

***HEALING AND YIZKOR SERVICE: Eighth Day of Passover, 2020/5780***  
Compiled by Rabbi Nina H Mandel, Congregation Beth El, Sunbury, PA

***The Blessing of Faces: A Zoom Prayer*** by Alden Solovy

So many beautiful faces,  
So many radiant souls,  
Shining forth  
Into our hearts.

Look at those eyes.  
The smiles.  
The hopes. The fears.  
The yearning. The questioning.  
The compassion.  
The love.

Take it in.  
Take it all in.  
The tenderness.  
The humanity.  
The blessing of faces  
Arrayed before you.  
The blessing of faces,  
Given,  
And received.

***A Time to Refrain from Embracing*** by, Suzanne Sabransky

*"...a time for embracing and a time to refrain from embracing"*  
—*Ecclesiastes 3:5*

In this time of rumors, uncertainty, physical dangers and pandemic:

This is a time to embrace a positive attitude and refrain from embracing fear.  
This is a time to embrace facts and science and refrain from embracing false prophets who deny the danger.  
This is a time to embrace our mortality, even as we refrain from embracing each other in order to prevent disease transmission.  
This is a time to embrace our spiritual nature and refrain from blaming *HaShem*.  
This is a time to embrace love and to refrain from hate.  
This is the time to embrace the opportunity to connect in new ways and to refrain from isolating ourselves mentally and emotionally from those we love.

In this time we must learn to embrace the words of Ecclesiastes:

*A season is set for everything, a time for every experience under heaven:  
A time for being born and a time for dying  
A time for slaying and a time for healing  
A time for loving and a time for hating  
A time for war and a time for peace*

Let us learn to accept it all yet refrain from embracing helplessness.  
We are not helpless. We are fighters for our own survival.

Though the darkness seems foreboding  
Light waits its chance to return  
COVID-19 seems overwhelming  
Yet this, too, shall pass  
We will embrace our spirit  
We will refrain from giving up

***Healing from Coronavirus*** by Alden Solovy

Source of healing,  
Cast the light of health and well-being  
On those who've been exposed to coronavirus,  
Those who have contracted the disease,  
And those — G-d forbid — who contract the disease in the future.  
Bless them, protect them and bring them speedily to full recovery.  
Bless all who are ill  
With healing of body  
Healing of soul  
And healing of spirit.  
ברוך אתה ה', מקור חיים.  
*Baruch atah Adonai, m'kor chayim.*  
Blessed are You Adonai, Source of life.

***Blessing for Healers during the Corona Virus*** by Rabbi Ayelet Cohen

May the One who blessed our ancestors  
Bless all those who put themselves at risk to care for the sick  
Physicians and nurses and orderlies  
Technicians and home health aides  
EMTs and pharmacists  
Hospital social workers and respiratory therapists  
(Please include other frontline healthcare workers. And bless especially \_\_\_\_\_)  
Who navigate the unfolding dangers of the world each day,  
To tend to those they have sworn to help.

Bless them in their coming home and bless them in their going out.  
Ease their fear. Sustain them.  
Source of all breath, healer of all beings,  
Protect them and restore their hope.  
Strengthen them, that they may bring strength;  
Keep them in health, that they may bring healing.  
Help them know again a time when they can breathe without fear.  
Bless the sacred work of their hands.  
May this plague pass from among us, speedily and in our days.

*Elohai Netzor During Pandemic by Suzanne Sabransky*

Creator of the Universe,  
Protect our thoughts from selfishness  
And our lips from speaking in desperation.

Help us to refrain from desires to hoard  
And to choose instead to share with others.

Let us be counted on to spread peace and sane rationality.

May our words of prayer  
And our heartfelt meditations  
Reach You, stir You,  
And cause You to remember all Your children with favor.

You are our source,  
Our bedrock foundation,  
We turn to You now, in this time of crisis,  
And we plead for Your shelter and protection.

Even now, amidst this pandemic,  
We know that our lives are in Your hands  
Our souls forever in Your keeping.

Grant us Your unending compassion,  
Showering us with health and well-being.

We ask that in Your mercy  
You watch over us,  
Over everyone,  
And hold us all  
In the sunlit warmth of Your Love.

## ***YIZKOR***

*Yizkor at Passover*, by Rabbi Yael Hammerman

I searched for a poem to share with you tonight,  
Like a balm for our souls, a blanket for our blight.  
But right now has never, ever, been before,  
So I penned a new poem, as I sat behind my closed door.  
I imagined how it might be ---  
To open that door for Eliyahu HaNavi --  
And behind the prophet, in an unending line,  
Would be all our loved ones, waiting --- divine.  
Mommies with band aids and a big pot of soup.  
Daddies with warm shoulders, beneath the basketball hoop.  
Sisters, laughing and smiling with jump rope in hand.  
Brothers, wrestling and jamming along to The Band.  
The flood gates of memory, undammed by that door,  
Though stuck in one spot, we're transported to times of yore,  
Time doesn't flow in only one way,  
It curls and unfurls through each passing day.  
Their spirits are with us, though we may be alone,  
We feel their soup, shoulders and jump ropes - deep in our bones.  
Though we scour ourselves of unwanted hametz,  
Cleansing our hearts of each unwelcome trace,  
We remain leavened, as our Memories rise,  
Of those to whom we have said our forever Goodbyes.  
Yizkor --  
Memories behind an open door.

**YIZKOR FOR A FATHER:**

יִזְכֹּר אֱלֹהִים נְשָׁמַת אָבִי מוֹרֵי שְׁהֶלֶף לְעוֹלָמוֹ, בְּעִבּוֹר שְׁאֵתוֹ בְּלִי נֶדֶר צְדָקָה בְּעֵדוֹ. בְּשֹׁכֵר זֶה תִּהְיֶה נִפְשׁוֹ צְרוּרָה בְּצָרוֹר הַחַיִּים עִם נְשָׁמַת אַבְרָהָם יִצְחָק וְיַעֲקֹב, שָׂרָה רַבֵּקָה רַחֵל וְלֵאָה, וְעִם שְׂאֵר צְדִיקִים וְצְדִיקָנוֹת שְׁבָגוּ עֵדוֹ. וְנֹאמֵר אָמֵן.

Remember, God, the soul of my father, my teacher (the name of the father), who went to his world, because I will - without making a vow - give charity for him. In recompense for this, let his soul be bound with the Binding of life (God), with the soul of Avraham, Yitzchak and Ya'akov, Sarah, Rivkah, Rachel and Leah, and with the other righteous men and women in the Garden of Eden. And let us say, Amen.

**YIZKOR FOR A MOTHER:**

יִזְכֹּר אֱלֹהִים נְשָׁמַת אִמִּי מוֹרְתִי שְׁהֶלְכָה לְעוֹלָמָהּ, בְּעִבּוֹר שְׁאֵתוֹ בְּלִי נֶדֶר צְדָקָה בְּעֵדָהּ. בְּשֹׁכֵר זֶה תִּהְיֶה נִפְשָׁהּ צְרוּרָה בְּצָרוֹר הַחַיִּים עִם נְשָׁמַת אַבְרָהָם יִצְחָק וְיַעֲקֹב, שָׂרָה רַבֵּקָה רַחֵל וְלֵאָה, וְעִם שְׂאֵר צְדִיקִים וְצְדִיקָנוֹת שְׁבָגוּ עֵדוֹ. וְנֹאמֵר אָמֵן.

Remember, God, the soul of my mother, my teacher (the name of the mother), who went to her world, because I will - without making a vow - give charity for her. In recompense for this, let her soul be bound with the Binding of life (God), with the soul of Avraham, Yitzchak and Ya'akov, Sarah, Rivkah, Rachel and Leah, and with the other righteous men and women in the Garden of Eden. And let us say, Amen.

**YIZKOR FOR A RELATIVE:**

יִזְכֹּר אֱלֹהִים נְשָׁמַת שְׁהֶלֶף לְעוֹלָמוֹ, בְּעִבּוֹר שְׁאֵתוֹ בְּלִי נֶדֶר צְדָקָה בְּעֵדוֹ. בְּשֹׁכֵר זֶה תִּהְיֶה נִפְשׁוֹ צְרוּרָה בְּצָרוֹר הַחַיִּים עִם נְשָׁמַת אַבְרָהָם יִצְחָק וְיַעֲקֹב, שָׂרָה רַבֵּקָה רַחֵל וְלֵאָה, וְעִם שְׂאֵר צְדִיקִים וְצְדִיקָנוֹת שְׁבָגוּ עֵדוֹ. וְנֹאמֵר אָמֵן.

Remember, God, the soul of (my grandfathers and grandmothers, my uncles and aunts, my brothers and sisters, my husband, my wife) (the name of the departed), who went to his world, because I will - without making a vow - give charity for him. In recompense for this, let his [or her] soul be bound with the Binding of life (God), with the soul of Avraham, Yitzchak and Ya'akov, Sarah, Rivkah, Rachel and Leah, and with the other righteous men and women in the Garden of Eden. And let us say, Amen.

**YIZKOR FOR THOSE THAT DIED FOR KIDDUSH HASHEM [the Sanctification of God's name]:**

יִזְכֹּר אֱלֹהִים נְשָׁמוֹת הַקְּדוּשִׁים וְהַטְּהוּרִים הֵן שֶׁהוּמְתוּ הֵן שֶׁנִּהְרְגוּ הֵן שֶׁנִּשְׁחַטוּ וְשֶׁנִּשְׂרְפוּ וְשֶׁנִּטְבְּעוּ וְשֶׁנִּחְנְקוּ עַל קְדוּשַׁת הַשֵּׁם, בְּעִבּוֹר שְׁאֵתוֹ בְּלִי נֶדֶר צְדָקָה בְּעֵד הַזְּכָרֹת נְשָׁמוֹתֵיהֶם. בְּשֹׁכֵר זֶה תִּהְיֶינָה נִפְשׁוֹתֵיהֶם צְרוּרוֹת בְּצָרוֹר הַחַיִּים עִם נְשָׁמוֹתֵיהֶם שֶׁל אַבְרָהָם יִצְחָק וְיַעֲקֹב, שָׂרָה רַבֵּקָה רַחֵל וְלֵאָה, וְעִם שְׂאֵר צְדִיקִים וְצְדִיקָנוֹת שְׁבָגוּ עֵדוֹ. וְנֹאמֵר אָמֵן.

Remember, God, the holy and pure souls of those that were killed, those that were exterminated, those that were slaughtered and burned and drowned and asphyxiated for the sanctification of God's name, because I will - without making a vow - give charity for the memory of their souls. In recompense for this, let their souls be bound with the Binding of life (God), with the souls of Avraham, Yitzchak and Ya'akov, Sarah, Rivkah, Rachel and Leah, and with the other righteous men and women in the Garden of Eden. And let us say, Amen.

***EL MALEH RECHAMIM PRAYER FOR A MALE:***

אל מלא רחמים, שוכן במרומים, המצא מנוחה נכונה על פנפי השכינה, במעלת קדושים וטהורים כזהר הרקיע מזהירים, את נשמת (שם הנפטר בן שם אביו) שהלך לעולמו, בעבור שבלי נדר אתן צדקה בעד הזכרת נשמתו, בגן עדן תהא מנוחתו, לכן בעל הרחמים יסתירהו בסתר כנפיו לעולמים, ויצרור בצרור החיים את נשמתו, יי הוא נחלתו, וינח על משכבו בשלום. ונאמר אמן.

O Power, full of mercy, who dwells on high, establish proper rest upon the wings of the Divine Presence, on the levels of the holy and pure ones [who] shine like the splendor of the firmament, [for] the soul of (the name of the departed, son of the name of his father) who went to his world, because I will - without making a vow - give charity for the memory of his soul; let his rest be in the Garden of Eden. Hence, Master of mercy, cover him in the cover of His wings forever and bind his soul with the Binding of life (God). God is his inheritance and let him rest upon his place of repose in peace. And let us say Amen.

***EL MALEH RACHAMIM PRAYER FOR A FEMALE:***

אל מלא רחמים, שוכן במרומים, המצא מנוחה נכונה על פנפי השכינה, במעלת קדושים וטהורים כזהר הרקיע מזהירים, את נשמת (שם הנפטרת בת שם אביה) שהלכה לעולמה, בעבור שבלי נדר אתן צדקה בעד הזכרת נשמתה, בגן עדן תהא מנוחתה, לכן בעל הרחמים ותנוח בשלום, יסתירה בסתר כנפיו לעולמים, ויצרור בצרור החיים את נשמתה, יי הוא נחלתה על משכבה. ונאמר אמן.

O Power, full of mercy, who dwells on high, establish proper rest upon the wings of the Divine Presence, on the levels of the holy and pure ones [who] shine like the splendor of the firmament, [for] the soul of (the name of the departed, daughter of the name of her father) who went to her world, because I will - without making a vow - give charity for the memory of her soul; let her rest be in the Garden of Eden. Hence, Master of mercy, cover her in the cover of His wings forever and bind her soul with the Binding of life (God). God is her inheritance and let her rest in peace upon her place of repose. And let us say Amen.

## MOURNER'S KADDISH

קדיש יתום  
יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֻלְמָא דִּי בְּרָא כְרַעוּתָהּ, וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל  
בֵּית יִשְׂרָאֵל. בְּעֻגְלָא וּבְזִמְן קָרִיב וְאִמְרוּ אָמֵן :  
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמֵיָא :  
יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקַדְשָׁא בְּרִיךְ הוּא לְעָלְמָא  
(לְעָלְמָא) מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא, תְּשֻׁבָּתָא וְנִחְמָתָא, דְּאִמְרוּן בְּעֻלְמָא, וְאִמְרוּ אָמֵן :  
יְהֵא שְׁלָמָא רַבָּא מִן שְׂמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאִמְרוּ אָמֵן :  
עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאִמְרוּ אָמֵן :

Reader: *Yitgadal veyitkadash shemey raba (amen) be'alma divra hirutey veyamlih malhutey behayeyhon uvyomeyhon uvhayey dehol beyt yisra'el ba'agala uvizman kariv ve'imru amen.*

Congregation: *Yehey shemey raba mevarah le'alam ulalmey almaya.*

Reader: *Yitbarah veyishtabah veyitpa'ar veyitromam veyitnasey veyithadar veyitaleh veyithalal shemey dekudsha berih hu le'ela min kol birhata veshirata tushbehata venehemata da'amiran be'alma ve'imru amen.*

*Yehey shelama raba min shemaya vehayim aleynu ve'al kol yisra'el ve'imru amen.*

*Oseh shalom bimromav hu ya'aseh shalom aleynu ve'al kol yisra'el ve'al kol yoshvey tevel ve'imru amen.*