

THE SHADOWED VALLEY

A BOOKLIST ON JEWISH CUSTOMS RELATING TO DEATH AND GRIEF.

When a Life has Ended; The Jewish Way

- 222.5 Brener, A.: *Mourning and mitzvah; a guided journal for walking the mourner's path through grief to healing.* Jewish lights, 1993.

The author, a psychotherapist, blends Jewish tradition with psychotherapeutic exercises to help the mourner work through grief to ultimate healing.

- 222.5 Wolfson, Ron: *A time to mourn, a time to comfort.* Federation of Jewish men's clubs, 1993.

Customs and rituals of death and bereavement in Judaism. Includes such topics as death of a child, aids victims, examples of an ethical will, do's and don'ts when visiting a house of mourning, What to bring, what to say, hints in how to involve children in the ongoing family activities. A useful guide for mourners and their friends.

- 222.5 Kolatch, Alfred J.: *The Jewish mourner's book of why.* Jonathan David, 1993.

Kol

A volume of why and how Jewish customs of burial and mourning have evolved. Discusses graves and monuments, contains readings appropriate for mourners, the after-life.

- 222.5 Levine, Aaron: *To comfort the bereaved; a guide for mourners and those who visit them.* Aronson, 1994.

Lev

Mainly a guide for those in a position to provide help and comfort to mourners. What to say, what not to say to the bereaved. Orthodox viewpoint.

- AC 152 Slater, Jonathan: *Number our days.*

A workshop on death and bereavement. 4 Audiotapes of a series of classes on death and bereavement.

AC 071 Wolfson, Ron: *Creating a community of comfort*.

Based on his book (See above) this course on tape describes how the Jewish community can offer support to a bereaved family at a critical time in life. Audiotape.

Saying Kaddish

222.5 Broner, E. M. : *Mornings and mourning; a kaddish journal*.
Bro Harper, 1994.

A poignant journal of mourning and memory; some difficulties for a woman to overcome when she enters the predominantly male world of the morning minyan to recite kaddish.

222.5 Diamant, Anita: *Saying kaddish: How to comfort the dying, bury the dead, Die and mourn as a Jew*. Schocken, 1998.

Reflections on the meaning of kaddish, beyond the actual words, treatment of the dying, the dead, comforting the bereaved. Special cases such as stillbirths, miscarriages, Children as mourners. Includes discussion of wills and ethical wills.

222.5 Goldman, Ari L.: *Living a year of kaddish*. Schocken, 2003
Gol

Focus is especially on the relationship between father and son. Importance of the morning minyan and the fellowship it creates for the mourner during the year of reciting kaddish.

222.5 Wieseltier, Leon: *Kaddish*. Random, 1998.
Wie

Dedicated to the memory of his father, this book is a journal about the mourner's kaddish, its origins, its history through the ages and its effect on a mourner who recites it three times a day during the year of mourning.

Helping Children Understand

J F Lanton, Sandy: *Daddy's chair*. Kar-Ben, 1991.

Losing a parent is a painful and difficult concept for a young child. Pictures and simple story about a boy and his family show a sensitive way of helping him grasp the finality of the loss while carrying the memory of his dad into daily activities and relationships.

J 222.5 Portnoy, Mindy: *Where do people go when they die?* Kar-Ben, 2004.
Por

A baffling question answered skilfully and compassionately without evasion.

When Healing Begins

222.5 Levy, Naomi: *To begin again; the journey toward comfort, strength and faith in difficult times.* Knopf, 1998.
Levy

A sensitive discussion of the process of surviving a loss, gaining strength and rebuilding your life and a consideration of what the experience of a death can teach us. Contains readings and reflections to help us deal with grief.

222.5 Riemer, Jack, ed.: *Wrestling with the angel.* Schocken, 1995
Riew

An anthology of writings about death , a distillation of wisdom and philosophy. Topics include What I have learned from illness, When death arrives, Hevra kadisha, Burial, Shivah, Kaddish, The year and after, Euthanasia, Mourning the tillborn, Loss of children, Belief in the after-life, What do we need death for?

136.75 Kushner, Harold S.: *Overcoming life's disappointments.* Knopf, 2006.
Kuso

Life never promised us a rose garden. And yet, when things do not go our way, we have a hard time coping with it. Rabbi Kushner knows how to put his comforting philosophy in terms that can be easily understood.

222.5 Mandell, Sherri: *Blessings of a broken heart.* Toby press, 2003
Man

Written by a mother whose son was brutally murdered while on a hike in the Judean desert, this book celebrates a young life and agonizes over its all too early and violent end. Despite the heartbreaking reality, hope and faith triumph.

Jewish Views of the After-Life: Is There Life After Death?

136.93 Raphael, Simcha Paull: *Jewish views of the after-life.* Aronson, 1994.
Rap

A survey of the Jewish view of life after death over 4000 years reveals an ambivalence toward the subject and a vast spectrum of beliefs. Biblical, apocryphal, rabbinic, midrashic and hassidic sources are explored and explained.

136.91 Sonsino, Rifat: *What happens after I die? Jewish views of life after death.*
Son Aronson, 1994.

Written in a popular style, this book first gives the main Jewish positions on this topic, then allows 8 different contemporary thinkers to speak to this subject from different Jewish perspectives.

The Role of the Chevrah Kadisha.

222.5 Berman, Rochel U.: *Dignity beyond death; the Jewish preparation for*
Ber *burial.* Urim, 2005

What tasks does the *chevrah kadisha* (*Holy Society*) perform and why do its members feel privileged?

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