



How Do I Start a Group?

We are here to help! Emanu El is happy to offer training, materials and ongoing coaching to Gather group leaders. If you want to start a new Gather group in the future, all you need are 1-2 people to spark a group, and Rabbi Rachel Gross-Prinz will help you Gather the rest. Get in touch rgross-prinz@emanuelnyc.org. You won't be alone at any point in the process!

People You Already Know but don't really Know: Know people's names or see them regularly at temple but want to interact more meaningfully? Start here.

- Invite 4 or more acquaintances to get together monthly, semi-monthly or weekly. You can meet in person at a coffee shop, your home or on facetime, whatever will keep you regularly connected and committed to the group.
- Choose the makeup of your test group (interest, geography, or profession)
- Decide what to do. Have Shabbat dinner or Havdalah, explore NYC, try out different coffee shops, volunteer. How you design your Gathering is up to you.
- Talk. In your Gather group, dive into deep discussion and create a space to share beyond the surface. Coaching, resources, and discussion guides are available from Rabbi Gross-Prinz.

Bring together a pre-existing group: Do you have a group of people from a class or a congregational trip that would like to reconnect? Do you have groups of friends who volunteer together? Consider coming together for this experience. Follow the same steps above, and contact Rabbi Gross-Prinz to formalize your group and get support, resources and coaching!

Create an open group: Would you like to create new connections with other members? Is there a topic - like parenting teens, mindfulness, justice, or wine (!), that you would like to connect with others around? Volunteer to start an "open" group, which other Emanu El members will be able to join. We recommend having 1-2 people who can partner with you, but otherwise just contact Rabbi Gross-Prinz who can help you with a description and sign-up. Again, we will be with you the whole way.

