

'Tis The Season! Oy Vey.



The December holidays are the best, but they sometimes come with questions -- and a little stress, especially for couples who grew up celebrating differently from each other! Don't worry; HMI has your back. Below are a few conversation starters you can use with your HMI family to find some solidarity with other folks who might be sitting with similar stuff as you this season. Wishing you all a season of love, light, blessings, and health!

Good conversation starters for couples from all backgrounds:

- What are some of your favorite December holiday memories or traditions?
- What are you feeling at this time of year in terms of your partner's relationship with Hanukkah/Christmas/any other December holiday ritual? Can you name the feelings?
- How do conversations typically go with your partner about how/what you celebrate together, how you decorate your home, which family members to spend time with and when, etc.?
- Have you and your partner found meaningful ways of celebrating the holiday season together? What traditions or rituals have you created together?
- Has anyone or anything been particularly supportive to you as you build holiday traditions of your own?
- Are there any unanswered questions or important conversations lingering between you and your partner that you need some support in addressing? If so, could this group be helpful to you in any way?

Some questions for Jews by Choice (JBC)/ "Adopted Jews" to consider with each other:

- How do you make meaning of the holiday season as JBCs?
- How do you communicate with your families about the new Jewish traditions you are learning to adopt? How do those conversations feel to you?
- How do the holidays you grew up with still hold meaning for you? How do you acknowledge your roots and bring important family traditions into your Jewish fold?

For folks who grew up in interfaith/multi-faith homes:

- Growing up, did your parents emphasize one December holiday over another? Or one tradition/custom over another? If so, what was that like for you?
- As an adult, do you find yourself leaning more toward certain traditions this time of year? If so, how does it feel? If not, what is it like to continue the tradition of observing multiple holidays with your partner?
- What are the conversations like between you and your partner about how/what you celebrate together, how you decorate your home, which family members to spend time with and when, etc.?