



# סדר הזכרת נשמות YIZKOR HANDBOOK



## INTRODUCTION

*The following verses are not part of the traditional Yizkor service, however some congregations have adopted the custom of reciting them before Yizkor.*

**O Lord, what is man that You should know him, the son of man, that You should consider him?**

**Man is like a breath; his days are as a fleeting shadow.**

**In the morning, it blossoms and passes away; in the evening, it is cut off and withers.**

**So teach the number of our days, so that we shall acquire a heart of wisdom.**

**Observe the innocent and see the upright, for there is a future for the man of peace.**

**But God will redeem my soul from the power of the grave, for He shall take me forever.**

**My flesh and my heart yearn; God is the rock of my heart and my portion forever.**

**And the dust returns to the earth as it was, and the spirit returns to God, Who gave it.**

## INTRODUCTION

*The following verses are not part of the traditional Yizkor service,  
however some congregations have adopted the custom  
of reciting them before Yizkor.*

וַיִּי מָה אָדָם וַתִּדְעֵהוּ, בֶּן אָנוּשׁ וַתַּחֲשִׁבֵהוּ: תהילים קמז, ג

אָדָם לַהֲבֵל דָּמָה, יָמָיו כָּצֵל עוֹבֵר: תהילים קמז, ג

בַּבֶּקֶר יִצִּיץ וְחִלָּף, לָעֶרֶב יְמוּלֵל וַיִּבֶשׁ: תהילים צ, ז

לְמִנּוֹת יָמֵינוּ כֵּן הוֹדַעַ, וְנָבֵא לְבַב חֲכָמָה: תהילים צ, יב

שְׁמֹר תָּם וְרֵאָה יִשְׂרָאֵל, כִּי אַחֲרִית לְאִישׁ  
שָׁלוֹם: תהילים לז, לז

אֲךָ אֱלֹהִים יִפְדֶּה נַפְשִׁי מִיַּד שָׂאוֹל, כִּי  
יִקְחֵנִי סֵלָה: תהילים מז, טז

כָּלָה שְׂאֵרֵי וּלְבָבִי, צוּר לְבָבִי וְחִלָּקִי  
אֱלֹהִים לְעוֹלָם: תהילים עג, כו

וַיֵּשֶׁב הָעֶפְרַיִם עַל הָאָרֶץ כְּשֶׁהָיָה, וְהָרוּחַ  
תָּשׁוּב אֶל הָאֱלֹהִים אֲשֶׁר נִתְּנָה: קהלת יב, ז

## FATHER

### TRANSLITERATION

#### Yizkor E-lohim nishmat aba morie

(mention his Hebrew name and his mother's Hebrew name)

**She-halach P'olamo, ba-avur sheb'li neder e-tayn tzedakah  
ba-ado. Bis-char zeh t'hay nafsho tz'rurah bitz-ror  
hachayim im nishmat Avraham, Yitzchak v'Yaakov,  
Sarah, Rivkah, Rachel v'Leah, v'im sh'ar tzadikim  
v'tzidkani-yot sheb'Gan Eden, v'nomar Amen.**

### TRANSLATION

#### May G-d remember the soul of my father, my teacher

(mention his Hebrew name and his mother's Hebrew name)

**who has gone to his [supernal] world, because I will,  
without obligating myself with a vow, donate charity for  
his sake. In this merit, may his soul be bound up in the  
bond of life with the souls of Abraham, Isaac, and Jacob,  
Sarah, Rebecca, Rachel, and Leah, and with other together  
with the other righteous men and women in Gan Eden;  
and let us say, Amen.**

## FATHER

## יִזְכוֹר אֱלֹהִים נִשְׁמַת אָבִא מוֹרִי

(mention his Hebrew name and his mother's Hebrew name)

שְׁהֲלֶךְ לְעוֹלָמוֹ, בְּעִבּוֹר שְׁבִלִי נֶדֶר אֶתֶן צְדָקָה  
 בְּעֵדוֹ, בְּשִׁכְרִי זֶה תִּהְיֶה נַפְשׁוֹ צְרוּרָה בְּצִרוֹר  
 הַחַיִּים, עִם נִשְׁמַת אֲבִרָהּ יִצְחָק וַיַּעֲקֹב, שְׂרָה  
 רִבְקָה רַחֵל וְלֵאָה, וְעִם שְׂאֵר צְדִיקִים וְצְדִקְנִיּוֹת  
 שְׂבִגְן יַעֲדוֹן, וְנֹאמַר אָמֵן:

## MOTHER

### TRANSLITERATION

#### Yizkor E-lohim nishmat imie moratie

(mention her Hebrew name and her mother's Hebrew name)

**She-halchah l'olamah ba-avur sheb'li neder e-tayn tzedakah ba-ada. Bis-char zeh t'hay nafshah tz'rurah bitz-ror hachayim im nishmat Avraham, Yitzchak v'Yaakov, Sarah, Rivkah, Rachel v'Leah, v'im sh'ar tzadikim v'tzidkani-yot sheb'Gan Eden, v'nomar Amen.**

### TRANSLATION

#### May G-d remember the soul of my mother, my teacher

(mention her Hebrew name and her mother's Hebrew name)

**who has gone to her [supernal] world, because I will, without obligating myself with a vow, donate charity for her sake. In this merit, may 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 other together with the other righteous men and women in Gan Eden; and let us say, Amen.**

## MOTHER

## יִזְכוֹר אֱלֹהִים נְשִׁמַּת אִמִּי מוֹרְתִי

(mention her Hebrew name and her mother's Hebrew name)

שֶׁהִלְכָה לְעוֹלָמָהּ, בְּעִבּוֹר שְׁבִלִי נֶדֶר אֶתֵּן צְדָקָה  
 בְּעֵדָהּ, בְּשִׁכְרִי זֶה תִּהְיֶה נִפְשָׁה צְרוּרָה בְּצָרוֹר  
 הַחַיִּים, עִם נְשִׁמַּת אֲבִרָהּם יִצְחָק וְיַעֲקֹב, שָׂרָה  
 רִבְקָה רַחֵל וְלֵאָה, וְעִם שְׂאֵר צְדִיקִים וְצְדִקְנִיּוֹת  
 שְׂבִגְן יַעֲדֹן, וְנֹאמַר אָמֵן:

## MALE RELATIVE

### TRANSLITERATION

#### Yizkor E-lohim nishmat

|               |             |             |             |               |
|---------------|-------------|-------------|-------------|---------------|
| husband       | son         | brother     | uncle       | grandfather   |
| <b>Ba-ali</b> | <b>B'ni</b> | <b>Achi</b> | <b>Dodi</b> | <b>Z'keni</b> |

(mention his Hebrew name and his mother's Hebrew name)

**She-halach l'olamo, ba-avur sheb'li neder e-tayn tzedakah  
ba-ado. Bis-char zeh t'hay nafsho tz'rurah bitz-ror  
hachayim im nishmat Avraham, Yitzchak v'Yaakov,  
Sarah, Rivkah, Rachel v'Leah, v'im sh'ar tzadikim  
v'tzidkani-yot sheb'Gan Eden, v'nomar Amen.**

### TRANSLATION

#### May G-d remember the soul of my

|         |     |         |       |             |
|---------|-----|---------|-------|-------------|
| husband | son | brother | uncle | grandfather |
|---------|-----|---------|-------|-------------|

(mention his Hebrew name and his mother's Hebrew name)

**who has gone to his [supernal] world, because I will,  
without obligating myself with a vow, donate charity for  
his sake. In this merit, may his soul be bound up in the  
bond of life with the souls of Abraham, Isaac, and Jacob,  
Sarah, Rebecca, Rachel, and Leah, and with other together  
with the other righteous men and women in Gan Eden;  
and let us say, Amen.**



## MALE RELATIVE

יִזְכוֹר אֱלֹהִים נִשְׁמַת...

|          |        |         |         |             |
|----------|--------|---------|---------|-------------|
| husband  | son    | brother | uncle   | grandfather |
| בַּעַלִי | בְּנִי | אָחִי   | דּוּדִי | זִקְנִי     |

(mention his Hebrew name and his mother's Hebrew name)

שְׁהַלֵּךְ לְעוֹלָמוֹ, בַּעֲבוּר שְׁבִלִי נָדָר אֶתֶּן צְדָקָה  
 בַּעֲדוֹ, בְּשֹׁכֵר זֶה תִּהְיֶה נַפְשׁוֹ צְרוּרָה בַּצָּרוּר  
 הַחַיִּים, עִם נִשְׁמַת אֲבִרָהּ יִצְחָק וַיַּעֲקֹב, שָׂרָה  
 רַבָּקָה רַחֵל וְלֵאָה, וְעִם שְׂאֵר צְדִיקִים וְצְדִקְנִיּוֹת  
 שְׂבָגָן עֵדוֹן, וְנֹאמַר אָמֵן:

## FEMALE RELATIVE

### TRANSLITERATION

#### Yizkor E-lohim nishmat

|              |             |               |               |                |
|--------------|-------------|---------------|---------------|----------------|
| wife         | daughter    | sister        | aunt          | grandmother    |
| <b>Ishti</b> | <b>Biti</b> | <b>Achoti</b> | <b>Dodati</b> | <b>Z'kenti</b> |

(mention her Hebrew name and her mother's Hebrew name)

**She-halchah l'olamah ba-avur sheb'li neder e-tayn tzedakah ba-ada. Bis-char zeh t'hay nafshah tz'rurah bitz-ror hachayim im nishmat Avraham, Yitzchak v'Yaakov, Sarah, Rivkah, Rachel v'Leah, v'im sh'ar tzadikim v'tzidkani-yot sheb'Gan Eden, v'nomar Amen.**

### TRANSLATION

#### May G-d remember the soul of my

|      |          |        |      |             |
|------|----------|--------|------|-------------|
| wife | daughter | sister | aunt | grandmother |
|------|----------|--------|------|-------------|

(mention her Hebrew name and her mother's Hebrew name)

**who has gone to her [supernal] world, because I will, without obligating myself with a vow, donate charity for her sake. In this merit, may 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 other together with the other righteous men and women in Gan Eden; and let us say, Amen.**

## FEMALE RELATIVE

## יִזְכוֹר אֱלֹהִים נִשְׁמַת...

|           |          |          |           |             |
|-----------|----------|----------|-----------|-------------|
| wife      | daughter | sister   | aunt      | grandmother |
| אִשְׁתִּי | בְּתִי   | אֲחוֹתִי | דּוֹדָתִי | זִקְנָתִי   |

(mention her Hebrew name and her mother's Hebrew name)

שֶׁהָלַכָּה לְעוֹלָמָהּ, בְּעֵבוֹר שְׁבִלִי נָדָר אֶתֵּן צְדָקָה  
 בְּעֵדָהּ, בְּשִׁכְרָה זֶה תִּהְיֶה נִפְשָׁה צְרוּרָה בְּצָרוֹר  
 הַחַיִּים, עִם נִשְׁמַת אֲבִרָהּ יִצְחָק וִיעֲקֹב, שָׂרָה  
 רִבְקָה רַחֵל וְלֵאָה, וְעִם שְׂאֵר צְדִיקִים וְצְדִיקָנוֹת  
 שְׂבָגוּ עֵדוֹן, וְנֹאמַר אָמֵן:

## YIZKOR FOR THE HOLY MARTYRS

**May G-d remember the souls of the Holy and pure ones who were killed, murdered, slaughtered, burned, drowned and strangled for the sanctification of His Name. Because I will, without obligating myself with a vow, donate charity for the memory of their souls. In this merit, may their souls be bound up in the bond of life with the souls of Abraham, Isaac, and Jacob, Sarah, Rebecca, Rachel, and Leah, and together with the other righteous men and women in Gan Eden; and let us say, Amen.**

## YIZKOR FOR THE IDF

**May G-d remember the souls of the fighters of the Israeli Defence Forces, who gave their lives for the sanctification of His Name. the people and the land. They were swifter than eagles, stronger than lions as they volunteered to assist the people and with their pure blood soaked the clod of our holy earth. The memory of their self-sacrifice and heroic deeds will never perish from us. May their souls be bound up in the bond of life with the souls of Abraham, Isaac, and Jacob, Sarah, Rebecca, Rachel, and Leah, and together with the souls of the other Jewish heroes and martyrs in Gan Eden; and let us say, Amen.**

## YIZKOR FOR THE HOLY MARTYRS

**יִזְכּוֹר** אֱלֹהִים אֶת נִשְׁמוֹת הַקְּדוּשִׁים וְהַטְהוּרִים  
 שֶׁהוֹמָתוּ וְשֶׁנֶּהָרְגוּ וְשֶׁנִּשְׁחָטוּ וְשֶׁנִּשְׂרָפוּ  
 וְשֶׁנִּטְבְּעוּ וְשֶׁנֶּחֱנְקוּ עַל קִידוּשׁ הַשֵּׁם בְּעֶבּוֹר שְׂבָלִי נֶדֶר  
 אֶתֵּן צְדָקָה בְּעֵד הַזְכָּרַת נִשְׁמוֹתֵיהֶם, בְּשִׁכְרָה זֶה תִּהְיֶינָה  
 נַפְשוֹתֵיהֶם צְרוּרוֹת בְּצִרוּר הַחַיִּים, עִם נִשְׁמוֹת אַבְרָהָם  
 יִצְחָק וְיַעֲקֹב, שְׂרָה רַבֵּקָה רַחֵל וְלֵאָה, וְעִם שְׂאֵר צַדִּיקִים  
 וְצַדִּיקָנוֹת שְׂבָגָן עֵדוֹן, וְנֹאמַר אָמֵן:

## YIZKOR FOR THE IDF

**יִזְכּוֹר** אֱלֹהִים אֶת נִשְׁמוֹת חֵילִי צָבָא הַהֶגְנָה  
 לְיִשְׂרָאֵל שֶׁמָּסְרוּ נַפְשָׁם עַל קְדוּשַׁת הַשֵּׁם,  
 הָעַם וְהָאָרֶץ. מִנְּשָׁרִים קָלוּ, וּמֵאֲרִיּוֹת גָּבְרוּ, בְּהַחֲלָצָם  
 לְעֶזְרַת הָעָם, וְהָרָוּ בְּדָמָם הַטְהוּר אֶת רַגְבֵי אֲדָמַת  
 קְדָשֵׁינוּ. יִזְכֹּר עֲקִידָתָם וּמַעֲשֵׂה גְבוּרָתָם לֹא יִסְפּוּ מֵאֲתָנוּ  
 לְעוֹלָמִים. תִּהְיֶינָה נַפְשוֹתֵיהֶם צְרוּרוֹת בְּצִרוּר הַחַיִּים,  
 עִם נִשְׁמוֹת אַבְרָהָם יִצְחָק וְיַעֲקֹב, שְׂרָה רַבֵּקָה רַחֵל  
 וְלֵאָה, וְעִם שְׂאֵר גְּבוּרֵי יִשְׂרָאֵל וְקְדוּשָׁיו שְׂבָגָן עֵדוֹן,  
 וְנֹאמַר אָמֵן:

## AV HARACHAMIM – MERCIFUL FATHER

May the All-Merciful Father who dwells in the supernal heights, in His profound compassion, remember with mercy the pious, the upright and the perfect ones, the holy communities who gave their lives for the sanctification of the Divine Name. They were beloved and pleasant in their lives, and [even] in their death were not parted [from him]; they were swifter than eagles, stronger than lions to carry out the will of their Maker, and the desire of their Creator. May our God remember them with favour together with the other righteous of the world, and avenge the spilled blood of His servants, as it is written in the Torah of Moses, the man of God: “O nations, sing the praises of His people, for He will avenge the blood of His servants, bring retribution upon His foes, and placate His land – His people. And by Your servants the Prophets it is written as follows: “I will cleanse [the nations of their wrongdoings,] but for the [shedding of Jewish] blood I will not cleanse them; the Lord dwells in Zion. And in the Holy Writings it is said: “Why should the nations say, “Where is their God?” Let there be known among the nations, before our eyes, the retribution of the spilled blood of Your servants. And it is said: “For the Avenger of bloodshed is mindful of them; He does not forget the cry of the downtrodden. Further it is said: He will render judgement upon the nations, and they will be filled with corpses; He will crush heads over a vast area. He will drink from the stream on the way; therefore [Israel] will hold its head high.

## AV HARACHAMIM – MERCIFUL FATHER

**אב** הַרְחֵמִים שׁוֹכֵן מְרוֹמִים בְּרַחֲמָיו הָעֲצוּמִים  
 הוּא יִפְקֹד בְּרַחֲמִים, הַחֲסִידִים וְהַיִּשְׂרָאֵלִים  
 וְהַתְּמִימִים, קָהְלוֹת הַקֹּדֶשׁ שֶׁמָּסְרוּ נַפְשָׁם עַל קִדְשַׁת  
 הַשֵּׁם, הַנֶּאֱהָבִים וְהַנֶּעֱיָמִים בְּחַיֵּיהֶם, וּבְמוֹתָם לֹא נִפְרְדּוּ.  
 מִנִּשְׁרָאִים קָלוּ, וּמֵאֲרִיזוֹת גָּבְרוּ, לַעֲשׂוֹת רְצוֹן קוֹנֵם וְחַפֵּץ  
 צוּרָם. יִזְכְּרֵם אֱלֹהֵינוּ לְטוֹבָה, עִם שְׂאֵר צְדִיקֵי עוֹלָם,  
 וַיִּנְקֹם נִקְמַת דָּם עֲבָדָיו הַשְּׁפוּף, כַּפְתּוֹב בְּתוֹרַת מֹשֶׁה  
 אִישׁ הָאֱלֹהִים: הִרְגִּינוּ גּוֹיִם עַמּוֹ, כִּי דָם עֲבָדָיו יִקּוּם,  
 וְנָקָם יִשִּׁיב לְצָרָיו, וְכַפֵּר אֲדָמָתוֹ עַמּוֹ. וְעַל יְדֵי עֲבָדֶיךָ  
 הַנִּבְיָאִים כָּתוּב לֵאמֹר: וְנִקִּיתִי דָמָם לֹא נִקִּיתִי, וַיִּי שִׁכֹּן  
 בְּצִיּוֹן. וּבִכְתָּבִי הַקֹּדֶשׁ נֶאֱמַר: לָמָּה יֹאמְרוּ הַגּוֹיִם אֵיזָה  
 אֱלֹהֵיהֶם, יוֹדֵעַ בַּגּוֹיִם לְעֵינֵינוּ נִקְמַת דָּם עֲבָדֶיךָ הַשְּׁפוּף.  
 וְאֹמַר: כִּי דוֹרֵשׁ דָּמִים אוֹתָם זָכַר, לֹא שָׂכַח צַעֲקַת  
 עֲנָוִים. וְאֹמַר: יִדִּין בַּגּוֹיִם מָלֵא גְוִיוֹת, מִחֵץ רֹאשׁ עַל  
 אֶרֶץ רַבָּה. מִנַּחַל בְּדֶרֶךְ יִשְׁתָּה, עַל כֵּן יָרִים רֹאשׁ:

## WHAT IS YIZKOR?

Yizkor in Hebrew means “to remember.” Memory is transcendence. We are creatures blessed with memory. We can transcend not only time, but space, and even the boundaries of the physical world.

With the memory of your parents, you break through the barrier between the physical world in which you dwell and the spiritual one to which they have ascended. As you connect to them through your memory of them here in this world, so do they connect to you by remembering you from their world.

In the prayer, we pledge to give charity in their memory. When we give charity on their behalf, their souls ascend yet higher with that merit. And they then provide you with guidance and blessing, much more than they were able to from within this world.

### **Who Says Yizkor?**

Yizkor is primarily recited for one's parents. One may recite Yizkor for anyone who has passed on, including relatives and friends.

A mourner during the first year, remains in the synagogue, but does not recite the Yizkor. It is customary for those with both parents alive to leave the synagogue during the Yizkor service.

### **When is Yizkor recited?**

Yizkor is recited after the Torah reading on Yom Kippur; the last day of Pesach; the second day of Shavuot; and on Shemini Atzeret.

It is an ancient custom to kindle a 24-hour memorial candle for the departed before the Holiday.

For more information, visit [www.ChabadHouse.org.au/LifetoLife](http://www.ChabadHouse.org.au/LifetoLife)