



## Sitting Shiva - Mourning at home

Sitting Shiva is the ancient and uniquely Jewish way of mourning. It shows on the one hand our bereavement and loss and on the other it provides members of the family, friends and community a way of giving us comfort and drawing us back into life.

**Date Uploaded:** Monday 9th December 2013

**Source URL:** <https://www.theus.org.uk/article/sitting-shiva-%E2%80%93-mourning-home>