



Dear friends,

Welcome to **Shevet: Jewish Mindfulness Collective**, a grassroots community for in-person meditation sits around Camberville, offered in partnership by the Institute for Jewish Spirituality (IJS) and Or HaLev. We're Carrie and Chloe, two Jewish meditators looking for a regular, simple, sweet way to sit in Jewish community outside of meditation retreats. Do you want that, too? Join us!

Here's the vision:

- We meet weekly on **Wednesday evenings** with a very lightly guided meditation.
- Anyone can volunteer to host on Wednesdays in their space and/or offer framing for the meditation
- While the half hour sit is fixed, hosts are invited to get creative from there. That can be the whole activity! Or, you can invite people over for soup before, or to stay after to sing, or whatever!
- If you are interested in hosting the sit at your home and/or leading the sit, check out more info below.
- WhatsApp is the main (only!) way we'll be sharing info. Join our group [here](#).
- This group is a collaboration between IJS & Or HaLev, with more opportunities to join classes, retreats, and beyond as we get going.

What does it mean to host and/or lead a sit?

- Each week, Shevet happens in a different location around Camberville. Folks can sign up to host AND lead, or just do one: [Schedule and Sign Up Sheet Here](#).
- If you're leading the group that week, please send out a reminder in the whatsapp with the location information the day before, and make sure the location information is updated in the spreadsheet.
- If you just want to host (and would prefer someone else lead) or want to lead but can't host, please message the group to ask for folks to volunteer to lead/host with you.
- Hosts should have space for at least 8-10 people to sit comfortably on the floor and/or in chairs, and ideally a quiet space with low likelihood of interruptions.
- Our intention is that each sit will be primarily silent for 25+ minutes. You may choose to share a reading or some wisdom teachings before or afterwards; a *kavanah* (intention) for

the sit; and/or short mindfulness instruction at the beginning. Please keep facilitation to a minimum; we recommend approximately 1-2 minutes at the beginning and/or end of the sit.

- It can be sweet to offer some time for folks to share names and check in at the beginning and/or share reflections at the end.
- In advance of your first time *leading* at Shevet, please message Carrie or Chloe (listed as Group Admins in the participant list in the WhatsApp group) for a quick chat to align on expectations.

Our goal is to keep it simple and cultivate a community of people in the broader orbits of IJS & Or HaLev who want to practice meditation together. Come sit with us!!

Blessings,
Carrie & Chloe