

**SHARING RELIGIOUS BELIEFS AND PRACTICES – Option One**

**Objectives:**

• To develop a basic understanding of each woman’s “lived” religion

• To begin to see one another as individuals rather than just as “Muslims” or “Jews”

• To begin the process of breaking down stereotypes

**Introduction:**

Through sharing the meaning of an important religious object and role it plays in your life, sisters will develop an understanding about the ways individuals practice their religion. This learning is not just about the “other” religion, but also highlights the rich diversity within our own religious communities. Sharing personal stories is key to establishing each woman’s equal voice, since everyone has a story to share, regardless of her knowledge about her religion. Great activity that allows us to include items that are not transportable!

**Materials:**

* PowerPoint
* Photo of Religious Object

**Time required:**

One hour, divided equally among sisters

**Roles**

* Facilitator
  + Prior to the session, ask participants to email the facilitator a photograph of one item that symbolizes their religion. The facilitator will make a PowerPoint presentation of the photographs.
  + Posts the questions in the chat.
* Time keeper.
  + Ask one sister to keep track of time. She will let the speaker know when she has spoken for five minutes, or however much time is available, given the size of your group.

**Process:**

* Ask one sister to start the sharing by presenting her religious item. Suggested questions to explore:

1. How do you use this object (e.g. daily, weekly, special holidays)?
2. How does this item capture the meaning of your religion to you?
3. Does the object have special meaning from your childhood?

**Note:** You may be tempted to skip the PowerPoint and just hold the objects up in front of you on the screen. Resist this temptation. Remember that some sisters will be watching this on a tablet or a phone, on which even your face may be barely visible. Take the best photograph you can in the best light available. On the positive side, doing this activity on Zoom enables you to use objects that might be too large or too fragile to bring to an in-person meeting.



**SHARING RELIGIOUS BELIEFS AND PRACTICES – Option Two- ZM, FM**

**Objectives:**

• To develop a basic understanding of each woman’s “lived” religion

• To begin to see one another as individuals rather than just as “Muslims” or “Jews”

• To begin the process of breaking down stereotypes

**Introduction:**

These objectives are the same as the previous one, but the activity uses different questions to prompt sharing some of the ways each sister practices her religion.

**Materials:**

You may want to post the questions on the chat or shared screen for easy reference.

**Roles**

* Facilitator
  + Explain the objectives of the activity.
* Timekeeper
  + Ask one sister to keep track of time. She will let the speaker know when she has spoken for five minutes, or however much time is available, given the size of your group.

**Time required:**

One hour, divided equally among sisters

**Process:**

* Ask one sister to begin, describing in detail one or more religious practices or rituals that are important to her.
* What meaning does it/they have in your life?
* What do you most enjoy about the practice?
* Do you find anything difficult or challenging about the practice?
* Was the practice part of your life growing up or has it changed over time?