



Dear friends,

Welcome to **Shevet: Jewish Mindfulness Collective**, a grassroots community for in-person meditation sits in the East Bay. All sits are hosted and lightly facilitated by members of the community. We meet weekly on **Wednesday evenings**. If you are interested in hosting the sit at your home and/or leading the sit, [sign up on this form to volunteer.](#)

We've created a WhatsApp group as our main mode of communication, so [opt into the group here.](#)

- If you're leading the group that week, please send out a reminder 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.
- If you're planning on attending, please thumbs-up the message in the thread about that week's sit.
- You can use the group to share other Jewish mindfulness events and opportunities but please be judicious with what you share in the group so it stays focused on our weekly sits and doesn't become too cluttered.

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. If you are *hosting*, please add to the [spreadsheet](#) the COVID precautions for your space. (COVID precautions are at the discretion of the host so make sure to check the spreadsheet if you have any concerns.)

In advance of your first time *leading* at Shevet, please message Rebecca or Zvika (listed as Group Admins in the participant list in the WhatsApp group) for a quick chat to align on expectations.

Our intention is that each sit will have some form of light facilitation or inspiration. If you sign up to lead a sit, 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. Please keep facilitation to a minimum; we recommend approximately 1-2 minutes max at the beginning and/or end of the sit. The focus should be on silent sitting; sits should be about 30 minutes. We recommend leaving some time for folks to share names and check in at the beginning and/or share reflections at the end.

Our goal is to keep it simple: cultivate community for shared spiritual practice on a regular basis with minimal work for everyone. We may expand our vision in the future as our community expands and deepens (ex. adding more weekly sits, weekend retreats, shabbat gatherings, social gatherings after sits, mindful coworking, etc). Please let us know if you have any feedback or suggestions.

Blessings,
Rebecca and Zvika