

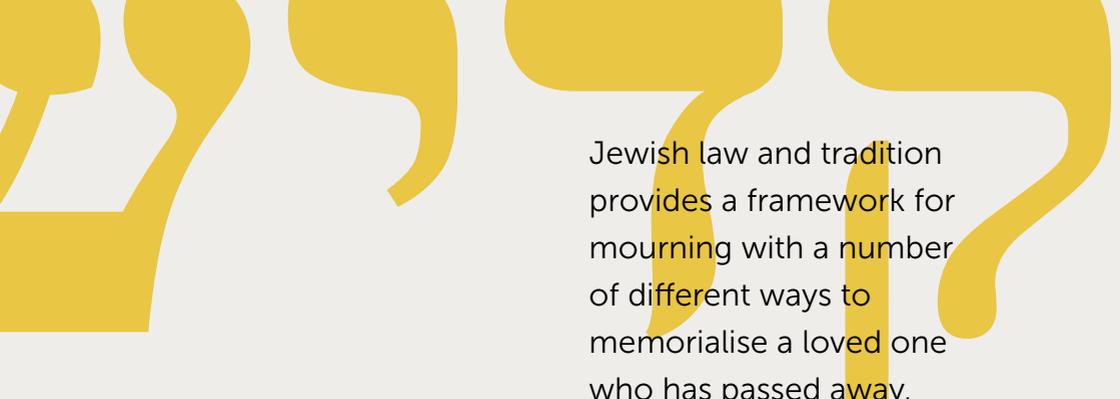
GUIDELINES
AND MOURNING
FRAMEWORKS

KADDISH

FOR FEMALE MOURNERS



Office of The
CHIEF RABBI



Jewish law and tradition provides a framework for mourning with a number of different ways to memorialise a loved one who has passed away, some of which we set out below. Saying Kaddish, which is optional rather than obligatory for women, is one of these ways.

For many people, saying Kaddish helps them during very difficult times in their lives. However, it does not work for everyone. If you do wish to, then we hope these notes below will help you to do so. It is important to emphasise that there is no single way to do this in the halachic structure and that Kaddish therefore is not the only or preferred way.

<p style="text-align: center;">SOME SUGGESTIONS INCLUDE:</p>	<p>A</p> <p>Learning Torah in the name of your loved one</p>	<p>B</p> <p>Helping others</p>
	<p>C</p> <p>Praying (including saying Tehillim/ Psalms)</p>	<p>D</p> <p>Giving a Devar Torah (a short Jewish thought) in shul, at home or amongst friends</p>

These are not just alternatives to saying Kaddish, they are equally meaningful in their own right from a spiritual and halachic perspective.

None of these are mutually exclusive during the mourning period or on a yahrzeit (the anniversary of a person's passing in the Jewish calendar). You can also perform them outside of these times.

Your United Synagogue community is here for you at this time. Your Rabbi, Rebbetzen, friends and community leaders are here to help. This card is not designed to be a comprehensive treatment. Please consult your Rabbi if you have any further questions, or the Office of the Chief Rabbi or US Education team if you do not have a Rabbi.

עולם חדש



WHY DO WE SAY KADDISH AND WHAT IS IT?

At this difficult time, we look for ways to honour the memory of a deceased relative. Saying Kaddish is one way to do so. The sanctification of God's Name by saying kaddish is of significant religious value. It might thereby provide some comfort and reciting it might also help those who are bereaved to feel more part of the community.

It is a prayer which mourners recite at a funeral, during the shiva, daily during the period of mourning (see below for more details) and on the anniversary of the death of a loved one. Your Rabbi will be able to advise how long to say Kaddish for.

Should you choose to say Kaddish, there are some guidelines below. We hope that you will find them helpful.

HOW MANY KINDS OF KADDISH DO MOURNERS SAY?

Mourner's Kaddish, which is recited after various fixed points of the service, and Kaddish Derabanan which, as well as having a place in the service, is often recited after a Devar Torah (short explanation of a Jewish idea or text) after a service or after a shiur (study session).

Mourner's Kaddish can be found on page 36 and a transliterated version on page 926 in the green or blue siddur.

Kaddish Derabanan can be found on page 34 or a transliterated version on page 925.

To watch short videos of 'How to say Kaddish', visit

www.theus.org.uk/mournerskaddish

www.theus.org.uk/rabbiskaddish

WHO IS A MOURNER FOR THE PURPOSES OF SAYING KADDISH?

Somebody who sadly loses a parent, spouse, sibling or child is a mourner who could say Kaddish.

HOW LONG IS KADDISH SAID FOR?

Kaddish for a parent is recited for 11 months and for at least 30 days for other relatives (generally starting in both cases from the day of burial, following the Hebrew calendar).

WHEN CAN I SAY KADDISH?

In shul, Mourner's Kaddish is said during davening (prayers) in the Shiva week and at specific points in every shul service. Kaddish Derabanan is said as indicated above and after parts of the service containing rabbinic study passages. Examples are shortly after the start of Shacharit (morning) prayers, towards the end of the service on Friday night and at the end of Shabbat or Yom Tov 'Musaf' prayers in some communities. At a funeral, either Mourner's Kaddish or a distinct 'Burial' Kaddish can be recited. Ask your Rabbi for guidance as to which one to recite.

IS KADDISH ALWAYS SAID IN A MINYAN (10 JEWISH MEN OVER THE AGE OF 13)?

Yes, Kaddish is a 'communal' prayer of public sanctity and as such requires a minyan, as a group obligated to pray, to be physically present whenever it is recited.

IF I WANT TO SAY KADDISH, BUT AM UNCERTAIN, HOW DO I GET HELP?

AT A FUNERAL OR STONE SETTING: a woman can say Kaddish if she wishes to. The normative situation is that a woman recites Kaddish at a time when at least one man is reciting it. Others present can provide gentle help if required. Speak with your Rabbi before the funeral to tell him that you would like to say Kaddish and, if it would be helpful, ask if he can recommend another woman to say it quietly with you. They will give you guidance and support, help you in pointing out which Kaddish to say when and enable the necessary support from the others who are saying Kaddish, to help you all say it together at the same pace. This will also help to encourage others present to respond at the appropriate places during Kaddish.

IN SHUL: let the Rabbi, Rebbetzen, gabbai (warden) or women's officer know that you wish to say Kaddish. if possible, do so in advance so that they can make sure that those leading and managing the service and shul environment are aware, can look after you and can ask another woman to provide help if you would like.

WHAT CAN I DO IF I MISS A SERVICE OR AM AWAY FROM A MINYAN?

As noted above, there is an age-old practice to recite Psalms or learn Torah regularly in memory of a loved one, regardless of whether you are saying Kaddish or not. If you have missed a service, read one of the Psalms in the siddur after Shabbat Mincha (Psalms 120-134 on pages 508-518 in the blue siddur) or a mishna from Pirkei Avot (the



Ethics of the Fathers) on pages 524-572 in the blue siddur. These are particularly appropriate substitutes for saying Kaddish since they show that you are doing some Jewish learning, a significant tribute to a loved one in spiritual terms.

Do not feel that if you miss one service you are no longer able to say Kaddish. You can say Kaddish at subsequent services.

WHAT IF THERE IS NO MECHITZA WHEN I GET TO SHUL?

Alert the Rabbi, Rebbetzen, women's officer or gabbai (shul warden) who should be able to provide one for you. In some shuls, especially those with limited space and where those attending are usually just men, try to contact the shul in advance if you can, to let them know you plan to attend so that they can set up the mechitza before you arrive and provide any other support you need.

SHOULD BOTH MEN AND WOMEN RESPOND TO ME WHEN I AM SAYING KADDISH?

Yes. Both men and women should respond to anyone, woman or man, who is saying Kaddish.

SHOULD ALL PEOPLE SAYING KADDISH, WHETHER MALE OR FEMALE, SAY KADDISH TOGETHER AT THE SAME TIME?

Yes, Kaddish should be recited by male and female congregants together.



DO I HAVE TO BE OBSERVANT IN ORDER TO RECITE KADDISH?

Kaddish is something that every Jewish person can say in US communities, if sadly they need to. Whether or not you say Kaddish, observing extra mitzvot, of any kind, is a powerful way to honour the memory of a deceased loved one. Observing more mitzvot requires a patient, gradual approach – as with development in so many areas of life – so feel free to consult your Rabbi or Rebbetzen for advice if you wish, or contact the Office of the Chief Rabbi or US Education team (see contact details on the back of this booklet) if you do not have a Rabbi or Rebbetzen.

WHERE CAN I FIND THE KADDISH TEXT?

Here are the page numbers of Kaddish in siddurim most commonly found in our shuls:

BLUE SIDDUR: Mourner's Kaddish can be found on page 36 and a transliterated version on page 1055.

Kaddish Derabanan can be found on page 34 or a transliterated version on page 1054

GREEN SIDDUR: Mourner's Kaddish can be found on page 36 and a transliterated version on page 926.

Kaddish Derabanan can be found on page 34 or a transliterated version on page 925

RED SIDDUR: Mourner's Kaddish can be found on page 136.

Kaddish Derabanan can be found on page 31

ARTSCROLL: Mourner's Kaddish can be found on page 61 and transliterated versions can be found on page 1050 (old edition) and page 1107 (new edition). Kaddish Derabanan can be found on page 52 and transliterated versions on page 1048 (old edition) and 1106 (new edition)

If you have further enquiries, please contact:

Office of the Chief Rabbi
info@chiefrabbi.org
020 8343 6301

United Synagogue
Education and
Events team
education@theus.org.uk
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