

SHINE A LIGHT SHABBAT CONVERSATION GUIDE

ONETABLE



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SHABBAT

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”

—Martin Luther King Jr.

GUIDE TO RESPECTFUL CONVERSATIONS

The first step to eliminating forms of hate is to talk about it openly and honestly. Remember that each of us has multiple identities (race, gender, sexual orientation, religion, class, etc.) and that we don't always know another person's identities and experiences from their physical appearance. People will have different reactions to difficult conversations. Know that being uncomfortable and feeling vulnerable aren't always bad things.

Please read through the following suggestions on how to create a respectful space to have difficult conversations.



ACKNOWLEDGE THAT EVERYONE MIGHT HAVE MOMENTS OF DISCOMFORT

In many cases, it helps to say out loud what others might be feeling: “This conversation might make everyone feel uncomfortable, and that’s OK.” Demonstrating your own vulnerability can provide opportunities for others to be vulnerable.

ESTABLISH GROUND RULES

These can be formal, such as “whoever holds this spoon speaks,” or “if you agree, snap your fingers.” Or these rules can be informal, such as “whatever is said in this room, stays in this room.”



USE "I" STATEMENTS

Individuals can only speak to their own experiences. Do not look to others to speak on behalf of entire races, genders, ethnicities, or other groups.

BE RESPECTFUL OF INTROVERTS – AND OF SILENCE

Notice who is not speaking. Encourage those individuals to contribute, but do not force them. Similarly, if the conversation reaches a point of silence, do not push people to speak. Be respectful of reflection and different speeds of processing information.



PROVIDE SPACE FOR EVERYONE TO HAVE A VOICE

Individuals who are most comfortable expressing their opinions out loud can dominate conversations. The facilitator should respectfully invite others to share their opinions if a few voices begin to dominate the conversation.

KNOW THAT CHANGE DOESN'T COME EASY

Through active engagement comes forward progress. A well-intentioned journey against racism, bigotry, and hate is a commitment, not a one-time event.



SUGGESTED TOPICS OF DISCUSSION

- What is antisemitism — by definition and by example?
- What does it mean to be Jewish?
- How is antisemitism connected to other forms of hate like racism, homophobia, transphobia, misogyny, and others?
- What are your personal experiences with antisemitism and hate?
- What emotions come up when you talk about, see, and/or experience antisemitism/hate?
- What tactics can help us come together, break bread, and Shine A Light on antisemitism and hate?
- What does an inclusive and accepting future look like?



TRY TO REFRAIN FROM

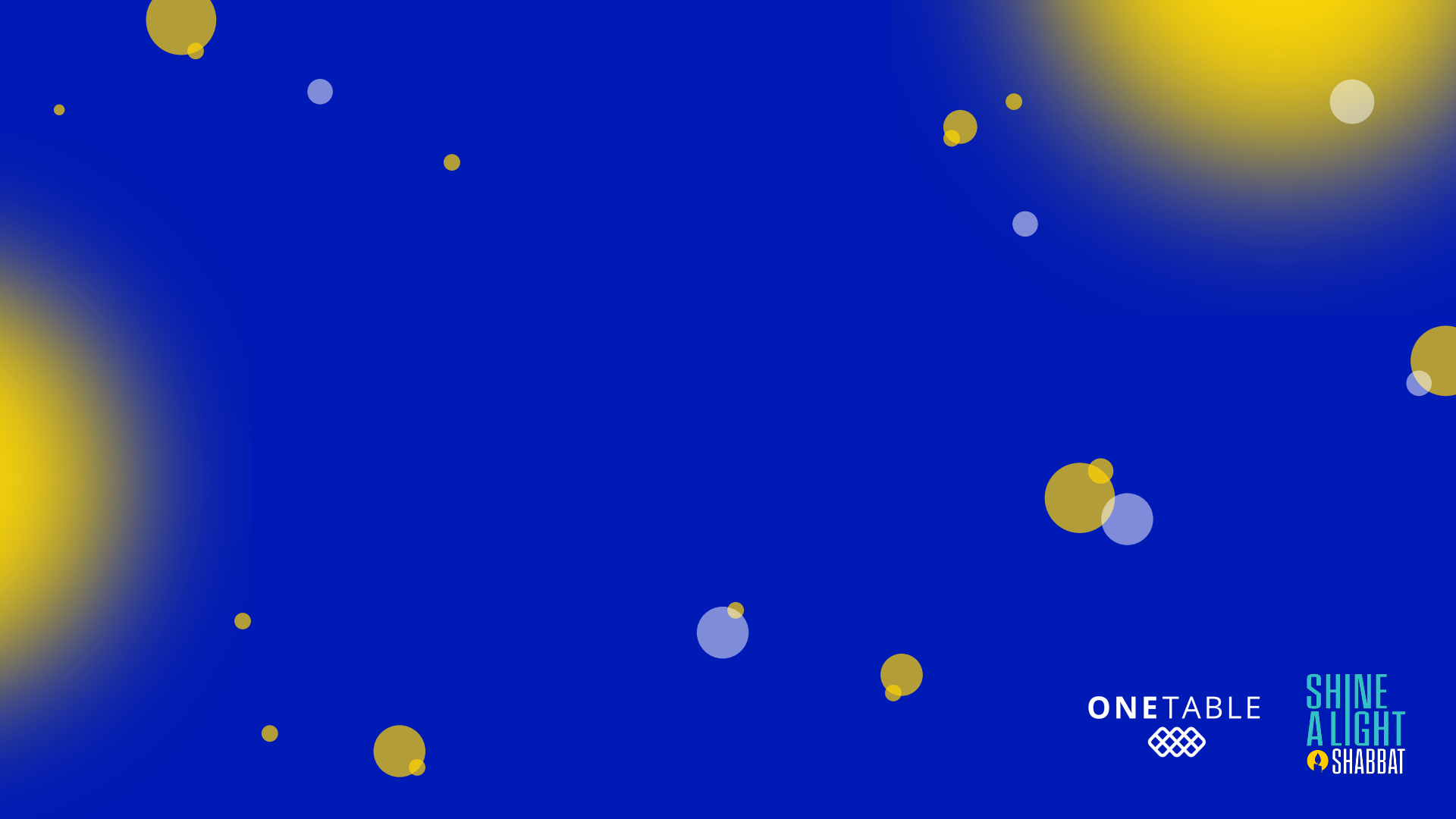
- Commentary on government actions.
- Holding groups of people accountable for government policies and actions.
- Attacking anyone for their belief or (un)intentionally seeking to discredit them.
- Sharing misinformation.



[Shine A Light](#) is an award-winning, convening platform for organizations, companies, communities and individuals to unite in shining a light on antisemitism in all its modern forms.. Fueled by an unprecedented coalition of more than 100 North American Jewish and non-Jewish organizations from across the United States and Canada, Shine A Light draws its symbolism from Chanukah, the notion that one light can dispel the darkness of hate, and encourages Jews and allies to speak up and send a message that antisemitism, in all its modern forms, has no place in our communities or society.

[OneTable](#), a Jewish nonprofit operating in the U.S. and Canada, is dedicated to building community through peer-led engagement. It creates meaningful change by inviting and supporting adults (21-39ish and 50-70ish) to host each other for Shabbat dinner with the goals of everyone becoming producers of their own practices and Shabbat dinners to become catalysts for creating connections. It also now offers its signature digital platform to other engagement-oriented organizations through Powered By OneTable, its software as a service (SaaS).





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