

# MOURNING: HOW TO MOURN

## BEING AN ONEN

### Onen Restrictions

An onen is prohibited from doing positive mitzvot so as not to be distracted from taking care of the dead body.

An onen may not:

- Do any positive commandment (no blessings, prayers, shema...).
- Eat meat or drink wine (until after the burial).
- Work or operate a business.

**NOTE** Before the relative dies, if possible, the onen should sell his business for whatever days he or she will be an onen and in shiv'a. Otherwise, the owner may have to close the business until shiv'a is over.

**NOTE** If there will be a large financial loss, consult a rabbi. A large loss is subjective to the individual's actual wealth and also to that person's perception of what is a large loss. Consult a rabbi for how much constitutes a large loss.

### Onen Traveling with Body

An onen who accompanies a body to a foreign country for burial may have two extra days (or more) of onenut. If the onen then returns home and joins other mourners in the shiv'a house, the onen may end shiv'a with the other family members. (For more details, see [When Shiv'a \(and Shloshim\) Starts: Normal Days](#).)

### Being an Onen: Saying Kaddish

Some communities have the custom of an onen's saying kaddish.

**NOTE** When a person's parent dies on or just before (erev) Shabbat or a Jewish festival, a daughter of any age should not be told until after Shabbat or the festival is over. A son should only be told if he is 6 years old and above and the custom in that community is to say kaddish as an onen.

## KRI'A: TEARING THE CLOTHES

### KRI'A: WHO TEARS

#### Children and Kri'a

When a parent has died, the children must tear "kr'ia," that is, tearing any garments that they wear during shiv'a.

#### Women and Kri'a

Women do kri'a. To avoid exposing her body when tearing, a woman may wait until she is in a private place. After tearing, she might need to pin the torn area closed for tzni'ut (modest attire).

### KRI'A: ON WHAT TO TEAR

#### What To Tear for Kri'a

When tearing kri'a, do not tear underwear, a coat or sweater worn for warmth, or talit katan. To avoid ruining good or expensive clothing, you may change to other clothes before doing kri'a.

You may tear the same garment more than once if you need to do kriya for more than one dead person or for seeing the Temple mount more than once (in more than 30 days).

### KRI'A: WHEN TO TEAR

#### Tear at News or Funeral Home

Do the tearing/kri'a when you hear the news of a death. If not, tear at the funeral home before the funeral.

## KRI'A: HOW TO TEAR

### How To Tear Kri'a

If you are in mourning for a parent, whether you are a man or woman, tear a vertical tear 4 inches (10.2 cm) long on your outermost garments (shirt and jacket, if you wear one) at the neck on the left side. The bulk of the tear must be made by hand, not with scissors or a knife, although you may start the tear with a sharp implement.

## KRI'A: HOW OFTEN TO TEAR

### Kri'a: How Often for a Parent

When mourning for a parent, you must tear kri'a throughout the shiv'a week whenever you change shirts, so it is best to change garments as little as possible! You must wear the torn garment during the entire week of shiv'a. Coats do not require kri'a.

**NOTE** Wearing a torn black ribbon pinned to a garment does not fulfill the requirement of kri'a.

### Kri'a: How Often for Non-Parents

When mourning for any of the five categories of people other than parents (spouse; son; daughter; brother; sister), tear only one time and only the outermost garment (but not coats) and tear on the right side.

## SHIV'A

## SHIV'A: PURPOSE

### Shiv'a: Purpose

The purpose of shiv'a is to honor the dead person and the mourners.

## SHIV'A (AND SHLOSHIM): TIMING

## WHEN SHIV'A (AND SHLOSHIM) STARTS

### When Shiv'a (and Shloshim) Starts: Normal Days

Shiv'a (and shloshim) starts for a mourner who:

- Attends funeral: After the burial.
- Will not attend funeral and is a(n):
  - Non-Onen: Immediately upon hearing news of the death.
  - Onen: As soon as the onen has nothing (more) to do with the funeral.

**NOTE** Family members may observe shiv'a at different starting and ending times.

### When Shiv'a (and Shloshim) Starts: Jewish Festivals

For someone who dies during Rosh Hashana, Yom Kippur, or any of the three Jewish festivals, the mourning period does not start until after the holiday has ended.

## HOW LONG SHIV'A (AND SHLOSHIM) LASTS

### Duration of Shiv'a (and Shloshim)

Shiv'a lasts seven days. Shloshim lasts 30 days, beginning with Day 1 of shiv'a. There may be some exceptions if shiv'a occurs before or during festivals.

**NOTE** Any part of the first day is considered to be one full day. On the final day after shacharit, the mourners finish shiv'a, so shiv'a can actually last as little as 5 ½ calendar days.

## WHEN SHIV'A RESUMES

### When Shiv'a Resumes: Shabbat

Shiv'a that is interrupted by Shabbat resumes Sunday morning.

### When Shiv'a Resumes: Jewish Festival

Shiv'a that is interrupted by a Jewish festival does not resume after being interrupted.

### When Shiv'a Resumes: Purim

Shiva is interrupted for Purim and resumes (except on shiv'a's 7th day) after Purim (or, in Jerusalem, after Shushan Purim).

### When Shiv'a Resumes: Chanuka

Shiva is not interrupted for Chanuka.

### When Shiv'a Resumes: Rosh Chodesh

Shiva is not interrupted for Rosh Chodesh.

## WHEN SHIV'A ENDS

### When Shiv'a Ends: Onen

An onen ends shiv'a (and shloshim) with the household head ("gadol ha'bayit"--whoever controls the money in that household)—even if the household head begins shiv'a before burial and the onen joins the shiv'a house after burial.

### When Shiv'a Ends: Non-Onen Who Finds Out Later

If you do not hear about someone's death for 30 days after the person died, observe just one day of shiv'a. If you hear in less than 30 days, observe the regular seven-day shiv'a.

## SHIV'A: LOCATION

### Ideal Location of Shiv'a

The ideal place to sit shiv'a is the home of the dead person, but any practical location is permitted.

### Shiv'a in Several Locations

There may be more than one shiv'a house for one dead person. There is no requirement for people to all join for one shiv'a house, especially if the mourners live in different cities.

## SHIV'A: LEAVING THE HOUSE

### Mourners' Leaving the Shiv'a House

Mourners should not leave the shiv'a house even if they do not have a minyan there.

**NOTE** There are some exceptions for extreme conditions, including medical reasons. A rabbi should be consulted.

### Shiv'a and Going Elsewhere To Sleep

If there is not enough space for all of the mourners to sleep in the shiv'a house, they may go elsewhere to sleep at night.

## SHIV'A: MINYAN

### Reason for Shiv'a House Minyan

The main reason for a shiv'a house minyan is to allow the male mourners to pray with a minyan and say kaddish, since they may not leave the house.

## SHIV'A: FURNISHINGS

### Shiv'a: Furnishings: Seat Height

Mourners during shiv'a do not sit on normal chairs. Any seat should be less than 12 inches high.

### Shiv'a: Furnishings: Mirrors

Cover all mirrors after the funeral in the house of mourning (shiv'a house). This is a non-binding custom, not a halacha.

### Shiv'a: Furnishing: Candle

Have a candle burn for seven days in the shiv'a house.

## SHIV'A: MEALS

### FIRST SHIV'A MEAL

#### First Shiv'a Meal: Bread and Egg

The first meal should be bread and a hard-boiled egg. After that meal, any foods may be eaten, including meat and wine.

#### First Shiv'a Meal: Prepared by Others

The mourners do not eat their own food for the first meal after the burial, so other people bring prepared food to the shiv'a house.

## BRINGING FOOD TO SHIV'A HOUSE

### Bringing Food to Shiv'a House

Bringing food to a shiv'a house is a non-binding custom, not a halacha. Some people have the custom for all seven days.

## SHIV'A: DAILY LIFE

## SHIV'A: BATHING

### Bathing during Shiv'a

An *avel* should not bathe for pleasure and should only wash hands (to elbows), face (to collarbone), and feet (to the knees). If the *avel* is sweaty, smelly, or dirty, he or she may wash other body parts as needed.

## SHIV'A: BUSINESS

### Business during Shiv'a

An *avel* may not work and may not own an operating business during shiv'a. If a death is imminent, consult a rabbi immediately to arrange a sale of the business.

## SHIV'A: CLOTHING

### Clothing during Shiv'a

Mourners may not wear leather shoes for the seven days of shiv'a.

## SHIV'A: DRIVING

### Driving during Shiv'a

A mourner who absolutely must go somewhere may drive himself or herself (or be driven by someone else), but the proper observance of shiv'a is to stay home for the week.

## SHIV'A: GIFTS

## Gifts during Shiv'a

A mourner may not give gifts for seven days.

It is not appropriate to give gifts to a mourner for one year if the mourner is mourning for a parent.

## SHIV'A: GREETING

### Greeting during Shiv'a

A mourner may not greet someone in return but may acknowledge a greeting to him/her and may say “thank you” back. (This restriction ceases if a Jewish festival occurs during shiv'a.)

## SHIV'A: LAUNDRY

### Laundry during Shiv'a

A mourner may not do laundry nor wear clean clothes for comfort during shiv'a, but if all of the clothes are dirty, they may be washed. If so,

- Someone else should briefly wear such clothes before the mourner wears them, or
- The clothes may be thrown on the floor so that they will be considered dirty.

## SHIV'A: MAKE UP

### No Make Up for Mourner

A mourner should refrain from wearing make up during shiv'a.

## SHIV'A: MARITAL RELATIONS

### Marital Relations during Shiv'a

A mourner may not have marital relations and may not touch his or her spouse affectionately during shiv'a.

## SHIV'A: SHABBAT AND PUBLIC MOURNING

### Shiv'a: Mourning on Shabbat

A mourner does not mourn publicly on Shabbat.

### Shiv'a: Entering Synagogue Friday Night

A mourner enters the synagogue on Friday evening before Mizmor shir l'yom haShabbat (after the main part of Kabbalat Shabbat has finished).

**REASON** Mizmor shir is the actual starting point of Shabbat.

The congregation stands and, as the mourners walk in, greets the mourners with “HaMakom yenacheim etchem b'toch she'ar aveilei tzion v'yrushalayim.”

### Women and Public Consolation after Kabbalat Shabbat

It is not the custom for women to get public consolation (nichum aveilim) on Friday night at synagogue.

## SHIV'A: TEFILIN ON FIRST DAY

### Tefilin: First Day of Shiv'a

Mourners do not wear tefilin on the first day (the day of burial), but do wear them after the first day.

## SHIV'A: TORAH STUDY

### Torah Study during Shiv'a

A mourner during shiv'a may not study Torah, other than:

- Laws of mourning (aveilut), and

- Whatever is permitted to study on Tish'a b'Av.

NOTE This restriction ceases if a Jewish festival occurs during shiv'a.

## SHIV'A: WASHING, HAIRCUTS, SHAVING

### Washing, Haircuts, Shaving during Shiv'a

An *avel* may not wash, shave, or get a haircut during shiv'a (for more details on haircuts, see Haircuts during Shloshim).

## MOURNER'S KADDISH

### KADDISH: FOR WHOM TO SAY

#### Kaddish for Parents/Exceptions

Mourner's kaddish is only supposed to be said for parents, unless no one else is saying kaddish for the dead person. If both your parents are still alive, you may not say mourner's kaddish for someone else unless you get your parents' permission.

#### Kaddish for Relatives Other than Parents

If you wish, you may say mourner's kaddish for family members other than parents, especially during shloshim (the first 30 days after burial), since the first 30 days after death are the most difficult for the dead person's soul.

However, you may say kaddish for anyone even after shloshim ends, if you wish, until the end of 11 months (for a shomer-mitzvot person) or 12 months (for a non-shomer mitzvot person. But in a place where only one person says kaddish, you may not supplant another person who is halachically required to say kaddish.

### KADDISH: HOW LONG TO SAY

#### Kaddish: How Long To Say: Shomer Shabbat or Not

Kaddish is only said for 11 months for a shomer Shabbat Jew and 12 months for a non-shomer-Shabbat Jew.

#### Kaddish Timing: Last Day of Kaddish

The last day of kaddish is based on the day he or she was buried.

The final kaddish for a mourner, at the end of 11/12 months, will always be at mincha, regardless of when the dead person died or was buried.

### KADDISH: WHO SHOULD SAY

#### Kaddish: Who Should Say: Sons Six and Above

All sons age 6 and above are required to say kaddish for a dead parent. For frequency, see Kaddish Frequency: Requirements of Sons.

NOTE Women are not required to say kaddish.

#### Kaddish: Who Should Say: Women

Women are not required to say kaddish, and it is not customary for them to do so. But if they want to, it is best if at least one man says kaddish with the woman.

### KADDISH: HOW OFTEN TO SAY

#### Kaddish Frequency: Needs of Dead Person

Each dead person needs kaddish to be said for him or her:

- By at least one person.

**NOTE** If more than one person who was close to the dead person (such as a relative) says kaddish, it is a merit for the soul of the dead person.

- At least once a day.

**NOTE** More frequently is commendable, since kaddish relieves a dead person's soul from *gehenna*.

### **Kaddish Frequency: Requirements of Sons**

Each son age 6 and above is required to say kaddish for his dead parent at least once a day.

**NOTE** “Day” here means from dark until the following sunset. If you say kaddish at mincha and the following ma'ariv, you have covered two days.

### **Saying Kaddish Multiple Times**

Even though saying kaddish many times benefits the dead person's soul, there is no need--nor is it the custom--to attend multiple minyans each day in order to say kaddish for a dead person many times.

## **KADDISH: WITH WHOM TO SAY**

### **Saying Kaddish in Unison**

Ideally, only one mourner should say kaddish, whether mourner's kaddish, rabbis' kaddish, etc. Any kaddish said by more than one mourner should be said in unison.

## **THIRTY DAYS OF MOURNING (SHLOSHIM)**

### **WHEN SHIV'A (AND SHLOSHIM) ENDS**

#### **Shiv'a and Shloshim: Ended by Jewish Festivals**

Shiv'a ends if a Jewish festival, Rosh Hashana, or Yom Kippur intervenes.

Shloshim ends if a Jewish festival, Rosh Hashana, or Yom Kippur intervenes.

If two of those holidays occur within the first seven days after burial, the first one will break shiv'a and the second one will break shloshim.

Shimini Atseret does not constitute a second day for breaking shiv'a or shloshim (it is considered to be part of Sukkot for this purpose).

### **SHLOSHIM: DAILY LIFE**

#### **SHLOSHIM: BATHING**

##### **Bathing during Shloshim**

For the first 30 days, a mourner should not bathe for pleasure in hot water and should only wash hands (to elbows), face (to collarbone), and feet (to the knees). If sweaty, smelly, or dirty, he or she may wash other body parts even during shiv'a. Lukewarm water may be used after shiv'a ends.

#### **SHLOSHIM: CLOTHING**

##### **Clothing during Shloshim**

Do not wear newly purchased clothing during the first 30 days of mourning (*shloshim*). You may wear new clothing from the end of *shiv'a* if someone else wears them somewhat before you do.

**NOTE** Restrictions on newly purchased clothing end after:

- the year of mourning for those mourning for parents, and
- 30 days for those mourning for other relatives.

## SHLOSHIM: HAIRCUTS

### Haircuts during Shloshim

Do not get a haircut for the first 30 days of mourning. When mourning for parents, a mourner's hair should grow for three months from the last haircut but not for less than 30 days from the time *shiv'a* began. This applies to men and women, except if the woman needs to cut her hair for immersing in the *mikva*.

## SHLOSHIM: KIDDUSH

### Kiddush Club during Shloshim

A mourner during *shloshim* (or the rest of the mourner's year) may eat at a *kiddush* on *Shabbat* after *shacharit* if he is expected to be there (for example, if he is a regular member of a “*Kiddush Club*”) because you may not display mourning in public on *Shabbat*.

## SHLOSHIM: NAIL CUTTING

### Nail Cutting during Shloshim

Do not cut your nails for the first 30 days of mourning.

**EXCEPTION** Women mourners may cut their nails before going to the *mikva*.

## SHLOSHIM: SHAVING

### Shaving during Shloshim

If you shave regularly (can be every day or a few times each week), you may shave after 30 days but not within 30 even if for non-parent and certainly not for a parent. If you normally grow a beard, you may not shave until 3 months have passed since the last time you trimmed your beard (and as long as it is more than 30 days from the day *shiva* began for the parent).

In case of a large financial loss, consult a *rabbi*.

**NOTE** A large loss is subjective to the individual's actual wealth and also to that person's perception of what is a large loss

## SHLOSHIM: GETTING MARRIED

### Wedding during Shloshim

Do not get married during the first 30 days of mourning, but you may get engaged.

## YEAR OF MOURNING

### YEAR-OF-MOURNING: TIME PERIOD

#### Mourner Period When Shiv'a or Shloshim Are Shortened

Someone who is mourning for parents is still a mourner for the entire year even if *shiv'a* and *shloshim* are truncated.

## YEAR-OF-MOURNING: PRACTICES

### YEAR OF MOURNING: MARRYING

#### Remarrying after a Wife Dies

If a wife dies, the husband must wait for three *Jewish festival* holidays to pass before remarrying (*Rosh Hashana* and *Yom Kippur* do not count for this purpose).

#### Remarrying after a Husband Dies

If a husband dies, the wife may remarry after 92 days have passed.

### YEAR OF MOURNING: NEW CLOTHING

#### New Clothing during Year of Mourning for Parent

For wearing new clothes during the year of mourning for a parent, see *Clothing during Shloshim*.

### YEAR OF MOURNING: MOURNERS LEADING A MINYAN

#### Mourners Leading a Minyan

The dead person benefits if his/her son or sons lead public prayer services, whether during *shloshim* or the entire year (11 or 12 months). However, if the mourner is uncomfortable leading the *minyan* or is not a good reader or will be embarrassed, he should not feel obligated to do so.

A mourner does not lead a *minyan* on:

- *Shabbat*;
- *Jewish Festivals* (including *chol ha'moed*);
- *Purim*;
- *Rosh Chodesh*.

Opinions differ concerning *Chanuka*, so follow your local custom.

### YEAR OF MOURNING: PUBLIC FESTIVITIES

#### Public Festivities for Mourner for Parent

A mourner may not generally enter a hall of joyous celebration and may not eat at any public meal. During the year of mourning for parents, you may not join any public festivities (even if it is not a *simcha*) that have a meal, including any meals celebrating a *mitzva* (se'udat *mitzva*) such as for a *brit mila*, wedding, or redemption of a son (*pidyon ha'ben*). After 30 days, you may attend a *bar mitzva* or a *siyum* meal, since a *bar mitzva* is similar to a *siyum* since the child's parent's commandment to educate his/her child in Jewish education has been completed.

**EXCEPTION** A mourner whose child is getting married, does attend the wedding and does eat at the meal with everyone else, even if mourning for a parent. He or she does not need to leave the room when music is being played. To attend the wedding of anyone other than one's child, regardless of who died, a mourner must eat alone and outside the main dining area.

**NOTE** An intervening *Jewish festival* partially truncates the 30 days of mourning and so you may attend a *bar mitzva* or *siyum* even before the end of 30 days.

**NOTE** If you work at weddings (caterer, musician, etc.), you may attend weddings even before 30 days are up, but you may not join the meal.

#### Public Festivities for Mourner for Non-Parent

A mourner for the five categories of people other than parents (spouse; son; daughter; brother; sister) may join any celebrations, including the meals, after 30 days (and if any *Jewish festivals* intervene, that 30-day period is truncated).

## YEAR OF MOURNING: SHEHECHEYANU

### SheHecheyanu

A mourner (*avel*) is permitted to say she'hecheyanu for himself but should not say she'hecheyanu if required for the congregation. An *avel* should say she'hecheyanu on:

- Eating a “new” fruit.
- Wearing a new garment.
- Lighting Chanuka candles at home for the first time that year.

An *avel* should not do the following, since he should not say she'hecheyanu unless it is necessary:

- Light Chanuka candles in synagogue.
- Read the megila.
- Blow shofar on Rosh Hashana.

## YEAR OF MOURNING: SYNAGOGUE SEAT

### Synagogue Seat When Mourning for Parent

Change your normal seat in synagogue during the year of mourning for a parent. (The rabbi is not required to change seats). You should move to a seat further away from the aron hakodesh than your previous seat (since seats further from the aron are considered to be less prestigious than those close to the aron).

**REASON** This is to show humility and that we feel subdued due to the death.