



Daughters of Abraham

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Below please find our topics and discussion questions.

We start with an icebreaker, share prompts around the topic and then break into discussion groups for the theme question, ending in prayer.

We would be happy to help you start a group and share our materials.

We are in the process of capturing these stories for a book that we hope will instill understanding and inspiration.

2019

February 1st: **Values of your faith**

Intro to D OF A

Share a story that illustrates one of the **values of your faith.**

May 21st: **Symbol of your faith**

What is Ramadan? What is Yom Kippur? What is Lent and Easter?

Share a story about what you brought today that **symbolizes or has meaning to your faith.**

Sharing of Ramadan breaking of fast

June 18th: **How does your faith give you courage?**

What is Shavuot? What is Pentecost? What is Eid-al-Fitr

Zelophehad's Daughters: Sisterhood

Share a story of when you had to have courage to accomplish something? **What gave you the courage?**

Sept 22nd: **New Beginnings**

What is Rosh Hashanah? Yom Kippur, Sukkot: Shemini Aitzeret

What is Eid Ghadeer? Hijra? Day of Ashura?

What is Feast of Michael?

Share a story of when you experienced a new beginning. What was it?

Did your faith play a role?

Introduction to our theme: Visiting our Houses of Worship

Dec 1st: **Darkness has not overcome the light**

What is Advent and Christmas? What is Hannukah? What is Milda un-Nabi?

Where do you get your light from?

Visit of Sanctuary at Congregational Church with Rev. Jimmy Only

How does your faith prepare you for times of darkness? How does it help you? What is your biggest challenge now and how does your faith help you?

2020

April 2nd: **Overcoming challenges**

Overcoming challenges either past or our current situation **and how our faith has or is helping us**. Hopefully by sharing this we can inspire each other with hope and peace.

June 16th: **Hope**

Dr Khan Dr. Faroque Ahmad Khan from the Interfaith Institute of Islamic Center of Long Island joined us for a discussion on hope
Please think about a verse or story you **would like to share about hope**.

Oct 11th: **Bringing light into Darkness**

New technique of breakout rooms. What has brought you join in the last 30 days. **How does your faith help you through dark times?** Showed video of Bette Midler's God is watching us.

2021

Jan 12th: **Going forward listening to God with our Faith and Trust to determine our path forward.**

Please come with a one word or phrase, a prayer for our country.

Naomi's and Ruth's story: *A Story of Hope*.

Please come and share how your faith in God is guiding your actions.

Mar 25: **What choice did you make that has had a great impact on your life?**

Perhaps you didn't know if was a big choice but the meaning of it became abundantly clear later.

Ramadan and Easter Closing prayer.

May 15th: **What makes a hero to you?**

Who is the spiritual in or outside the scriptures, who feeds your soul?

Sept 27th: **Being comfortable with the uncomfortable.**

What is a soul trait or value that you want to develop in these uncertain times?

Share a time you were or were not able to deal with uncertainty.

What did you learn from that experience?

Nov 16th: **Our Words.**

What are we thankful for?

Words are free. It's how you use them that may cost you." -KushandWizdom

"Kind words can be short and easy to speak, but their echoes are truly endless."

-Mother Teresa

Come ready to **share how your spiritual practice guides your words?**

2022

March 24th: **Our theme is: What do we want to leave as our legacy?**

There is a Jewish saying: L'dor v'dor...From generation to generation. We learn from the past in order to create a future. We are merely temporary characters in the huge story of life.

What is one legacy that has been given to you that you want to pass on?

Talk about a legacy of your faith that's been given to you that has meaning to you today and why?

June 21st: **Finding and Keeping Joy in our Lives.**

Based on The Book of Joy by the Dalai Lama and Desmond Tutu with writer Douglas Abrams.

What brought you joy today?

What has helped you find and keep joy in your life? **What part does your faith play?**

Looking at the Eight Pillars of Joy from the book which ones are easy for you and which ones challenges you?

Perspective, Humility, Humor, Acceptance, Gratitude, Compassion, Generosity.

MEETINGS:

he first year we met in person, which allowed a meaningful sharing time with refreshments following. We switched to Zoom during Covid. Zoom allowed us to invite more women from out of state. We plan to do a hybrid in the future.

With all that is going on in this world, this is a small ripple in water that can grow.

As-salamu alaykum, Peace be with you, Shalom.
