

Date night

FOR MARRIED COUPLES

Topic: Pesach

Our earlier experiences around the holidays impact how we celebrate them as adults. Sharing your Pesach memories can help you both better understand why you feel certain ways about different aspects of Pesach. You may also decide together about creating new family traditions and experiences.



Prepare for the date:

Before the date, think about your Pesach experiences as a child and young adult. Think about some of your more recent Pesachs. Find the old albums. Print pictures from your phone. (If you were introduced to Pesach as an adult, think about your first Pesach and subsequent ones.)

Setting for the date:

Get yourself in the Pesach mode. Go to a place that makes you think about Pesach (Passover aisle, Judaica store). Purchase something or just browse. Then, building on that experience have your conversations about Pesach experiences.

The date:

- Listen to each other's stories about Pesach. With genuine, open curiosity; no judgment.
- **IMPORTANT:** This conversation should not be about creating plans or budgets for Pesach.

Conversation starters:

What are your earliest Pesach memories? Did you prepare in school for Pesach? What kinds of projects did you bring home?

How far in advance did your parents prepare for Pesach? What were those preparations? What was your job or responsibility? What was that like for you?

What is a favorite food that you ate only on Pesach? Was it homemade or purchased? Who made it? Do you have the recipe? Where did you buy it?

What are your thoughts about the way your family celebrated Pesach? What traditions would you like to continue? What might you tweak? What might you want to not do?

Are there Pesach customs that you would like to learn more about or experience? What about those are intriguing?

What are some Pesach songs you remember singing as a child? What are some Pesach songs you sang at the seder?

How long was the seder? What did the children do during the seder? What did the adults do? Did your family do anything specific to keep the children engaged?

Did you celebrate Pesach with extended family? Who? Where? Any special family memories?

What was the day(s) before Pesach like? What was your role? What were the adults doing? What did you eat during those days?

What was the typical Pesach menu? Did that change over the years? Did your family cook all meals at home? Did you invite guests? Did you go to others as guests?

What did you do for Chol Hamoed? Were both your parents involved in Chol Hamoed activities? Any memorable incidents?

What are some Pesach experiences in married life that stand out? What was so memorable about those?

What Pesach experiences and memories do you want your children to have? What can you do to make that happen?