

Saying Kaddish: How to Comfort the Dying, Bury the Dead, and Mourn as a Jew

To Download this book in many format Visit :

<https://wocoentala.org/source1/dd95f77cb84496a4c448976858338130>

The definitive guide to Judaism's end-of-life rituals, revised and updated for Jews of all backgrounds and beliefs

From caring for the dying to honoring the dead, Anita Diamant explains the Jewish practices that make mourning a loved one an opportunity to experience the full range of emotions—grief, anger, fear, guilt, relief—and take comfort in the idea that the memory of the deceased is bound up in our lives and actions.

In *Saying Kaddish* you will find suggestions for conducting a funeral and for observing the shiva week, the shloshim month, the year of Kaddish, the annual *yahrzeit*, and the *Yizkor* service. There are also chapters on coping with particular losses—such as the death of a child and suicide—and on children as mourners, mourning non-Jewish loved ones, and the bereavement that accompanies miscarriage.

Diamant also offers advice on how to apply traditional views of the sacredness of life to hospice and palliative care. Reflecting the ways that ancient rituals and customs have been adapted in light of contemporary wisdom and needs, she includes updated sections on *taharah* (preparation of the body for burial) and on using ritual immersion in a *mikveh* to mark the stages of bereavement. And, celebrating a Judaism that has become inclusive and welcoming, Diamant highlights rituals, prayers, and customs that will be meaningful to Jews-by-choice, Jews of color, and LGBTQ Jews. Concluding chapters discuss Jewish perspectives on writing a will, creating healthcare directives, making final arrangements, and composing an ethical will.

"In the past, when a Jew died, no one asked, 'When should we schedule the funeral?' or 'How much would you like to spend on the casket?' or 'Where will she be buried?'"

The law and the synagogue had ready answers to all of these questions, as Anita Diamant notes in *Saying Kaddish*. Yet today, Jews must grapple with dozens of questions that make the process of grief difficult to understand in religious terms—questions such as, "How can I, as a Jew-by-choice, mourn for my Catholic father or my Baptist sister?"

Diamant's book guides readers to make responsible decisions about how to honor the dead with integrity. Her practical advice is complemented by personal reflections and historical explanations, in a book that will help readers find their way, and make them feel less alone, in the excruciatingly lonely process of grief. --Michael Joseph Gross

t's knowledge, sensitivity, and clarity have made her one of the most respected writers of guides to Jewish life. In *Saying Kaddish*, she shows how to make Judaism's time-honored rituals into personal, meaningful sources of comfort. Diamant guides the reader through Jewish practices that attend the end of life, from the sickroom to the funeral to the week, month, and year that follow. There are chapters describing the traditional Jewish funeral and the customs of *Shiva*, the first week after death when mourners are comforted and cared for by community, friends, and family. She also explains the protected status of Jewish mourners, who are exempt from responsibilities of social, business, and religious life during *Shloshim*, the first thirty days. And she provides detailed instructions for the rituals of *Yizkor* and *Yahrzeit*, as well as chapters about caring for grieving children, mourning the death of a child, neonatal loss, suicide, and the

Other Books

Jewish Life and Times: without special title.

ק ק ק ק ק . 14 Anita Diamant . Saying Kaddish : How to Comfort the Dying , Bury the Dead , & Mourn as a Jew (New York : Schocken Books , 1998) , 64 . 15 " Cemetery " : Encyclopedia Judaica . Jerusalem : Keter Publishing House , 1972 , vol.6 , 276 . "