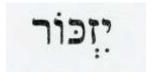
Yizkor

Memorial Book of Remembrance





5783 • 2022 - 2023

Temple Israel Portsmouth, NH

תַּהְיֶינָה נִשְׁמוֹתֵיהֶם צְרוּרוֹת בָּצְרוֹר הַחַיִּים.

May the souls of our loved ones named here and all those whom we remember on this day be bound up in the bond of eternal life.



200 State Street, Portsmouth, New Hampshire 03801 (603) 436-5301 templeoffice@templeisraeInh.org www.templeisraeInh.org

Yizkor Book Committee
Rabba Kaya Stern-Kaufman
Rachel Dennis
Sharen Eidelberg Spratt
Ellen Fineberg
Heather Tomlinson

Yizkor Services 5783

Yom Kippur Wednesday, October 5, 2022

Shemini Atzeret Sunday, October 16, 2022

Pesach Thursday, April 13, 2023

Shavuot Friday, May 26, 2023

Note: Temple Israel follows the calendar of Israel. Commercial calendars may list another date.

Yizkor Service

יהוה, מָה־אָדָם וַתֵּדְעֵהוּ, בֶּן־אֲנוֹשׁ וַהְּחַשְּׁבְהוּ. אָדָם לַהֶבֶל דָּמָה, יָמָיו כְּצֵל עוֹבֵר. בַּבְּקֶר יָצִיץ וְחָלָף, לָעֶרֶב יְמוֹלֵל וְיָבֵשׁ. לִמְנוֹת יָמֵינוּ כֵּן הוֹדַע וְנָבִיא לְבַב חָכְמָה.

Adonai, what are we human beings that You should know about us,

We children of the flesh that You should take account of us? A person is like a vapor,

Our days as quickly passing as a shadow. In the morning we flourish and grow tall, In the evening we are cut down, dried up. Teach us to count each day
That we may acquire a heart of wisdom.

לְּהַוֹּתִי יְהֹנָה לְנֶגְדִי תָמִיד כִּי מִימִינִי בַּל-אֶמּוֹט: לָכֵן שָּׁמַח לִבִּי וַיָּגֶל כְּבוֹדִי אַף-בְּשָּׂרִי יִשְׁכֹּן לָבֶטַח: כִּי לֹא-תַעֲזֹב נַפְשִׁי לִשְׁאוֹל לֹא-תָתֵן חֲסִידְךֶ לִרְאוֹת שָׁחַת: תוֹדִיצֵנִי אֹרַח חַיִּים שֹבַע שְׁמָחוֹת אֶת-פָּנֶיךָ נְעָמוֹת בִּימִינְךָ נָצַח:

I have set the Lord before me always, God is at my right hand; I shall not fail. Therefore my heart rejoices, my whole being exults, and my body rests secure.

Life After Death

by Laura Gilpin

These things I know

how the living go on living and how the dead go on living with them

so that in a forest

even a dead tree casts a shadow and the leaves fall one by one and the branches break in the wind and the bark peels off slowly and the trunk cracks

and the rain seeps in through the cracks and the trunk falls to the ground and the moss covers it

and in the spring the rabbits find it and build their nest inside the dead tree so that nothing is wasted in nature or in love.

Breaths

Poem by Birago Diop; Music by Ysaye Maria Barnwell

Listen more often to things than to beings Listen more often to things than to beings Tis' the ancestors' breath When the fire's voice is heard Tis' the ancestor's breath In the voice of the waters Those who have died have never, never left
The dead are not under the earth
They are in the rustling trees
They are in the groaning woods
They are in the crying grass
They are in the moaning rocks
The dead are not under the earth

Listen more often to things than to beings Listen more often to things than to beings Tis' the ancestors' breath When the fire's voice is heard Tis' the ancestor's breath In the voice of the waters

Those who have died have never, never left
The dead have a pact with the living
They are in the woman's breast
They are in the wailing child
They are with us in our homes
They are with us in this crowd
The dead have a pact with the living

Listen more often to things than to beings Listen more often to things than to beings Tis' the ancestors' breath When the fire's voice is heard Tis' the ancestor's breath In the voice of the waters

Responsive Reading

We Remember Them

Rabbi Sylvan Kamens and Rabbi Jack Riemer

At the rising of the sun and at its going down

We remember them.

At the blowing of the wind and in the chill of winter,

We remember them.

At the opening of the buds and in the rebirth of spring,

We remember them.

At the blueness of the skies and in the warmth of summer,

We remember them.

At the rustling of the leaves and in the beauty of autumn, **We remember them.**

At the beginning of the year and at its end,

We remember them.

As long as we live, they too will live;

for they are now a part of us, as we remember them.

When we are weary and in need of strength,

We remember them.

When we are lost and sick at heart,

We remember them.

When we have joy we crave to share,

We remember them.

When we have decisions that are difficult to make,

We remember them.

When we have achievements that are based on theirs,

We remember them.

As long as we live, they too will live;

for they are now a part of us, as we remember them.

We rise for our personal prayers of yizkor

In memory of a father:

שֶׁהָלַךְ לְעוֹלָמוֹ, בַּעֲבוּר	ַיָזְכּר אֱלֹהִים נִשְׁמַת אָבִי מוֹרִי
	שֶׁבְּלִי נֶדֶר אֶתֵּן צְדָקָה בַּעֲדוֹ. בִּשְ
	בָּצְרָוֹר ָהַחַיִּים עם נִשְׁמוֹת אַבְרָהָוּ
צַּדְקָנִיּוֹת שֶׁבְּגַן צֵדֶן, אָמֵן.	רָחֵל וְלֵאָה, וְעָם שְׁאָר צַדִּיקִים וְז

May God remember the soul of my father, my teacher ______, who has gone to his eternal rest. In remembrance of him, I shall perform acts of *tzedakah* and kindness. May his soul be treasured in the cluster of immortals, along with Abraham, Isaac, Jacob, Sarah, Rebecca, Rachel, and Leah, and all the righteous men and women who have merited a share in the world to come. Amen.

In memory of a mother:

יְזְכּר אֱלֹהִים נִשְׁמַת אָמִי מוֹרָתִי שֶׁהָלְּכָה לְעוֹלָמָה, בַּעֲבוּר שֶׁבְּלִי נֶדֶר אָתֵּן צְדָקָה בַּעֲדָה. בְּשְׁכֵר זֶה תְהֵא נַפְשָׁה צְרוּרָה בִּצְרוֹר הַחַיִּים עם נִשְׁמוֹת אַבְרָהָם יִצְחָק וְיַצְקֹב, שְׁרָה רִבְקָה רָחֵל וְלֵאָה, וְעִם שְׁאָר צַדִיקִים וְצִדְקָנִיּוֹת שֶׁבְּגַן עֵדֶן, אָמֵן.

May God remember the soul of my mother, my teacher ______, who has gone to her eternal rest. In remembrance of her, I shall perform acts of *tzedakah* and kindness. May her soul be treasured in the cluster of immortals, along with Abraham, Isaac, Jacob, Sarah, Rebecca, Rachel, and Leah, and all the righteous men and women who have merited a share in the world to come. Amen.

In memory of a husband:

יְזָכּר אֱלֹהִים נִשְׁמַת בַּעֲלִי הַיָּקָר ____ שֻׁהָלַךְ לְעוֹלָמוֹ, בַּעֲבוּר שֶׁבְּלִי נֶדֶר אֶתֵּן צְדָקָה בַּעֲדוֹ. בִּשְׂכֵר זֶה תְּהֵא נַפְשׁוֹ צְרוּרָה בִּצְרוֹר הַחַיִּים עם נִשְׁמוֹת אַבְרָהָם יִצְחָק וְיַעֲקֹב, שָּׂרָה רִבְקָה רָחֵל וְלֵאָה, וְעִם שְׁאָר צַדִּיקִים וְצִדְקָנִיּוֹת שֶׁבְּגַן עֵדֶן, אָמֵן.

May God remember the soul of my beloved husband,
_______, who has gone to his eternal rest. In remembrance of him, I shall perform acts of *tzedakah* and kindness. May his soul be treasured in the cluster of immortals, along with Abraham, Isaac, Jacob, Sarah, Rebecca, Rachel, and Leah, and all the righteous men and women who have merited a share in the world to come. Amen.

In memory of a wife:

יְזְכּרֹ אֱלֹהִים נִשְׁמֵת אִמֹשְׁתִּי הַיְּקָרָה ___שֶׁהָלְּכָה לְעוֹלָמָה, בַּצְבוּר שֶׁבְּלִי נָדֶר אֶתֵּן צְדָקָה בַּצְּדָהּ, בִּשְׂכֵר זֶה תְּהֵא נַפְּשָׁה צְרוּרָה צְרוֹר הַחַיִּים עם נִשְׁמוֹת אַבְרָהָם יִצְחָק וְיַצְקֹב, שָּׂרָה רִבְּקָה רָחֵל וְלֵאָה, וְעִם שְׁאָר צַדִּיקִים וְצִּדְקָנִיוֹת שֶׁבְּגַן צֵדֶן, אָמֵן.

May God remember the soul of my beloved wife, ______, who has gone to her eternal rest. In remembrance of her, I shall perform acts of *tzedakah* and kindness. May her soul be treasured in the cluster of immortals, along with Abraham, Isaac, Jacob, Sarah, Rebecca, Rachel, and Leah, and all the righteous men and women who have merited a share in the world to come. Amen.

In memory of other relatives and friends:

יְזֶכּר אֱלֹהִים נִשְׁמוֹת קְרוֹבֵי וְיִדִידֵי שֶׁהַלְּכוּ לְעוֹלָמָם, בַּעֲבוּר שֶׁבְּלִי נָדֶר אֶתֵּן צְדָקָה בְּעֵד הַוְּכָּרֵת נִשְׁמוֹתִיהֶם. בִּשְׂכֵּר זֶה תִּהְיֶינָה נַפְשׁוֹתִיהֶם צְרוּרוֹת בִּצְרוֹר הַחַיִּים עם נִשְׁמוֹת אַרְרָהם יִצְחָק וְיַעְקֹב, שָּׂרָה רְבְקָה רָחֵל וְלֵאָה, וְעִם שְׁאָר צַדִּיקִים וְצִדְקָנִיּוֹת שֶׁבְּגַן עֵדֶן, אָמֵן.

May God remember the soul of _______, and of all my relatives and friends who have gone to their eternal rest. In remembrance of them, I shall perform acts of *tzedakah* and kindness. May their souls be treasured in the cluster of immortals, along with Abraham, Isaac, Jacob, Sarah, Rebecca, Rachel, and Leah, and all the righteous men and women who have merited a share in the world to come. Amen.

In memory of Jewish martyrs:

יְזְכֹּר אֱלֹהִים נִשְׁמוֹת הַקְּדוֹשִׁים וְהַטְּהוֹרִים שֶׁנָּהֶרְגוּ שֶׁנִּשְׁחֲטוּ וְשֶׁנִּשְׂרְפוּ וְשֶׁנִּטְבְּעוּ וְשֶׁנָּחָנְקוּ עַל קְדּוּשׁ הַשֵּׁם, בַּעֲבוּר שֶׁבְּלִי נֶדֶר אֶתֵּן צְדָקָה בְּעַד הַזְּכָּרַת נִשְׁמוֹתֵיהֶם. בִּשְׂכֵר זֶה תִּהְיֶינָה נַפְשׁוֹתִיהֶם צְרוּרוֹת בִּצְרוֹר הַחַיִּים עִם נִשְׁמוֹת אַבְּרָהָם יִצְחָק וְיַעַקֹב, שָּׂרָה רְבָקָה רָחֵל וְלֵאָה, וְעָם שְׁאָר צַדִּיקִים וְצִדְקָנִיּוֹת שֶׁבְּגַן צֵדֶן, אָמֵן.

May God remember the souls of our martyrs, holy and pure, who dedicated their deaths to God. In remembrance of them, I shall perform acts of *tzedakah* and kindness. May their souls be treasured in the cluster of immortals, along with Abraham, Isaac, Jacob, Sarah, Rebecca, Rachel, and Leah, and all the righteous men and women who have merited a share in the world to come. Amen.

אֵל מָלֵא רַחֲמִים

Memorial Prayer

Rabbi:

O God filled with compassion for those You bring into this world, grant complete peace to the souls of all those we are remembering today, and to all our people who have given their lives to sanctify Your name. Sheltered by Your divine wings, may they join the company of the holy and pure who shine as bright as heaven. Bring their souls into the bond of eternal life that, with You as their portion, they may rest in peace.

Cantor:

אֵל מָלֵא רַחֲמִים שׁוֹכֵן בַּמְּרוֹמִים. הַמְצֵא מְנוּחָה נְכוֹנָה תַּחַת כַּנְפֵי הַשְּׁכִינָה. בְּמַצְלוֹת קְדוֹשִׁים וּטְהוֹרִים כְּזֹהֵר הָרָקִיצִ מַזְהִירִים אֶת נִשְׁמוֹת כָּל-אֵלֶה שֶׁהָלֵכוּ לְעוֹלָמָם, בְּגַן צָדֶן תְהָא מְנוּחָתָם. אָנָּא בַּעַל הָרַחֲמִים הַסְתִּירִיהֶם בְּסֵתֶר כְּנָפֶיךְ לְעוֹלָמִים. וּצְרוֹר בִּצְרוֹר הַחַיִּים אֶת נִשְׁמוֹתֵיהֶם. יִיָ הוּא נַחֲלָתָם: וְיָנוּחוּ בְשָׁלוֹם עַל מִשְׁכְּבוֹתָם. וְנֹאמַר: אָמֵן.

Psalm 23

Rabbi and Congregation:

The Lord is my shepherd, I shall not want. God makes me lie down in green pastures. The Eternal leads me beside still waters. God restores my soul. The Eternal One leads me in right paths for the sake of God's name. Even when I walk in the valley of the shadow of death, I shall fear no evil, for You are with me; with rod and staff You comfort me. You have set a table before me in the presence of my enemies; You have anointed my head with oil, my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of God forever.

Cantor:

מְזְמוֹר לְּדָוִד: יְהֹוָה רֹעִי לֹא אֶחְסָר: בִּנְאוֹת דֶשֶׁא יַרְבִּיצֵנִי עַל-מֵי מְנָחוֹת יְנַהֲלֵנִי: נַפְשִׁי יְשׁוֹבֵב. יַנְחַנִי בְּמַעְגְּלֵי-צֶּדֶק לְמַעַן שְׁמוֹ: גַּם כִּי-אֵלֵךְ בְּגִיא צַלְמֶוֶת לֹא-אִירָא רָע כִּי-אַתָּה עַמָּדִי: שִׁבְּטְדָ וּמִשְׁעַנְתֶּדְ הַמָּה יְנַחֲמָנִי: תַּעַרֹךְ לְפָנֵי שֻׁלְתָן נָגֶד צֹרְרָי. דְשַׁנְתָּ בַשֶּׁמֶן רֹאשִׁי. כּוֹסִי רְוָיָה: אַךְ טוֹב וָחֶסֶד יִרְדְפּוּנִי כָּל-יְמֵי חַיִּי. וְשַׁבְתִּי בְּבֵית-יְהֹוָה לְאֹרֶךְ יָמִים:

Yesh Kochavim / There are Stars

by Hannah Senesh

There are stars up above, so far away we only see their light long, long after the star itself is gone.

And so it is with people that we loved—their memories keep shining ever brightly though their time with us is done.

But the stars that light up the darkest night, these are the lights that guide us.

As we live our days, these are the ways we remember.

קַדִּישׁ

Kaddish

יִתְגַּדַל וְיִתְקַדַשׁ שְׁמֵהּ רַבָּא. בְּעָלְמָא דִּי בְרָא כִרְעוּתַהּ, וְיַמְלִידְ מַלְכוּתֵהּ בְּחַיֵּיכוֹן וּבִיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל, בַּעַגֶלָא וּבִוֹמֵן קָרִיב, וְאַמְרוּ אָמֵן.

יָהֵא שְׁמֵהּ רַבָּא מְבָרַךְּ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

יִתְבָּרַדְּ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמַהּ דְּקַדְשָׁא בְּרִידְּ הוּא, לְעֵלָּא מִן כָּל בִּרְכָתָא וְשִׁירָתָא תִּשְׁבְּחָתָא וְנֶחֲמָתָא, דַּאֲמִירָן בַּעַלְמָא, וָאָמִרוּ אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא, וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאִמְרוּ אָמֵן. עֹשֶׂה שָׁלוֹם בִּמְרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאִמְרוּ אָמֵן.

Yitgadal v'yitkadash sh'mei raba. B'alma di-v'ra chirutei, v'yamlich malchutei b'chayeichon u'v'yomeichon u'v'chayei d'chol beit yisrael, ba'agala u'vizman kariv, v'im'ru: amen.

Y'hei sh'mei raba m'varach l'alam u'l'almei almaya.

Yitbarach v'yishtabach, v'yitpa'ar v'yitromam v'yitnaseh, v'yithadar v'yit'aleh v'yit'halal sh'mei d'kud'sha, b'rich hu. L'eila (u'l'eila) min-kol-birchata v'shirata, tushb'chata v'nechemata da'amiran b'alma, v'im'ru: amen.

Y'hei shlama raba min-sh'maya v'chayim aleinu v'al-kol-yisrael, v'im'ru: amen.

Oseh shalom bimromav, hu ya'aseh shalom aleinu v'al kol-yisrael, v'imru: amen.

Magnified and sanctified be Your name, O God, throughout the world, which You have created according to Your will. May Your sovereignty be accepted in our own days, in our lives, and in the life of all the House of Israel, speedily and soon, and let us say, Amen.

May Your great name be blessed for ever and ever. Exalted and honored, adored and acclaimed be Your name, O Holy One, blessed are You, whose glory transcends all praises, songs, and blessings voiced in the world, and let us say, Amen.

Grant abundant peace and life to us and to all Israel, and let us say, Amen.

May You who establish peace in the heavens, grant peace to us, to Israel, and to all those who dwell on earth, and let us say, Amen.

All sing: Oseh Shalom

Oseh shalom bi-m'romav, hu ya-aseh shalom aleynu v'al kol yisrael, v'imru amen

May the lives and memories of our loved ones Always serve us for a blessing.

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In Loving Memory of our Parents and Sister

Samuel and Helen Levy

Eleanor Levy Packer

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Marjorie Levy Beck
and
Carol Levy



Honoring their Memory in Thought and Deed

Harry Klein
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Always Remembered by Jewel B. Davis



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Naomi Cowen
Michael Cowen
Jeff Cowen

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Remembered by Chagas Felipe



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Alexander Vero

Emma Frankl

Edith Cabot

Irving Cabot

Sylvia Bartfield

Remembered by Agnes and Marc Cabot



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Helen Schwartzberg Henri Schwartzberg

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Remembered by Cathi Cherry-Liston and Mel Liston



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Frederick L. Diengott
Morris Siegel
Alex Siegel
Ida Siegel
Judah Wise
Jane Wise
Sam Diengott
Sayde Diengott
Nathan Friedman

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June Dinnerman
Jacob Dinnerman
Anna Dinnerman

Remembered by Peter and Jennie Dinnerman In Loving Memory of

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Mildred Farber
Arthur Filler
Hatalie Filler
Laurence Andrew Filler
Lily Farber
Remembered by
Ellen Farber and Family





In Loving Memory

Rose Chaikin
Oscar Chaikin
Sarah Lieberman
David Lieberman

Remembered by Cindy and Robert Chaikin



We Miss Hearing Your Voice

Arnold Fishbein

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Naomi Fishbein Jim and Myra Dan and Belinda Sue Ellen and Russ



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Max Lefkowich
Helen Lefkowich
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Alice Shaw Lefkowich
Milton Shaw
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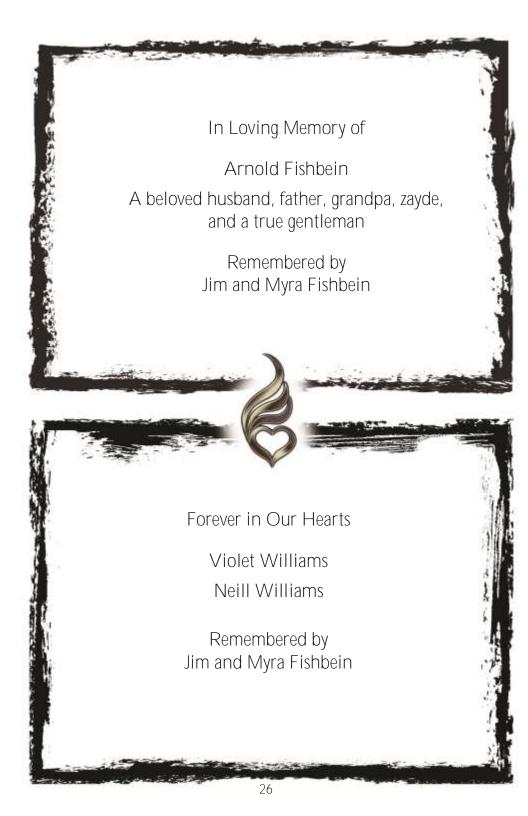
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Carl Prietz
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Nordia Prietz Kay
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Always remembered in our thoughts and prayers, with love

Michael A. Mittelman

Remembered by your wife Geraldine, four children, eight grandchildren, and so many other family members and friends Forever in Our Hearts

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Lloyd Gage
Shirley Jimison
Jean MacDougall

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Sarah Sigel
Samuel Grossman
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Remembered by The Hiller Family

In Memory

Lily Linken Isaac Linken Tevya Karpman Hannah Karpman

Remembered by Lorrie and Dick Grossman



In Lasting Memory of our Loved Ones

Marjorie "Bubby Marge" Glater

Richard "Uncle Dick" Glater

Remembered by Brooke, Tyler, Alissa, and Steve In Loving Memory of My Parents

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Remembered by Rachel Kurshan

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Dorothy Schwartz
Harry Schwartz
Allen Koiles
Fran Greenberg

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In Loving Memory of

Marion Kepnes Rose Koiles Sam Koiles Evelyn Goldberg

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Helen Heilbronner Nellie Willar

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Remembered by Phyllis Heilbronner



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Estelle Lerner Ross
Fred Lerner
Robert Sherman Smilovitz
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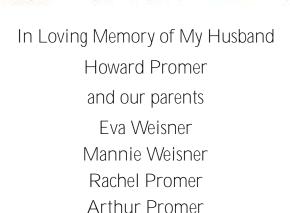
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Marjorie Glater

Remembered by Rachel, Chris, Sophie, and Noah Robie In Loving Memory of My Husband

Barry Siegel

And his parents
Howard Siegel
Myrna Siegel

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Jim, Terry, David, and Sam



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Dr. Abraham Prostkoff
Edith Prostkoff
Nathan Hanan
Ann Hanan
Myron Reis
Julian Meltzer
Ruth Balin

All Our Other Beloved Relatives
All Our Beloved Friends
All COVID-19 Victims
All Gun Violence Victims
All Ukraine Victims

Remembered by Dr. Melvin Prostkoff and Helen Hanan



Sumner and Helen Winebaum

Harry and Mollie Winebaum

Bernard Winebaum

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Sarah, Ben, and Lila
Elizabeth, Ian, and Lucy







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Florence (Mimi) Liberman
Laura Share
Samuel Share

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Judith Kramer

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— Beth, Scot,
Jacob and Cameron

Forever in Our Hearts, Our Siblings

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Lovingly remembered by Alan and Marlene Rubin

In Loving Memory of Our Parents

Harry Cantor and Annie Cantor

Morris Rubin and Ida Rubin

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Remembered by Sally Cohen and Rick Robbins



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Ira Schwartz



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Bob Spratt

Gertie Spratt

Shirley Lief

Marion Palmer

Randy Spratt and Sharen Eidelberg Spratt

In loving memory of my parents and the grandparents of my children. We remember your love, kindness and devotion to all family values. Your love continues to inspire our daily lives.

Always in our hearts and forever missed.

Benjamin Gold Ethel Rose Gold

Alissa, Rebekah & Josh

In Loving Memory

Moshe Steber
Issac and Golda Steber
Pesach and Miriam Caspi

Remembered by The Steber Family

In Loving Memory of

Edward Tober

Remembered by Linda Tober and Family





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Annie Tober
Benjamin Tober
Lee Tober Fruman
Daniel Schwartz
Rosalyn Schwartz
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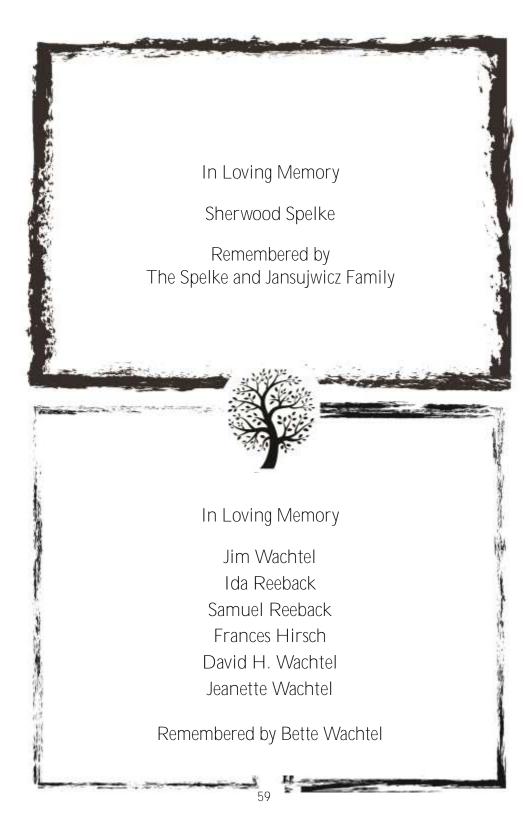
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Arthur Schwartz Selma Schwartz Jean Conant John Conant

We miss you so much. Ira and Jennifer Schwartz In Loving Memory

Rav David Rafael Senter

With Abiding Respect, Love, and Gratitude The Eidelberg Spratt Family





Still Missed and Thought of Often

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Remembered by Michael, Laura, Hannah, Allyson, and Lily Rubin



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Ali B. Kwong

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Estelle Friedman

Nathan Friedman

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Eva Weisner Sidney Robbins
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Phyllis Virginia Fisher Zimman

Alexander Julius Epstein

Ruth Elizabeth Feldman Epstein

Remembered by Robert and Marilyn Zimman

In Loving Memory

Bernice Salzman

Otto Salzman

Melba Meister

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Herman and Tillie Spaien

Herman and Etta Winick

Dr. David Kennedy

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Buddy and Birchie Winick

Ben and Martha Dwartz

Albert and Marjorie Whidden

Remembered by The Kennedy-Spaien and Spaien Bertaska Families



Frank Birch Samuel Barr
Sarah Black Ida Barr
Bernard Black Chaim Black
Edward Black Minnie Black
Anne Hughes

Remembered by The Birch Family





In Remembrance of

Nancy Berg

Our Bubbe
Died November 5, 2019
In Loving Memory of Her Full Life
By Her Entire Family
You Are Missed

The Bergs Sam, Carole, Seth, and Sydney



Robert Fisher
James Troilo
Lewis Fisher
Clara Fisher
Daniel Fisher
Gertrude Sternberg
Irving Sternberg
Garrett Fisher Aviles
Stephen Waters

Remembered by The Fisher Family

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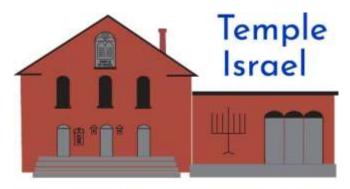
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