



## Sitting Shiva

Please note: due to Coronavirus restrictions, we can sadly no longer hold shivas in the traditional way. Your local US Rabbi can offer some practical suggestions for how to mourn our loved ones at this difficult time. We extend our condolences to you and your family.

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.

**Source URL:** <https://www.theus.org.uk/shiva/sittingshiva>