

RECUSTOM



# SHIVA

Guidance, Prayers & Reflections

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# Introduction

Shiva literally means “seven,” as in the seven days of mourning following the burial. This period of intense mourning spans a week, though some people observe shiva for fewer days.

During this time immediately after our loved one is buried, mourners stay at home, with family and friends taking care of their basic needs, sending or preparing food, and visiting to offer comfort. It is often referred to as “sitting shiva,” because in this period of grief, we are invited to simply sit and be with all of our feelings. Loved ones gather daily to say prayers and to share memories of the person who has died.

## Invitation

This booklet has been designed to support people in the immediate time after a death in a few ways:

First, it is an explainer of shiva customs for mourners and especially for the friends and family comforting them during this sacred week where the loss is fresh.

Second, it offers the core components of an evening or “Ma’ariv” service with traditional liturgy that many people recite during a nightly gathering or “shiva minyan.” You will notice we have used the word Adonai in these prayers to refer to God. But this is just one of many names for God in our Jewish tradition. You may prefer to use Shekhinah (Dwelling), HaShem (the Name) or Havayah (Existence) when you use these prayers.

Third, you will find poetry and interpretive readings woven throughout the booklet. If these feel more comfortable to guide you through the time of shiva, you may read these at your gathering in lieu of or alongside the traditional prayers.

And, please know that you may call upon these rituals even if the person you are grieving was not Jewish.

Whether you are reading this as a mourner or as a supporter, designate someone as a prayer leader for these gatherings. You can download and print copies of the pages that follow for everyone at your gathering, or share a link for people to read the service on their phones or tablets.

## Shiva Customs

There are many customs for what traditionally may happen in a home where someone is marking shiva:

**Door:** the front door is left open or unlocked for those paying a condolence call; the mourner is exempt from needing to greet guests during shiva.

**Food:** is brought or provided for mourners. Eggs, a symbol of life, are often eaten at the first meal following burial.

**Mirrors:** mirrors are covered, as mourners are unconcerned with vanity or their appearance during shiva.

**Shoes:** mourners do not wear shoes, or may wear slippers, while others not in mourning keep their shoes on.

**Stools or low chairs:** mourners are experiencing grief, and are not comforted by material comforts such as plush couches and chairs.

Some people stay inside their homes throughout the time of shiva. After shiva ends, it is customary to take a walk around the block to signify reentry into the world before returning to work and other worldly tasks.

# Acknowledgments

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# A Psalm: A Song of Beauty and Grief

by Stacey Zisook Robinson z"l

I have lived a life of fierce joy,  
pursued a world of justice;  
every breath a hymn to Your name,  
every step a prayer.

You have lifted me  
and I rejoice.  
You have sheltered me  
and I am redeemed.

And now I am weary,  
my body spent.  
I long for Your promise  
of sweet grass  
and still waters.  
My words have all been said,  
and my music,  
once exultant,  
has quieted.

There is great beauty in this silence,  
and grief.

And You, God,  
ever-present,  
You speak,  
so that time and worlds  
continue to be.

You sing,  
and the glory of Your song  
urges us all to rise.  
This was the beginning.  
This will be the ever and always.  
This is the eternal now.  
Selah.

Shiva

# CANDLELIGHTING



# Candlelighting

When mourners return home from their loved ones' funeral, they light a special shiva candle that is designed to burn for seven days, the entire length of shiva. While there is no traditional blessing for lighting this candle, we hope these intentions help you feel a sense of light and a moment of crossing into this phase of grief.

## Lighting the Shiva Candle for the First Time

Our souls are God's candles.

May the light of this candle bring me comfort and keep me company.

And when this candle is gone, may memory continue to illuminate my days.

יְי אֹרֵי וְיִשְׁעֵי, מִמִּי אֵירָא  
יְי מְעוֹז-חַיִּי, מִמִּי אֶפְחָד

Adonai ori v'yishi; mimi ira?  
Adonai maoz-chayai, mimi efchad?

If Adonai is my light and my redemption, what shall I fear?  
If Adonai is the strength of my life, what shall make me afraid?  
(Ps. 27:1)

שְׁמַע יִשְׂרָאֵל, יְי אֱלֹהֵינוּ, יְי אֶחָד

Sh'ma, Yisrael: Adonai Eloheinu, Adonai Echad.

Hear, O Israel; Adonai is our God; Adonai is One.

## **Lighting the Seven Day Shiva Candle** **by Rabbi Eva Sax-Bolder**

Oh Holy One of Blessing, Source of Light and Illumination, as I light this shiva candle, may I be reminded that \_\_\_\_\_'s neshama, their soul, is like the flame, having brought light into the world. May their light illuminate a part of me and never burn out.

Throughout these first seven days of sitting shiva, Let this candle be a reminder that each flicker of the flame is a spark of memory. In the quietude of contemplation, anchor me in the truth of my feelings.

This candle is a symbol, a reminder for me to be still, to listen to my breath, to feel the sorrow that streams from my tears. May I find comfort and consolation in the flickering light as I surrender to the brokenness of my own bereft and bereaving soul. May my neshama find solace and lift my prayers with radiant light that flows from the heavens above.

Holy One of Blessings, may I know that one day I will find my way from mourning to dancing. For now, shelter me in your loving embrace as I watch the candle burn.

Shiva

# SUPPORTING OTHERS IN GRIEF

# Supporting Others in Grief

Jewish ritual is designed for community. And when someone dies, we need our communities more than ever. There are many ways to support someone in grief during the time of shiva. You may help by coordinating food for the mourners; or by ensuring someone is available to lead the evening service if that is how people wish to observe shiva. Loved ones can also help by preparing the home for visitors and covering the mirrors; or by procuring ritual items such as the shiva candle, a low seat and a pitcher for handwashing.

The following blessings are designed for the people surrounding and supporting the mourners to recite as they do this holy work.

***Preparing a Home for Shiva by Rabbi Eva Sax-Bolder***

*(recited by family, friends, neighbors)*

Oh, Holy One of Blessing, at this liminal time of \_\_\_\_\_'s death, I am filled with tears at the loss of life. In the frenzy of making funeral arrangements, I am blessed to step forward, knowing there is much to be done to honor our grieving (friend, cousin, etc.).

Guide me to mindfully prepare the house of the mourner and to arrange their environment in the traditions that will hold and support them in love throughout the period of shiva.

May \_\_\_\_\_'s Soul feel welcomed to return home, one last time in Olam HaZeh before ascending to Olam HaBa. May my selfless efforts bring a droplet of comfort and healing to the mourners as they take on their new role without their beloved \_\_\_\_\_.

**Preparing Food for a House of Mourning**

**by Rabbi Janet Madden**

*(recited by family, friends, neighbors)*

As I prepare and cook this meal, may I keep in my mind and my heart the holy purpose of providing comfort to these mourners.

May the work of my hands provide strength for their bodies and solace for their hearts.

May a sense of community provide some comfort in this time of devastation.

May the Source of Nourishment be with these mourners, sustaining them now and always.

## Offering Comfort

When leaving a home where people are mourning, we offer words of comfort to remind the mourners they are not alone in their grief.

People from Sephardi heritage traditionally say, "Min hashamayim tenachumu," which means "May you be comforted by heaven." And people from Ashkenazi heritage say, "Hamakom yenakhem etekhem betokh shaar avelay tziyon viyrushalayim," which means, "May the Presence bring you comfort among the mourners of Zion and Jerusalem."

Shiva

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GATHERING



# Shiva Gathering

The following pages include the core components of an evening or “Ma’ariv” service with traditional liturgy that many people recite during a nightly gathering or “shiva minyan.” You will also find poetry and interpretive readings that can be read in lieu of or alongside the traditional prayers.

Before your shiva gathering, designate a prayer leader who can decide which components they may want to include in the service. You can download and print copies of this booklet for everyone at your gathering, or share a link for people to read the service on their phones or tablets.

## Call to Gathering & Barchu

We start the traditional evening shiva gathering, or Maariv service, by asking for mercy in our time of need.

וְהוּא רַחוּם יְכַפֵּר עוֹן וְלֹא יִשְׁחִית וְהַרְבֵּה לְהַשְׁיֵב  
אָפוּ וְלֹא יַעִיר כָּל חַמְתּוֹ. יי הוֹשִׁיעָה הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם קְרָאֵנוּ

V'Hu rachum y'chapeir avon v'lo yashchit, v'hirbah  
l'hashiv apo, v'lo yair kol chamato. Adonai hoshiya,  
haMelech yaaneinu b'yom koreinu.

The Merciful One will cover iniquity and not forever destroy.  
Soon may God withdraw anger; may divine rage not be aroused.  
Adonai, save us, You who answer on the day when we call.

Next, Barchu calls us into community.

בָּרְכוּ אֶת יי הַמְּבָרָךְ  
בְּרוּךְ יי הַמְּבָרָךְ לְעוֹלָם וָעֶד

Barchu et Adonai ha-m'vorakh  
Baruch Adonai ha-m'vorakh  
L'olam va-ed

Let us bless Adonai, The blessed One.  
Blessed is Adonai, The blessed One Forever and ever.

As the light grows dim, we mark the start of another evening in this new chapter of our lives, without our loved one. We read Ma'ariv Aravim, honoring the celestial creator who brings on dusk.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר בְּדַבְּרוֹ מַעְרִיב עַרְבִים  
בְּחָכְמָה פּוֹתֵחַ שְׁעָרִים וּבִתְבוּנָה מְשַׁנֶּה עֵתִים וּמַחְלִיף אֶת  
הַזְּמַנִּים וּמַסְדֵּר אֶת הַכּוֹכָבִים בְּמִשְׁמְרוֹתֵיהֶם בְּרַקִּיעַ כְּרַצוֹנוֹ:  
בוֹרֵא יוֹם וְלַיְלָה גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ וְחֹשֶׁךְ מִפְּנֵי אוֹר וּמַעֲבִיר  
יוֹם וּמִבֵּיא לַיְלָה וּמְבַדֵּיל בֵּין יוֹם וּבֵין לַיְלָה יי צְבָאוֹת שְׁמוֹ

Baruch atah Adonai Eloheinu melech ha'olam  
asher bidvaro ma'ariv aravim b'chochmah  
poteiach sh'arim uvitvunah m'shaneh itim  
umachalif et hazmanim um'sadeir et hakochovim  
b'mishm'roteihem b'raki'a kirtzono. Borei yom  
valaila goleil or mipnei choshech v'choshech mipnei  
or uma'avir yom umeivi laila umavdil bein yom  
uvein laila, Adonai tz'va'ot sh'mo.

Blessed are You, Adonai our God, Source of all being,  
by Whose word the evening falls. In wisdom You open  
heaven's gates. With understanding You make seasons  
change, causing the times to come and go, and ordering  
the stars on their appointed paths through heaven's  
dome, all according to Your will. Creator of day and  
night, who rolls back light before dark, and dark before  
light, who makes day pass away and brings on the night,  
dividing between day and night; the Leader of Heaven's  
Multitudes is Your name!

אֵל חַי וְקַיָּם תָּמִיד יִמְלֹךְ עָלֵינוּ לְעוֹלָם וָעֶד בְּרוּךְ  
אַתָּה יי הַמַּעְרִיב עַרְבִים

El chai v'kayam Tamid yimloch aleinu l'olam va'ed.  
Baruch atah, Adonai –Ha-ma'ariv aravim.

Living & enduring God, be our guide now and always.  
Blessed are You, Adonai, Who evens the evenings.

## Ahavat Olam

At this painful time, we look to the Divine, and to those around us, for comfort and for love. Ahavat Olam reminds us of this unending love that is always available to us.

אַהַבַת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אֶהְבֶּת תּוֹרָה וּמִצְוֹת  
חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לְמִדָּתְךָ. עַל כֵּן יִי אֱלֹהֵינוּ בְּשִׂכְבְּנוּ  
וּבְקוּמָנוּ נְשִׁיחַ בְּחֻקֶיךָ וְנִשְׂמַח בְּדַבְרֵי תוֹרָתְךָ וּבְמִצְוֹתֶיךָ  
לְעוֹלָם וָעֶד. כִּי הֵם חַיֵּינוּ וְאַרְךְךָ יָמֵינוּ וּבְהֵם נִהְגָה יוֹמָם  
וְלַיְלָה. וְאַהֲבַתְךָ אֵל תִּסִּיר מִמֶּנּוּ לְעוֹלָמִים: בָּרוּךְ אַתָּה יי  
אוֹהֵב עַמּוֹ יִשְׂרָאֵל

Ahavat olam beit Yisrael am'cha ahavta , Torah  
u-mitzvot chukim u-mishpatim otanu limad'ta.  
Al kein Adonai Eloheinu b'shochveinu uv'kumeinu  
nasi'ach b'chukecha v'nismach b'divrei Toratecha  
uv'mitzvotecha l'olam va-ed. Ki heim chayeinu  
v'orech yameinu, uvahem negeh yomam valailah.  
Ve'ahavatcha al tasir mimenu le'olamim. Baruch  
atah Adonai oheiv amo Yisrael.

With eternal love, You love the house of Israel. Torah  
and mitzvot, laws and justice You have taught us. And  
so, Adonai, our God, when we lie down and when we  
rise, we reflect upon Your laws; we take pleasure in Your  
Torah's words and your mitzvot, now and always. Truly,  
they are our life, our length of days. On them we meditate  
day and night. Your love will never depart from us as long  
as worlds endure. Blessed are You, Adonai, who loves  
Your people Israel.

## **Unending Love by Rabbi Rami Shapiro**

We are loved by unending love.

We are embraced by arms that find us  
even when we are hidden from ourselves.  
We are touched by fingers that soothe us  
even when we are too proud for soothing.  
We are counseled by voices that guide us  
even when we are too embittered to hear.

We are loved by unending love.

We are supported by hands that uplift us  
even in the midst of a fall.  
We are urged on by eyes that meet us  
even when we are too weak for meeting.

We are loved by unending love.

Embraced, touched, soothed, and counseled,  
ours are the arms, the fingers, the voices;  
ours are the hands, the eyes, the smiles;

We are loved by unending love.

Sometimes, our grief is more complicated and we gather to remember a family member with whom we had a difficult or estranged relationship. Our love for them may be mixed with or overshadowed by deeply challenging emotions. This poem may help you through those complex feelings.

**Yizkor: For a Family Member You Love in an Estranged  
Family You Love No Longer by Devon Spier**

there are ones  
who loved us  
before we were us  
before we knew  
what love is  
who we are  
and all that  
under sun  
and star  
in the fold  
of the unfolding  
universe  
can  
still be  
what was  
is  
now  
no longer  
there is no  
foregone conclusion  
or beginning  
to tell  
our lives  
and we are  
unresolved  
forever  
changed  
because  
they loved us  
love  
of which  
there is  
no  
end

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## Shema

For many people, the Shema is the essential Jewish prayer. It asks us to truly listen as we notice the awesomeness of the Divinity that is all around us.

**During the first line of the Shema, we cover our eyes to help us concentrate as we say:**

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד

Sh'ma Yisra'el Adonai Eloheinu Adonai echad.

Hear, O Israel – Adonai is our God – Adonai is One!

**In an undertone:**

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד

Barukh sheim k'vod malkhuto l'olam va'ed.

Through time and space Your glory shines forever now.

וְאַהֲבַת אֵת יְיָ אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ: וְהָיָה  
הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנִי מְצַוְךָ הַיּוֹם עַל-לִבְבְּךָ: וְשִׁנַּנְתָּם לְבָנֶיךָ  
וְדַבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֶקְתְּךָ בְּדַרְכְּךָ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ:  
וְקִשְׁרָתָם לְאוֹת עַל-יָדְךָ וְהָיוּ לְטָטְפֹת בֵּין עֵינֶיךָ: וְכַתַּבְתָּם עַל-  
מְזוֹת בֵּיתְךָ וּבִשְׁעָרֶיךָ

V'ahavta et Adonai elohecha, b'chol l'avvecha, uv'chol  
nafshecha, uv'chol me'odecha. V'hayu

ha-d'varim ha-eileh, asher anochi m'tzav'cha

hayom, al l'avvecha. V'shinantam l'vanecha,

v'dibarta bam b'shiv't'cha b'veitecha, uv'lech't'cha

vaderech uv'shochb'cha uv'kumecha. Ukshartam

l'ot al yadecha, v'hayu l'totafot bein einecha,

uch'tavtam al m'zuzot beitecha uvisharecha.

Love Adonai your God with all your heart, with all your soul, with all your being. Place these words that I command you this day upon your heart. Teach them faithfully to your generations. Speak of them at home and on your way, when you lie down and when you rise up. Write them on the doorposts of your house and on your gates.

## Shema by Rabbi Rachel Barenblat of Bayit

Shema Yisrael, Adonai Eloheinu, Adonai Echad.  
Hear O Israel, Adonai is our God, Adonai is One.

"Listen up, y'all," says Shekhinah  
who looks today like a teacher  
in corduroy dress and sedate boots.

"Let the smartphone rest a bit,  
or learn how to hear My voice  
coming through its speaker.

Let your love for Me well up like  
unexpected tears. Everyone serves  
something: give your life to Me.

Let the channel of your heart open:  
My abundance will pour through.  
But if you prefer profit, if you pretend—

if you're not real with Me  
your life will feel hollow  
and your heart be embittered.

I won't punish you; I won't need to.  
Your hollowness will be punishment enough,  
and the world will suffer for it.

So let My words twine 'round your arm,  
and shine like a headlamp  
between your eyes to light your way.

Teach them to everyone you meet.  
Write them at the end of your emails  
and on your business cards.

Then you'll remember how to live  
with the flow of all that is holy —  
you'll have heaven right here on earth."



למען תזכרו וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי  
והייתם קדושים לאלהיכם  
אני יי אלהיכם  
אשר הוצאתי אתכם מארץ מצרים  
להיות לכם לאלהים  
אני יי אלהיכם

L'ma'an tizk'ru va'asitem et kol mitzvotai v'hyitem  
k'doshim l'Eloheichem.  
Ani Adonai Eloheichem  
asher hotzeiti etchem me'erezt Mitzrayim lihiyot  
lachem l'Elohim.  
Ani Adonai Eloheichem.

So you will be mindful and actualize My mitzvot and be holy to  
your God.

I am Adonai your God,  
Who brought you out of the Narrow Place  
in order to be your God.  
I am Adonai your God!

יי אלהיכם אמת !

Adonai eloheichem emet.

Your God is a true God!

Mi chamochah ba-eilim, Adonai. Mi kamochah  
nedar ba-kodesh Nora t'hilot oseh fele.  
מי כמכה באלים יי  
מי כמכה נאדר בקדש  
נורא תהילת עשה פלא

What god is like You, Adonai? Who is like You, so holy, Potently  
awesome, doing wonders?

Malchutchu rau vaneicha Bokea yam lifnei Moshe  
u'Miriam. Zeh Eili anu v'amru Adonai yimloch  
l'olam va-ed.

מלכותך ראו בגינת בוקע ים לפני משה ומרים. זה אלי ענו  
ואמרו יי ימלך לעלם ועד

Your children saw Your majesty split the sea before Moses and  
Miryam. They said, "This is my God!" They answered: "Adonai  
will reign forever and ever."

V'ne'emar, ki fadah Adonai et Yaakov Ug'alo miyad  
chazak mimeinu. Baruch atah Adonai ga'al Yisrael.

וְנֵאמָר: כִּי פָדָה יי אֶת יַעֲקֹב, וְגָאֵלוֹ  
מִיַּד חֲזָק מִמֶּנּוּ. בְּרוּךְ אַתָּה יי גֹּאֵל יִשְׂרָאֵל

As it is said: "God redeemed Jacob and saved him from a  
stronger hand. Blessed are You, Adonai, rescuing Israel.

## **Journey by Rabbi Jill Hammer**

between  
a pillar of cloud  
and a pillar of fire  
the sea yawns  
birth canal  
labyrinth  
blood-painted door  
we enter joyful  
that the future is just ahead  
we enter afraid  
of what pursues us  
we enter  
present with not knowing

we have escaped slavery just barely  
someone bought our freedom we're not sure who  
ancestors  
children  
prophets  
the all-weaver  
the angel of death  
to either side  
the water is mirrors  
is windows  
is a view of the deep  
just ahead  
is darkness  
is a light shining  
is the sound of singing  
and the pounding of feet

## Hashkivenu

During our time of grief, sleep may seem hard to find. The Hashkivenu asks that a shelter of peace be spread over ourselves, for restful and restorative sleep, and for the gift of waking up to a new day.

Help us to lie down in peace, Adonai our God, and to arise again to life. Spread over us Your sheltering peace. Direct us with Your guidance and save us. Protect and keep us from enmity, illness, violence, want, and sorrow. Remove envy and recrimination from us. Shelter us in the shadow of Your wings, for You are a protecting, redeeming God. You are God, our source of grace and mercy. Guard our going out and our coming in, for life and for peace, now and forever.

וּפְרוֹשׁ עָלֵינוּ סִכַּת. סִכַּת שְׁלוֹם.  
שְׁלוֹם.

Ufros aleinu sukkat, sukkat shalom. Shalom.  
Baruch atah Adonai, Shomer amo Yisrael la-ad.

Spread over us Wings of peace Shalom. Blessed are You, Adonai,  
who spreads a shelter of peace over Your people Israel.

## Aleinu

Aleinu translates to, "it is our duty." Many people interpret Aleinu to include the ways we are responsible for each other. As this day of mourning ends, Aleinu is an invitation to recognize how we are all connected to and supportive of one another.

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל לְתַת גְּדֻלָּה לְיוֹצֵר  
בְּרֵאשִׁית שְׁלוֹ עֲשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת, וְלוֹ שָׁמְנוּ  
כְּמִשְׁפְּחוֹת הָאֲדָמָה שְׁלוֹ שָׁם חָלַקְנוּ כְּהֵם, וְגָרְלָנוּ  
כְּכֹל הַמוֹנָם

Aleinu l'shabei'ah la'adon hakol lateit gedulah l'yotzeir  
b'reishit. Shelo asanu k'goyei ha-aratzot V'lo samanu  
k'mishpehot ha-adamah. Shelo sam helkeinu kahem  
v'goraleinu k'khol ha-monam.

וְאֵנַחְנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים, לְפָנָי  
מֶלֶךְ, מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא

Va'anahnu kor'im u'mishtahavim u'modim  
lifnei melekh, malkhei ha-melakhim, Ha-Kadosh Barukh Hu.

שֶׁהוּא נוֹטֶה שָׁמַיִם וְיִסַּד אֶרֶץ, וּמוֹשֵׁב יְקָרוֹ  
בְּשָׁמַיִם מִמַּעַל, וּשְׂכִינַת עֲזוֹ בְּגַבְהֵי מְרוֹמִים  
הוּא אֱלֹהֵינוּ אֵין עוֹד

Shehu noteh shamayim v'yoseid aretz, u-moshav y'karo ba-  
shamayim mima'al, u'Shekhinat uzo b'gavhei m'romim. Hu  
Eloheinu, ein od.

כַּפְתוּב בְּתוֹרָתוֹ: וַיִּדְעַת הַיּוֹם וְהַשַּׁבָּת אֶל לְבַבְךָ כִּי  
יִי הוּא הָאֱלֹהִים בְּשָׁמַיִם מִמַּעַל וְעַל הָאָרֶץ מִתְחַת,  
אֵין עוֹד!

Kakatuv b'toratecha, Adonai yimloch l'olam va'ed.  
V'ne'emar v'hayah Adonai l'melekh al kol ha-aretz.  
Ba-yom ha-hu yihyeh Adonai ehad u'shmo ehad!

It's on us to praise the Source of all, to exalt the shaper of creation. We are made for God like all nations. We are placed here like all humanity. Our portion and fate are for God's sake. In gratitude we bow and prostrate before the Sovereign of Sovereign, the Holy Blessed One, who spread the heavens and founded the Earth, whose honored place is in heavenly updraft, for Shekhinah's power is truly high. Our God, none else. And it is said: Adonai will be Sovereign over all the earth. On that day, on that day, Adonai will be One and God's Name will be One.

## **Sharing Memories**

Before our formal shiva ritual comes to a close, we take a few moments for those gathered to share memories of the person who has died.

Shiva

# CLOSING PRAYERS



# Closing Prayers

## Psalm 23

A psalm of David:

God is my shepherd; I shall not want.

God makes me lie down in green pastures,  
and leads me beside still waters to restore my soul;

God leads me in paths of righteousness for the sake of  
God's name.

Though I walk through the valley of the shadow of death,  
I shall fear no evil, for You are with me;

Your rod and Your staff, they comfort me.

You set a table before me in the presence of my enemies.

You anoint my head with oil; my cup overflows.

Truly goodness and mercy will follow me all the days of  
my life,

and I will dwell in the house of Adonai forever.

## El Maleh Rachamim

God, full of compassion, dwelling as uplift and within,  
grant perfect rest under Your sheltering Presence, among  
the holy and pure who shine with heavenly splendor, to  
the soul of our dear one who has gone to his/her/their  
reward. May the Garden of Eternity be his/her/their rest.  
Please, Power of Compassion, shade him/her/them in the  
shadow of Your wing forever. May his/her/their soul be  
bound in the bonds of eternal life. May Adonai be his/her/  
their inheritance, and may he/she/they rest in peace. And  
let us say, Amen.

## **When Death Comes by Mary Oliver**

When it's over, I want to say: all my life  
I was a bride married to amazement.  
I was the bridegroom, taking the world into my arms.

When it is over, I don't want to wonder  
if I have made of my life something particular, and real.  
I don't want to find myself sighing and frightened,  
or full of argument.

I don't want to end up simply having visited this world.

## **For One Who Did Not Want Ritual Mourning by Jacqui Shine**

How do I mark a loss that leaves no ritual trace? You  
imagined for yourself no mourners crowded together over  
the earth becoming your body, no weeping against the  
rising murmur of grief that holds everyone, no rending  
of cloth, no resisting and difficult assent to God's perfect  
judgment. My body struggles to keep from standing up  
into your memory, my tongue to keep from blessing your  
name in those strange syllables. In no moment and in  
every moment, the rising and weeping and struggling  
move nonetheless through my veins, fever dreams my  
spirit cannot forget.

Shiva

# KADDISH

# Kaddish

Kaddish is an essential Jewish prayer, and one we commonly associate with mourning, though it never mentions death. Traditionally, it may only be recited in the presence of community - at least nine other adults - in recognition of the importance of community as we grieve.

After the death of a parent, some people say kaddish daily for a year. When we are grieving another loss, such as that of a spouse, sibling or child, some people say kaddish daily for a month. Whatever type of loss you are experiencing, there is no right or wrong length of time to honor their passing by saying these ancient words of comfort.

## Traditional Mourner's Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֻלְמָא דִּי בְרָא כְרַעוּתֵיהּ וְיִמְלִיךְ  
מַלְכוּתֵיהּ בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל, בְּעֻלְמָא  
וּבְזְמַן קָרִיב. וְאָמְרוּ אָמֵן

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמֵינָא

יְתַבְרַךְ, וְיִשְׁתַּבַּח, וְיִתְפָּאֵר, וְיִתְרוֹמֵם, וְיִתְנַשֵּׂא, וְיִתְהַדָּר, וְיִתְעַלֶּה,  
וְיִתְהַלָּל, שְׁמֵהּ דְקַדְשָׁא בְרִיךְ הוּא. לְעֻלְמָא מִן כָּל בְּרַכְתָּא  
וְשִׁירְתָּא, תְּשַׁבְּחֶתָּא וְנַחֲמֶתָּא, דְאָמִירָן בְּעֻלְמָא, וְאָמְרוּ אָמֵן

יְהֵא שְׁלָמָה רַבָּא מִן שְׁמֵינָא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ  
אָמֵן

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְעַל  
כָּל יוֹשְׁבֵי תֵבֵל, וְאָמְרוּ אָמֵן

*Mourners: Yitgadal v'yitkadash sh'mei raba b'alma di-v'ra  
chirutei, v'yamlich malchutei b'chayeichon uvyomeichon  
uvchayei d'chol beit yisrael, ba'agala uvizman kariv,  
v'im'ru: "amen."*

*Everyone: Y'hei sh'mei raba m'varach l'alam ul'almei  
almaya.*

*Mourners: 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 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'al kol-yoshvei teivel, v'imru: amen.*

Mourners: May the Name that fills all names be blessed and strengthened in this created world.

May the Breath of Life that fills all breaths fill us with Life, and may it guide and rule our actions and visions, in our lives and in our time, now in this world, and in every moment to come.

And let us say: Amen.

Everyone: May that great Name be blessed within us and in all worlds, for all time.

Mourners: May Holiness stream forth from its Source, full of blessing and beauty. May the Name that weaves all Life be blessed and praised, made beautiful and resplendent, lifted up and exalted, to the highest and most majestic. Blessed be! Beyond all the praises and blessings and songs and prayers that can ever be said in the whole world. And let us say: Amen.

Mourners: May the Life and Love within us and between us be strengthened. May the Breath that fills all breaths fill the Cosmos with Peace, and may Peace and Life flow to us, to our community, to all peoples, and to all beings in this world. And let us say: Amen

Mourners: The One who makes Peace in the furthest reaches of Creation will bring Peace to us and to all living beings. And let us say: Amen

## **Mourner's Kaddish Translation by Lab/Shul**

May our lives reflect  
the Greatness of the Divine Name  
throughout the world,  
sparks within the Process of Creation.

May the world be guided  
by our highest aspirations, soon, in our lifetimes.  
And let us say, Amen.

May the Divine Name be known as a Fountain of  
Blessings:  
praised, honored, beautified, elevated, and exalted  
beyond any song or description that has ever been  
uttered.  
And let us say, Amen.

May an all-embracing peace shower down from the  
heavens, refreshing the lives of all  
the people on earth.  
And let us say, Amen.

May the Source of Peace inspire us to make peace for  
ourselves,  
for our community,  
and for all the people on earth. And let us say, Amen.

**Secular-Friendly Mourners' Kaddish Translation**  
**by Rabbi David Cooper**

There is an eternal essence that persists in time and space —  
and this is our prayer to make it part of our awareness  
by affirming its persistence and pledging ourselves  
to act to advance the promise it holds of a better world;  
may it be soon and in our days. Amen.

Let the great essence be blessed through all our actions!

Whether it be blessed or praised or honored or exalted,  
we affirm that it is far beyond any expression which we  
use to describe it —  
prayer or song, prose or poem — and we say: Amen

We express our hopes for peace and for life upon us and  
upon all people. Amen.

May the harmony we experience as we gaze toward  
heaven  
be reflected in a harmony between all who dwell on the  
planet:  
Israelite, Ishmaelite, and all creatures upon this holy earth,  
and we say: Amen.



Shiva

# ENDING SHIVA

# Ending Shiva

## Walking Meditation to End Shiva

After this sacred week of shiva ends, it is customary to take a walk around the block to signify reentry into the world before returning to work and other worldly tasks. You may choose to take this walk with a loved one, or to go alone.

As you move, notice the sensation of each foot leaving the ground, moving forward and then returning to the earth. Notice your weight shifting from heel to toe, and the movement of your hips and arms. Notice your hands. Release your fists if you're making them. Touch the hand of your walking partner or hold your own hand as you walk. Take a deep breath and notice the air around you. This is the start of the next stage in your journey.

## Rising From Shiva by Rabbi Eva Sax-Bolder

Dear Holy One of Space and Time, I call out to you with trepidation. One week has passed. . . a cycle of seven days have I sat in the reality of \_\_\_\_\_'s death. In the stillness, my mind wanders to the mundane, the tasks being untended, the distractions of conversations that have filled the room. . . and then back to wondering how I will continue my journey without my dear \_\_\_\_\_.

As I prepare myself to reenter the world, I acknowledge life is no longer the same. My heart has now been pierced with the pain and loss of \_\_\_\_\_'s presence as I watch the flickers of the shiva candle extinguish, a sign that it is time to move beyond my sheltered space and enter the expansive miracle of life.

Oh Holy One of Blessing, my Beloved Companion and Comforter, embrace me as I plant my feet on your Holy ground. Lift my eyes and my arms to the rays of light that fill the world into which I am about to walk. I open the door of my home of solitude, of constriction, of tears and prepare to exit into the majesty of your Creation.

May I be guided to breathe in the air of love, captured in the sounds of the chirping birds, the rustling leaves, the laughter of children. With each step, grant me the courage and strength to breathe in the mystery of this next phase of my journey. With each breath, may I gingerly walk this new path without \_\_\_\_\_, accompanied by her/his/their memory.

Guide me as I walk around the block to return renewed and ready to embark on the continuation of my process of grief for the next 23 days. May I be comforted in knowing that each day \_\_\_\_\_'s Soul is ascending to Olam HaBa, the World to Come.