

May 1 — July 31, 2025

3 Iyar — 6 Av 5785

# Tenuah תנועה

## Temple Beth Shalom Creating Community, Celebrating Diversity

Temple Beth Shalom is a dynamic, welcoming congregation, creating community and celebrating diversity. We strive to be a leading religious community by living “Our Shared Values” based on Torah and Jewish tradition. We provide a spiritual home for transformative learning, inspiring prayer and communal gatherings where people are included, embraced and valued. We maintain a deep connection with Israel and world Jewry. We are mindful of our obligation to sustain the environment and heal the world.

## Temple Beth Shalom Membership

We invite you to find your unique place in our community, whether it be through spirituality, learning, social justice programs or social activities. By joining Temple Beth Shalom, you help to create and support a community of Jews of all ages and backgrounds who share a common vision. Your membership contribution makes the work of our dynamic community possible.

## Temple Beth Shalom Services

On Friday evening welcome Shabbat with joyful singing, introspective readings and other members of your Temple Beth Shalom family. Our Kabbalat Shabbat service bridges the world of progressive and traditional services and is based on the *traditional* siddur.



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### OFFICE HOURS

- Monday: 2:30 - 5:30 pm
- Thursday: 3:00 - 5:00 pm

### SERVICES

- 7:15 pm (TBS Hybrid Services) May 16 & 30, June 13 & 27, and July 11 and 25
- 7:30 pm May 2, June 6, and July 11 at B'nai Jacob Synagogue
- 11:00 am Saturday Shabbat Services at The Terraces at Capitol Village

### SAVE THE DATE !!

- 7:00 pm May 12, and 9:00 am June 8 & July 13 Board Meeting (Zoom)
- 1:30 pm, May 14, June 11, and July 69 Sisterhood Book Group
- 5:30 p.m. May 18 TBS Spaghetti Dinner

717-697-2662

[tbshalom@gmail.com](mailto:tbshalom@gmail.com)

[www.tbshalom.org](http://www.tbshalom.org)

# May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				Israel Independence Day	7:30 p.m. Services at Historic B'nai Jacob Synagogue	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
Mother's Day	7:00 p.m. Board Meeting		1:30 p.m. Sisterhood Book Group @ Wegman's		7:15 pm TBS Shabbat Service (Hybrid)  Lag Ba'Omer	
18	19	20	21	22	23	24
5:30 p.m. TBS Spaghetti Dinner						
25	26	27	28	29	30	31
	Memorial Day		Rosh Chodesh Sivan		7:15 pm TBS Shabbat Service (Hybrid)	

# June 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Erev Shavuot	Shavuot Day 1	Shavuot Day 2			7:30 p.m. Service at Historic B'nai Jacob Synagogue	
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
9:00 am Board Meeting (Zoom)			1:30 pm Sisterhood Book Group		7:15 pm TBS Shabbat Service (Hybrid)	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Father's Day				Juneteenth National Independence Day	First Day of Summer	
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
				Rosh Chodesh Tammuz	7:15 pm TBS Shabbat Service (Hybrid)  Rosh Chodesh Tammuz Day 2	
<b>29</b>	<b>30</b>					

# July 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
					Independence Day	
6	7	8	9	10	11	12
9:00 am Board Meeting (Zoom)			1:30 pm Sisterhood Book Group		7:15 pm TBS Shabbat Service (Hybrid)	
13	14	15	16	17	18	19
20	21	22	23	24	25	26
					7:15 pm TBS Shabbat Service (Hybrid)	Rosh Chodesh Av
27	28	29	30	31		

# May-June-July Celebrations

## Birthdays

MAY	
9 Robin Golberg	10 Melanie Greenblatt
JUNE	
5 Traci Kornfeld	10 Erica Burg
12 Justin Schoch	15 Lucy Burg
17 Marshall Leopold	18 Kendal Kornfeld
28 Griffin Schoch	
JULY	
8 Emerson Mary Rudnick	10 Alan Greenblatt
19 Leah Krebs	21 Jeremy Kranzel
25 David Kranzel	26 Millie Levine

## Anniversaries

### MAY

David & Robin Golberg  
Paul & Tracy Kornfeld

### JUNE

Arnold & Carol Hillman  
David & Beth Kranzel  
Bill and Karen Gladstone

### JULY

C.J. & Lisa Foer  
Morton & Myrna Rubenstein



## Yahrzeit Plaques:

Remember your departed loved ones throughout the year by putting their name on a Yahrzeit plaque. The plaques are located on the wall at the rear of the Temple sanctuary. Every Memorial Plaque bears the name and Yahrzeit date of the loved one. The Memorial Light adjoining the plaque is illuminated on every Yahrzeit and Yizkor service of the year.

Those individuals who have a memorial plaque in their honor are also listed in the Yahrzeit section of our newsletter with an asterisk next to their name.

If you are interested in purchasing a Memorial Plaque, please contact the Temple office by phone at 697-2662 or email us at [tbshalom@gmail.com](mailto:tbshalom@gmail.com). The cost is \$250 per plaque. We continue to strive to maintain accurate records of your loved ones passing so that we may honor them appropriately.

## MAY YAHRZEITS

Jacqueline Sue Goldman Felder	Sister of Sonny Press	4/17/2010	3 Iyar 5770
Barbara Gross	Aunt of Pam Eisenhower	4/22/2011	5 Iyar 5771
*Harry Varbalow	Father of Lil Kranzel	4/26/1977	8 Iyar 5737
Harriet Mutchnik	Aunt of Robin Golberg	5/3/2001	10 Iyar 5761
*Harry Pellowitz	Father of Joe Pellowitz	4/25/1964	13 Iyar 5724
Anita Miller	Mother of Beatrice Smith	5/9/1998	13 Iyar 5758
Holly Dobb	Mother of Traci Kornfeld	5/2/2015	13 Iyar 5775
*Neal Moran	Husband of Fannie Moran	4/28/1972	14 Iyar 5732
Lloyd Patrick Blake	Father of Pam Eisenhower	5/19/2022	17 Iyar 5782
*Dr. John C. Stoner, Jr.	Husband of Marilyn-Kranzel Stoner	5/2/2021	20 Iyar 5781
Clint Rose	Stepfather of Pam Eisenhower	5/15/2020	21 Iyar 5780
Shirley Mutchnik Michaelson-Levin	Mother of Robin Golberg	5/28/2019	23 Iyar 5779
Danny Beckerman	Uncle of Ira Beckerman	6/1/2005	23 Iyar 5765
Alexander Ciucci	Nephew of Linda Ries and Ira Beckerman	5/7/2021	25 Iyar 5781
*Saul Fletcher	Father of Trudy Baumgardner	5/28/1968	1 Sivan 5728
Stuart (Stu) Herbert Kranzel	Founding member and pillar of TBS	5/21/2023	1 Sivan 5783
*Theodore Schaeffer	Father of Marlene Barasch	5/31/1976	2 Sivan 5736
*Joe Pellowitz	Husband of Barbara Pellowitz	5/27/1998	2 Sivan 5758

# JUNE YAHREZEITS

*Devera "Boodie" Tupman	Aunt of George Lurie	5/26/1993	6 Sivan 5753
Kenneth Golberg	Father of David Golberg	6/13/2016	7 Sivan 5776
*Minnie Widoff	Mother of Mark Widoff	6/3/1998	9 Sivan 1998
Honey Aves	Long-time TBS member	5/29/2023	9 Sivan 5783
Rae Goldstone	Mother of Rhoda Shore	6/7/1949	10 Sivan 5709
*Meryl Benn	Father of Eileen Kranzel	6/12/1981	10 Sivan 5741
S. Edwin Snair	Husband of Irene Snair	5/30/2004	10 Sivan 5734
*Fannie Moran	Sister of Morris Kranzel, Aunt of Stu, Eileen and Jack Kranzel, and Marilyn Kranzel-Stoner	5/27/2007	10 Sivan 5767
*Ruth Richter	Mother of Alan Richter		10 Sivan
Sheila McMullen	Cousin of Jennie Kornfeld	5/30/2023	10 Sivan 5783
Sandra "Bootsie" Tickner	Stepmother of Michael Tickner	6/1/2004	12 Sivan 5764
Florence Cohen	Grandmother of Connie Songer	6/13/1973	13 Sivan 5733
Mark Greenwald	TBS Charter Member	6/9/2017	15 Sivan 5777
Temma Herman	Wife of Ed Herman	6/6/2012	16 Sivan 5772
*Maxwell D. Kranzel	Brother of Morris Kranzel and Fannie Moran	5/31/1980	16 Sivan 5740
*Ernest Kornfeld	Father of Marc Kornfeld	6/3/1969	17 Sivan 5729
Joseph Reynolds	Brother of Rosemary Smith	6/25/2005	18 Sivan 5765
*Samuel Spivak	Father of Verna Shuster	6/4/1950	19 Sivan 5710
Lee Schiller	Long Time TBS Member	6/22/2019	19 Sivan 5779
*Charles Rosett	Father of Honey Aves	6/10/1996	23 Sivan 5756
*Robert "Ruby" Gordon	Father of Marilyn Kranzel-Stoner	6/8/1999	24 Sivan 5759
Richard Aves	TBS member and husband of Honey Aves	6/14/2023	25 Sivan 5783
*Verna Shuster	Founding member of TBS	6/23/2014	25 Sivan 5774
David Goldstone	Father of Rhoda Shore	6/11/1942	26 Sivan 5702
*Jack Widoff	Uncle of Mark Widoff	6/9/1983	28 Sivan 5743
*Helen Gordon	Mother of Marilyn Kranzel-Stoner	6/21/1990	28 Sivan 5750
Cheryl Murray	Cousin of Carol Hillman	6/12/2010	30 Sivan 5770
Rhoda Rosenberg Shore	Friend of TBS	6/19/2015	2 Tammuz 5775



# JULY YAHREZEITS

*Evelyn Beck	Mother of Janet Widoff	7/1/1998	7 Tammuz 5758
*Samuel Shuster	Father of Dave Shuster	7/7/1949	10 Tammuz 5709
Harry A. Cohen	Father of Dr. Gene Cohen	7/7/1987	10 Tammuz 5747
Rhona Wolf	Former TBS member, Wife of Fred Wolf	7/11/2022	12 Tammuz 5782
Joseph Hebert	Grandfather of Mary Rudnick	7/11/1995	13 Tammuz 5755
Dr. Gene Cohen	Husband of Naomi Cohen, Father of Larry Cohen	6/30/2007	14 Tammuz 5767
Rose Papier	Sister of David Press	7/12/2014	14 Tammuz 5774
*Ed Cades	Uncle of Marc Kornfeld	6/30/1999	16 Tammuz 5759
*Lillian Kranzel	Widow of Morris Kranzel, Mother of Stu, Jack and Burton Kranzel	7/2/2007	16 Tammuz 5767
*Fannie Fletcher	Mother of Trudy Baumgardner	7/9/1963	17 Tammuz 5723
*H. David Lurie	Father of George Lurie	6/26/1994	17 Tammuz 5754
Lillian Prushik	Mother of Andi Russell	6/30/2010	18 Tammuz 5770
Sonia (Sonny) Bowers	Long Time TBS Member	7/10/2020	18 Tammuz 5780
Richard Burnat	Husband of Adria Burnat	7/17/2022	18 Tammuz 5782
Elaine Joy Kaufman-Schiller	Wife of Lee Schiller	7/18/2014	20 Tammuz 5774
Joseph Blassberg	Grandfather of Pam Eisenhour	7/2/2002	22 Tammuz 5762
Erin Johnpoll	Niece of David and Robin Golberg	7/25/2003	25 Tammuz 5763
Norman Sharp	Father of Michelle Sharp	7/10/2002	1 Av 5762
Bob Spalter	Uncle of Carol Hillman	8/3/2008	2 Av 5768
Lillian Sunshine	Mother of Sonia Bowers	7/25/1963	4 Av 5723
Jack W. Ries	Father of Linda Ries	7/12/2013	5 Av 5773
Jim Wolfson	In-law of Mort and Myrna Rubenstein	7/25/2012	6 Av 5772

## Each Week We Continue to Remember

Gail Greenberg	Cousin of Marc Kornfeld	June 5, 2024
Cynthia (Cindy) Melamed	Former TBS member, wife of Bruce	November 20, 2024
Jean Richter	Aunt of Michael Tickner	February 24, 2025
Sandra Burg	Mother of Steve Burg	April 17, 2025



## May-June-July Events

**Shabbat services** are usually scheduled the first Shabbat of each month at 7:30 p.m. at Historic B'nai Jacob Synagogue and on Zoom. Hybrid Services are held at 7:15 p.m. on May 16 and 30, June 13 and 27, and July 11 and 25 at TBS and on Zoom. Contact the TBS office at (717) 697-2662, or at [tbshalom@gmail.com](mailto:tbshalom@gmail.com) at least 36 hours before the shabbat service if you are interested in participating in services and have not participated previously. TBS services are also available by livestream to the TBS YouTube Channel. The link, identified as "**Temple Beth Shalom – PA**"\* is:

[https://www.youtube.com/channel/UC2t1U2CmwTq\\_OvMi22QQZlw](https://www.youtube.com/channel/UC2t1U2CmwTq_OvMi22QQZlw)

\*Please note – For those watching the service on YouTube, the service will appear on top. Click on the box to open it. If the service does not appear, refresh your browser. If you are still unable to see the service, contact us at [tbshalomtreasurer@gmail.com](mailto:tbshalomtreasurer@gmail.com) and we will try to get you in.

**Shabbat Services** are held on Saturday mornings at 11 a.m. at **Capitol Terraces** (the former Residence at the former Jewish Home).

**Board Meetings** are May 12 at 7:00 p.m., June 8 and July 13 at 9:00 a.m. using Zoom.

**Sisterhood Book Group** meets at Wegmans on the Carlisle Pike, 1:30-3:00 p.m. on May 14, June 11 and July 9. Contact the Temple Office for more information.

The Annual Spaghetti Dinner is 5:30 p.m. on May 18 at TBS.

## Community News

### AARP SMART DRIVING COURSES

Save the dates for Jewish Federation our upcoming courses -- including one full 2-day session (the full course), and two 1-day refresher sessions

**REFRESHER SESSIONS: May 12 & September 8 (8:45am - 1pm)**

**FULL SESSION: July 14 & 15 (8:45am - 1pm)**

Grass Campus

To Register, visit [Community Calendar](#), click on the event date, and follow the registration link.

For information about religious education for children at TBS, visit the web site, or contact Lisa Foer at 717-697-4138 or [lhfoer@aol.com](mailto:lhfoer@aol.com).

## *Notes from the Presidents...*

We hope you all had a wonderful start to the Spring. Hopefully you were able to enjoy Purim and Pesah with friends and family. It is always good to feel the weather getting warmer and see the trees and flowers blooming.

As we celebrated our Pesah seder I hope you were able to find meaning in the words of the Haggadah. I was struck by the words of Desmond Tutu in the reconstructionist Haggadah "A Night of Questions": "We must remember that liberation is costly. It needs unity. We must hold hands and refuse to be divided. We must be ready. Some of us will not see the day of our liberation physically. But those people will have contributed to the struggle. Let us be united, let us be filled with hope. Let us be those who respect one another." These words, and others in the Haggadah, speak to the struggles we are facing today.

The Jewish Federation is aware that many of us in the community may be struggling. The staff are putting together programs that will offer assistance to our community. There is a special focus on the elderly. If you know of anyone who may be in need of aid, be it just a visit or occasional rides to the store, please contact our office so that we can direct the need to appropriate channels.

We wish everyone a peaceful and healthy continuation of spring.

Shalom,

Jennifer Kornfeld and Eileen Kranzel

Co-Presidents



TBS received a donation for the Cemetery Fund from Chava Rischoni in memory of Hedwig Rischoni,.

TBS received a donation to the General Fund from Mark and Janet Widoff, to commemorate the yahrzeit of his father, David Widoff.

### New Hope Ministries Wish List ...

Pasta	Breakfast Cereal
Bath Soap	Shampoo & Conditioner
Antiperspirant	Paper Towels
Laundry Detergent	Toothpaste
Feminine Hygiene Products	Shampoo and Conditioner

Volunteer applications can be obtained by visiting the website or by stopping by the center. See the website (<https://nhm-pa.org>) for more information.

Serving the Mechanicsburg Community at:  
5228 East Trindle Road  
Mechanicsburg, PA 17050  
(717) 766-7333

## Community News

### Saturday Morning Shabbat Services

TBS encourages members and friends to attend Saturday morning Shabbat services from 11 am until noon at The Terraces at Capitol Village (the former Residence at the former Jewish Home).

### **L'CHAIM L'CHAIM Lecture with David Morrison**

Please join Guest Lecturer David Morrison, Executive Director Historic Harrisburg Association, for this lecture entitled "Remembering Harrisburg's Vanished Multicultural Neighborhoods."

David will lead us in exploring the old Seventh and Eighth Wards and their respective demolition. The Eighth Ward was demolished in the early 20th Century to make way for the expansion of the Capital Complex. The Seventh Ward saw widespread demolition in the 1950's and 1960's in the name of "urban renewal" which replaced traditional neighborhoods with high-rise buildings and garden apartment complexes. All are welcome and audience commentary is invited.

**Wednesday May 21, 2025 | 1PM**  
**Chisuk Emuna Congregation**

### **JFS Food Pantry Needs**

Jewish Family Services and the Libby Urie Food Pantry distributes hundreds of pounds of food each month to community members facing food insecurities.

As we expand our pantry services and have moved to a new building on the Alexander Grass Campus for Jewish Life, we will need more volunteers than ever. Food Pantry operations will thrive with your support.

Volunteer opportunities are as follows:

Volunteers to assist with Food Pantry operations.

Volunteers with trucks or vans to pick up food bank items - Tuesday mornings.

Volunteers to help check in, unpack, stock and clean - Friday mornings to early afternoon.

If you are interested in volunteering, need additional information, or are not available to volunteer but would like to make a donation to the pantry, please email [info@jfsfhhbg.org](mailto:info@jfsfhhbg.org) or call 717-233-1681.

If you are able to donate, these are the items that are needed:

- Tomato sauce/paste
- Pasta sauce
- Kosher foods
- Canned vegetables
- Laundry detergent
- Personal hygiene products

## Exhibit: State of Deception - The Power of Nazi Propaganda

In partnership with the Penn State Harrisburg Center for Holocaust and Jewish Studies and the Penn State Harrisburg School of Humanities, this poster exhibition is based on the U. S. Holocaust Memorial Museum's exhibition by the same name, which was produced in collaboration with the Holocaust and United Nations Outreach Program. The posters encourage viewers to "think about what propaganda is, how it works, and how to respond when it aims to divide people and promote violence," according to the U.S. Holocaust Memorial Museum.

Through August 2025

1st floor Linda Schwab Holocaust Gallery and Reading Room

Madlyn L. Hanes Library.

[Learn More](#)

**HARRISBURG JEWISH FILM FESTIVAL SERIES**  
THE Edward S. Finkelstein

And don't miss this ONE NIGHT ONLY special event!

**Shari & Lamb Chop**  
at BETH EL TEMPLE  
Thursday, May 29 | 6:30 pm

**Encore Screening**  
L'HISTOIRE D'ANNETTE ZELMAN

**Encore Screening**  
SEVEN BLESSINGS

**SEASON FINALE MINI-FEST at Midtown Cinema**

**Tickets going fast!**

**Buy yours now, at [www.hbgjff.com](http://www.hbgjff.com)!**

Friday, May 30	Saturday, May 31	Sunday, June 1
11:00 am .... Seven Blessings	9:30 pm .... Citizen Weiner	10:30 am .... The Story of Annette Zelman
2:30 pm .... Bad Shabbos		1:00 pm .... The Stronghold
5:30 pm .... The Stronghold		4:00 pm .... Bad Shabbos

# Spaghetti Dinner | May 18 @5:30

## ANNUAL SPAGHETTI DINNER

Sunday, May 18 | 5:30 pm  
Temple Beth Shalom



The purchase of one \$50 ticket will allow the entire family to enjoy our fabulous spaghetti dinner and enter you to win cash prizes!

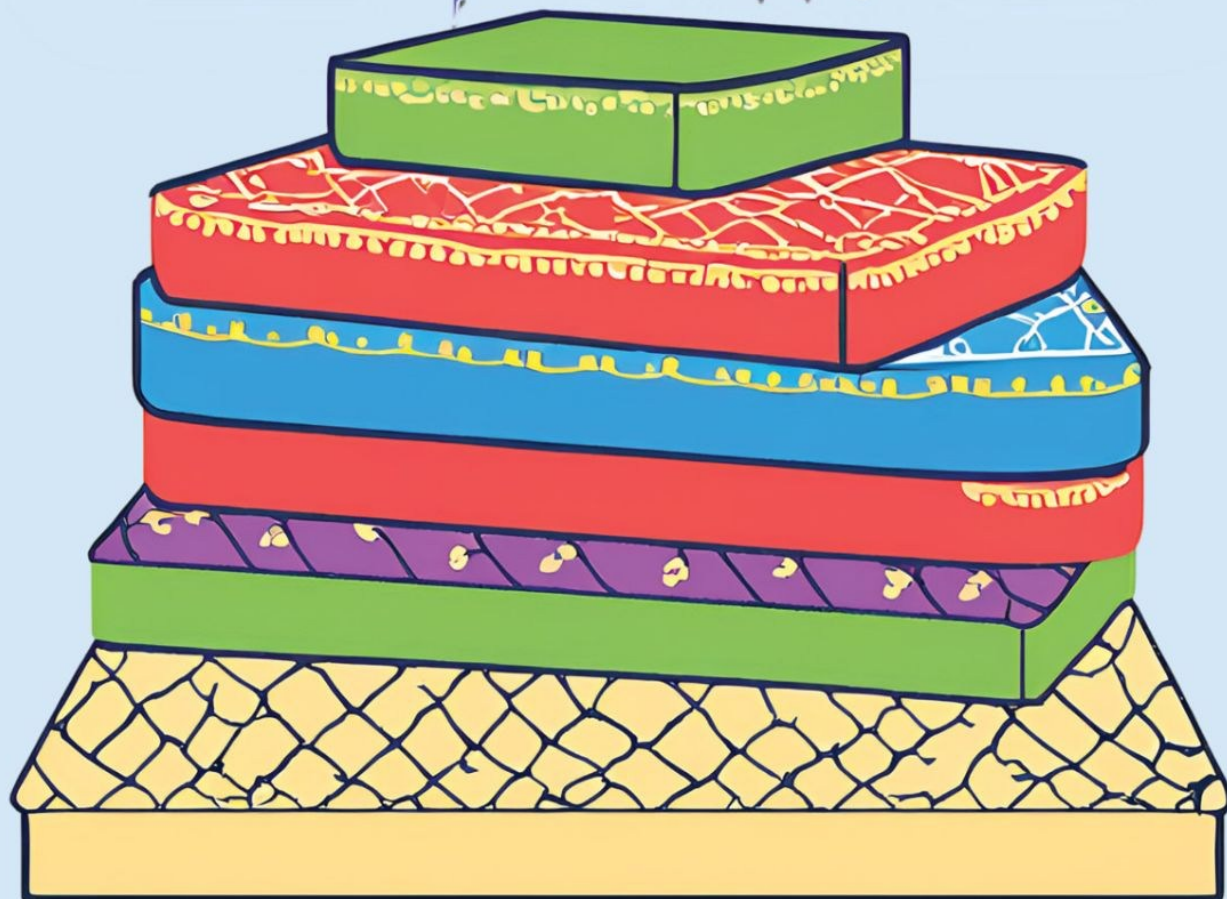
RSVP appreciated: 717-697-2662 or  
[tbshalom@gmail.com](mailto:tbshalom@gmail.com)





The Harrisburg JCC's Ellie Goldenberg Theater Program presents

# Once Upon a Mattress



**May 8, 10, and 11**  
**at Krevsky Production Center**  
**Tickets at [jewishharrisburg.org/theater](http://jewishharrisburg.org/theater)**







**Me2** / Classical Music  
for Mental Health



The world's only  
orchestra for  
people living with  
mental illness

**ERASING THE STIGMA OF MENTAL ILLNESS**

**TOGETHER WE CAN**

JUNE 29, 2025 | 12:00PM | ROSE LEHRMAN ARTS CENTER

### ABOUT US

Jewish Family Service of Greater Harrisburg is proud to present our 2025 Annual Fundraiser featuring a world-class String Quartet from Me2/Orchestra. This inspiring event will showcase the incredible journey of conductor Ronald Braunstein and his musicians, **using the power of symphony music to foster understanding, compassion, and open dialogue about mental health.** Join us for an unforgettable afternoon of music and conversation as we work together to reduce stigma and create a community where **mental health is prioritized, understood, and accepted.**



**SCAN THE QR CODE(S) BELOW TO  
SPONSOR OR ATTEND THE EVENT**

**SPONSOR**



**TICKETS**



JEWISH FAMILY SERVICE OF GREATER HARRISBURG, INC.

2994 North 2nd Street, Harrisburg, PA 17110 · 717.233.1681 · [events@jfsfhhbg.org](mailto:events@jfsfhhbg.org) · [www.jfsfhhbg.org](http://www.jfsfhhbg.org)





# JCC SUMMER CAMP

All-day fun and adventure for kids grades K - 8  
**June 16 - August 8 (Plus pre- and post-camps!)**

Green Hills Swim Club | 2055 Fishing Creek Valley Rd., Harrisburg

- Swim Instruction (All Ages)
  - STEM/Robotics
  - Athletics
- Swimming/Hiking/Outdoors
  - Arts & Crafts
  - Jewish Values
  - Team Building
- Archery (4th Grade+)
- Two Full-Camp Field Trips
- Woodworking (5th - 8th Grades)
- Travel Camp! (6th - 8th Grades)
  - Pizza Fridays
- Prank the Directors & Camp Finale
- And Much More!

Early-bird discounts for JCC members through 2/28!

Register now at [jewishharrisburg.org/summer-camp](http://jewishharrisburg.org/summer-camp)



Jewish Federation  
of Greater Harrisburg







**August 3 - 8 | Pittsburgh, PA**



## **Join Team Greater Harrisburg!**

**Olympic-style Competition for Jewish athletes ages 13 - 17**

Soccer | Basketball | Tennis | Track | Baseball | Ice Hockey | Volleyball

Softball | Swimming | Dance | Sports Reporting

## **JCC Maccabi Games**

Register by 5/12 at [jewishharrisburg.org/maccabi-2025](http://jewishharrisburg.org/maccabi-2025)

Questions? Contact Debbie at [d.rudt@jewishfedhbg.org](mailto:d.rudt@jewishfedhbg.org)



Jewish Federation  
of Greater Harrisburg





[Virtual Shabbat Box](#). Includes essays, meditations for Shabbat

### **On Lighting the Yahrzeit Candle...**

TBS members requested that we include a prayer for lighting the yahrzeit candle in the bulletin. With Rabbi Choper's assistance, the following is provided.

There is no one blessing that is traditionally required to be said when lighting a yahrzeit candle. It is an opportunity to remember our loved ones and how their presence somehow remains with us. The practice of lighting a candle is based at least in part on the verse (Proverbs 20:27) "The Human Soul is the Lamp Of G-d." This is a beautiful teaching that emphasizes the importance of each human being as an opportunity for some aspect of Divine Light to enter into the world, and that somehow each soul is a connection to G-d.

"The Human Soul is the Lamp of G-d." May it be Your will, Adonai our G-d and the G-d of our Ancestors, that the soul of my beloved one should be bound up in the bonds of life, as with the souls of Abraham, Isaac and Jacob, Sarah, Rebecca, Rachel and Leah. May (his/her) memory be a blessing to us all."

If desired, it is also traditionally appropriate to recite Psalm 23 or 121.

Neir Adonai Nishmat Adam. Yehi Ratzon Milfanecha, Adonai Eloheinu  
Veilohei Avoteinu, Shetehei Nishmat (insert name) Tzerurah betzeror  
hachayim, im nishmot Abvraham Yitzchak ve'Ya'akov, Sarah Rivkah,  
Rachel VeLeah. Tehi Menutchatah kavod, Selah

## Mourner's Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעָלְמָא דִּי בְּרָא כְרַעוּתֵיהּ,  
וַיַּמְלִיךְ מַלְכוּתֵיהּ בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית  
יִשְׂרָאֵל, בְּעָגְלָא וּבְזִמּוֹן קָרִיב, וְאָמְרוּ: אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר  
וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקַדְשָׁא בְּרִיךְ הוּא, לְעָלְמָא מִן כָּל  
בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְּאֲמִירוֹן בְּעָלְמָא,  
וְאָמְרוּ: אָמֵן.

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

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל  
יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן.

Yitgadal v'yitkadash sh'mei raba.

B'alma di v'ra chirutei,

v'yamlich malchutei,

b'chayeichon uv'yomeichon

uv'chayei d'chol beit Yisrael,

baagala uviz'man kariv. V'im'ru: Amen.

Y'hei sh'mei raba m'varach

l'alam ul'almei almaya.

Yitbarach v'yishtabach v'yitpaar

v'yitromam v'yitnasei,

v'yit'hadar v'yitaleh v'yit'halal

sh'mei d'kud'sha b'rich hu,  
l'eila min kol birchata v'shirata,  
tushb'chata v'nechemata,  
daamiran b'alma. V'imru: Amen.

Y'hei sh'lama raba min sh'maya,  
v'chayim aleinu v'al kol Yisrael.  
V'imru: Amen.

Oseh shalom bimromav,  
Hu yaaseh shalom aleinu,  
v'al kol Yisrael. V'imru: Amen.

Exalted and hallowed be G-d's great name  
in the world which G-d created, according to plan.  
May G-d's majesty be revealed in the days of our lifetime  
and the life of all Israel -- speedily, imminently, to which we say Amen.

Blessed be G-d's great name to all eternity.

Blessed, praised, honored, exalted, extolled, glorified, adored, and lauded  
be the name of the Holy Blessed One, beyond all earthly words and songs of blessing,  
praise, and comfort. To which we say Amen.

May there be abundant peace from heaven, and life, for us and all Israel,  
to which we say Amen.

May the One who creates harmony on high, bring peace to us and to all Israel.  
To which we say Amen.

(<http://www.reformjudaism.org/practice/prayers-blessings/mourners-kaddish>)