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;
for he has founded it on the seas,
and established it on the rivers.
Who shall ascend the hill of the LORD?
And who shall stand in his holy place?
those who have clean hands and pure hearts,
who do not lift up their souls to what is false,
and do not swear deceitfully.
They will receive blessing from the LORD,
and vindication from the God of their salvation.
Such is the company of those who seek him,
who seek the face of the God of Jacob.
Selah
Lift up your heads, O gates!
and be lifted up, O ancient doors!
that the King of glory may come in.
8 Who is the King of glory?
The LORD, strong and mighty,
the LORD, mighty in battle.
9 Lift up your heads, O gates!
and be lifted up, O ancient doors!
that the King of glory may come in.
10 Who 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

"0 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 three score 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

1 A Psalm of David

I
The Lord is my shepherd; I shall not want.
2 In verdant pastures he gives me repose;
Beside restful waters he leads me; he refreshes my soul.
He guides me in right paths for his name’s sake.
4 Even 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.

II
5 You spread the table before me in the sight of my foes;
You anoint my head with oil; my cup overflows.
6 Only 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

1 Of David.

I
Bless the Lord, O my soul and all my being, bless his holy name.
2 Bless the Lord, O my soul, and forget not all his benefits;
3 He pardons all your iniquities, he heals all your ills
4 He redeems your life from destruction, he crowns you with kindness and compassion,
5 He fills your lifetime with good; your youth is renewed like the eagle’s.

II
6 The Lord secures justice and the rights of all the oppressed.
7 He has made known his ways to Moses, and his deeds to the children of Israel.
8 Merciful and gracious is the Lord, slow to anger and abounding in kindness.
9 He will not always chide, nor does he keep his wrath forever.
10 Not according to our sins does he deal with us, nor does he requite us according to our crimes.

III
11 For as the heavens are high above the earth, so surpassing is his kindness toward those who fear him.
12 As far as the east is from the west, so far has he put our transgressions from us.
13 As a father has compassion on his children, so the Lord has compassion on those who fear him.
14 For he knows how we are formed, he remembers that we are dust.
15 Man’s days are like those of grass; like a flower of the field he blooms;
16 The wind sweeps over him and he is gone, and his place knows him no more.
17 But the kindness of the Lord is from eternity to eternity toward those who fear him, And his justice toward children’s children
18 among those who keep his covenant and remember to fulfill his precepts.

IV
19 The Lord has established his throne in heaven, and his kingdom rules over all.
20 Bless the Lord, all you his angels, you mighty in strength, who do his bidding, obeying his spoken word.
21 Bless the Lord, all you his hosts, his ministers, who do his will.
22 Bless 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

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