

Grieving Across BK: A Gathering to Process, Mourn & Pray

Thursday October 12, 2023 - 27 Tishrei 5784

מִמַּעְמַקִּים קְרָאתִיךָ יְהוָה
אֲלֵי שְׁמַע קוֹלִי
שְׁמַע תְּחִנוּנָי

*Mi ma'amakim k'raticha Yah
Eli sh'ma koli
Sh'ma tachanunai
- from Psalm 130*

From these depths I call out to you, Yah
My Source, My Breath of Life, Listen to my voice
Please hear my humble cries

אֲחֵינוּ כָּל בֵּית יִשְׂרָאֵל, הַנְּתוּנִים בְּצָרָה,
וּבִשְׁבִיָּה, הָעוֹמְדִים בֵּין בָּיִם וּבֵין בִּיבְשָׁה,
הַמְּקוּם יְרַחֵם עֲלֵיהֶם, וַיּוֹצִיאֵם מִצָּרָה
לְרוֹחָה, וַיַּמְאֶפְלָה לְאוֹרָה, וַיַּשְׁעֵבּוּד לְגֹאֲלָה,
הַשָּׂמָא בְּעִגְלָא וּבְזִמָּן קָרִיב

*Acheinu kol beit yisrael,
Acheinu kol beit yisrael, han'tunim b'tzara,
b'tzara uvashivyah, ha'omdim bein bayam
u'vein bayabasha.
Hamakom y'racheim, y'racheim aleihem
v'yotziem mitzara lirvacha umei'afaila
l'orah umishibud lige'ulah,
hashta ba'agala uvizman kariv.*

For our siblings, the whole house of Israel,
who are given over to trouble or captivity,
whether they abide on the sea or on the dry land:

May the All-present have mercy upon them,
and bring them forth from trouble to expansiveness,
from darkness to light, and from subjection to redemption,
speedily and soon.

אני ואתה נשנה את העולם,
אני ואתה אז יבואו כבר כולם,
אמרו את זה קודם לפני,
לא משנה - אני ואתה נשנה את העולם.

*Ani ve'ata neshaneh et ha'olam
ani ve'ata az yavo'u kvar kulam
Amru et zeh kodem lefanai
lo meshaneh, ani ve'ata neshaneh et ha'olam*

אני ואתה ננסה מהתחלה,
יהיה לנו רע, אין דבר זה לא נורא,
אמרו את זה קודם לפני,
זה לא משנה - אני ואתה נשנה את העולם.

*Ani ve'ata nenaseh mehahatchalah
yihyeh lanu ra ein davar zeh lo nora.
Amru et zeh kodem lefanai
zeh lo meshaneh, ani ve'ata
neshaneh et ha'olam.
-Arik Einshtein*

We can change the world,
All it takes is you and me.
We can change the world
Without a doubt, just wait and see
Chorus: Our joining together is the way
To bring about peace.
We can change the world
We'll do what's right and never cease

הַמְקוֹם יִנָּחֵם אֶתְכֶם
בְּתוֹךְ שְׂאֵר אֲבְלֵי צִיּוֹן
וִירוּשָׁלַיִם

*Hamakom yinachem et'chem
b'toch sha'ar avlei tzion
vi'yrushalyaim*

May you find comfort
May you find comfort
May you find comfort in love
-music by Aviva Chernick

המלחמה האחרונה *Hamilchamah Ha'acharonah*

אני מבטיח לך, ילדה שלי קטנה
שזאת תהיה המלחמה האחרונה.
Chorus:
Ani mavti'ach lach, yalda sheli k'tana
Shezot ti'h'yeh hamilchamah ha'acharonah

בשם התותחנים אשר ברסק הפגזים
היו עמוד האש לאורך החזית,
בשם חובשים רופאים שבנפשם ומאודם
החזירו רוח וחיים, השיבו דם.
Beshem hatot'chanim asher beresek hap'gazim
Hayu amud ha'esh le'orech hachazit
Beshem chovshim rof'im shebenafsham
ume'odam
Hichziru ru'ach vechayim, heyshivu dam

בשם הקשרים אשר קולם קרע לילות,
בשם כל הגייסות והחילות,
בשם כל האבות אשר הלכו לקרב נורא
ושרוצים לשוב אלייך חזרה -
Beshem hakesharim asher kolam kara leylot
Beshem kol hagayasot vehachayalot
Beshem kol ha'avot asher halchu lakrav nora
Vesherotzim lashuv eylayich chazara

The Last War

For the artillerymen who, in the hailstorm of mortars
Stood like a pillar of fire along the frontline,
For the medics [and] doctors who, with all their soul and strength
Restored breath and life itself, returning blood.

For the signalmen whose voice cut through the nights,
For all the forces and women soldiers,
For all the fathers who went into battle
And want to return home to you...

I promise you - my little girl,
That this will be the last war.
Music and lyrics by Dov Seltzer and Chaim Hefer

Psalm 121

<p>A song for ascents. I turn my eyes to the mountains; from where will my help come?</p> <p>My help comes from Hashem, maker of heaven and earth.</p> <p>Hashem will not let your foot give way; your guardian will not slumber;</p> <p>See, the guardian of Israel neither slumbers nor sleeps!</p> <p>Hashem is your guardian, Hashem is your protection at your right hand.</p> <p>By day the sun will not strike you, nor the moon by night.</p> <p>Hashem will guard you from all harm; God will guard your life.</p> <p>Hashem will guard your going and coming now and forever.</p>	<p>שִׁיר לַמַּעֲלוֹת אֲשֶׁר עֵינַי אֶל־הַהָרִים מֵאֵין יָבֹא עֲזָרִי:</p> <p>עֲזָרִי מֵעַם יְהוָה עֲשֵׂה שָׁמַיִם וָאָרֶץ:</p> <p>אֶל־יִתְּנוּ לַמּוֹט רַגְלֶךָ אֶל־יָנוּם שֹׁמְרֶךָ:</p> <p>הֲנֵה לֹא־יָנוּם וְלֹא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל:</p> <p>יְהוָה שֹׁמְרֶךָ יְהוָה צִלְּךָ עַל־יְדֶיךָ מִיַּגָּד:</p> <p>יוֹמָם הַשֶּׁשֶׁשׁ לֹא־יַכְּכָה וַיָּרֶחַ בַּלַּיְלָה:</p> <p>יְהוָה יִשְׁמְרֶךָ מִכָּל־רָע יִשְׁמֹר אֶת־נַפְשֶׁךָ:</p> <p>יְהוָה יִשְׁמְרֶךָ צֵאתְךָ וּבֹאֶךָ מֵעַתָּה וְעַד־עוֹלָם:</p>
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Psalm 130

<p>A song of ascents.</p> <p>Out of the depths I call You, Hashem. Hashem, listen to my cry; let Your ears be attentive to my plea for mercy. If You keep account of sins, Hashem, who will survive? Yours is the power to forgive so that You may be held in awe. I look to Hashem; I look to God; I await God's word. I am more eager for Hashem than watchmen for the morning, watchmen for the morning.</p>	<p>שִׁיר הַמַּעֲלוֹת מִמַּעַמְקִים קָרָאתִיךָ יְהוָה:</p> <p>אֲדֹנָי שְׁמָעָה בְּקוֹלִי תְהַיַּיְבֵנָה אֲזַנֶיךָ קִשְׁבוֹת לְקוֹל תְּחַנּוּנָי:</p> <p>אִם־עוֹנוֹת תִּשְׁמְרֶינִי אֲדֹנָי מִי יַעֲמֵד:</p> <p>כִּי־עַמְּךָ הִסְלִיחָה לְמַעַן תִּגְרָא:</p> <p>קִנִּיתִי יְהוָה קִוְיָה נַפְשִׁי וְלֹדְכָרוּ הוֹחֵלְתִי:</p> <p>נַפְשִׁי לֹאֲדֹנָי מִשֹּׁמְרִים לְבַקֵּר שֹׁמְרִים לְבַקֵּר:</p> <p>יְחַל יִשְׂרָאֵל אֶל־יְהוָה כִּי־עַם־יְהוָה הַחֲסֵד וְהִרְבָּה עִמּוֹ פְדוּת:</p> <p>{פ}</p>
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O Israel, wait for Hashem; for with Hashem is steadfast love and great power to redeem. It is God who will redeem Israel from all their iniquities.	
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Questions for Reflection/Sharing In Small Groups

- ❖ In this moment, my heart is breaking for...
- ❖ In this moment, I am thinking of...
- ❖ In this moment, I am praying for...
- ❖ In this moment, I am feeling...
- ❖ In this moment, I'm wanting to ...

Small Group Communication Guidelines*

1. I will speak for myself, not as a representative of a group. I will not ask others to represent, defend or explain an entire group. **I will make 'I' statements** rather than 'we' or 'you' statements.
2. I will **avoid making broad generalizations and grand pronouncements**. Instead, I will connect what I know and believe to my experiences and particular sources of information.
3. I will **express my different viewpoints in a thoughtful manner** and without an insulting spirit. I will keep in mind my goals of learning and reflection. I may respectfully disagree with others, but I will resist the urge to persuade them to "my side."
4. I will **listen with resilience**, "hanging in" when I hear something that is hard to hear. I will take personal time if I find that I am no longer able to listen with a clear mind and an open heart.
5. I will **share airtime** and refrain from interrupting others, except to indicate that I cannot hear a speaker. I will participate within the time frames suggested by the facilitators. I will **avoid making lengthy statements** and will not argue with other participants in connected conversation.
6. Individuals who would like to **make sure that what they share remains confidential** will explicitly indicate that to listeners. **Listeners will make sure to respect this** by not quoting this person with any identifying information.
7. I will **ask questions from a place of genuine curiosity** and in service of the asked.

*Adapted from Encounter's Communication Guidelines, inspired by the 2004 Public Conversations Project.

Mourners Kaddish

*Yitgadal v'yitkadash sh'meih raba. B'al'ma
di v'ra chiruteih, v'yamlich malchuteih
b'chayeichon uv'yomeichon uv'chayei
d'chol beit yisra-eil, ba-agala uvizman
kariv, v'imru amen. Y'hei sh'meih raba
m'varach l'alam ul'al'mei al'maya.*

*Yitbarach v'yishtabach v'yitpa-ar
v'yitromam v'yitnasei v'yithadar v'yitaleh
v'yithalal sh'meih d'kudsha b'rich hu, l'eila
mi kol birchata v'shirata tushb'chata
v'nechemata, da-amiran b'al'ma, v'imru
amen. Y'hei sh'lama raba min sh'maya,
v'hayim aleinu v'al kol yisra-eil, v'al kol
yoshevei tevel, v'imru amen.*

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא
דִּי בְרָא כְרַעוּתֵיהּ, וְיִמְלִיךְ מַלְכוּתֵיהּ
בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית
יִשְׂרָאֵל. בְּעַגְלָא וּבְזַמַּן קָרִיב וְאָמְרוּ
אָמֵן:

**יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלָם
וְלְעָלְמֵי עֵלְמַיָּא:**

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמֵם
וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא

לְעֵלָא מְכַל בְּרַכְתָּא וְשִׁירְתָּא,
תְּשַׁבְּחַתָּא וְנִחַמְתָּא, דְאָמְרִין
בְּעֵלְמָא, וְאָמְרוּ אָמֵן:

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

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֵׂה
שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל
יוֹשְׁבֵי תֵּבֵל, וְאָמְרוּ אָמֵן:

<p><i>Oseh Ha-shalom bimromav, hu ya-aseh shalom aleinu v'al kol yisra-eil v'al kol yoshevei tevel, vimru amein.</i></p>	
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Glorified and sanctified be God's great name throughout the world which God has created according to Divine will. May God establish God's kingdom in our lifetime and during our days, and within the life of the entire House of Israel, speedily and soon and say, Amen. May God's great name be blessed forever. Blessed and praised, glorified and exalted, extolled and honored, adored and lauded be the name of the Holy One, blessed be God, beyond all the blessings and hymns, praises and consolations that are ever spoken in the world; and say, Amen. May there be abundant peace from heaven, and life, for us and for all Israel and for all dwellers of the earth; and say, Amen. The One who creates peace in His celestial heights, may also create peace for us and for all Israel for all dwellers of the earth; and say, Amen.

The Diameter of the Bomb

by Yehuda Amichai

The diameter of the bomb was thirty centimeters
and the diameter of its effective range about seven meters,
with four dead and eleven wounded.
And around these, in a larger circle
of pain and time, two hospitals are scattered
and one graveyard. But the young woman
who was buried in the city she came from,
at a distance of more than a hundred kilometers,
enlarges the circle considerably,
and the solitary man mourning her death
at the shores of a country far across the sea
includes the entire world in a circle.
And I won't even mention the howl of orphans
that reaches up to the throne of God and
beyond, making
a circle with no end and no God.

קֶטֶר הַפְּצָצָה הָיָה שְׁלֹשִׁים סְנְטִימֶטְרִים
וְקֶטֶר תְּחוּם פְּגִיעֶתָהּ כְּשֶׁבַע מֶטְרִים
וּבּוֹ אַרְבָּעָה הַרוּגִים וְאַחַד עֶשֶׂר פְּצוּעִים
וּמִסָּבִיב לְאֵלֶּה, בְּמַעְגָּל גָּדוֹל יוֹתֵר
שֶׁל כָּאֵב וְזִמְן, פְּזוּרִים שְׁנֵי בְּתֵי חוּלִים
וּבֵית קְבָרוֹת אֶחָד. אָבֵל הָאִשָּׁה
הַצְּעִירָה, שֶׁנִּקְבְּרָה בְּמִקּוֹם שֶׁמִּמֶּנּוּ בָּאָה
בְּמַרְחָק לְמַעְלָה מִמָּאָה קִילּוֹמֶטְרִים
מִגְדִּילָה אֶת הַמַּעְגָּל מְאֹד מְאֹד
וְהָאִישׁ הַבוֹדֵד הַבוֹכֶה עַל מוֹתָהּ
בְּיִרְכָתֵי אַחַת מִמְדִּינוֹת הַיָּם הַרְחוֹקוֹת
מִכְּלִיל בְּמַעְגָּל אֶת כָּל הָעוֹלָם
וְלֹא אֲדַבֵּר כָּלֵל עַל זַעֲקַת יְתוּמִים
הַמְּגִיעָה עַד לְכֹסֵּא הָאֱלֹהִים
וּמִשָּׁם וְהִלָּאָה וְעוֹשָׂה אֶת הַמַּעְגָּל לְאֵין סוֹף וְאֵין אֱלֹהִים

Oseh shalom bimromav

עֲשֵׂה שְׁלוֹם בְּמַרוֹמָיו	<i>hu ya'aseh shalom aleinu</i>
הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ	<i>v'al kol Yisrael</i>
וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תְּבֵל	<i>v'al kol yoshvei tevel</i>
וְאָמְרוּ אָמֵן	<i>v'imru amen</i>

May the Source of Peace inspire us to make peace
for ourselves,
for our community,
and for all the people on earth.
And let us say, Amen.
-music by Nurit Hirsch

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Hatikva

*Kol od balevav penimah,
Nefesh yehudi homiyah,
Ulefa-atei mizrach, kadimah,
Ayin letziyon tsofiyah.*

כָּל עוֹד בְּלִבְבֵנוּ
נֶפֶשׁ יְהוּדֵי הוֹמִיָּה
וְלִפְאַתֵי מִזְרָח, קְדִימָה
עֵין לְצִיּוֹן צוֹפִיָּה

*Od lo avdah tikvateinu
Hatikva bat shnot alpayim,
Lihyot am chofshi be-artzeinu,
Eretz tzion, virushalayim.*

עוֹד לֹא אֲבָדָה תִּקְוַתֵּנוּ
הַתִּקְוָה בְּתֵשֶׁבֶת שְׁנוֹת אֶלְפִים
לְהִיּוֹת עִם חֶפְשִׁי בְּאַרְצֵנוּ
אֶרֶץ צִיּוֹן וִירוּשָׁלַיִם

As long as in the heart within,
The Jewish soul yearns,
And toward the eastern edges, onward,
An eye gazes toward Zion.

Our hope is not yet lost,
The hope that is two-thousand years old,
To be a free nation in our land,
The Land of Zion, Jerusalem.