

CREATING COMMUNITY

AT THE SHABBAT DINNER TABLE



VALUE

PEACE AND WHOLENESS IN THE HOME

Shalom Bayit

In addition to a conversation about Shabbat, we encourage you to *make Shabbat come alive* for your participants by inviting them to take turns hosting Shabbat dinner for each other. We encourage you to create a timeline for hosting, perhaps monthly or every other month, that works for your participants and share a sign-up sheet with them as early as possible into your Journey of Growth Together.

Each of your participants went home from Israel with a copy of Momentum's *Shabbat Guidebook* and *Soul Full Together: Gateways to Jewish Prayer*, both of which feature introductions to, reflections on, and step-by-step support to approach Shabbat as an "it's not all or nothing" opportunity. These resources will be invaluable, along with personal support from you, their Community Leader.

And now, creating a beautiful Shabbat dinner experience just got even more accessible with support from OneTable Together.



THIS WORKSHOP IS ABOUT 90 MINUTES

15 MINUTES TO BEGIN WITH INTENTION

60 MINUTES OF LEARNING

15 MINUTES TO CLOSE WITH MEANING.



EXPLORE RESOURCES

TO HOST AND ATTEND SHABBAT DINNERS IN YOUR COMMUNITY, PLEASE SCAN ONETABLE TOGETHER QR CODE AT THE BOTTOM OF THIS PAGE.

TO VISIT THE SHABBAT JOURNEY ON MOMENTUM'S YOMM APP - PLEASE SCAN THIS QR CODE.



FOLLOW THIS QR CODE TO PRINT RESOURCES FOR PARTICIPANT FACILITATORS.



OneTable Together is a new way for your participants to take on Shabbat rituals, strengthen their Jewish skillset, and build community around the Shabbat dinner table. Your participants are invited to revisit Friday nights as a time to gather with their Momentum sisters and cultivate joy and meaning.

OneTable Together offers hosts and guests personalized support, on-demand DIY tools, and Jewish learning resources to use alongside their Momentum Shabbat Guidebook and support from you, their Community Leader, to elevate their Friday night experience.



PART I

INCENTIVES TO GET TOGETHER



60 MINUTES

- OneTable Together online social dining platform to post, share, and manage dinners
- Personalized support for hosts and guests
- Access to a range of inspirational tools and Jewish learning resources
- Pay it forward to Jewish young adults! OneTable Together has a give-back program for their young adult Shabbat program. When your guests RSVP on the social dining platform, OneTable Together will donate \$10 per RSVP to our young adult program (serving those in their 20s + 30s) to strengthen Jewish community. Please don't hesitate to use this language when posting your dinner description.

"This was a powerful evening for all of us. The most important takeaway is the value of having our Jewish community. Not to separate us from others but to celebrate and share what ties us together. It is easy to feel defeated these days, but we must stay strong through connection with one another. I hope to do more OneTable dinners, and I hope others will do as well. It is very easy, and the people at OneTable Together are helpful and supportive."

~ Cindy, Boulder, Colorado

PART II

NEXT STEPS

- Book half an hour of one-on-one time with each host a few weeks before their dinner to offer them personal support and guidance.
- Encourage hosts to utilize their Momentum Shabbat Guidebook, Soul Full, and any additional Shabbat resources created by your organization.

IMPORTANT NOTES

Remember, sometimes when you, the "Jewish expert," attend the dinner, participants default to you, asking you to lead ritual or take on another leadership role. To the best of your ability, be "the guide on the side" for these experiences, not "the sage on stage." Support them to lead ritual on their own.

There will likely be a range of different dietary needs: gluten-free, dairy-free, kosher, vegetarian, and vegan, among others.

We hope that this is an opportunity for you to engage your participants in a conversation about options and inclusivity, and how food can be a powerful expression of identity.

We encourage you to remind hosts to do their best to have at least one selection that meets the needs of their guests, and to remind guests that they are welcome to bring their own food item(s) that meets their own personal dietary needs. This is not a slight to the host, in fact quite the opposite!

PART III

CONVERSATION AND COMMITMENT

Share with your participants the opportunity to host each other over the course of our Journey of Growth together, to explore Shabbat together, its rituals and potential to bring peace and wholeness into our homes.



60 MINUTES

The bulk of this session is meant to be a conversation about Shabbat, specifically about the peace and wholeness Shabbat can bring to our lives when we commit to creating community at the Shabbat dinner table.

Whether you are familiar with Shabbat or new to its practices, the conversation will be an enriching opportunity to focus on what can unite us as we explore opening our hearts and our homes to the magic of Shabbat.

- Bring to mind a time you have hosted or attended Shabbat dinner (or any meaningful dinner party) and share what stood out to you about the experience: the food, the people, the conversation.
- What inspires (or prevents!) you from hosting Shabbat dinners in your own home?
- Introduce a Shabbat dinner sign-up sheet and invite your participants to select dates to host. We recognize that not every single participant will be able to attend every single Shabbat dinner, and that's ok.
- Share OneTable Together with your participants, and encourage them to post and share their dinner on OneTable Together's social dining platform.