

# A DAY TO REMEMBER

---

[mitzvahsociety.org](http://mitzvahsociety.org)



Saying the "Yizkor" prayer, which literally means "remember" strengthens our connection between us and parents who passed away.



On Yom Kippur we take the time to remember our loved ones who have passed. Judaism teaches us that the souls of our loved ones exist in a state of freedom and goodness beyond our physical state. Judaism also tells us that our relationship and connection remain active and dynamic. Saying the "Yizkor" prayer, which literally translates as "remember", does not just serve as a reminder of those who have passed, but honors their memory and celebrates their legacy. While the physical bond may have been lost, the spiritual soul connection stays strong.

The Lubavitcher Rebbe encouraged the following thought exercise. Imagine your loved one was in a happy place, one of freedom and serenity; while you can't communicate with them by text or email, you can send them packages. Imagine the comfort of knowing you can still impact and connect with the ones you love. This is the power of Yizkor. A time of reflection, and a time to send them a gift. Every good deed you do in their honor, every prayer and action that honors their legacy is a gift or 'package' that sends your love and care.

Light a remembrance candle before Yom Kippur begins, that should remain lit throughout the holiday. After the holiday, we give charity in honor of the

deceased, bringing light to the world and merit to their departed souls.

The Yizkor prayer is recited on the morning of Yom Kippur.

יְזַכֵּר אֱלֹהִים נְשִׁמַת אָבִי מוֹרִי (פְּלוּנִי בֶן פְּלוּנִי)  
שֶׁהָלַךְ לְעוֹלָמוֹ בְּעָבוּר שָׁאַנִּי נוֹדֵר צְדָקָה בְּעָדוֹ.

וּבְשִׁכְרָה זֶה תְּהֵא נִפְשׁוֹ צְרוּרָה בְּצִוּוֹר הַחַיִּים עִם  
נְשִׁמַת אֲבֵרָהֶם, יִצְחָק וְיַעֲקֹב, שָׂרָה, רַבֵּקָה, רָחֵל  
וְלֵאָה וְעִם שְׂאֵר צְדִיקִים וְצְדִיקוֹת שְׂבָגוּ עִדָּן וְנֹאמֵר  
אָמֵן.

*Yizkor E-lohim Nishmat (father avi mori) (mother imi morati) [Name of the Deceased] (father - She-halach l'olamo),(mother -Shehol'chah l'olamah), Ba-avur sheb'li neder Etayn tz'dakah ba-adah.*

*Bis-char ze T'hay nafshah tz'rurah Bitzror hacha-yim Im nish-mot Avraham, Yitzchak v'Yaakov, Sarah, Rivkah, Rachel v'Lay-ah, V'im sh'ar tzadikim v'tzidkaniyot Sheb'Gan Eden.*

*V'nomar: Amayn.*