

Morris P. Arnoff & Bernice Arnoff  
Joseph Ziskind & Mildred Ziskind  
Louis Alpren & Dorothy Alpren  
Ben Katz & Fanny Katz  
Herman Arnoff  
William Arnoff & Martha Arnoff  
Irving Arnoff  
May Arnoff  
Bertha Arnoff /Sunderland  
Norman Katz  
Harold Mahler & Muriel Mahler  
Simon Meleras  
Dr. John Asher and Evelyn Asher  
May and William Limenfeld

**Albert Attia** .....

Aslan Yehuda Attia  
Adele Attia  
Ezra Attia  
Victor Attia  
Ruth Jacobowitz  
Jacob Jacobowitz  
Leila Attia

**Barbara & Aaron Ast** .....

Sarah Ast  
Abraham Ast  
Anna Ast  
Julius Ast  
David Marlowe  
Ida Levine  
Meyer Levine  
Rose Futterman  
Becky Wieseltier  
Sam Wieseltier  
Jennie Schiffer

**Howard Babich** .....

My Beloved Parents:  
Jack & Vera Babich  
My Beloved & Saintly Husband:  
Rody Picar

**Maira Barnette, Ronna Wallace,  
Richard Brouman & Mitchell Brouman** .....

Bernice Brouman  
Irving Daniel Brouman  
Rose Kaufman  
Samuel Goldman  
Rose Brouman  
Mair Brouman



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Alexandra Berke & Spencer Soloway** ....

**Mary Boyle** .....

**Shiela Braunstein** .....

**Eleanor Brilliant** .....

**Rosalyn Brosoff** .....

**Helen Charash** .....

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Sidney Bauman  
Etta Bauman  
Harold Lederman  
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Eva Hesse  
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Ephraim Charash  
Rachel Charash  
Trudy Mendelowitz

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Gerhard GraupeEsther Dine  
Beatrice Dine  
Beatrice Rivkin  
Harold Dine  
Moses Rivkin  
Ellis Rivkin  
Anna Rivkin  
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Valeriano Valiente  
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Ann Shatz  
Les Max  
Howard Shatz

**David & Karin Goss & Natasha, Jerry &  
Asher Ferris** .....

Isaac Goss

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Minna Katz  
Leon Yudkin  
Jerald Ferris SNR

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Grace Gross  
Harry B. Charal  
Adele H. Charal  
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Rita D. Gross  
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Mary Weinstein  
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Julia Berman  
Selma MacDonald  
Nadine MacDonald  
Jean & Bernie Cohen  
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William Karpman  
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Jack Katz  
Morris Katz  
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Roda Katz

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Irving Levy  
Meyer Levy  
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Lelia Pascariu  
Ann Segal  
Shelley Semmel  
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David Semmel

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Sandra Levine Diamond  
Irving Rebhun  
Ida Rebhun  
Rose & Samuel Milman

**Peter & Leslie Levine** .....

Samuel Levine



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**In Memory of**

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George Levine  
Mildred Levine  
Alan Aufzien

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Vivian Lowitt

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Alex Mandel  
Dottie Silver  
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Cheryl Kaplan  
Roslind Newman  
Allan Silver  
Mimi Rosenberg  
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Una James  
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Hermione Matsil  
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David Block  
Esther Block  
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Manuel Mayerson  
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Jerry & Gail Mayerson  
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Nina Mermelstein  
Lauren Meren Kaufman

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Leo Meringoff

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Rubin Seider - Grandfather  
Eugenia Kirschen - Mother  
Solomon Seider - Uncle  
Frances Seider - Aunt  
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Nathan Aug  
Charles Aug  
Steven Mitchell  
Louise Mitchell

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Shirley Weiner

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**In Memory of**

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Harvey Plotnick  
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Gabriel Politzer  
Lillian Politzer  
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Irene London  
Jack Dohrenwend  
Phyllis Dohrenwend  
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Harold Kleinman  
Suzanne Kleinman  
Michael Kleinman  
Zachary Kleinman  
Morris Kleinman  
Sally Kleinman  
Liz Wolfe  
Stephanie Schiller  
Terry Cohen  
Kathleen Chilton  
Morris Kleinman

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**In Memory of**

|                                           |                                                                                                                                                                                                                                                                                           |
|-------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                           | Barbara Morris                                                                                                                                                                                                                                                                            |
| David Rosenberg .....                     | Sol Rosenberg<br>Olga Rosenberg<br>Eleanor N. Bucko                                                                                                                                                                                                                                       |
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| Amy Schottenstein .....                   | Corinne Natelson                                                                                                                                                                                                                                                                          |

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**Edward S. Sandler** .....

**Richard & Judy Sharken** .....

**Sol Shimshi** .....

**Lisa Siegal** .....

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Dick Lewent

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Shirley Sandler  
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| <b>Carol Silverman</b> .....                      | Gerard Silverman                                                                                                                                                                                                                                                    |
| <b>Rose Singer</b> .....                          | Miriam B. Singer<br>Cantor Jacob H. Singer<br>Karin Joan Singer                                                                                                                                                                                                     |
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Sara Sutton  
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Jacob Samuel Wasserman

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Anne Waxman  
Max Waxman  
Marcus Waxman



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Pearl Gelman  
Isidore Gelman  
Samuel Gelman  
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Yankel Leibergatt  
Aaron Rimland  
Beatrice Rimland  
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Martin D. Finkelstein  
Evelyn Dranetz  
Ada Wolfe  
Benjamin Wolfe  
Chester H. Wolfe

**Anna Wolinsky** ..... Rivka Bernstein, Beloved Mother

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Rachel Smith

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Toll-free: 888.523.2769  
[www.jewishboard.org](http://www.jewishboard.org)

Westchester Jewish  
community services

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White Plains, NY 10603  
Phone: 914-761-0600  
[www.wjcs.com](http://www.wjcs.com)

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Jewish Women-NY

241 West 72nd Street  
New York, NY 10023  
Phone: 212-687-5030  
[www.ncjwny.org](http://www.ncjwny.org)

Plaza Jewish  
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630 Amsterdam Ave  
New York, NY 10024  
Office: (212) 769-4400  
[www.plazajewishcommunitychapel.org](http://www.plazajewishcommunitychapel.org)

Center for Jewish End  
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1-855-885-2424  
[www.centerforjewishendoflifecare.org](http://www.centerforjewishendoflifecare.org)





**May the memory of your  
loved ones be for a  
blessing, and may you be  
comforted in your time of  
grief among the mourners  
of Zion and Jerusalem**



5786 | 2025

תְּהִינָּה נְשָׁמוֹתֵיהֶם צְרוּרוֹת  
בְּצֶרֶר הַחַיִּים

*May their souls be bound  
in the bond of life*



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IN LOVING MEMORY OF SEYMOUR KRASNER