

Visiting the Ill & Viduy

Transitions Series

1. Just Like Hashem Does...

And R' Chama the son of R' Chanina said What is the meaning of that which is written (Deuteronomy 13:15): אֲהַרְיֶה 'אֱלֹהֵיכֶם תִּכּוּ, Hashem, your God, shall you follow. Now is it possible for a human being to follow the Divine Presence? But it has already been said (ibid. 4:24) הוּא הַיּוֹצֵא הַיָּם הַיָּבֵשׁ אֵשׁ אֲכָלֶתִּיךָ אֱלֹהֵיךָ, *For Hashem, your God, He is a consuming fire.* Rather, the mitzvah to follow God means we should emulate the attributes of the Holy One, Blessed is He: Just as He clothes the naked, as it is written (Genesis 3:21): *And Hashem God made for Adam and his wife skin garments, and He clothed them,* you too should clothe the naked. The Holy One, Blessed is He, visited the sick, as it is written (Genesis 18:1): Hashem appeared to him [Avraham] in the plains of Mamre [on the third day after his circumcision]; you too should visit the sick....

(Sotah 14a)

2. This World and the Next

These are the precepts whose fruits one enjoys in This World, but whose principal reward remains intact for him in the World to Come. They are: The honor due to father and mother, acts of kindness.... Visiting the sick

(Shabbos 127a)

- Saved from Gehinnom (Nedarim 40a)

3. Purpose

- Pray for him
 - Anyone who visits and does not pray for him, has not fulfilled the mitzvah (Rama, Yoreh Deah 335:4)
- Help in some material way
- Words of encouragement

4. Be a Good Visitor

Sensitivity:

- Don't enter suddenly
- Intestinal Disorder
- Headache
 - Stay outside and inquire of others what you can do and pray for him

(Nedarim 41a; Yoreh Deah 335)

5. If a Relative of His Passed Away...

חֲנֻּחַ שְׂמֵתָּו מֵת אֵין מוֹדִיעֵין אוֹתוֹ שְׂמֵא תִטְרַף דְּעֵתוֹ עַל יוֹ וְאֵין קוֹרְעֵין תְּוֹקוֹ וְאֵין בּוֹכֵין וְאֵין מִסְפִּידֵין בְּפָנָיו שְׂא יִשְׁבֵּר
בּוֹ וּמִשְׁתִּיקֵין אֶת הַמִּנְחָמִין מִפְּנָיו

(Shulchan Aruch, Yoreh Deah 337:1)

- Even if the deceased is a parent, Even if he is the only one who can say kaddish

6. Viduy/Confession

אוֹמְרִים וְהַרְבֵּה הַתּוֹדוֹ אֶת הַרְבֵּה הַשְּׂא מֵתוֹ וְהַרְבֵּה שֶׁהָיִין בְּשׂוֹק וּמִתּוֹדִין שְׁבִשְׁכַר שְׂאֵתָה מִתּוֹדָה אֵתָה
חַי וְכֹסֵי הַמִּתּוֹדָה יִשְׂוֹתָהּ קִיָּעָה"ב

(Tur, Yoreh Deah 338)

7. Short Version

I acknowledge before You, Hashem, my Gd and the Gd of my fathers, that my recovery or death is in Your hands. May it be by Your will that You heal me completely; but if I die, may my death be atonement for all the mistakes, sins, and rebellions I have erred, sinned, and rebelled before you. May my portion be in Gan Eden, and may You allow me to be in the World to Come, which lies in store for the righteous.

(ibid)

8. Even Shorter Version

If, Gd forbid, I die, may my death be an atonement for all my sins

9. Goses

- Goses refers to one during their last hours or days
- One desecrates the Shabbos to save even a goses
- Don't hasten his death by closing his eyes as his soul departs
- Don't leave during his dying moments
- Appropriate prayers in the last moments:
 - Psalm 121, 130, 91
 - Yigdal
 - Adon Olam
 - Ana Be'Koach
 - 2nd Paragraph of Aleinu
- At the moment of death, those present say
 - Shema Yisrael ... Echad [One time] {On weekdays continue...}
 - Baruch Shem... Va'Ed [Three times]

- ה' הוא האֱלֹהִים [Seven times]
- ה' מִלְּמֹה' ה' יִמְרָא עַד עַד וְעַד [One time]
- ה' נתן וה' לקח יהי שם ה' מְבָרַח: Hashem gave, Hashem took, Blessed by the Name of Hashem from now to all eternity
- The Rock! Perfect is His work, for all His paths are justice; Gd of faith without iniquity

10. Additional Customs:

- Some open a window
- Cover with sheet
- Light a candle
- Shemirah