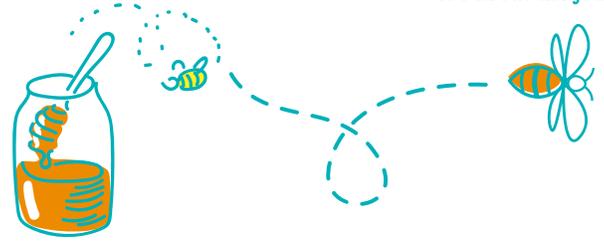


HMI High Holiday conversation guide



Getting prepped

Before your guests arrive, grab six pieces of paper and some markers. On each one, write one of the six phrases (shown below) in large letters. Tape up each one of these phrases around your entertaining space (living room, back yard, park, whatever!).



Introducing the activity to your HMI cohort

After your guests arrive and get settled, call them all together in the entertaining space where you posted all the signs. Let them know how excited you are to see them all and to mark this High Holiday moment with them. Use the script below (either verbatim or as a jumping off point) to explain the activity:

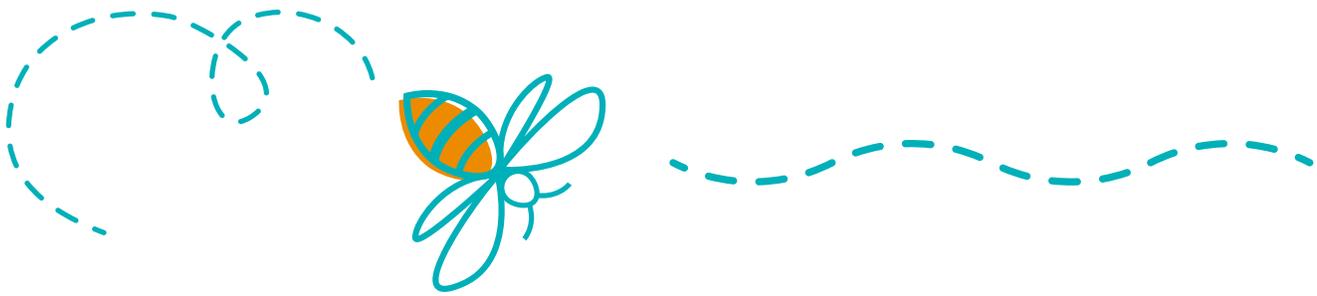
In order to lift up this moment and create a little HMI magic, we are going to explore some High Holiday themes together as a community in small groups. This season of the Jewish calendar is all about introspection, and creating a sort of personal balance sheet of your spiritual highs and lows of the past year. You can see that there are six signs posted all around the room/park/back yard each signifying a different sphere of your life. I am going to read aloud a prompt, and I invite you to consider your response for a moment, and then to physically move near one of the six signs that represents your answer. As with most things in Judaism and in HMI land, there are no right or wrong answers here!

The rest + wrapping up

Read the first prompt (listed below) aloud. Invite folks to move to the sign of their choice. Once people are in small groups, invite them to share anything that came up for them. Allow for at least 1 minute of sharing. Continue in this pattern, reading aloud the last three prompts one at a time, inviting folks to move to the signs that represent their responses, and to share with their small group. At the end, come together as a large group, and ask for a few folks to share anything that felt resonant, inspiring, or surprising to them during the activity.

Prompts:

1. Consider the past year: in which sphere of your life did you gain the most wisdom?
2. Consider the past year: in which sphere of your life did you "taste" the most sweetness?
3. In which sphere do you need a little forgiveness (this can be a private one or a silent one)?
4. This new year, in which sphere of your life would you like to set some special intention?



If you prefer to host a more free-flowing event, try this:

Rather than placing the six "life spheres" around your entertaining space, place the four prompts (listed below in teal) around your entertaining space. Place a small, clear jar underneath each of the four prompts. Using a bag of M&Ms or colored beads, create a color key where each color candy or bead represents one of the six life spheres.

Invite people to grab a handful of M&Ms/beads, and using the color key, to place a candy/bead into each jar at some point during your gathering. Eventually, you'll end up with a really cool visual of your cohort's responses to the prompts! Ask a guest or two to count up all the "responses" by color to figure out any interesting patterns or trends among the group. Invite folks to gather as a large group to discuss.

| | | | | | |
|--|--|--|--|--|--|
|  |  |  |  |  |  |
| Red M&M | Orange M&M | Yellow M&M | Green M&M | Blue M&M | Brown M&M |
| = | = | = | = | = | = |
| social sphere | domestic/family sphere | creative sphere | personal sphere | justice/political sphere | creative sphere |

Consider the past year. In which sphere of your life did you gain the most wisdom?

Consider the past year. In which sphere of your life did you "taste" the most sweetness?

In which sphere do you need a little forgiveness?

Moving into the new year, in which sphere of your life would you like to set some special intention?

