

# REFILL YOUR CUP



*Planning Your Own  
Affinity Shabbat Gathering*

# TABLE OF CONTENTS

→ Why Gather as an Affinity Group?  
How To Use This Guide

Introduction

Light Candles / Nerot

Sanctify / Kiddush

Cleanse / Netilat

Nourish / Hamotzi

Activity

Next Steps

Closing with Hospitality + Gratitude

# WHY GATHER AS AN AFFINITY GROUP?

Whether you're gathering to discuss relevant topics, reflect on current events, or enjoy and rejoice in one another's a company, this is your time to craft and create. Carving out space and time to gather your community for a Shabbat dinner can make stronger connections and refill the cups you pour from daily. Shabbat is a beautiful framework to share, reflect, rest, and build wellness together.

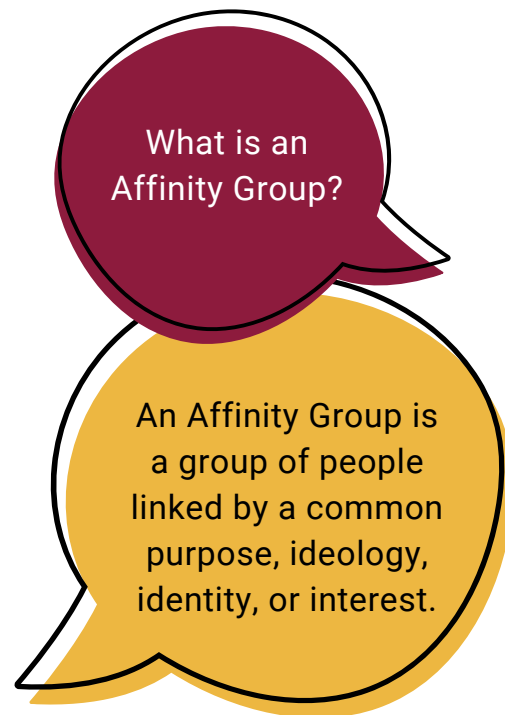
**Use this guide to inspire your intention for your sacred time apart from the rest of the week.**

## *How to use this guide*

There are many ways to plan a gathering for an affinity group. In this guide, you'll find inspiration and examples of our favorite activities from Jews of Color Shabbat gatherings to help plan your own dinner! Pick and choose what you can weave into your event description, RSVP process for guests, and the evening itself.



Co-plan or get guests involved in holding certain activities to create a sense of belonging and hospitality for those attending!



**POST YOUR DINNER**

# LEADING WITH CURIOSITY



We invite you to use these questions as a guide to create a magical Friday night. You can include the answers in your description of the event.

**Why are you gathering and what is the theme of your dinner?**

---

---

**What is your intention? Do you want to discuss shared experiences? Is the purpose to rest and rejuvenate?**

---

---

**What would you like your guests to know or receive before your event? Should they bring anything?**

---

---

**How do you want your guests to feel at the end of your event? How can you work to cultivate this? (Your OneTable Field Manager is here to help you workshop your ideas)**

---

---





# DO IT YOUR WAY: **INTRODUCTION**

*Who will lead?* \_\_\_\_\_

## **Timing: Ranging from 10-20 minutes (depends on how many folks are attending)**

Here are things to consider as you begin your night and welcome your guests.  
(These reminders are important for in-person and virtual events.)



①

**You might choose to start the evening with music.**

What music or playlist would set the right mood?

②

**If you have people facilitating the event, take a moment for leaders to introduce their names, pronouns, and what brings them to the dinner.**

③

**Is there a way you'd like to ground everyone? You might take a moment for Land Acknowledgement or any other practice that helps people arrive in space.**

④

**Invite others to introduce themselves and participate in an icebreaker.**

- Share your name, pronouns, and land you're on and one word of how you are arriving at this space today.
- Use a prompt that invites guests' values and interests.
  - Who are your people?
  - Where do you feel like a local?
  - Is there anyone in your life you'd like to share gratitude for that you don't usually thank?
  - Create your own six-word anthem for the world you want to see.



DO IT YOUR WAY:

# LIGHTS (CANDLES / NEROT)

*Who will lead?* \_\_\_\_\_

**Timing: 3 minutes**

Candle lighting is a great moment to set an intention, separate the week from the weekend, and create this moment as a part and sacred. You can share different rituals that connect the group to the purpose of your gathering.

Finding ways to do Shabbat blessings or preface them with a prompt or something different can be a great way to add intention and be inviting instead.

Think about setting an intention around this ritual. Is there a story or prompt that you can share with your guests that will help set a framework and invitation for how you hope the rest of the night will go?

**If virtual, ask folks to share one word describing how they are feeling in this moment.**

*Here are some ideas to consider:*

- Finding ways to do the blessing or preface it with a prompt or something different can be a great way to add intention and be inviting.
- Ask folks to share in the chat one word describing how they are feeling in this moment.
- Facilitator's personal connection, ex. "I want to bring light into the space because..." or "This light will separate us from the workweek. We move from mundane time to sacred time..."





- If you want to do this ritual with a blessing, here are some ideas:
  - You can read the feminine version of the blessing and transliteration presented in English or another language that is connected to the person leading it.
  - Read blessing (invite others to share their own versions of ritual if they'd like in chat or out loud).
- You can choose to share an activity or prompt to invite everyone to share something/someone they're bringing into the space:
  - Is there a spark or something that is fueling your fire going into Shabbat?
  - What kind of light are you bringing into the space?
  - Who/what fuels your fire?
- You can have people share out loud, in the chat or in smaller groups. Break out rooms can be a great way of creating more individual connections and everyone can bring those conversations or reflections back to the bigger group.
- Small groups (or breakout rooms if you're hosting virtually) can be a great way of creating more individual connections and then can bring those conversations or reflections back to the bigger group.

## *Your Gathering*

*(Write in your own details)*

---

---

---

---

---

---

---

---

---

---

DO IT YOUR WAY:

# SANCTIFY / KIDDUSH

*Who will lead?* \_\_\_\_\_

**Timing: 5 minutes**

For the Kiddush (blessing over wine/fruit of the vine) you can think about what this ritual might signify symbolically (ex, refilling cups, rejuvenation, joy, etc.).

This can be a time of holding a ritual in a way that feels authentic to what you and your community needs. In other words 'shaping your cup or container.

- You can ask people to share what fills their cups: What is joyful? What is something that feels holy they want to consider at this time?
- If you want to do this ritual with a blessing, here are some ideas:
  - Consider transliteration presented in English, Spanish, Hebrew, or any other languages that fit the group you are hosting.
  - After the blessing, you can invite others to share their own versions if they'd like.



## *Your Gathering*

*(Write in your own details)*

---

---

---

---

# DO IT YOUR WAY: **CLEANSE**

*Who will lead?* \_\_\_\_\_

**Timing: 5 minutes**

The ritual of handwashing is an invitation for everyone to ceremonially wash their hands. This is a great time to think of the ways in which you want to let go of things, perhaps from your week and beyond, and prepare for the sweet wonderful quality you are embarking on.

It is also an opportunity to bring attention to the idea of caring for one another as a community, meaning our own health and the health of the others at the dinner.

Fill a cup with fresh water from the tap, take the cup in your left hand and cleanse your right hand with a couple or few splashes. Then, repeat this in your right hand for your left.

As a mark of hospitality, after you wash your hands, begin to refill the cup with water for another person waiting to cleanse their hands. Similarly, it can be a kind gesture to hold the towel after drying your own hands and pass it directly to the next person.



## *Your Gathering*

*(Write in your own details)*

---

---

---

DO IT YOUR WAY:

# NOURISH / HAMOTZI

*Who will lead?* \_\_\_\_\_

**Timing: 5 minutes**

This is a beautiful moment we get to nourish our minds, bodies, and souls. You can take a moment to prepare food to serve or let others know this is when you can prepare to eat together. You can do a blessing of Hamotzi, a blessing over a Shabbat bread.

- Is there a special blessing you want to share for your Shabbat bread and nourishment of the evening?
- What way do you want to bring to the table about nourishment? Are there physical things that people have in front of them?
- What way do you want to bring to the table about nourishment? Perhaps consider that braided challah can represent the bringing together of parts of ourselves that make us whole.
- You can invite people to share thoughts, poems or writings about nourishment and the bringing together of braided pieces of themselves.
- You might consider playing music, sharing a video, or just letting people chat for a quick break.



## *Your Gathering*

*(Write in your own details)*

---

---

---

# DO IT YOUR WAY: **ACTIVITY**

*Who will lead?* \_\_\_\_\_

**Timing: 20 - 30 minutes**

**This is a great time to bring in your own activity for the evening – connecting back to the purpose of gathering.**

Consider: Is there a holiday or an event coming up that is relevant to you? You can use this to build activity and provide framing around your event.

- In an event, we had the following themes: fire, bonfire chat, liberation from constraint, narrative as a form of building community and connection with self and spirit, etc.

**How might you create conversation, prompts, or activities to engage participants?**

- Small groups or break out rooms with a writing prompt:
  - What is something you wish others knew about how you express yourself?
  - What does moving toward liberation look like on/with you?
- Game to get to know one another better (two truths and a lie, an improv game or conversation cards you can pass out)

*Your Gathering*

*(Write in your own details)*

---

---

---

# DO IT YOUR WAY: **NEXT STEPS**

*Who will lead?* \_\_\_\_\_

**Timing: 3 minutes**

Let your guests know if something comes next: If you plan to gather again, when?  
Share about OneTable to guests – pass on the torch and invite them to host their own event or small group dinners.

**We want you to feel at home and help your guests feel that radical hospitality. If you were creating this space for yourself/ "your people" what would you add/have/need for next time?**

Were there partners or co-hosts involved? You can name and thank them.

*Your Gathering*

*(Write in your own details)*

---

---

---

---

---

---

---

---

DO IT YOUR WAY:

# APPRECIATE CLOSING WITH HOSPITALITY AND GRATITUDE



*Who will lead?* \_\_\_\_\_

**Timing: 3 minutes**

To close out the space with gratitude can be a great way to end your time together. Let's take a moment to share some gratitude out loud for one another or share a word that describes your energy as we close this space together. If on Zoom, put your hands on each side of your screen frame and see that we are all connected.



## **You can choose to close by encouraging radical hospitality and/or gratitude:**

- Does anyone want to share some gratitude out loud for one another?
- You can name the journey you have all embarked on, gathering for dinner; Take a moment to reflect on where you all started together to where you are now: Bring up the first activity or words that people mentioned at the beginning of the night.
- Let us ground ourselves in what we will bring from this space: What do you want to take with you from this space into your community? Share a word or phrase (If virtual: Drop a word or phrase in the chat - read out loud by the facilitator)

**ONETABLE**  
SHABBAT TOGETHER



ONETABLE  
195 MONTAGUE STREET, 14TH FLOOR  
BROOKLYN, NY 11201

ONETABLE.ORG | @ONETABLESHABBAT