

Celebration of Life Lived
by
Freda G. Rebelsky

Carman Center
Mayflower Community
Grinnell, IA

Rev. Christine Tinker

July 25, 2009

Prelude

Folk Songs arranged by Benjamin Britten

Greeting

We gather here in the presence of God to celebrate the life lived by Freda Gould Rebelsky. As we gather we will acknowledge our grief and share our memories that in so doing we might gain strength and comfort from one another. This service reflects the rich Jewish tradition that instructed Freda's life.

Opening Prayer

Gracious God we seek your presence as we share our memories, joy and tears together, strengthen and comfort us with your Word. Amen.

Reading of Psalm 24

The earth is the LORD's and all that is in it,
the world, and those who live in it;
²for he has founded it on the seas,
and established it on the rivers.
³Who shall ascend the hill of the LORD?
And who shall stand in his holy place?
⁴Those who have clean hands and pure hearts,
who do not lift up their souls to what is false,
and do not swear deceitfully.
⁵They will receive blessing from the LORD,
and vindication from the God of their salvation.
⁶Such is the company of those who seek him,
who seek the face of the God of Jacob.
Selah
⁷Lift up your heads, O gates!
and be lifted up, O ancient doors!

that the King of glory may come in.

⁸Who is the King of glory?

The LORD, strong and mighty,

the LORD, mighty in battle.

⁹Lift up your heads, O gates!

and be lifted up, O ancient doors!

that the King of glory may come in.

¹⁰Who is this King of glory?

The LORD of hosts,

he is the King of glory.

What is Man – Psalm verses reflecting on the briefness of life

"O Lord, what is man that You regard him, or the son of man that You take account of him? Man is like a breath, his days are like a passing shadow. You sweep men away. They are like a dream; like grass which is renewed in the morning. In the morning it flourishes and grows, but in the evening it fades and withers. The years of our life are threescore and ten, or even by reason of special strength fourscore; yet their pride is but toil and trouble. They are soon gone, and we fly away. So teach us to treasure our days that we may get a wise heart. Observe the good man, and behold the upright, for there is immortality for the man of peace. Surely God will ransom my soul from the grave; He will gladly accept me. The Lord redeems the souls of His servants; none of those who take refuge in Him will be condemned. The dust returns to the earth as it was, but the spirit returns to God who gave it."

Reading of Psalms 23 and 103

read by William, Jonathan and Daniel Rebelsky

Psalm 23

¹A Psalm of David

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The Lord is my shepherd; I shall not want.

²In verdant pastures he gives me repose;

Beside restful waters he leads me; ³he refreshes my soul.

He guides me in right paths for his name's sake.

⁴Even though I walk in the dark valley

I fear no evil; for you are at my side

With your rod and your staff that give me courage.

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⁵You spread the table before me in the sight of my foes;

You anoint my head with oil; my cup overflows.

⁶Only goodness and kindness follow me all the days of my life;

And I shall dwell in the house of the Lord for years to come.

Psalm 103

¹Of David.

I

Bless the Lord, O my soul and all my being, bless his holy name.

²Bless the Lord, O my soul, and forget not all his benefits;

³He pardons all your iniquities, he heals all your ills

⁴He redeems your life from destruction, he crowns you with kindness and compassion,

⁵He fills your lifetime with good; your youth is renewed like the eagle's.

II

⁶The Lord secures justice and the rights of all the oppressed.

⁷He has made known his ways to Moses, and his deeds to the children of Israel.

⁸Merciful and gracious is the Lord, slow to anger and abounding in kindness.

⁹He will not always chide, nor does he keep his wrath forever.

¹⁰Not according to our sins does he deal with us, nor does he requite us according to our crimes.

III

¹¹For as the heavens are high above the earth, so surpassing is his kindness toward those who fear him.

¹²As far as the east is from the west, so far has he put our transgressions from us.

¹³As a father has compassion on his children, so the Lord has compassion on those who fear him.

¹⁴For he knows how we are formed, he remembers that we are dust.

¹⁵Man's days are like those of grass; like a flower of the field he blooms;

¹⁶The wind sweeps over him and he is gone, and his place knows him no more.

¹⁷But the kindness of the Lord is from eternity to eternity toward those who fear him,
And his justice toward children's children

¹⁸among those who keep his covenant and remember to fulfill his precepts.

IV

¹⁹The Lord has established his throne in heaven, and his kingdom rules over all.

²⁰Bless the Lord, all you his angels, you mighty in strength, who do his bidding, obeying his spoken word.

²¹Bless the Lord, all you his hosts, his ministers, who do his will.

²²Bless the Lord, all his works, everywhere in his domain.

Bless the Lord, O my soul!

Reading from Eshet Chayil, Proverbs 31:10-31

What a rare find is a woman of valor!

Her worth is far beyond that of rubies...

She sets her mind on an estate and acquires it;

She plants a vineyard by her own labors.

She girds herself with strength, and performs her tasks with vigor.

She sees that her business thrives; her lamp never goes out at night...

She gives generously to the poor; her hands are stretched out to the needy...
She is clothed with strength and splendor; she looks to the future cheerfully.
Her mouth is full of wisdom; her tongue with kindly teaching...
Her children declare her happy; ...
Extol her for the fruit of her hand, and let her works praise her in the gates

Special Music

"Union Maid" by Woody Guthrie

Eulogy - "Freda, Woman of Valor"

We close the Eulogy with this saying of Hillel that Freda regularly used to open or close her classes and speeches

Pirkei Avot (Ethics of the Fathers) 1:14

If I am not for myself, who is for me? But if I am for myself alone, what am I? And if not now, when?

Remembrance: Sam Rebelsky

Sharing of Memories by Friends

Prayer of Thanksgiving

In a time of silence, let us make our personal thanksgiving to God for all that Freda has meant to us.

(time of silent reflection)

God our Father, we thank you that you have made each of us in your image, and given us gifts and talents with which to serve you. We thank you for Freda, the years we shared with her, the good we saw in her, the love we received from her. Amen.

Special Music (*quiet reflection on Freda's life*)

The Swan from Carnival of the Animal
by Camille Saint-Saens

The Memorial Prayer (El Moleh Rachamim)

"O God, full of compassion, Thou who dwellest on high! Grant perfect rest beneath the sheltering wings of Thy presence, among the holy and pure who shine as the brightness on the heavens, unto the soul of Freda the daughter of William who has gone unto eternity, and in whose memory charity is offered. May her repose be in paradise. May the Lord of Mercy bring her under the cover of His wings forever, and may her soul be bound up in the bond of eternal life. May the Lord be her possession, and may she rest in peace. Amen."

Reading of Psalm 91:1-12

¹You who live in the shelter of the Most High,
who abide in the shadow of the Almighty,
²will say to the LORD, "My refuge and my fortress;
my God, in whom I trust."
³For he will deliver you from the snare of the fowler
and from the deadly pestilence;
⁴he will cover you with his pinions,
and under his wings you will find refuge;
his faithfulness is a shield and buckler.
⁵You will not fear the terror of the night,
or the arrow that flies by day,
⁶or the pestilence that stalks in darkness,
or the destruction that wastes at noonday.
⁷A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.
⁸You will only look with your eyes
and see the punishment of the wicked.
⁹Because you have made the LORD your refuge,
the Most High your dwelling place,
¹⁰no evil shall befall you,
no scourge come near your tent.
¹¹For he will command his angels concerning you
to guard you in all your ways.
¹²On their hands they will bear you up,
so that you will not dash your foot against a stone.
¹³You will tread on the lion and the adder,
the young lion and the serpent you will trample under foot.

Mourner's Kaddish (Responsively)

Glorified and sanctified be God's great name throughout the world which He has created according to His will. May He establish His kingdom in your lifetime and during your days, and within the life of the entire House of Israel, speedily and soon; and say, *Amen*.

May His great name be blessed forever and to all eternity.

Blessed and praised, glorified and exalted, extolled and honored, adored and lauded be the name of the Holy One, blessed be He, 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 say, *Amen*.

He who creates peace in His celestial heights, may He create peace for us and for all Israel; and say, *Amen*

Blessing

May God comfort you among all the mourners of Zion and Jerusalem.

May God bless you and keep you.

May God turn toward you and be gracious to you.

May God turn to you and grant you peace. Amen.

Postlude

Intermezzo from the opera Cavalleria Rusticana by Pietro Mascagni