

JEWISH WISDOM AT TIMES OF LOSS



VALUE

LEARNING AND GROWTH

Limud v'Hitlamdut

Death is an inevitable part of life, yet the way we encounter loss — from end-of-life decisions and rituals to mourning and grief — is one of the most important conversations the Jewish community isn't having.

We encourage you to begin this conversation.

Together you will learn more about Jewish approaches to loss, and explore some of the Jewish practices that make our approach to the end of life an expression of our commitment to human dignity, the Momentum value of *Kevod Habriyot*. *Your participants will be able to reflect deeply on their own end-of-life wishes and consider how they might approach conversations about death with their child(ren).*



THIS WORKSHOP IS ABOUT 90 MINUTES

15 MINUTES TO BEGIN WITH INTENTION

60 MINUTES OF LEARNING

15 MINUTES TO CLOSE WITH MEANING



THE SESSION SHOULD BE FACILITATED BY A COMMUNITY LEADER OR PARTICIPANT WHO HAS ATTENDED THE ONLINE TRAINING WITH MOMENTUM DESIGNED TO BETTER PREPARE YOU TO COVER THIS TOPIC.



WORKSHOP RESOURCES INCLUDE:

GLOSSARY OF JEWISH TERMS (INCLUDED IN THE BOOKLET'S POCKET).

NEED MORE MATERIALS?



To print additional glossaries, use this QR code:



SCAN TO PURCHASE A HARD COPY OF LORI PALATNIK'S BOOK

To purchase a hard copy of Lori Palatnik's book *Remember My Soul: What to Do in Memory of a Loved One – A Path of Reflection and Inspiration for Shiva, the Stages of Jewish Mourning, and Beyond*



To learn more about Shomer Collective and their many educational resources on loss, visit shomercollective.org



BEFORE THE SESSION



LISTEN TO
AUDIO BOOK

Share the free audio version of Momentum founder Lori Palatnik's book *Remember My Soul* with your participants and encourage them to listen over the next 2-3 weeks before the gathering.

PART I EXPANDING OUR VOCABULARY



15 MINUTES

Together as a full group, explore the glossary. Sit in a comfortable circle and invite each woman to read aloud a word and its definition. Invite participants to share what the word brings up for them, and to ask clarifying questions.

PART II CONVERSATION ABOUT DEATH

Use the conversation prompts to guide your experience. Each prompt begins with a brief reading to frame the topic, followed by questions to help spark a meaningful conversation.



40 MINUTES

Ask a participant to read the first prompt, *Your People*. Invite participants to respond to the prompt over the next 10 minutes. Repeat with each prompt (four total) for a 40-minute conversation.

You may want to add movement to the conversation by putting the four prompts in four corners of a room, and having the women form small groups that rotate between the corners.

You can also invite women to pair up with a different person for each prompt.

1. YOUR PEOPLE

- The Torah is filled with genealogies, connecting people from generation to generation. With each name comes a new story.
- Honor a loved one who has died or someone on life's edge whom you hold in your heart. Say their name and briefly share how they have impacted you.

PART II

CONVERSATION ABOUT DEATH

CONTINUED

2. YOUR PLAN

- In the bestselling book Tuesdays With Morrie, Mitch Albom writes: “Everyone knows they are going to die, but no one believes it.” When asked, most people say they want to die at home, but the overwhelming majority will die in a hospital because their loved ones do not know their wishes and therefore can’t effectively advocate for them.
- Talk about your ideal death. Where are you? Who is with you? What are you doing? How might you share these wishes with your loved ones if you have not already?

3. YOUR PRACTICE

- Jewish wisdom teaches us to confront death directly. We bury our dead in a simple shroud. We shovel the earth of burial ourselves. We sit shiva for a week, crying, laughing, sharing, grieving. Our rituals are designed not to shield us from death, but to support us as we face its challenges in community.
- What message do you think Jewish wisdom is sending in shaping our ritual response to death this way? What has been your experience with these or other practices around death and mourning?

4. YOUR EULOGY

- “Know that every deed counts, that every word is power... Above all, remember that you must build your life as if it were a work of art.” - Rabbi Abraham Joshua Heschel
- A eulogy tries to identify the artistry of a person’s life. What do you hope might be said about yours? Share one story or one moment that you hope, when you die, will define who you are or who you strive to be.

PART III

TAKING THE CONVERSATION HOME



5 MINUTES

Share the *How to Talk to Kids About Death and Dying* QR code with your cohort WhatsApp group. Invite participants to continue the conversation with their child(ren).

The QR code links to an article that can support them. After the session, use your WhatsApp chat group to follow up, reminding participants to review these additional resources and find time to talk as a family.



HOW TO TALK TO KIDS ABOUT DEATH AND DYING



TALK WITH YOUR CHILDREN ABOUT WHAT HAPPENS AFTER WE DIE