

SHIV'A: DAILY LIFE

SHIV'A: BATHING

Bathing during Shiv'a

An *avel* should not bathe for pleasure and should only wash hands (to elbows), face (to collarbone), and feet (to the knees). If the *avel* is sweaty, smelly, or dirty, he or she may wash other body parts as needed.

SHIV'A: BUSINESS

Business during Shiv'a

An *avel* may not work and may not own an operating business during shiv'a. If a death is imminent, consult a rabbi immediately to arrange a sale of the business.

SHIV'A: CLOTHING

Clothing during Shiv'a

Mourners may not wear leather shoes for the seven days of shiv'a.

SHIV'A: DRIVING

Driving during Shiv'a

A mourner who absolutely must go somewhere may drive himself or herself (or be driven by someone else), but the proper observance of shiv'a is to stay home for the week.

SHIV'A: GIFTS

Gifts during Shiv'a

A mourner may not give gifts for seven days.

It is not appropriate to give gifts to a mourner for one year if the mourner is mourning for a parent.

SHIV'A: GREETING

Greeting during Shiv'a

A mourner may not greet someone in return but may acknowledge a greeting to him/her and may say “thank you” back. (This restriction ceases if a Jewish festival occurs during shiv'a.)

SHIV'A: LAUNDRY

Laundry during Shiv'a

A mourner may not do laundry nor wear clean clothes for comfort during shiv'a, but if all of the clothes are dirty, they may be washed. If so,

- Someone else should briefly wear such clothes before the mourner wears them, or
- The clothes may be thrown on the floor so that they will be considered dirty.

SHIV'A: MAKE UP

No Make Up for Mourner

A mourner should refrain from wearing make up during shiv'a.

SHIV'A: MARITAL RELATIONS

Marital Relations during Shiv'a

A mourner may not have marital relations and may not touch his or her spouse affectionately during shiv'a.

SHIV'A: SHABBAT AND PUBLIC MOURNING

Shiv'a: Mourning on Shabbat

A mourner does not mourn publicly on Shabbat.

Shiv'a: Entering Synagogue Friday Night

A mourner enters the synagogue on Friday evening before Mizmor shir l'yom haShabbat (after the main part of Kabbalat Shabbat has finished).

REASON Mizmor shir is the actual starting point of Shabbat.

The congregation stands and, as the mourners walk in, greets the mourners with “HaMakom yenacheim etchem b'toch she'ar aveilei tzion v'yrushalayim.”

Women and Public Consolation after Kabbalat Shabbat

It is not the custom for women to get public consolation (nichum aveilim) on Friday night at synagogue.

SHIV'A: TEFILIN ON FIRST DAY

Tefilin: First Day of Shiv'a

Mourners do not wear tefilin on the first day (the day of burial), but do wear them after the first day.

SHIV'A: TORAH STUDY

Torah Study during Shiv'a

A mourner during shiv'a may not study Torah, other than:

- Laws of mourning (aveilut), and
- Whatever is permitted to study on Tish'a b'Av.

NOTE This restriction ceases if a Jewish festival occurs during shiv'a.

SHIV'A: WASHING, HAIRCUTS, SHAVING

Washing, Haircuts, Shaving during Shiv'a

An avel may not wash, shave, or get a haircut during shiv'a (for more details on haircuts, see [Haircuts during Shloshim](#)).