

LOSS MOURNING

The Meal

Contributed by [Kalsman Institute](#)

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Food is associated with life. When the mourners return from the cemetery, they are served a meal with specific foods. By feeding the mourners and insisting that they make a commitment to life even in the face of loss, the community expresses its concern and caring for the mourners. Like the foods of the seder, the foods which make up the mourner's meal are deeply symbolic. For instance, the hard-boiled egg, common to both the seder and the meal of comfort is the symbol of new life, and of survival and strength, even in difficult circumstances.