

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