

O God, exalted and full of compassion, grant perfect peace in Your sheltering Presence, among the holy and pure, to the soul of _____, who has gone to his/her eternal home.

Master of mercy, we beseech You, remember all the worthy and righteous deed that he/she performed in the land of the living.

May his/her soul be bound up in the bond of life. The Lord is his/her portion. May he/she rest in peace. And let us say, "Amen."

What is *Yizkor*?

Yizkor means "Remember" in Hebrew and is a special memorial prayer for the departed. *Yizkor* is the first word of the prayer; but it also represents the overall theme.

We ask God to remember the souls of our relatives and friends as we recall and strengthen our connection with them, thus bringing merit to the departed souls and spiritually elevating them as well as ourselves.

When Do We Say *Yizkor*?

Jews recite *Yizkor* in the synagogue four times a year, following the Torah reading on the last day of Passover, on the second day of *Shavuot*, on *Shemini Atzeret* and on *Yom Kippur*.



How Do We Commemorate *Yizkor*?

In addition to the prayer itself, the main component of *Yizkor* is our private pledge to give charity in honor of the deceased following the holy day.

By giving charity, we perform a positive physical deed in this world, something that the departed can no longer do. According to tradition, the soul gains additional merit if the memory of its good deeds spurs their loved ones to improve their ways.

It is also customary, like the *yahrzeit*, to kindle a 24-hour *Yizkor* candle (before the holy day).

For a father (and all males):

יִזְכֹּר אֱלֹהִים נְשָׁמַת אֶבֶן מוֹרִי
(mention his Hebrew name and that of his mother) שְׁהַלְךָ לְעוֹלָמָו, בָּעָבוֹר
שְׁבָלִי נָגֵר אַתָּן צְדָקָה בַּעֲדוֹ,
בְּשָׁרְרָה קָהָנָשׁוֹ בְּגָוֹן
אַבְרָהָם יִצְחָק וַיַּעֲקֹב, שְׁנָה רְקָה
רְחִילָה וְלָאָה, וְעַם שָׂאָר
צְדָקִים וְצְדָקָנִית שְׁבָגָן עַדָּן,
וְנָאָמָר: אָמָן:

For a mother (and all females) say:

יִזְכֹּר אֱלֹהִים נְשָׁמַת אֶמְתִּינִי
(mention her Hebrew name and that of her mother) שְׁהַלְךָ לְעוֹלָמָה,
בָּעָבוֹר שְׁבָלִי נָגֵר אַתָּן צְדָקָה
בְּעִירָה, בְּשָׁרְרָה קָהָנָשׁוֹ
אַרְזָנָה בְּצָרָרָה תְּחִים עַם
גְּנָשָׁת אַבְרָהָם יִצְחָק
וַיַּעֲלֵב, שְׁנָה רְקָה רְחִילָה
וְלָאָה, וְעַם שָׂאָר צְדָקִים
וְצְדָקָנִית שְׁבָגָן עַדָּן,
וְנָאָמָר: אָמָן:

May God remember the soul of my _____ (mention relationship), _____ (mention Hebrew name and that of his/her mother) who has gone to his/her eternal home.

In loving testimony to his/her life I pledge charity to help perpetuate ideals important to him/her.

In this merit, may his/her soul be bound up in the bond of life with the souls of Abraham, Isaac and Jacob, Sarah, Rebecca, Rachel and Leah, and with the other righteous men and women who abide in the Garden of Eden; and let us say, "Amen."



Yahrzeit and *Yizkor* (Jewish memorial prayers)

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but dispose through burial in a *geniza* by contacting
your local rabbi or synagogue.

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What is a *Yahrzeit*?

Yahrzeit means "Time (of) Year" in Yiddish and refers to the anniversary of the day of death of a relative. In Jewish tradition, mourners ritually grieve for a year and then return to a fully normal life when the year of mourning is over.

The *Shulhan Arukh*, the 16th-century code of Jewish law, notes: "One should not grieve too much for the dead." However, there are several occasions each year when Jews memorialize the dead. The most significant of these is *yahrzeit*, the anniversary of the death according to the Hebrew calendar.

How Do We Observe *Yahrzeit*?

As is the case in all Jewish holy days, *yahrzeit* observance begins at night. Those observing a *yahrzeit* light a 24-hour candle and, through our act of remembrance, "the spirit of the dead person fills the room again for 24 hours." Jewish Law permits the use of electric candles when fire safety is a concern as at Baycrest.

One attends synagogue for the evening, morning, and afternoon services and recites the *Kaddish*, the mourner's prayer.

If it is not possible to attend services and say *Kaddish*, the *Maleh Rahamim* ("God, full of mercy") prayer may be recited in the absence of a *minyan* (quorum needed for public prayer). One should not go to a celebration or party on the day of *yahrzeit*, and some people fast on that day.



Text of the *Kaddish*

יתגַּדֵּל וַיְתָקַדֵּשׁ שְׁמָה רֶבֶּא בְּעַלְמָא דִיְבָרָא
כְּרֻעָותָה, וַיְמַלֵּךְ מֶלֶכְתָּה בְּחִיבָּרָן וְבְיוּמִיכָּן וּבְחִיָּיָן
דְּכָלְבִּיתָה יְשָׁרָאֵל, בָּעֶגֶלָא וּבְוָמָן גְּרִיבָ, וְאָמְרוּ: אָמְןָ.

יְהָא שְׁמָה רֶבֶּא מְבָרֵךְ לְעַלְמָם וּלְעַלְמָיִם עַלְמָיִם.
יְתָבֵרָךְ וַיְשַׁתְּבַחַ, וַיְתָפֵאָר וַיְתָרַפֵּם וַיְתַגְּשֵׁא,
וַיְתַהְרֵר וַיְתַעַלֵּה וַיְתַהְלֵל שְׁמָה דָּקוֹדָשָׁא, בְּרִיךְ
הָאָוֹן לְעַלְלָא מְוֹרֶכֶל בְּרִכָּתָא וְשִׁירָתָא, תְּשִׁבְתָּחָתָא
וּנְחַמְּתָא דְּאָמְרוֹן בְּעַלְמָא, וְאָמְרוּ: אָמְןָ.

יְהָא שְׁלָמָא רֶבֶּא מִן-שְׁמִינָא וְחַיִם עַלְיָנוּ וּעַל-כָּלָל
יְשָׁרָאֵל, וְאָמְרוּ: אָמְןָ.

עֲשֵׂה שָׁלוֹם בְּמִרְוְמִיו, הָוָא יַעֲשֵׂה שָׁלוֹם עַלְיָנוּ וּעַל
כָּל-יְשָׁרָאֵל, וְאָמְרוּ: אָמְןָ.

Yitgadal v'yitkdash sh'mei raba b'alma
di-v'ra chirutei, v'yamllich malchutei
b'chayeichon uvyyomeichon uvchayeit d'chol
beit yisrael, ba'agala uvizman kariv, v'im'ru:
"Amen."
Y'hei sh'mei raba m'varach l'alam ul'almei
almaya.
Yitbarach v'yishtabach, v'yitpa'ar v'yitromam
v'yitnaseh, v'yithadar v'yit'aleh v'yit'hala

sh'mei d'kud'sha, b'rich hu, l'eila min-kol-
birchata v'shirata, tushb'chata v'nechemata
da'amiran b'alma, v'im'ru: "Amen."
Y'hei shlama raba min-sh'maya v'chayim
aleinu v'al-kol-yisrael, v'im'ru: "Amen."
Oseh shalom bimromav, hu ya'a seh shalom
aleinu v'al kol-yisrael, v'imru: "Amen."

Glorified and sanctified is God's great name throughout the world which God has created according to God's will. May God establish God's kingdom in your lifetime and during your days, and within the life of the entire House of Israel, speedily and soon; and say, Amen.

May God's great name be blessed forever and to all eternity! Blessed and praised, glorified and exalted, extolled and honored, adored and lauded be the name of the Holy One, blessed be God, beyond all the blessings and hymns, praises and consolations that are ever spoken in the world; and say, "Amen."

May there be abundant peace from heaven, and life, for us and for all Israel; and say, "Amen." May God who creates peace in the heavens, create peace for us and for all Israel; and say, "Amen."



Text of the *Maleh Rahamim*:

For a Man

אֶל מֶלֶא רְחֻמִּים שָׁוֹקָן
בְּקָרּוּמִים הַקְּצָא מְנוּחָה
כְּבָנָה עַל כְּנָפִי הַשְׁכִּינָה
בְּמַעְלָות קְזֹבִים וְטַהֲרִים
בְּכוֹרָה קְרַעִיא מְהֻקִּים, אַת
נְשָׁמָתָה (פָּלוּת בְּנָלוּת)
שְׁלָלָה לְעוֹלָמוֹ,
בְּעַבּוֹר שְׁנָדְבוֹר צְרָחָה
בְּאֶד הַקְּרַתָּה נְשָׁמָתָה, לְכָנָן
בְּעַל הַרְחָםִים יְסִתְּרִיחָה
בְּסָתָר בְּגַפְיָה לְעוֹלָמוֹ,
בְּאֶד הַקְּרַתָּה נְשָׁמָתָה
בְּאֶד הַקְּרַתָּה נְשָׁמָתָה, לְכָנָן
בְּעַל הַרְחָמִים יְסִתְּרִיחָה
בְּסָתָר בְּגַפְיָה בְּצָרוֹר
בְּאֶד הַקְּרַתָּה נְשָׁמָתָה, נְגַנְּתָה
הַאֲמָרָה בְּנָלוּת
עַל מְשֻׁבָּכָה בְּשָׁלָם,
וְאָמְרָ אָמְןָ:



For a Women

אֶל מֶלֶא רְחֻמִּים שָׁוֹקָן
בְּקָרּוּמִים הַקְּצָא מְנוּחָה
כְּבָנָה עַל כְּנָפִי הַשְׁכִּינָה
בְּמַעְלָות קְזֹבִים וְטַהֲרִים
בְּכוֹרָה קְרַעִיא מְהֻקִּים, אַת
נְשָׁמָתָה (פָּלוּת בְּנָלוּת)
שְׁלָלָה לְעוֹלָמוֹ,
בְּעַבּוֹר שְׁנָדְבוֹר צְרָחָה
בְּאֶד הַקְּרַתָּה נְשָׁמָתָה, לְכָנָן
בְּעַל הַרְחָמִים יְסִתְּרִיחָה
בְּסָתָר בְּגַפְיָה לְעוֹלָמוֹ,
בְּאֶד הַקְּרַתָּה נְשָׁמָתָה
בְּאֶד הַקְּרַתָּה נְשָׁמָתָה, לְכָנָן
בְּעַל הַרְחָמִים יְסִתְּרִיחָה
בְּסָתָר בְּגַפְיָה בְּצָרוֹר
בְּאֶד הַקְּרַתָּה נְשָׁמָתָה, נְגַנְּתָה
הַאֲמָרָה בְּנָלוּת
עַל מְשֻׁבָּכָה בְּשָׁלָם,
וְאָמְרָ אָמְןָ: