

The Shadowed Valley

A BOOKLIST ON JEWISH CUSTOMS RELATING TO DEATH AND GRIEF

WHEN LIFE HAS ENDED; THE JEWISH WAY

Brener, Anne: *Mourning and mitzvah; a guided journal for walking the mourner's path through grief to healing*. Jewish Lights, 1993. [222.5 Bre]

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

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

Krauss, Pesach: *Why me? Coping with grief, loss and change*. Bantam, 1988. [222.5 Kra]

21 short chapters on how to use losses creatively to survive, transcend and grow.

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

Aronson, 1994. [222.5 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.

Rabinowicz, Tzvi: *A guide to life; Jewish laws and customs of mourning*. Aronson, 1989. [222.5 Rab]

Practical and useful information from a Hasidic perspective on the whole cycle of mourning, including last will/testament, aninut, cemetery, shivah., kaddish, and yahrzeit..

Schachtel, Hyman Judah: *The shadowed valley; a solace for the bereaved*. Knopf, 1962. [222.5 Sch]

Offers solace via faith, work, living, poetry, affirmation and ideas of immortality, music, prayer and more.

Slater, Jonathan: *Number our day*. [AC 152]

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

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

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.

SAYING KADDISH

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

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.

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

Schocken, 1998. [222.5 Dia]

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.

Goldman, Ari L.: *Living a year of kaddish*.

Schocken, 2003. [222.5 Go]

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.

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

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

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

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.

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

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

Pomerantz, Barbara: *Bubby, me, and memories*. UAHC, 1983. [J 222.5 Pom]

This book, with dozens of photos, depicts the loss felt by a young child after the death of her grandmother. It was written because when children are curious they need to be shown the purpose of life. It is appropriate for ages 4-8.

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

The responses in this sensitively written (for children age 4-7) and colorfully illustrated book reflect various beliefs about death. Suggestions on how to help explain death to children are also included.

Riemer, Jack, ed.: *Wrestling with the angel*. Schocken, 1995. [222.5 Rie]

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 stillborn, Loss of children, Belief in the after-life, What do we need death for?

Spero, Moshe HaLevi : *Zeydeh*. Simcha pub, 1984. [J 222.5 Spe]

Zeydeh presents, through a child's eyes, the emotional turmoil and changes in behavior which occur following the death of a loved one. It is specifically designed to provide an opportunity for the young child, ages 4 through 10 years, to experience, vicariously, the strange and sometimes confusing feelings associated with death.

IS THERE LIFE AFTER DEATH?

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

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

THE ROLE OF THE CHEVRAH KADISHA

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

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

Prepared by
Susanne M. Batzdorff and
Gabor Por, Librarians
Santa Rosa, CA
09/2008