

# **An Intimate Seder for Couples**

(draft)

Shabbat is an intimate encounter with our Creator. A Mezzuzzah on your bedroom door is a reminder that you are about to enter a sanctuary. Intimate encounters, we will see, may be considered a type of worship. The Kabballah focuses on intimacy and marriage as metaphors that teach secret truths.

Exploring the mystical text of the body is an exercise in drawing close to our Creator. The human body is the primary Temple of God. At the center of the Temple is the holy of holies. The preludes of prayer and mediation before entering are a “co-mingling from head to toe,” to quote William Blake, and not a high priest entering a holy place.

The teachings of truth within The Ark, the centerpiece of the holy of holies, are guarded by the Cherubim. The word cherub in Hebrew means “that which brings us closer.” The Cherubim are first a couple gazing at one another with love. They teach the sanctity of intimacy “Look at us and remember, you are beloved before God as the love between a man and women.” (*Yoma 54a*) Rashi adds “They (The Cherubim) cleaved to one another, holy in embrace.” In this embrace we catch a glimpse of the image of God. The end result of this creativity, children, are the usual image of the cherubim.

## **Preparation:**

Welcome to Mitzvah night. The mitzvah is to be fruitful and multiply. The mitzvah of the night is a mitzvah every night, procreation, and recreation. The inner meaning of the Mitzvah is also one of re-creation. We are duty bound to perform every mitzvah with joy. As Adam knew his wife Eve, and Eve knew Adam, they learned that Knowing and Being are one. Intimacy becomes a form of prayer.

The Song of Songs is our primary text, a genre guide. A new reading every week is as welcome as flowers on your Table, set with Light, wine, bread, and a light meal. Love letters and books of poems are welcome.

The prayer that follows is based on Kabballah, and I suggest you add your own *kavannahs* (Focused Meditations):

*Abba* and *Emma* of all worlds take our names and give us yours. Remember us. Strengthen our seed and nourish our earth, as we await good and loving children. Bless us with prosperity.

We are married forever. You are our greatest pleasure. In this we know God. May we pass this wisdom on to our children and grandchildren and all future generations. Amen.