



## Have you Tasted it?

How to facilitate a *Rosh Hodesh: It's a Girl Thing!*  
Taste of *Rosh Hodesh* gathering

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## Introduction

- ▶ The Taste of *Rosh Hodesh* meeting is meant to generate excitement
- ▶ Facilitate alone, with a supervisor, or with other girls
- ▶ Get girls and parents to the introductory meeting, and then they will want to come back for more!



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## Goals for the Meeting

- ▶ Get to know potential participants better and to have fun (giving them a taste of what meetings will be like)
- ▶ Generate excitement about joining a *Rosh Hodesh* group
- ▶ Explore the tradition of *Rosh Hodesh*
- ▶ Begin working together as a *Rosh Hodesh* group – participating in sample activities and discussing logistics

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## Setting the Stage

- ▶ Space
- ▶ Timing
- ▶ Preparation of Materials
- ▶ Make this meeting yours!



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## Getting Started

- ▶ Select one of the two introductory activities, based on the size of the group.
- ▶ First icebreaker: Go around the circle, with each person introducing themselves and sharing one fun fact about themselves.  
*or*
- ▶ Second icebreaker: Inviting participants to rise as you read a list of statements if the description applies to them..

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## First Activity

- ▶ Instead of doing a presentation about what the groups are like, you will be giving them a taste for themselves.
- ▶ Divide participants into two groups and hand out materials
- ▶ This is your chance - GET BUY-IN
- ▶ While closing this activity, be sure to ask for comments about creating the poster and exploring the topic. Allow the group to share what their experience was like.

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### How are Rosh Hodesh groups unique?

- ▶ Highlight that in *Rosh Hodesh* groups:
  - Girls explore topics relevant to their lives drawing on Jewish resources
  - Themes at a Glance
  - Experiential nature



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### Second Activity

- ▶ Exploring being Jewish and encouraging parent-daughter interaction.
- ▶ Introduce next activity by saying that we will explore Jewish objects they have a positive association with or that represent their connection to Judaism.

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### What is Rosh Hodesh?

- ▶ Encourage dialogue and solicit comments from the group
- ▶ Let both girls and parents know that they are part of a movement.



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## Logistics

- ▶ Allow space for open discussion about the *tachlis* of a group
- ▶ Highlight topics:
  - Where and when meetings will take place
  - The role of the Host
  - Contact between meetings with both girls and parents
  - Fees

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## Closing

- ▶ Girls LOVE candles!
- ▶ Telling the Rosh Hodesh story and passing the flame
- ▶ Close with *Hodesh Tov* (have a Good Month)
- ▶ Thank all for participating



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## Next Steps

- ▶ Decide when and where the first Fall meeting will be
- ▶ Determine what type of summer contact you will have with girls and parents
- ▶ Mazel Tov on your first *Rosh Hodesh* meeting!

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