

# Transition Ceremony

## טקס מעבר

- **Teaching by Rabbi Shai Held:**  
*Can We Be Heartbroken and Joyous at the Same Time? On Yom HaZikaron, Yom Ha'atzmaut, and Living with Emotional Complexity*
- **Ceremony**
- **Arvit Service**



**5 Iyar, 5773**

ה' באייר, התשע"ג



יְהִי-שְׁלוֹם בְּחֵילֶיךָ ; שְׁלוֹהַּ, בְּאַרְמוֹנוֹתַיִךְ.

## Yehi shalom beheilech, shalva be'armonotayich

### A Season for Tears

3:1 To every thing there is a season,  
and a time to every purpose under the  
heaven:

3:2 A time to be born, and a time to die;  
a time to plant, and a time to pluck up that  
which is planted;

3:3 A time to kill, and a time to heal;  
a time to break down, and a time to build up;

3:4 A time to weep, and a time to laugh;  
a time to mourn, and a time to dance;

3:5 A time to cast away stones, and a time  
to gather stones together;  
a time to embrace, and a time to refrain from  
embracing;

3:6 A time to seek, and a time to lose;  
a time to keep, and a time to cast away;

3:7 A time to rend, and a time to sew;  
a time to keep silence, and a time to speak;

3:8 A time to love, and a time to hate;  
a time for war, and a time for peace.

(Ecclesiastes, Chapter 3)

א לְכֹל, זְמַן ; וְעֵת לְכָל-חֶפֶץ, תַּחַת הַשָּׁמַיִם.

ב עֵת לְלֵדָת, וְעֵת לְמוֹת ;  
עֵת לְטַעַת, וְעֵת לְעֻקּוֹר נְטוּעַ.

ג עֵת לְהַרוֹג, וְעֵת לְרַפּוֹא,  
עֵת לְפָרוֹץ, וְעֵת לְבַנוֹת.

ד עֵת לְבַכּוֹת, וְעֵת לְשַׁחֵק,  
עֵת סְפוֹד, וְעֵת רִקּוֹד.

ה עֵת לְהַשְׁלִיךְ אֲבָנִים, וְעֵת כְּנוֹס אֲבָנִים ;  
עֵת לְחַבּוֹק, וְעֵת לְרַחֵק מִחֶבֶק.

ו עֵת לְבַקֵּשׁ, וְעֵת לְאַבֵּד,  
עֵת לְשָׁמֹר, וְעֵת לְהַשְׁלִיךְ.

ז עֵת לְקַרֹּעַ, וְעֵת לְתַפּוֹר,  
עֵת לְחַשׂוֹת, וְעֵת לְדַבֵּר.

ח עֵת לְאַהֵב, וְעֵת לְשֹׂנֵא,  
עֵת מְלַחֶמָה, וְעֵת שְׁלוֹם.

קוהלת פרק ג

## A Man in His Life

by Yehuda Amichai

A man doesn't have time in his life to have time for everything.  
He doesn't have seasons enough to have a season for every purpose. Ecclesiastes was wrong about that.

A man needs to love and to hate at the same moment, to laugh and cry with the same eyes, with the same hands to throw stones and to gather them, to make love in war and war in love. And to hate and forgive and remember and forget, to arrange and confuse, to eat and to digest what history takes years and years to do.

A man doesn't have time.  
When he loses he seeks, when he finds he forgets, when he forgets he loves, when he loves he begins to forget.

And his soul is seasoned, his soul is very professional. Only his body remains forever an amateur. It tries and it misses, gets muddled, doesn't learn a thing, drunk and blind in its pleasures and its pains.

He will die as figs die in autumn, Shriveled and full of himself and sweet, the leaves growing dry on the ground, the bare branches pointing to the place where there's time for everything.

## אדם בחייו

יהודה עמיחי

אדם בחייו אי לו זמן שיהיה לו זמן לכל.  
ואין לו עת שתהיה לו עת לכל חפץ. קהלת לא צדק כשאמר כך.

אדם צריך לשנוא ולאהוב בבת אחת, באותן עיניים לבכות ובאותן עיניים לצחוק  
באותן ידיים לזרוק אבנים ובאותן ידיים לאסוף אותן, לעשות אהבה במלחמה ומלחמה באהבה.  
אדם בחייו אין לו זמן.  
כשהוא מאבד הוא מחפש כשהוא מוצא הוא שוכח, ולשנוא ולסלוח ולזכור ולשכוח ולסדר ולבלבל ולאכול ולעכל את מה שהיסטוריה ארוכה עושה בשנים רבות מאוד.

כשהוא שוכח הוא אוהב וכשהוא אוהב הוא מתחיל לשכוח.

ונפשו למודה, ונפשו מקצועית מאוד רק גופו נשאר חובב תמיד. מנסה וטועה לא לומד ומתבלבל שיכור ועיוור בתענוגותיו ובמכאוביו. מות תאנים ימות בסתיו מצומק ומלא עצמו ומתוק, העלים מתיבשים על האדמה, והענפים הערומים כבר מצביעים אל המקום שבו זמן לכל.

## Three Levels of Bereavement

There is a Hassidic teaching, frequently quoted by Abraham Joshua Heschel, which describes three levels of bereavement. The first level is tears (the simplest, most general way we express grief). The second slightly better level is silence. The third way, which this Jewish teaching suggests is the highest level of expressing grief, is through song. Crying is our pain, silence is our courage, but song is our life. Those who made our lives possible, and filled them with meaning, receive our praises through song.

Taken from: *You Are My Witness: The Living Words of Rabbi Marshall T. Meyer*, edited by Jane Isay

## A Song of Ascents

I lift up my eyes to the mountains—  
where does my help come from?  
My help comes from the LORD,  
the Maker of heaven and earth.  
He will not let your foot slip—  
he who watches over you will not slumber;  
indeed, he who watches over Israel  
will neither slumber nor sleep.  
The LORD watches over you—  
the LORD is your shade at your right hand;  
the sun will not harm you by day,  
nor the moon by night.  
The LORD will keep you from all harm—  
he will watch over your life;  
the LORD will watch over your  
coming and going both now and  
forevermore.

### *Psalm 121*



## שִׁיר, לַמַּעְלוֹת

א שִׁיר, לַמַּעְלוֹת :  
אֲשָׁא עֵינַי, אֶל-הַהָרִים-- מֵאֵין, יבֹא עֲזָרִי.  
ב עֲזָרִי, מֵעַם יְהוָה-- עֲשֵׂה, שְׂמַיִם וָאָרֶץ.  
ג אֶל-יָתֵן לַמוֹט רַגְלִיךָ ; אֶל-יָנוּם, שְׁמֹרְךָ.  
ד הִנֵּה לֹא-יָנוּם, וְלֹא יִישָׁן-- שׁוֹמֵר, יִשְׂרָאֵל.  
ה יְהוָה שְׁמֹרְךָ ; יְהוָה צִלְּךָ, עַל-יַד יְמִינֶךָ.  
ו יוֹמָם, הַשֶּׁמֶשׁ לֹא-יִכְפֹּה ; וַיָּרֶחַ בַּלַּיְלָה.  
ז יְהוָה, יִשְׁמְרֶךָ מִכָּל-רָע : יִשְׁמֹר, אֶת-נַפְשְׁךָ.  
ח יְהוָה, יִשְׁמֹר-צִאֲתֶךָ וּבֹאֲךָ-- מֵעַתָּה, וְעַד-עוֹלָם

## Shir lama`alot

Esa einai el heharim: me'ayin yavo ezri?

Ezri me'im HaShem, ose shamaim va'aretz.

Al yiten lammot raglecha al yanum shom'recha.

Hineh, lo yanum velo yishan shomer Yisrael.

HaShem shom'recha HaShem tzilcha al yad yeminecha.

Yomam hashemesh lo yakeka veyareach balailah.

HaShem yishmorcha mikol ra'ah yishmor et nafshecha.

HaShem yishmor tzetcha uvo'echa me'ata ve'ad olam.

Od Me'at Nahafoch Leshir (Soon We Will Become A Song) is a project initiated by one of the leading radio stations in Israel, Galei Tzahal in 2001 to have prominent Israeli artists record songs written by soldiers who lost their lives in the service of Israel. Over 50 songs have been recorded to date.

The following song was written by Lieutenant Erez Shtark. Erez grew up in Kiryat Ata with his parents Bracha and Meir and his brother and sister. Erez was a good student and keen volleyball player. He was a great commander and a role model to his soldiers. On Monday evening, February 4, 1997 two IDF helicopters on their way into Lebanon collided in the North of Israel. 73 soldiers were killed, including Erez, who was 21 years old.



## Nothing will Harm Me

Lyrics: Erez Shtark  
Music: Yoram Hazan

Nothing will harm me, nothing.  
Not a woman, not a terrorist's bullet, nothing.  
Because that's the vow I made to my brother,  
sister and parents.

And I cried by night, and I worried by day,  
I was afraid that something would harm my  
parents,  
and my father's voice echoes in my head:

If anything should happen to you  
there is no point to my life  
there is no point to my tomorrow.

If you're standing here above me,  
I probably didn't keep my promise.  
I am sorry, honestly  
I am sorry  
I am sorry

If anything should happen to you  
there is no point to my life  
there is no point to my tomorrow.

Nothing will harm me,  
nothing.  
Not a woman, not a terrorist's bullet,  
nothing.

## שום דבר לא יפגע בי

מילים: ארז שטרק  
לחן: יורם חזן

שום דבר לא יפגע בי, שום דבר  
לא אישה לא כדור מחבלים, שום דבר  
כי ככה נשבעתי לאחי, אחותי, להורים

ובכיתי בלילות ודאגתי בימים  
כי פחדתי שמשהו יפגע בהורים  
וקולו של אבי מהדהד לי בראש כבר  
שנים

אם יקרה לך משהו  
אין לי טעם לחיים  
אין לי טעם למחר  
אין לי טעם לחיים  
אין לי טעם למחר

אם אתם עומדים כאן מעלי  
כנראה שלא עמדתי בהבטחתי  
מצטער, בחיי  
מצטער, בחיי  
מצטער, בחיי

אם יקרה לך משהו ...

שום דבר לא יפגע בי  
שום דבר  
לא אישה לא כדור מחבלים  
שום דבר

# A Season to Mourn and a Season to Hug

למען, אחי ורעי-- אדברה-נא שלום בך.  
למען, בית-יהוה אלהינו-- אבקשה טוב לך.

For my brethren and companions' sakes, I will now say: 'Peace be within thee.'  
For the sake of the house of the LORD our God I will seek thy good.

## I Have No Other Country

Lyrics: Ehud Manor

Music: Korin Alal

I have no other country  
even if my land is burning  
just a word in Hebrew  
pierces my veins and my soul

-  
in a painful body,  
with a hungry heart,  
here is my home.

I will not stay silent  
because my country changed  
her face  
I will not give up  
to remind her  
and I sing here in her ears  
until she will open her eyes.

אין לי ארץ אחרת  
מילים : אהוד מנור  
לחן : קורין אלאל

אין לי ארץ אחרת  
גם אם אדמתי בוערת  
רק מלה בעברית חודרת  
אל עורקי , אל נשמתי  
בגוף כואב,  
בלב רעב,  
כאן הוא ביתי

לא אשתק  
כי ארצי שנתה את פניה,  
לא אותר לה,  
אזכיר לה,  
ואשיר כאן באזניה,  
עד שתפקח את עיניה

Ein li eretz acheret  
gam im admati boheret  
rak mila beivrit  
hoderet el orkai el nishmati  
beguf koev,  
belev ra'ev  
kan hu beiti.

Lo eshtok  
ki artzi shinta et paneha  
lo avater lehazkir la  
ve'ashir kan be'ozneha  
ad shetiftach et eineha.

# Memorial Prayer for Members of the Israel Defense Forces

אל מלא רחמים שוכן במרומים, המצא מנוחה נכונה על פני השכינה.  
במעלות קדושים, טהורים וגיבורים, כזהר הרקיע מזהרים.  
לנשמות כל גיבורי עמנו, הקדושים שמסרו נפשם על גאולת ארצנו.  
אנא בעל הרחמים הסתירם בסתר כנפיד לעולמים וצרו בצרור החיים את נשמתם.  
יהוה הוא נחלתם, וינוחו בשלום על משכבם, ונאמר אמן

Exalted, compassionate God, grant perfect peace in Your sheltering Presence, among the holy and the pure, whose radiance is like the heavens, to the souls of all our brothers and sisters who gave their lives to bring about the rebirth of our Land. Master of mercy, may they find eternal shelter beneath Your sheltering wings, and may their souls be bound up in the bond of life. Adonai is their portion. May they rest in peace. And let us say: Amen.

יתגדל ויתקדש שמייה רבא. בעלמא די ברא, כרעותה. וימליך מלכותה, בתיכון וביומיכון ובחיי דכל-בית ישראל, בעגלא ובזמן קריב, ואמרו אמן.

[אמן יהא שמייה רבא מברך, לעלם לעלמי עלמיא]

יתברך וישתבח ויתפאר ויתרום ויתנשא ויתחדר ויתעלה ויתהלל, שמה דקדשא בריך הוא. לעלא מן-כל-ברכתא, שירתא, תשבחתא ונחמתא דאמירן בעלמא, ואמרו אמן. [אמן]  
יהא שלמא רבא מן שמיא וחיים עלינו ועל כל ישראל ואמרו אמן. [אמן]  
עשה שלום במרומו, הוא עשה שלום עלינו, ועל כל ישראל, ואמרו אמן. [אמן]

<sup>3</sup>Thus said the Lord: I have returned to Zion, and I will dwell in Jerusalem. Jerusalem will be called the City of Faithfulness, and the mount of the Lord of Hosts the Holy Mount. <sup>4</sup>Thus said the Lord of Hosts: There shall yet be old men and women in the squares of Jerusalem, each with staff in hand because of their great age. <sup>5</sup>And the squares of the city shall be crowded with boys and girls playing in the squares. <sup>6</sup>Thus said the Lord of Hosts: Though it will seem impossible to the remnant of this people in those days, shall it also be impossible to Me?—declares the Lord of Hosts. <sup>7</sup>Thus said the Lord of Hosts: I will rescue My people from the lands of the east and from the lands of the west, <sup>8</sup>and I will bring them home to dwell in Jerusalem. They shall be My people, and I will be their God—in truth and sincerity.

*Zechariah 8.03-8.08*



# A Season for Prayer and Peace

Eretz-Israel - the land of Israel, was the birthplace of the Jewish people. Here their spiritual, religious and political identity was shaped. Here they first attained to statehood, created cultural values of national and universal significance and gave to the world the eternal book of books...



...After being forcibly exiled from their land, the people kept faith with it throughout their dispersion and never ceased to pray and hope for their return to it and for the restoration in it of their political freedom...

...Accordingly we, members of the people's council, representatives of the Jewish community of Eretz-Israel and of the Zionist movement, are here assembled on the day of the termination of the British mandate over Eretz-Israel and, by virtue of our natural and historic right and on the strength of the resolution of the United Nations General Assembly, hereby declare the establishment of a Jewish state in Eretz-Israel, to be known as the State of Israel....

## Excerpts from the *Israeli Declaration of Independence*

ריבון העולם, קבל נא ברחמים וברצון את תפילתנו למען מדינת ישראל

Sovereign of the universe, accept in lovingkindness and with favor our prayers for the State of Israel, her government, and all who dwell within her boundaries and under her authority. Open our eyes and our hearts to the wonder of Israel and strengthen our faith in Your power to work redemption in every human soul. Grant us also the fortitude to keep ever before us those ideals upon which the State of Israel was founded. Grant courage, wisdom, and strength to those entrusted with guiding Israel's destiny to do Your will. Be with those on whose shoulders Israel's safety depends and defend them from all harm. Spread over Israel and all the world Your shelter of peace, and may the vision of your prophet soon be fulfilled: "Nation shall not lift up sword against nation, neither shall they learn war any more."

*Isaiah 2:4*

לא ישא גוי אל גוי חרב לא ילמדו עוד מלחמה

## Every Rose

Every rose is an island  
Of the promised peace,  
The eternal peace.

In every rose there dwells  
A sapphire bird  
Named "beat".

And seems so close  
The light of the rose,  
So close  
Its scent  
So close  
The quiet of the leaves,  
So close  
That island –  
Take a boat  
And cross the sea of fire.

by Zelda

## כָּל שׁוֹשְׁנָה

כָּל שׁוֹשְׁנָה הִיא אֵי  
שֶׁל הַשְּׁלוֹם הַמְּבֻטָּח,  
הַשְּׁלוֹם הַנֶּצְחִי.

בְּכֹל שׁוֹשְׁנָה מִתְגוֹרְרֵת  
צְפוּר סַפִּירִית  
שְׁשֻׁמָּה "וּכְתָנוּ".

וְנִדְמָה  
כִּי קְרוֹב  
אוֹר הַשׁוֹשְׁנָה,  
כִּי קְרוֹב  
נִיחוּחָהּ,  
כִּי קְרוֹב  
שֶׁקֶט הָעֵלִים,  
כִּי קְרוֹב  
אוֹתוֹ אֵי -  
קַח סִיָּה  
וְחַצֵּה אֶת יָם הָאֵשׁ.

זלדה

## A Miracle

..."I speak here tonight as someone whose love for this country is hard and complicated, and yet is unwavering. And as someone whose eternal covenant with the land has become his tragedy – a covenant of blood. I am a completely secular person, and yet still I believe that the founding and the very existence of the State of Israel are a kind of a miracle that happened to us as a people. A political, national, human miracle. I don't forget that even for one moment..."

*From David Grossman's speech on Yitzhak Rabin's annual memorial, November 2006.  
David Grossman's son, Uri, was killed in August 2006, during the second Lebanon war.*

## Hatikva התקווה

As long as deep in the heart,  
The soul of a Jew yearns,  
And forward to the East  
To Zion, an eye looks.

Our hope will not be lost,  
The hope of two thousand years,  
To be a free nation in our land,  
The land of Zion and Jerusalem.



Kol od balevav p'nimah  
Nefesh yehudi homiyah  
Ulfa'atey mizrach kadimah  
Ayin l'tzion tzofiyah

Od lo avdah tikvatenu  
Hatikvah bat shnot alpayim  
L'hiyot am chofshi b'artzenu  
Eretz Tzion v'Yerushalayim

כָּל עוֹד בְּלֵבָב פְּנִימָה  
נֶפֶשׁ יְהוּדֵי הוֹמְיָה  
וּלְפָאֲתֵי מִזְרַח קְדִימָה  
עֵין לְצִיּוֹן צוֹפִיָה

עוֹד לֹא אֲבָדָה תִּקְוַתֵּנוּ  
הַתִּקְוָה בֵּת שְׁנוֹת אֲלָפִים  
לְהִיּוֹת עִם חֲפְשֵׁי בְּאֶרְצֵנוּ  
אֶרֶץ צִיּוֹן וִירוּשָׁלַיִם

The title of the national anthem, *Hatikva*, means "The Hope." It was written by Naftali Herz Imber (1856-1909), who moved to Palestine in 1882 from Galicia. The melody was arranged by Samuel Cohen, an immigrant from Moldavia, from a musical theme in Smetana's "Moldau" that is partly based on a Scandinavian folk song. *Hatikva* expresses the hope of the Jewish people, that they would someday return to the land of their forefathers as prophesied in the Hebrew Bible.

