

Guidelines for Activity-Based CORE Groups

Remember the purpose of your CORE Group

While you will spend much of your time engaging in the activity that brought you together, it is important to remember that the purpose of a CORE Group is to build relationships.

Ask a “relational question.”

Some time before the “main course,” get everyone’s attention. You may wish to share a blessing or reading. Then ask a “relational question.”

What is a relational question? A question that is open-ended, personal but not private, and unusual enough that people need to think about their responses, rather than defaulting to their stock material. You can find a “Relational Question Bank” here: <http://the-temple.org/GetConnected/TempleConnect/RelationalQuestionBank.aspx> . Or ask Rabbi Auerbach to help you brainstorm one of your own!

What’s the thinking behind this? It is important to shift from individual schmoozing to inclusive group conversation, which will help you get to know one another more deeply. By sharing a Jewish reading or blessing, you can frame the conversation with Jewish language.

Mix it up, to create connection with the larger community.

Most of the time, you will meet to engage in whatever activity brought you together. But at some point over the course of the year, we hope that you will also set aside time to share in each of these activities as a group:

Learn: Dedicate one of your sessions to learning something together. (Rabbi Auerbach can help you find good material). Or simply attend a workshop or lecture as a group and set aside time after to discuss it.

Serve: Pick a service project you would like to do as a group. You can find some ideas here: <https://timeforgood.org/central-synagogue> .

Enjoy: Make sure to set aside time that is just for fun and socializing. Find an activity or simply have dinner, with no set agenda.