

# 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](#)).