



Webinar Discussion Guide

Grandparenting with Grace: Organizing Your Home and Heart for the Jewish New Year

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Purpose

This guide provides prompts for discussion of the JGN webinar **Grandparenting with Grace: Organizing Your Home and Heart for the Jewish New Year** led by Amy Bergman. Grandparent groups, social meetups, and program facilitators can view the recording together and use the following prompts to reflect on the legacy they want to leave and how they can engage their grandchildren in meaningful conversations about family values and stories.

Key Takeaways

1. Prepare the Heart — Embrace Jewish Values

The High Holidays invite us to embody grace (*chesed*) and hospitality (*hachnasat orchim*), opening our homes and hearts to others. These values remind us that welcoming others is as much about genuine connection as it is about the meal or setting.

2. Stay Present and Supportive Without Losing Your Own Grounding

Holiday gatherings can bring the pressure to host beautifully, bridge generations, and create lasting memories. While these goals are meaningful, trying to meet every expectation can be exhausting. Protecting your own grounding allows you to be fully present without overextending yourself.

3. The Jewish New Year Is an Opportunity for Spiritual and Practical Renewal

Rosh Hashanah offers a natural reset. It's a time to reflect on the past year, set intentions for the year ahead, and take practical steps — both in your home and in daily life — that bring greater peace, order, and joy.

Tips and Tricks for Creating a Welcoming Space for and Connecting with Grandchildren

1. Create welcoming physical spaces for in-person visits.

- Set up a Holiday Corner with kid-friendly books, crafts, and ritual items (shofar, apples & honey, dress-up clothing).
- Create an interactive dress-up area with fancy holiday clothing, scarves, or accessories for High Holiday related play.
- Designate a calm, sensory-friendly space for children who may feel overstimulated during holiday gatherings.
- Keep your own routines in place by organizing small quiet-time rituals for yourself during busy family days.

2. Connect with grandchildren who live at a distance.

- Host a virtual story time using Jewish New Year-themed books. See all Rosh Hashanah titles in the [Jewish Grandparents Network Bookshop](#). Consider sending one copy to your grandchild and keep one for yourself.
- Share holiday songs, blessings, or family recipes over Zoom or FaceTime, by texting or emailing printed copy beforehand, setting up a “virtual date” that works for their schedule with a start and end time, set up your tools/ingredients ahead of time, practice how you will share before the date, take a screen shot of the date to keep as memory, follow up afterwards for feedback and to show you care.

3. Declutter as a spiritual and practical process.

- The Jewish New Year is a symbolic fresh start — a time to clear space both in your surroundings and in your inner life. Just as we declutter a room to make it feel lighter and more open, we can also release old habits, grudges, or worries to create mental and emotional space. Making room in both areas allows new experiences, connections, and intentions to take root in the year ahead.
- As a group, discuss easy, sustainable decluttering methods for grandparents (one-drawer challenge, donation baskets, etc.).
- Think of decluttering as a gift to ourselves and a legacy of calm and clarity for our families, and how we can Live Lightly now.

Discussion Questions

Preparing Your Home and Heart

How do you plan to prepare yourself — and your home — for visits from grandchildren and family this year? What might you do differently than in the past?

Engaging with Grandchildren

What are some meaningful ways you can connect with your grandchildren during the holidays, whether in person or virtually? Are there any resources or tools you'd like to explore ahead of time?

Defining Clutter

Clutter is often described as items that are unloved, unresolved, or unused. How does this definition shift the way you see your space and the objects in it? Clutter can also represent postponed decisions — has that idea changed how you think about what's in your home?

Decluttering Your Home

Which areas of your home might you want to declutter or make more welcoming before the holidays? What feels like a priority? Where might you turn for support or resources to help you begin?

Releasing for the New Year

As you approach the New Year, what are you ready to release — physically, emotionally, or relationally? And what do you want to welcome in more of — at home, in your time, in your heart?

Keep the conversation going! Find more decluttering and organizing ideas, blog posts by topic and grandparenting wisdom at www.amyzingspaces.com and follow along on [Instagram](#) & [Facebook](#) @amyzingspaces