

Azkarah

*A service of
healing and memory*

*compiled and led by Ruach Ami:
Bay Area Jewish Healing Center*

המקום ינחם אתכם -
בתוך שאר אבלי ציון וירושלים

**May God comfort you
among the mourners of Zion
and Jerusalem.**

This prayer booklet is a gift to you. We hope that you will find comfort in its pages. Our rabbis are also available to provide rabbinic care and counseling to those struggling with illness and loss. This is an annual event; if you have found comfort here, monthly healing services are held in other Bay Area locations.

Reflections



A mourner who enters the Temple Mount...
may enter and walk around to the left....

They would then say to the mourner,

“May [the One] who dwells in this House comfort you.”

Semahot



O that my head were water, and
my eyes a fountain of tears,
that I might weep day and night.

Jeremiah 8:23



My flesh and my heart may fail,
but God is the strength of my heart,
and is my portion forever.

Psalms 73:26



When we are dead, and people weep for us and grieve,
let it be because we touched their lives
with beauty and simplicity.
Let it not be said that life was good to us,
but rather, that we were good to life.

Jacob Philip Rudin



Days are scrolls; write on them what
you want to be remembered.

Bachya ibn Pakuda

Unending Love

We are loved by an unending love.
We are embraced by arms that find us
even when we are hidden from ourselves.

We are touched by fingers that soothe us
even when we are too proud for soothing.
We are counseled by voices that guide us
even when we are too embittered to hear.
We are loved by an unending love.

We are supported by hands that uplift us
even in the midst of a fall.
We are urged on by eyes that meet us
even when we are too weak for meeting.
We are loved by an unending love.

Embraced, touched, soothed, and counseled...
ours are the arms, the fingers, the voices;
ours are the hands, the eyes, the smiles;
We are loved by an unending love.

Rami M. Shapiro (adapted)

The Intention

Healing is both an exercise
and an understanding
and yet not of the will
nor of the intention
Is a wisdom
and a deeper knowledge
of the daily swing
of life and death
in all creation
There is defeat
to overcome

and acceptance of living
to be established
and always
there must be hope
Not hope of healing
but the hope which informs
the coming moment
and gives it reason
The hope which is each one's breath
the certainty of love
and of loving
Death may live
in the living
and healing rise
in the dying
for whom the natural end
is part of the gathering
and of the harvest
to be expected
To know healing
is to know that
all life is one
and there is no beginning and no end
and the intention is loving.

Margaret Torrie

The Five Stages of Grief

The night I lost you
someone pointed me towards
the Five Stages of Grief.
go that way, they said,
it's easy, like learning to climb
stairs after the amputation.
And so I climbed.
Denial was first.

I sat down at breakfast
carefully setting the table
for two. I passed you the toast -
you sat there. I passed
you the paper - you hid
behind it.
Anger seemed more familiar.
I burned the toast, snatched
the paper and read the headlines myself.
But they mentioned your departure,
and so I moved on to
Bargaining. What could I exchange
for you? The silence
after storms? My typing fingers?
Before I could decide, *Depression*
came puffing up, a poor relation
its suitcase tied together
with string. In the suitcase
were bandages for the eyes
and bottles of sleep. I slid
all the way down the stairs
feeling nothing.
And all the time Hope
flashed on and off
in defective neon.
Hope was a signpost pointing
straight in the air.
Hope was my uncle's middle name,
he died of it.
After a year I am still climbing,
though my feet slip
on your stone face.
The treeline
has long since disappeared;
green is a color
I have forgotten.
But now I see what I am climbing
towards: Acceptance

written in capital letters,
a special headline:
Acceptance.
its name is in lights.
I struggle on,
waving and shouting.
Below, my whole life spreads its surf,
all the landscape I've ever known
or dreamed of. Below
a fish jumps: the pulse
in your neck.
Acceptance. I finally
reach it.
But something is wrong.
Grief is a circular staircase.
I have lost you.

Linda Pastan

Life After Death

These things I know:
How the living go on living
and how the dead go on living with them
so that in a forest
even a dead tree casts a shadow
and the leaves fall one by one
and the branches break in the wind
and the bark peels off slowly
and the trunk cracks
and the rain seeps in through the cracks
and the trunk falls to the ground
and the moss covers it
and in the spring the rabbits find it
and build their nest
inside the dead tree
so that nothing is wasted in nature
or in love.

Laura Gilpin

This is My Prayer

This is my prayer to you, my gentle God -
let me not stray from my life's course,
let not my spirit fall into decay,
and may it never cease to thirst for you,
and for the energizing dew
that you have sprinkled on it
ever since my life was new.

And let my heart be open to
the downtrodden, and to the orphaned life,
and to all who stumble,
and to one entangled amid hidden sorrows,
and to one who struggles in the dark.

And bless my eyes, and let me merit
to behold the human beauty in this world.

Deepen my senses, widen their grasp
so they absorb a green and flowering
and budding world, and take from it
the secret blossoming within a silence.

Grant me with strength to yield
the best of fruits. Let my life grow
a wealth of word and deed, steeped
in the fountain of my being,
without my measuring all things
for only what they have to offer me.

And when my day shall come,
let me slip into the land of night,
without asking anything from others
or from you, God.

Hillel Bauli
(translated by Joel Rosenberg)

Welcome

Brukhot ha-ba'ot takhat kanfei ha-Shekhinah.

Brukhim ha-ba'im takhat kanfei ha-Shekhinah.

May we be blessed beneath the wings of Shekhinah -

be blessed with love, be blessed with peace.

May we be blessed beneath the wings of Shekhinah -

be blessed with love, be blessed with peace.

Debbie Friedman



For everything there is a season, a time for

every experience under heaven:

A time to be born and a time to die,

A time to plant and a time to uproot what is
planted;

A time to tear down and a time to build up;

A time to weep and a time to laugh,

A time to grieve and a time to dance;

A time to throw stones and a time to gather
stones,

A time to embrace and a time to refrain from
embracing;

A time to seek and a time to lose,

A time to keep and a time to discard;

A time to tear and a time to sew,

A time to keep silence and a time to speak.

From Ecclesiastes 3

Dirge Without Music

I am not resigned to the shutting away of loving hearts in the
hard ground.

So it is, and so it will be, for so it has been, time out of mind:
Into the darkness they go, the wise and lovely, Crowned
With lilies and with laurel they go; but I am not resigned.

Lovers and thinkers, into the earth with you.

Be one with the dull, the indiscriminate dust.

A fragment of what you felt, of what you knew,

A formula, a phrase remains, but the best is lost.

The answers quick and keen, the honest look, the laughter,
the love,

They are gone. They are gone to feed the roses. Elegant and
curled

Is the blossom. Fragrant is the blossom. I know. But I do not
approve.

More precious was the light in your eyes than all the roses
in the world.

Down, down, down into the darkness of the grave

Gently they go, the beautiful, the tender, the kind;

Quietly they go, the intelligent, the witty, the brave.

I know. But I do not approve. And I am not resigned.

Edna St. Vincent Millay

God is my shepherd, I shall not want.
 God makes me lie down in green pastures,
 Leads me beside still waters, and restores my soul.
 You lead me in right paths for the sake of Your Name.
 Even when I walk in the valley of the shadow of death
 I shall fear no evil, for You are with me;
 Your rod and Your staff - they comfort me.
 You have set a table before me in the presence of my
 enemies;
 You have anointed my head with oil; my cup overflows.
 Surely goodness and mercy shall follow me all the days
 of my life,
 And I shall dwell in the house of God forever.

יְיָ רֹעִי, לֹא אֶחְסָר.
 בְּנֵאוֹת יִרְבֵּינִי,
 עַל-מֵי מְנוּחֹת יִנְהַלֵּנִי.
 וּפָשִׁי יִשׁוּבָה,
 יְנוּחֵי כְּמִעְגַּל־אֶדְקָ לְמַעַן שְׁמוֹ.
 גַּם כִּי-אֶלֶךְ בְּגֵיא צַלְמוֹת
 לֹא-אֶירָא רָע, כִּי-אִתְּךָ אֶעֱרֵי.
 שִׁבְטְךָ וּמַשְׁצֻנְתְּךָ הִשִּׁיב יְנוּחֵי.
 מַעֲרֹךְ לִפְנֵי שִׁלְחֹן וְגַד צִדְרִי.
 וְשִׁנְתָּ בַשֶּׁמֶן רֹאשִׁי, כּוֹסֵי רִנָּה.
 אֵד טוֹב נִחַד יִדְדֻקּוֹנִי כִּלְיֵי-טֵי,
 וְשִׁבְתִּי בְּבֵית-יְיָ לְאֶרֶךְ יָמִים.

Each Of Us Has a Name

Each of us has a name
 given by God
 and given by our parents
 Each of us has a name
 given by our stature and our smile
 and given by what we wear
 Each of us has a name
 given by the mountains
 and given by our walls
 Each of us has a name
 given by the stars
 and given by our neighbors
 Each of us has a name
 given by our sins
 and given by our longing
 Each of us has a name
 given by our enemies
 and given by our love
 Each of us has a name
 given by our celebrations
 and given by our work
 Each of us has a name
 given by the seasons
 and given by our blindness
 Each of us has a name
 given by the sea
 and given by
 our death.

Zelda
 (translated by Marcia Falk)

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.*

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

*When we have decisions that are difficult to make,
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 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

El Maleh Rakhamim

God filled with mercy,
dwelling in the heavens' heights,
bring proper rest
beneath the wings of your Shekhinah,
amid the ranks of the holy and the pure,
illuminating like the brilliance of the skies,
to the souls of our beloved, our holy ones
who went to their eternal place of rest.

May You who are the source of mercy
shelter them beneath your wings eternally,
and bind their souls among the living,
that they may rest in peace.

And let us say: Amen

אֵל קָלָא רַחֲמִים, שׁוֹכֵן בְּמַרְוֹמִים, הַמָּצֵא מְנוּחָה גְבוּרָה
תַּחַת כְּנָפֵי הַשְּׁכִינָה עִם קְדוּשִׁים וְאֱהוּרִים בְּיַד הַרְקִיעַ
מְהֻרָרִים אַחַ גִּשְׁמַת שְׁהַלֵּךְ (שְׁהַלְכָה) לְעוֹלָמוֹ
(לְעוֹלָמָהּ). בְּעַל הַרְחָמִים יִסְתַּבְּרְהוּ (יִסְתַּבְּרֶה) בְּסִתְרֵי
כְּנָפָיו לְעוֹלָמִים. וְיִצְרֹר בְּצִרּוֹר הַחַיִּים אֶתְזַלְשְׁכָהוּ
(נִשְׁמַחְתָּהּ). ייִ הוּא נִחְלָתוֹ (נִחְלָתָהּ) וְנִיחָה (וְנִחָתָה) בְּשָׁלוֹם
עַל מְשֻׁכְבֵי (מְשֻׁכְבָּהּ), וְנִאֲמַר אָמֵן.

My Hereafter

Do not come when I am dead
to sit beside a low green mound,
Or bring the first gay daffodils
Because I love you so,
For I shall not be there.
You cannot find me there.

I will look up at you from the eyes
Of little children;
I will bend to meet you in the swaying boughs
of bud-thrilled trees,
And caress you with the passionate sweep
Of storm-filled winds;
I will give you strength in your upward tread
Of everlasting hills;

I will cool your tired body in the flow
Of the limpid river;
I will warm your work-glorified hands through the glow
of the winter fire;
I will soothe you into forgetfulness to the drop, drop
Of the rain on the roof;
I will speak to you out of the rhymes
Of the Masters;
I will dance with you in the lilt
Of the violin,
And make your heart leap with the bursting cadence
Of the organ;
I will flood your soul with the flaming radiance
Of the sunrise,
And bring you peace in the tender rose and gold
Of the after-sunset.

All these have made me happy:
They are a part of me;
I shall become a part of them.

Angel Song

In the name of the Name, God of Israel,
to my right stands Mi-kha-el, to my left stands Gav-ri-el,
in front of me is U-ri-el, to my back is Re-pha-el,
and above my head, yes above my head, She-khi-nat-El;
and above my head, yes, above my head, the presence of
God.

*B'shem HaShem Elohei Yisrael,
Miyemini Mikhael, umis'moli Gavri-
el,
Umil'fanai Uriel, me-akhorai Rephael;
V'al roshi, v'al roshi, Shekhnat-El,
V'al roshi, v'al roshi, Shekhnat-El.*

From the bedtime *Shema*,
melody by Rabbi Shlomo Carlebach z"l

יְתוֹדֵל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.

יְתוֹדֵל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא,

וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.

וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.

וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ

לְעַלְמֵי עָלְמַיָּא :

יְתַדְרֵךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרַמֵּם

וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלַּל שְׁמֵהּ

רַבָּא וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא

לְעַלְמֵי עָלְמַיָּא, וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא,

וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא,

וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא :

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ מִן שְׁמַיָּא וְהַיִּים

וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.

עָשָׂה שְׁלוֹם בְּמִוְדָּמֵי הוּא יַעֲשֶׂה שְׁלוֹם

עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאַמְרוּ אָמֵן :

Yit-ga-dal ve-yit-ka-dash she-meih raba.

Be-al-ma di-va-ra chi-nu-tei,

ve-yam-lich mal-chu-tei. Be-cha-yei-chon

u-ve-yo-mei-chon u-ve-cha-yei de-choi-beit

Yis-ra-el, ba-a-ga-la u-vi-ze-man ka-niv ve-im-nu:

a-men.

Ye-hei she-mei ra-bah me-vo-rach

ke-o-lam ul-al-mei al-ma-yah.

Yit-ba-rach ve-yish-ta-bach ve-yit-pa-ar ve-yit-ro-mam

ve-yit-na-sei ve-yit-ha-dar ve-yit-a-leh ve-yit-ha-lal she-mei

de-kud-sha, be-rich hu.

Le-ei-la min kal-bir-cha-ta ve-shi-ra-tah,

tush-be-cha-ta ve-ne-che-ma-ta, da-a-mi-ran be-al-mah

ve-im-nu: a-men.

Ye-hei she-la-ma ra-ba min-she-mei-ya ve-cha-yim

a-lei-nu ve-al kol yis-ra-el, ve-im-nu: a-men.

O-seh sha-lom bim-roh-mav, hu ya-a-seh sha-lom

a-lei-nu ve-al kol yis-ra-el, ve-im-nu: a-men

Mourner's Kaddish

Let the glory of God be extolled, and God's great name be hallowed in the world whose creation God willed. May God rule in our own day, in our own lives, and in the life of all Israel, and let us say: Amen.

Let God's great name be blessed for ever and ever.

Beyond all the praises, songs, and adorations that we can utter is the Holy One, the Blessed One, whom we yet glorify, honor, and exalt. And let us say: Amen.

For us and for all Israel, may the blessing of peace and promise of life come true, and let us say: Amen

May the One who causes peace to reign in the high heavens let peace descend on us, on all Israel, and all the world, and let us say: Amen.

May the Source of peace send peace to all who mourn, and comfort to all who are bereaved. Amen.

Mi sheberach

מי שְׁבַרְךָ אֲבוֹתַיִנוּ

Mi she-bei-rach a-vo-tei-nu

מִקּוֹר הַנְּרָקָה לְאֲמוֹתַיִנוּ

Me-kor ha-be-ra-cha le-i-mo-tei-nu,

may the source of strength

Who blessed the ones before us,

help us find the courage

to make our lives a blessing

And let us say: Amen.

מי שְׁבַרְךָ אֲמוֹתַיִנוּ

Mi she-bei-rach i-mo-tei-nu

מִקּוֹר הַנְּרָקָה לְאֲבוֹתַיִנוּ

Me-kor ha-be-ra-cha la-a-vo-tei-nu,

bless those in need of healing

with רְפוּאָה שְׁלֵמָה *re-fu-a she-lei-ma,*

the renewal of body,

the renewal of spirit,

and let us say: Amen.

Prayer for Those who Help

May the one who blessed and led our forbearers give countenance unto those who provide help for the ill and troubled among us. May they be filled with fortitude and courage, endowed with sympathy and compassion, as they give strength to those at their side. May they fight against despair and continue to find within themselves the will to reach out to those in need. And in their love of others, may they feel the blessing of community and the blessing of renewed faith.

Susan Feldman

Blessings

יְבִרְכֶךָ יי וַיְשַׁמְרֶךָ.
לְאֵר יי פְּנֵי אֱלֹהֵי וַיְחַנֶּךָ.
יִשָּׂא יי פְּנֵי אֱלֹהֵי
וַיִּשֶׂם לְךָ שְׁלוֹם.

Ye-va-re-khe-khah Adonai ve-yish-mer-kha

Ya-air Adonai pa-nav e-le-khah ve-ye-khu-ne-khah

Yi-sah Adonai pa-nav e-le-kha

ve-ya-seim le-khah sha-lom.

May God bless and keep you.

May God's face shine upon you and be gracious unto you

May God's presence be here with you and may you be filled with peace.

Oseh Shalom

עֲשֵׂה שְׁלוֹם בְּמִרוֹקְיוֹ הוּא יַעֲשֶׂה שְׁלוֹם
עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן :

Oseh shalom bimromav,

Hu ya'aseh shalom aleinu,

v'al kol Yisrael v'imru, imru amen.

Ya-aseh shalom, ya-aseh shalom,

shalom aleinu v'al kol ha'olam;

Ya-aseh shalom, ya-aseh shalom,

shalom aleinu v'al kol Yisrael.



May the One who makes peace in the heavens
let peace descend upon us, upon all Israel and
all the world and let us say:
Amen.



RUACH AMI

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