

Jewish Mourning Checklist

Immediately After Death

- ☐ Death confirmed by doctor/hospice
 - ☐ Notify immediate family
 - ☐ Contact rabbi
 - ☐ Contact funeral home / chevra kadisha
 - ☐ Determine if death occurred near Shabbat or a holiday
-

Before Burial (Aninut)

- ☐ Arrange **shemira** (guarding the body)
 - ☐ Confirm **taharah** and **tachrichim**
 - ☐ Choose burial location and plot
 - ☐ Schedule funeral (ASAP, except Shabbat/holidays)
 - ☐ Prepare eulogies (**hespedim**)
 - ☐ Notify community / synagogue
 - ☐ Arrange transportation to cemetery
-

Day of Burial

- ☐ Perform **keriah** (tear garment or ribbon)
 - ☐ Attend funeral service
 - ☐ Participate in burial (placing earth on grave)
 - ☐ Recite **Kaddish**
 - ☐ Arrange or attend **seudat havra'ah** (meal of consolation)
-

Shiva (Days 1–7 After Burial)

- ☐ Shiva begins immediately after burial
- ☐ Remain at home (as possible)
- ☐ Sit on low chairs / stools
- ☐ Cover mirrors
- ☐ Light shiva candle

- ☐ Suspend work and grooming
 - ☐ Hold daily prayer services (minyan if possible)
 - ☐ Recite Mourner's Kaddish
 - ☐ Receive visitors (wait to speak first)
-

Shloshim (Days 8–30)

- ☐ Return to work and routine gradually
 - ☐ Continue saying Kaddish
 - ☐ Avoid celebrations and live music
 - ☐ No haircuts or shaving (traditional)
-

Mourning for a Parent (Up to 12 Months)

- ☐ Recite Kaddish for 11 months
 - ☐ Avoid festive events during mourning period
 - ☐ Gradual return to full social life
-

Yahrzeit (Annual)

- ☐ Note Hebrew date of death
 - ☐ Light 24-hour yahrzeit candle
 - ☐ Say Kaddish
 - ☐ Attend synagogue
 - ☐ Give tzedakah
-

Notes

- Customs vary by family, community, and denomination
- Shabbat and holidays modify or pause mourning practices
- When unsure: ask the rabbi—this is expected and encouraged