

## Prayer books and Guides for Mourning Rituals

Mourner's Kaddish: <https://www.myjewishlearning.com/article/text-of-the-mourners-kaddish>

## Reflections on saying Kaddish and the Yizkor Service

- Anita Diamant: Saying Kaddish: How to Comfort the Dying, Bury the Dead  
<https://www.amazon.com/Saying-Kaddish-Comfort-Dying-Mourn-ebook>
- Mourn as a Jew· Ari Goldman: Living a Year of Kaddish: A Memoir  
<https://www.amazon.com/Living-Year-Kaddish-Ari-Goldman/dp/0805211314>
- Rabbi Lawrence Hoffman: May God Remember: Memory and Memorializing in Judaism  
<https://www.amazon.com/May-God-Remember-Memorializing-Judaism/>

## Self-care literature

- Rabbi Naomi Levy. To Begin Again: The Journey Toward Comfort, Strength, and Faith in Difficult Times  
<https://www.amazon.com/Begin-Again-Journey-Strength-Difficult>
- Kolatch, A.J. The Jewish Mourner's Book of Why  
<https://www.amazon.com/Jewish-Mourners-Book-Alfred-Kolatch/dp/0824603826>
- Olitzky, K. Grief in Our Seasons  
<https://www.amazon.com/Grief-Our-Seasons-Mourners-Companion>
- Brenner, A. Mourning and Mitzvah: A Guided Journal for Walking the Mourner's Path through Grief to Healing  
<https://www.amazon.com/Mourning-Mitzvah-2nd-Journal-Mourners/dp/1580231136>
- Podcast: A Duet of Joy and Sorrow with Alden Solovy  
<https://xn--www-rp0a.buzzsprout.com/12308/9573257-a-duet-of-joy-and-sorrow-with-alden-solovy>

## Teen Friendly Resources

- Caring Matters/Camp Erin Montgomery County  
<https://www.caringmatters.org/camp-erin>
- The Dougy Center  
<https://www.dougy.org/>

## Resources for Young Children, Pre-teens and Teens (picture books, all available in the Beth El Library)

- Papa's Latkes, Michelle Edwards  
<https://www.amazon.com/Papas-Latkes-Michelle-Edwards>
- Stones for Grandpa, Renee Londer  
<https://www.amazon.com/Stones-Grandpa-Renee-Londner>
- Where Do People Go When they Die, Rabbi Mindy Portnoy  
<https://www.amazon.com/Where-People-When-They-Die>
- French Toast Sundays, Gloria Spielman  
<https://www.amazon.com/French-Toast-Sundays-Gloria-Spielman>

### **For Older Children (ages 10-13)**

- Sorry for your Loss, Joanne Levy (fiction)  
<https://www.amazon.com/Sorry-Your-Loss-Joanne-Levy>
- Turtle Boy, Evan Wolkenstein (fiction)  
<https://www.amazon.com/Turtle-Boy-M-Evan-Wolkenstein>

### **For Teens 12-17**

- Dancing at the Pity Party: A Dead Mom Graphic Memoir by Tyler Feder  
<https://www.amazon.com/Dancing-Pity-Party-Tyler-Feder>

### **Podcasts/other Media**

- Bereaved But Still me: A Duet of Joy and Sorry with Alden Solovy  
<https://xn--www-rp0a.buzzsprout.com/12308/9573257-a-duet-of-joy-and-sorrow-with-alden-solovy>
- Living Without the One You Can't Live Without  
<https://www.youtube.com/watch?v=VlxYj8FEZ34>

### **Local support grief groups**

- Jewish Social Service Agency  
<https://www.jssa.org/>
- Wendt Center for Loss and Healing  
<https://www.wendtcenter.org/>
- Caring Matters  
<https://www.caringmatters.org/>
- Montgomery Hospice  
<https://montgomeryhospice.org/>

### **Mourning Resources**

This is a list of resources from the Rabbinical Assembly with many sections including Afterlife, Aging, Children, Civil Law, Cremation, Ethical Wills, Eulogy, Finances, Funeral practices, Grief and Sorry, History, Interfaith, Kaddish, Mourning, Oran Donation, Taharah, Traditional Practices, etc.)

<https://www.rabbinicalassembly.org/jewish-law/lifecycle/death-and-mourning-1>

Resources from the Gamliel Institute

<https://www.jewish-funerals.org/resources/books/>

The Bond of Life: A Book for Mourners, Rabbi Jules Harlow (an Online shiva siddur, followed by many other instructional resources for mourners.)

<https://www.amazon.com/Bond-Life-Book-Mourners/dp/B001AATT92>

## Short Readings:

A Prayer of Rabbi Nachman of Bratislav (1772-1810):

<https://www.downtownsynagogue.org/blog//rabbis-message-the-great-outdoors> This link doesn't work.

*Grant me the ability to be alone;  
may it be my custom to go outdoors each day  
among the trees and grass - among all growing things  
and there may I be alone, and enter into prayer,  
to talk with the One to whom I belong.  
May I express there everything in my heart,  
and may all the foliage of the field -  
all grasses, trees, and plants -  
awake at my coming,  
to send the powers of their life into the words of my prayer  
so that my prayer and speech are made whole  
through the life and spirit of all growing things,  
which are made as one by their transcendent Source.  
May I then pour out the words of my heart  
before your Presence like water, O God,  
and lift up my hands to You in worship,  
on my behalf, and that of my children!*

<https://www.jewishvirtuallibrary.org/kohelet-ecclesiastes-chapter-3>

To everything there is a season,  
And a time to every purpose under heaven.  
A time for giving birth, a time to die,  
A time to plant, a time to uproot what is planted,  
A time to break, a time to heal.  
A time to weep, a time to laugh,  
A time to mourn, a time to dance,  
A time to seek, a time to lose,  
A time to keep, a time to throw away,  
A time to tear, a time to mend.  
Ecclesiastes Chapter 3 (adaptation)

<https://www.ritualwell.org/ritual/yesh-kokhavim-there-are-stars>

There are stars up above,  
So far away we only see their light  
long, long after the star itself is gone.  
And so it is with people we loved  
their memories keep shining ever brightly  
though their time with us is done.

But the stars that light up the darkest night,  
These are the stars that guide us.  
As we live our days, these are the ways we remember.

Hannah Senesh

Slightly different translation of the Senesh poem:  
<https://www.ritualwell.org/ritual/yesh-kokhavim-there-are-stars>

The Year of Kaddish

Loss steals language; you have nothing to say. A loving community buttresses you, feeding you, telling you when to stand and sit, thrusting into your slack hand the prayer book containing the chanted words that, until now, only other people knew by heart.

Nessa Rapoport

## RESOURCES:

### JEWISH FUNERAL PRACTICES:

Jewish Funeral Practices Committee of Greater Washington: <https://www.jewishfuneralsdc.org/>

Kavod v'Nichum: <https://kavodvnychum.org/>

Keshet: Toward a Gender-Inclusive Hevra Kadisha: <https://www.keshetonline.org/resources/toward-a-gender-inclusive-hevra-kadisha/>

### ORGAN DONATION:

Halachich Organ Donor Society: <https://hods.org/>

Donor Alliance: <https://www.donoralliance.org/judaism-and-organ-donation/>

### BIBLIOGRAPHY:

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|--------------------|---|
| Kolatch, Alfred J. | <b><u>The Jewish Mourners Book of Why</u></b><br>1993, Jonathan David Publishers      |
| Lamm, Maurice      | <b><u>The Jewish Way in Death and Dying</u></b><br>2000, Jonathan David Publishers    |
| Riemer, Jack       | <b><u>Jewish Reflections on Death</u></b><br>1974, Schocken Books                     |
| Riemer, Jack       | <b><u>So That Your Values Live On –<br/>Ethical Wills and How to Prepare Them</u></b> |

1991, Jewish Lights Publishing

Wolfson, Ron

**A Time to Mourn, A Time to Comfort**

1993, Jewish Lights Publishing

Wolpe, David

**Making Loss Matter - Creating Meaning  
in Difficult Times**

1999, Penguin