

# Date night

## FOR MARRIED COUPLES

### Topic: Shavuos

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



#### Prepare for the date:

Before the date, think about your Shavuos experiences as a child and young adult. Think about some of your more recent experiences of Shavuos. (If you were introduced to Shavuos as an adult, think about your first Shavuos and subsequent ones.)

#### Setting for the date:

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

#### The date:

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

#### Conversation starters:

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

**What are memories of Shavuos from high school/seminary/yeshiva days?**

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

**What was the typical Shavuos menu?** Did that change over the years? What dairy foods were served? At which meals?

**Did your family celebrate Shavuos with flowers?** What kind? Who bought them?

**What kind of celebrations did you have in your Shul?** For the children? For the adults? What is something you heard about in other shuls or communities that you wish you had experienced?

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

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

**What are some Shavuos songs you remember singing as a child?**

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

**What does the yom tov of Shavuos mean to you?** What messages of the yom tov resonate with you?

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