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# Temple Rodeph Torah

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## **PREPARATION FOR YISKOR**

Judaism commands us to remember our loved ones who have died. Rather than simply saying we miss them, or they were nice people, we can take this opportunity to think more deeply about their lives, and about the effect their lives had (and continue to have) on ours. These questions, from *Mishkan HaNefesh*, our High Holiday prayerbook, may help you prepare for *Yiskor*. Or they may spark memories any day of the year.

### **On the loss of a loved one**

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?

### **On Inner Strength and Survival**

What are my sources of inner strength?  
How have I survived loss and its pain?  
Where do I find “green pastures” and “still waters”?

### **On the Holiness of Memory**

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?

### **Our Most Precious Relationships**

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?

### **On Acceptance**

As I try to accept my losses, what helps me?  
What stands in my way?  
What have I learned?

### **On Gratitude**

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?

### **On Finding Peace**

What filled me with Shalom?  
What makes me feel like a whole person?  
How has my community been a source of renewal and strength for me?

**YISKOR CONTRIBUTIONS**

*Judaism commands us to do acts of tzedakah (charity) to remember our loved ones who have died. At this sacred time of year we respectfully request that you consider making a gift to Temple Rodeph Torah so we may continue the holy work we do day after day and year after year.*

*Contributions may be made online at [trt.org/donation](http://trt.org/donation), or by scanning the QR code below. If you wish, you may complete this form and mail it with your check. All contributions are tax-deductible to the full extent allowed by law.*

*Temple Rodeph Torah is a 501(c)3 tax-exempt organization. Gifts over \$250 will receive a receipt, and all contributions will be acknowledged with gratitude.*

**May the memory of your loved ones always be a blessing to you.**

*Gift made by:*

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*Address:*

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*In memory of:*

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*Please mail to:*

*Temple Rodeph Torah  
PO Box 125  
Marlboro, NJ 07746*

*Thank you very much!*

