

Contents

***Grief hurts.** Sometimes we can find words to express how we feel; sometimes words are elusive. The content of this book is meant to reflect some of the ways we experience grief: the ways we feel about ourselves, the ways we feel about the person who died, the ways we feel about our community, and the ways we reach for something beyond this world. We hope that however you read this book, you will find something here to give voice to your experience and provide spiritual nourishment. You may agree or disagree with what is written on these pages. You may find something that gives you an insight, a sense of direction, or something that simply affirms your experience. You may find something you want to explore more deeply with someone you trust: a friend, a rabbi, a counselor, or another professional. We encourage you to use what you wish to engage your grief in a way that will support your own journey. Our deepest hope is that what you read here will bring you more deeply into relationship with our common Jewish community.*

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