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*).

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