

'Tis The Season! Oy Vey.



The winter 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 common ground with other folks who might be experiencing similar stuff as you this season. Wishing you all a season of love, light, and blessings.

Good conversation starters for couples from all backgrounds:

- What are some of your favorite winter 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 winter 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?
- Are there any unanswered questions or important conversations lingering between you and your partner that you need some support in addressing?

Questions for Jews by Choice or "Adopted Jews" to consider with each other:

- How do you make meaning of the holiday season?
- How do you communicate with your family about the new Jewish traditions you're 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 home?

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

- Growing up, did your parents emphasize one winter holiday over another? Or one tradition/custom/ritual 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.?