



Grief is a normal process of life but we understand that this can be overwhelming

You Are Not Alone

“Even when they are gone, our loved ones are with us, inspiring us to live as, in their higher moments, they themselves tried to live”

(Prayers at a House of Mourning, Liberal Judaism 1994)



The “Kindness project” team are here to provide support and help you cope after the death of a loved one – to book an appointment with one of our volunteers;

Call Bahu Trust on 0121 440 4096

Email friends@bahustrust.org

Visit <https://bahustrust.org/the-kindness-project/>

Judaism and Bereavement

'Even when they are gone, our loved ones are with us, inspiring us to live as, in their higher moments, they themselves tried to live'

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Judaism affirms that we live on beyond our death. We cannot know what comes after death for it is beyond our understanding but Judaism offers a hope that those we love will find peace and rest with God. Orthodox Jews may hold a traditional belief in the resurrection of the dead in time to come. Some Jews may believe that the soul lives on in some way. Yet others will have no belief in an afterlife but will affirm that our loved ones live on in the influence they leave behind, in the good they do and the memories we hold of them. The best tribute we can pay to them is to be inspired by them as we live our lives.

In Judaism, what matters is what we do on earth. Once a person has died and been laid to rest our attention focuses on those who mourn. After the funeral, a person in mourning will be visited by others, who will bring food and help them through the first week, when often a person will still be in shock and unable to think about the future. During that time, visitors are guided to be led by the mourner in their conversation about their loved one, but not to be afraid to talk about them.

Beyond the first week, various periods of mourning, notably the first month and the first year are designated to help mark the stages of bereavement. On the anniversary of a death, a candle is lit, representing the soul of our loved one, as it is said, *'Their light will continue to shine.'*

Top Tips

If you want to talk, you can turn to a rabbi or a friend and there are bereavement support groups.

You can find comfort in a Synagogue community and in Jewish prayer after a bereavement. Some people find it comforting even if they were not religious before.

Do not be afraid to express your emotions. They are natural and in expressing them you can find comfort and support. Equally, it can be normal not to feel emotion until sometime after a death. If you don't cry, it doesn't mean you are 'hard'.

Let yourself be looked after
Friends want to help and doing things like bringing food enables them to show their support.

Remember that mourning does not have a fixed period
It often comes and goes at unexpected times for months and years.

Seek help and guidance, if you're experiencing symptoms of grief talk to someone close straight away

Express your feelings in a tangible or creative way
Write about your loss in a journal. If you've lost a loved one, write a letter saying the things you never got to say.

Try to maintain your hobbies and interests

There's comfort in routine and getting back to the activities that bring you joy and connect you closer to others can help you come to terms with your loss and aid the grieving process.

Don't let anyone tell you how to feel, and don't tell yourself how to feel either
Your grief is your own, and no one else can tell you when it's time to "move on" or "get over it." Let yourself feel whatever you feel without embarrassment or judgment.

Plan ahead for grief "triggers."
Anniversaries, holidays, and milestones can reawaken memories and feelings. Talk to family & friends ahead of time about their expectations and agree on strategies to honour the person you loved.

Look after your physical health
The mind and body are connected. When you feel healthy physically, you'll be better able to cope emotionally. Combat stress and fatigue by getting enough sleep, eating right, and exercising.

Reconnect with Nature
It has been proven to help with the grieving process. Go for long walks in the park or just take time out in the garden.

Contact Us

Organisation	Community Offer Now	Contact Number	Email Address Web Page
Bahu Trust	The "Kindness Project", bereavement support and a befriending service to anyone living in the Hall Green Constituency	Call 0121 440 4096 and ask for Abdullah Rehman	friends@bahustrust.org https://bahustrust.org/the-kindness-project/
Cruse Birmingham	Bereavement Service	General Enquiries 0121 687 8011 10am - 4pm Self-Referrals 0121 687 8010 leave a message and this will be returned via call. In need of urgent support call 0808 808 1677	https://www.cruse-birmingham.co.uk/
Birmingham Bereavement Advice Centre	Bereavement	0800 634 9494 Mon – Fri 9am - 5pm	www.bereavementadvice.org
Governments Support	funeral costs	N/A	Get help with funeral costs (<i>Funeral Expenses Payment</i>) - GOV.UK (www.gov.uk)
St Mary's Hospice	Bereavement Telephone Service Free one to one support to those who are struggling with the loss of a loved one due to Covid-19	07966165193	www.birmingham-hospice.org.uk/community-bereavement-service



Hall Green
Neighbourhood
Network Scheme

