

Shiva – No More Than Seven

Shiva - seven days: no more, no less
Excess either way errs
making too light of yesterday
or too grave for tomorrow.

Shiva means seven:
seven – the time the world was created
seven – the time required to recreate our lost world.

At the end of seven, rise from lowered chair
put on your shoes; open the door of your private home
and enter the public world
love, work and rejoin the living.

After seven, a different mourning begins
Kaddish recited daily until one year has passed.

One year and no more
Limits must be placed on outward mourning.

One year at the *yahrzeit* anniversary of death
The Kaddish
Kindle a light, give a coin for *tzedakah*
affirming the continuity of life lived.

Four times a year
One Yom Kippur and Sukkot-Sh'mini Atzeret
the end of Passover and Shavu'ot.

Join with our People
recall our individual losses
in the consoling embrace
of our community.

“Ein ha-Tsibur met. “
A community does not die.

