

HEADSTONE DEDICATION (UNVEILING)

The headstone can be installed and dedicated with a brief graveside ceremony (Unveiling) any time after *Sheloshim*. Santa Barbara Monument is a local vendor of headstones. We at CBB are available to assist should you want Hebrew inscriptions on the headstone. Please coordinate with the cemetery, the monument company, and the clergy to schedule the unveiling when you are ready.



IN CONTEMPLATION OF DEATH AND FINAL ARRANGEMENTS



The anniversary of your loved one's passing is known as the *Yahrzeit*. It is traditional to light a 24 hour candle (available at the CBB giftshop) on the evening before that date. The deceased's name will be read before the recitation of Mourner's Kaddish at both the Friday night and Saturday morning services immediately following, or on the *yahrzeit* date. You may choose to follow either the Hebrew or secular calendar anniversary. The Temple will send you a reminder, each year, of the *yahrzeit* with hopes that you will attend services to stand and recite Kaddish for your loved one. The other times that it is traditional to recite Kaddish at the synagogue are during *Yizkor* services on Yom Kippur, the final day of Sukkot, the final day of Passover, and Shavuot.

CONGREGATION B'NAI B'RITH
1000 San Antonio Creek Road
Santa Barbara, CA 93111
(805) 964-7869
cbbsb.org

A GUIDE TO THE JEWISH MOURNING
PROCESS FOR MEMBERS OF
CONGREGATION B'NAI B'RITH
SANTA BARBARA

IN PREPARATION

Preparing for death is a sacred endeavor, whether it be your own or a that of a loved one. To be able to embark on this stage of the cycle of life with intention and spirituality, advance preparation is always best. CBB has partnered with the *5 Wishes* program, which guides you through preparations for your own passing. When you specify your wishes and purchase your final arrangements in advance, you give your family and friends the gift of being able to focus on mourning, eschewing potentially contentious and expensive decisions on your behalf.

WHEN DEATH IS IMMINENT

When the death of your loved one is imminent, please inform a member of CBB's clergy team. They will help answer your questions about Jewish end-of-life practices and guidelines. They will also offer to come to the bedside of your loved one (*gosses*) to lead a ceremony of closure (*vidu-i*) with him/her and your family.

UPON DEATH

When you feel ready, your first calls should be to the mortuary of your choosing (preferably arranged before this moment) and to a member of our clergy to inform them of your loved one's passing. The mortuary will transport the body to their facilities in preparation for the funeral. The mortuary will act as your agent and will coordinate schedules with the cemetery (if appropriate) and the clergy.

If your plans include a cemetery burial, you may choose to have our community's *Chevra Kadisha* perform the ritual preparations for burial at the mortuary (if you contract with McDermott-Crockett Mortuary). *Chevra Kadisha* is an anonymous group of volunteers who are trained to carry out the holy practice of *tabara* (washing and dressing your Jewish loved one) before burial.

FUNERAL/ MEMORIAL SERVICE

Between the time of death and the funeral, a mourner (a spouse, parent, sibling, and child) is known as an *onen*. The funeral should take place as soon as possible with consideration given to the time needed for legal documents, travel arrangements for family and friends, and mortuary/cemetery arrangements.

CBB's clergy will preside whether your plans include burial, cremation or donation to medical research.

A member of our clergy team will meet with you to discuss the details of the ceremony and explain all the options and practices. This meeting will also include a discussion about the eulogy (*hesped*) and who will offer words of tribute at the service.

Most funerals that include burial will take place entirely at graveside. In some cases, the service will take place at the synagogue when the anticipated number of attendees is large or if a cremation/donation is planned. A short interment ceremony (in the event of a burial) would follow at graveside.

AFTER THE FUNERAL

Gathering to share a meal following the funeral with friends and family (*se-udat mitzvah*) is part of the mourning process, acknowledging that we must begin our return to life with the things that sustain us... loved ones, community, and food. CBB's Caring Community will provide a tray of fruit upon request and guidance in organizing the meal.

SITTING SHIVA

The seven day period of intense mourning, known as *shiva*, begins with the day of the funeral. The ancient tradition of reciting the Mourner's Kaddish commences as well. To enable you to recite Kaddish in the presence of a minyan, clergy and/or members of CBB will facilitate evening services at your home throughout the period of shiva for the number of evenings you desire. A representative of our community who is versed in the logistical needs and traditions surrounding the meal of condolence and *shiva* is available to guide a representative of your family through this process.

The next 23 days (*Sheloshim*) have the mourners returning to their livelihoods and daily schedules, giving license to avoiding social commitments and frivolous entertainment.



SAYING KADDISH

At your request, your loved one's name will be read before the recitation of Mourner's Kaddish at Shabbat services throughout the first eleven months of mourning, then yearly on the anniversary of his/her passing (see *Yahrzeit*).