

## **SHIVA MINYAN – SPIRITUAL SUSTENANCE THROUGH LOVING COMMUNITY SUPPORT**

Temple B'nai Shalom offers its members a Shiva Minyan, a short prayer service usually held in the evening at the home of a grieving family who has experienced the loss of a parent, spouse, child, or sibling. This experience is extremely supportive for the grieving family and often inspiring for those who attend.

Both Pam and I have had to face the passing of beloved parents who resided out of the D.C. Metro area, and the return trip home carrying the pain (physically, spiritually, and emotionally) of having to say "farewell" without the support of friends. In each case having a Minyan at our house after our return offered us much-needed sustenance. We experienced the real Jewish values of comfort, support, and to some degree (since food is an essential element to any Jewish occasion), nourishment– of the body, soul, and mind. The outpouring of the TBS community, on such short notice, reaffirmed a belief that we all stand together in moments of celebration, and grief.

Brian & Pam Dettelbach

The Minyan at my home following my mother's death was very comforting and gave me yet another reason to be so grateful to be part of this wonderful temple community. I was very moved by all the people who took time out from their busy schedules to be there for me to show their caring and support. I felt truly blessed to have this Jewish way to pay tribute to my mom and honor her memory. It was such a wonderfully supportive experience. I now volunteer at other Minyans so I can be there for others the way the temple was there for me in my time of greatest need.

Sheila Budoff

My mother's passing was overwhelming. On Thursday she had a headache and the following Tuesday we said goodbye. The sheer power of the experience had a numbing effect on our family. Without asking, the Temple's Bereavement Committee was at our side. A Minyan was planned and we were told not to do a thing, all would be taken care of. While I was taking a much needed nap, chairs appeared and were set up in our home. That evening, the Minyan was coordinated, food was delivered, and clean up was completed, allowing me and my family the time to process our grief. For several weeks following, I received letters of support and phone calls. This response embodied the very spirit of community that we at Temple B'nai Shalom strive to achieve. I am deeply indebted to each and every one of them for helping to make this unbearable experience, one of warmth and support.

Marilyn Morrison

*When you contact the Rabbis about a family death, the option of a minyan will be discussed. If it is appropriate we hope you will take advantage of this community support in your time of need. Please offer support to others by attending minyans. If you would like to volunteer to help, please [click here](#) [link to automated volunteer process].*