



Comforting Mourners during The Shivah Visit

BASED ON THE AUDIO-VISUAL PRESENTATION
Nichum V'Nechamah: To Comfort and Be Comforted
A Guide to the Mitzvah of *Nichum Aveilim*

Shivah visits can be extremely comforting or can be very hurtful. How can we make sure that our visits have the maximum positive effect?

1

You are here only for the *Aveilim* (mourners).

Do not socialize. Turn off your cell-phone. Do not look to satisfy your curiosity about the details of the illness or death.

2

***Nichum* (consolation) is about what the *Aveilim* need.** Take the cue from them. Let them talk or cry.

3

When unsure if something is appropriate to say, don't say it.

4

Keep the focus on the *Niftar* (departed). Discuss their *Midos Tovos* (fine, unique character traits) and accomplishments. Elevate the discussion to meaningful things.

This will help elevate and make your *Shivah* experience more meaningful.

Prayer Services - זמני תפילה

Shacharis - שחרית

MORNING

Minchah - מנחה

AFTERNOON

Ma'ariv - מעריב

EVENING

SITTING SHIVAH UNTIL

Special Instructions & Comments:

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