

S H A M O R
שמור
L'Amour
JWI.ORG/SHABBAT
A Healthy Relationship Shabbat

We tell our congregants that on Shabbat we hold two commandments sacred: “*shamor v’zachor*” – **protect and remember**. But to truly create a sacred space in the home for Shabbat, we must have a home that is at peace; a home of loving, healthy relationships and connections; a home where love is protected.

During February, we invite you – along with your partner, your family, your Shabbat guests, your congregation – to celebrate a very special Shabbat of “Shamor L’Amour.”

JWI’s Clergy Task Force to End Domestic Abuse has created these conversation cards to help you discuss, explore, and celebrate healthy relationships. Print them, cut them out, mix them up, and draw cards to spark discussion.



ADULT CONVERSATION

a project of



How was sexuality addressed, or not addressed, in your family of origin? How do you think that affects what you bring to the sexual dimension of a relationship now?



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Is it easy or awkward to discuss sex in your relationship?

What would make it less challenging and more comfortable?



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Are you comfortable suggesting changes to your sexual relationship? If not, what can you and your partner do together to make that an easier conversation?



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How do you respect and maintain the comfort and familiarity of “the usual” while being open to new sexual experiences in your relationship?



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In what ways are names (e.g., “honey,” a nickname, or a name unique to you) a form of intimacy? How do names reflect the uniqueness of a relationship?



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Does the order in which friends and family name you as a couple – e.g., Bob and Edith; Jon and Dave; Sue and Michael – matter to you? Why or why not?



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How does omitting a name reflect an imbalance in a relationship? (Who signs legal papers in a couple? Who is spoken to when a couple sits in a doctor’s office, or a meeting with a teacher, or in a car dealership?)



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Name three important things couples can do for each other to maintain *shalom bayit* – peace in the household. What is important to you?



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Which rituals do you have for each other that help achieve *shalom bayit* – domestic harmony?



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Recall a time when you and your partner successfully navigated a significant disagreement; what allowed you to come to a resolution?



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Thinking of the relationships you observe among friends and family, what are some aspects of those relationships that you would like to avoid in your own relationship?



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Where do you see yourself or your partner, perhaps inadvertently, repeating patterns that you've observed in other relationships? How can you discuss that safely?



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Thinking of the relationships you observe among friends and family, which aspects of those relationships do you respect and hope to emulate?



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Do you have a loving ritual in your relationship? If not, what could it be? Date night? Daily hug? Annual vacation? Morning breakfast?



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What are three things you admire most about your partner?

How do you let them know?



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What is your model of a strong and active woman?

Who embodies that for you?



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What must be earned in a relationship?



ADULT CONVERSATION

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For what would you like to be acknowledged?