

In **Jewish practice**, burial takes place as soon as possible after a death, returning the body whole to the earth and treating the body with great respect. After burial, the practices of **Shiva** allow mourners the time and community support to grieve and confront loss.

Shiva traditionally continues until the morning of the seventh day after the burial. After the intensity of Shiva, reciting kaddish with the community (for 30 days since burial for those who have lost a spouse, sibling or child and for 11 months for a parent) offers a way for mourners to continue to mourn, to remember and to be comforted.

The on-going processes of mourning, memory and connection continue by visiting the graves of loved ones and reciting kaddish on the anniversary of the death, according to the Hebrew calendar, (Yahrtzeit) and during Yizkor, the memorial service, of Yom Kippur, Shemini Atzeret (the end of Sukkot), Pesach and Shavuot.

Visiting a Shiva Home

It's not always easy to know how to best support a family in mourning. Here are some tips for what's appropriate when it comes to visiting a shiva home.

- You don't have to know the mourners personally to go to a shiva. When someone in the community dies, just showing up shows caring, connection, and community.
- Let the mourners set the tone. You don't have to ask the mourners how they're doing or attempt to make conversation. Follow their lead in terms of how they want to engage. It can honour the person who has died to share stories you have about them.
- Be part of the shiva minyan if you can. Traditionally, a minyan of 10 Jewish people is required to say kaddish; it's a wonderful way to show your support.