



משכן הנפש

MISHKAN HANEFESH

Machzor for the Days of Awe

MISHKAN HANEFESH: SEVEN LIGHTS OF YIZKOR

CANDLE	1 ST CANDLE The Loss of Loved Ones	2 ND CANDLE Inner Strength and Survival	3 RD CANDLE The Holiness of Memory	4 TH CANDLE Our Most Precious Relationships	5 TH CANDLE Acceptance	6 TH CANDLE Gratitude	7 TH CANDLE Finding Peace
Words of Healing Psalm 23	Adonai is my shepherd; I shall not want. Psalm 23:1	God makes me lie down in green pastures, leads me beside the still waters. Psalm 23:2	God restores my soul.... Psalm 23:3	... and guides me in straight paths for the sake of God's name. Psalm 23:3	Yea, though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me. Psalm 23:4	You prepare a table before me in the presence of my enemies; You have anointed my head with oil; my cup overflows Psalm 23:5	Surely goodness and mercy shall follow me all the days of my life; and I shall dwell in the house of Adonai forever. Psalm 23:6
For personal reflection . . .	For whom do I grieve? In my grief, what is it that I need? What kinds of moments make me most aware of what I have lost?	What are my sources of inner strength? How have I survived loss and its pain? Where do I find "green pastures" and "still waters"?	What memories of my loved one(s) do I cherish most? Do some of my memories still hurt? How do my memories help me to live a better life?	How do my feelings of grief differ for each person I have lost? What is my personal prayer for each one? What would I like each of them to know about me now?	As I try to accept my losses, what helps me? What stands in my way? What have I learned?	What blessings were bestowed on me by the loved one(s) whom I have lost? In what ways have I been cared for and sustained by others? Who deserves my gratitude? Who is a blessing in my life today?	What fills me with shalom? What makes me feel like a whole person? How has my community been a source of renewal and strength for me?

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Blessing	Blessed are those who give meaning to our lives; holy and precious is the example they leave behind.	Blessed is the life force within us even in the worst of times. Like dew on the grass, it renews and restores.	Blessed are the memories, holy and cherished the love they reveal.	Blessed is the life of every soul, pure and bright the breath of God within us.	Blessed is the path to acceptance very near and sometimes distant as the horizon.	Blessed is the pilgrimage from grief to gratitude; precious are the sights along the way.	Blessed is peace, for all blessings flow from it. Precious is peace, for without it no blessing is complete.
We pray	May our sorrows diminish as we recall their strength. May their wisdom protect us and help us to live. Let our grief be transformed into tenderness toward those who are still with us.	May courage come. Let dark fears be gone with morning's light. Let grief give way to confidence and new hope.	May our sorrows soften and diminish in strength. May the pains of past bereavements grow gentler with time. Let memory bring us nearer to the loved ones in our midst.	Help us know the Infinite Wisdom that gives life and takes it away. Forgive us for anger, bitterness, and selfishness. Teach us the language of healing.	We pray that our moments of joy surpass the times of struggle, that we taste the sweetness of each precious day, that the work of our hands brings fulfillment.	We pray for humility: to see in all things the great Artist of Eternity; for generosity: to respond to the gift of life by giving of ourselves; for strength: to hold on to life-and let it go.	We pray-for inner serenity, for peace of mind, for the feeling of at-homeness in the universe and in our hearts.

ברוך אתה, ייְהוָה, מֶקְור מִיּמִים.

D. B. Rossoff