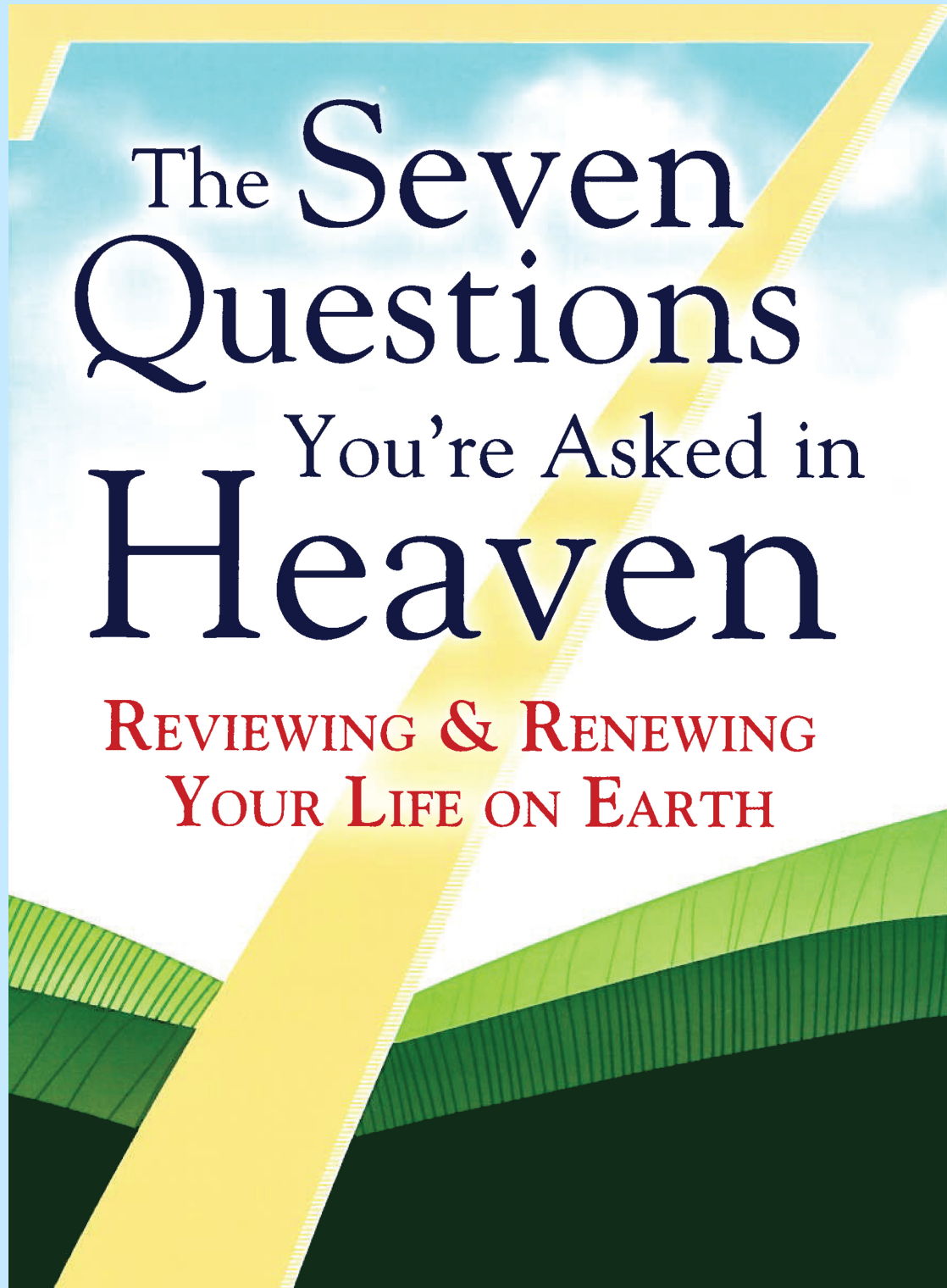


# **CBI Small Group Discussions**



**Based on the book by  
Dr. Ron Wolfson**

## About Small Groups:

This is CBI's 5th Small Group Discussion Program.

Small groups are gatherings for the purpose of meaningful discussions. CBI provides the materials to enhance such sharing; the members choose how best to engage each other.

Small groups are generally composed of 2 to 12 people. This years' focus is on the book **The Seven Questions You're Asked in Heaven**, written by Dr. Ron Wolfson.

In previous years our topics have included:

*"Increasing Wholeness; Why Be Jewish?"; "Born To Love"; and "How To Be A Mensch"*. This years' topic is chosen in this Covid-19 time to help us prioritize what really matters.

Discussions explore thoughts, facilitate an awareness of the world around you, and promote introspection. They create bonds of friendship, help cultivate ideas for self improvement, and how to make the world a better place.

# Message From Rabbi Spitz



Dear Friends,

Small groups are your opportunity to deepen friendships through conversations on important matters and to reflect. These conversations among congregants have proven so deeply gratifying to me, because of a consistently happy description of the process for you. This is our fifth Small Group Discussions.

This year's focus is on Professor Ron Wolfson's book. **The Seven Questions You're Asked in Heaven: Reviewing and Renewing Your Life on Earth.** Its conversational, personal wisdom in addressing seven essential questions of the Talmud resonated for me as a book to share with you. Ron teaches Jewish education at American Jewish University. He is widely regarded as the authority on synagogue life today and is the guide on how to improve welcoming and meeting the needs of congregants. Small Group Discussions are intended to meet your needs for connection through meaningful conversation.

Blessings to you of a New Year of 5781 of health, growth, and joy.

Your Rabbi,



Elie Kaplan Spitz

PS. I would like to thank Barbara Baim for her contribution in honor of her beloved husband, Joe Baim z"l, who enabled so many of our synagogue events and facilitated the gifts for Small Group's Discussions.

## **Session One: To Tell The Truth**

What does it mean "to be honest"?

Are there circumstances when being totally honest is not the best choice?

Are there degrees of honesty? Is there a continuum from being blatantly dishonest for your own personal gain to mildly dishonest for protection of others or self?

Is it easy to be totally honest with yourself and/or is it easier to engage in self deception?

Are you aware of your accountability; honesty towards others, your truthfulness with yourself and faithfulness with God? What is the intersection between faith/belief in God and honesty?

Would you like to cultivate more honesty in your life? If so, where?

# Notes

## **Session Two: The Immortality of Influence**

There are different ways in which one can leave a legacy. One can leave a legacy through children, or making an impact on one's family, among friends, or within the community.

How have you been touched or influenced by someone in your life?

How have you touched or influenced another?

What legacy would you want to leave?

How, and for what, would you want to be remembered?

# Notes

## **Session Three: Turn it.....and Turn it**

There is a belief that we need to nurture our mind, body and soul.

How are you nurturing your mind?

What are you interested in?

How are you exploring your interests and learning more about them?

How do you learn?

How do you take care of your body?

How do you nurture your spirituality and your soul?

Is there anything you need to "unlearn"?

# Notes

## **Session Four: The Hope of God**

How would you describe yourself, more of an optimist or more of a pessimist? What are the advantages to each?

In what ways are you looking forward?

How do you cultivate a sense of hope?

How can you help those around you cultivate greater hope?

# Notes

## **Session Five: What Matters Most?**

What are your priorities in life?

Do you think you may need to rebalance some priorities in your life?

What would you most want to preserve among your current priorities?

# Notes

## **Session Six: Living To Do**

What do you enjoy most? What are you living to do?

Using the expression "a bucket list"; what experiences do you want to yet have? What would you like to do or the places you would like to see?

What activity would make your life more meaningful?

# Notes

## **Session Seven: Perfecting**

Having discussed and examined all these elements of your life, what is the one thing or thought you might have to make you a better "you"?

What did you hear from others in your group that sparked a thought or an idea in you?

What did you say that surprised you and that you want to hold on to as an insight?

# Notes

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# **Congregation B'nai Israel**

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