

THE
HAMANTASCHEN
MONOLOGUES
TOOLKIT



A NOTE FROM THE HAMANTASCHEN TEAM

To our dearest Hamantaschen community,

Welcome to the Hamantaschen Monologues toolkit! We are so happy you are here <3

This toolkit is a guide to help you embrace all of the messiness, beauty, reflection, and pure, pure joy that comes with the Hamantaschen Monologues. We hope you spend some time with this toolkit on your own or in community, and— through these pages— find a deeper connection to your own Hamantaschen story.

In this toolkit you'll find:

- Conversation starters and guidelines to have a Hamantaschen conversation
- Hamantini recipes. Apricot and Raspberry, take your pick!
- DIY Lube Recipes for a healthy, happy bod
- Ways to keep the Hamantaschen ~vibes~ goin'
- Jewish sources for further exploration
- Resources for support and information

We hope you enjoy this toolkit, and the Hamantaschen Monologues 2023.

Thank you so much for being a part of this magic. We couldn't do it without you.

With so much love and gratitude,
The Hamantaschen Team

*The Hamantaschen Monologues 2023 is hosted in partnership
with Ikar, JQ International, and Moishe House*

WHAT'S YOUR HAMANTASCHEN STORY?

CONVERSATION

GUIDELINES
Our “Hamantaschen stories” – stories about our relationships to sex, sexuality, and our bodies – can be beautiful, messy, tender, complicated, and everything in between. The following questions are here to help you engage with discovering your own Hamantaschen Story, either on your own or in community. There are no right or wrong answers to the following questions, and these questions are just the beginning of our ever-evolving Hamantaschen journeys. Please refer to the “Resources” section of this toolkit for any support needed.

TIPS



Set the stage for discovering your Hamantaschen Story. Whether you’re diving into these questions as a solo reflection, or in community with others, make sure to get cozy and comfortable. Grab a snack, a warm cup of tea, and perhaps a journal. Settle in, and remember - whatever comes up for you– the wacky, the tender, the vulnerable, the beautiful– is so, so sacred. Thank you for being a part of this community <3



Take it slow, and use your breath and your body to process whatever comes up. Feel free to take a few deep breaths in-and-out, go on a quick walk, or shake it out “wiggle-style” if you need a moment. Always feel free to step in and out as feels good to you.



Resources are available in this toolkit to provide guidance around accessing support. For more immediate support, refer to the call-in hotlines listed in our Resources section, as well as written resources around bodies, sex, and sexuality.

DISCOVERING YOUR "HAMANTASCHEN STORY"

ON JUDAISM + SEX, SEXUALITY, & BODIES

- How are sex, sexuality, and bodies connected to you? Where do they intersect and where are they separate for you?
- Which identities, perspectives, or experiences have most informed your relationship to sex, sexuality, and/or your body?
- Which parts of Jewish culture, text, ritual, or community have imparted messages around these subject areas?

YOUR RELATIONSHIP TO SEX, SEXUALITY, & BODIES

- How would you describe your relationship to sex, sexuality, and/or your body?
- What key moments or memories have been formative in building those relationships?
- What are you most proud of with regards to your relationship to sex, sexuality, and/or your body? What growth, changes, or journeys are most sacred to you?

MANIFESTATION MOMENTS: Your Hamantaschen Hopes & Dreams

- What are your hopes and dreams for your relationship to your body?
- How do you hope your relationship to sex and sexuality grows, evolves, or changes over time?
- Set some intentions for your Hamantaschen journey. What feelings or values would you like to hold with you?

THE RASPBERRY HAMANTINI

RECIPE BY CHANIE APFELBAUM

2 OZ. RASPBERRY SNAPPLE

1 1/2 OZ. VODKA

2 TBSP RASPBERRY JAM SIMPLE SYRUP

RASPBERRY HAMANTASCHEN COOKIE CRUMBS, FOR GARNISH

ADD ALL INGREDIENTS TO A COCKTAIL SHAKER AND SHAKE (ICE, OPTIONAL).
DIP THE RIM OF YOUR COCKTAIL GLASS IN RASPBERRY JAM SIMPLE SYRUP AND
RASPBERRY HAMANTASCH COOKIE CRUMBS.
POUR THE DRINK INTO YOUR COCKTAIL GLASS.

RASPBERRY JAM SIMPLE SYRUP

3 TBSP RASPBERRY JAM

3 TBSP WATER

ADD INGREDIENTS TO A SMALL POT AND BRING TO A BOIL, WHISKING TO BREAK
UP THE JAM. SIMMER UNTIL SLIGHTLY THICKENED. SET ASIDE TO COOL.





RECIPE BY CHANIE APFELBAUM

2 OZ. UNSWEETENED APRICOT NECTAR (WE RECOMMEND CERES)
1 OZ. DARK RUM
1 TBSP APRICOT JAM SIMPLE SYRUP (RECIPE FOLLOWS)
APRICOT HAMANTASCH COOKIE CRUMBS, FOR GARNISH

ADD ALL INGREDIENTS TO A COCKTAIL SHAKER AND SHAKE (ICE, OPTIONAL).

DIP THE RIM OF YOUR COCKTAIL GLASS IN APRICOT JAM SIMPLE SYRUP AND APRICOT HAMANTASCH COOKIE CRUMBS.

POUR THE DRINK INTO YOUR COCKTAIL GLASS.

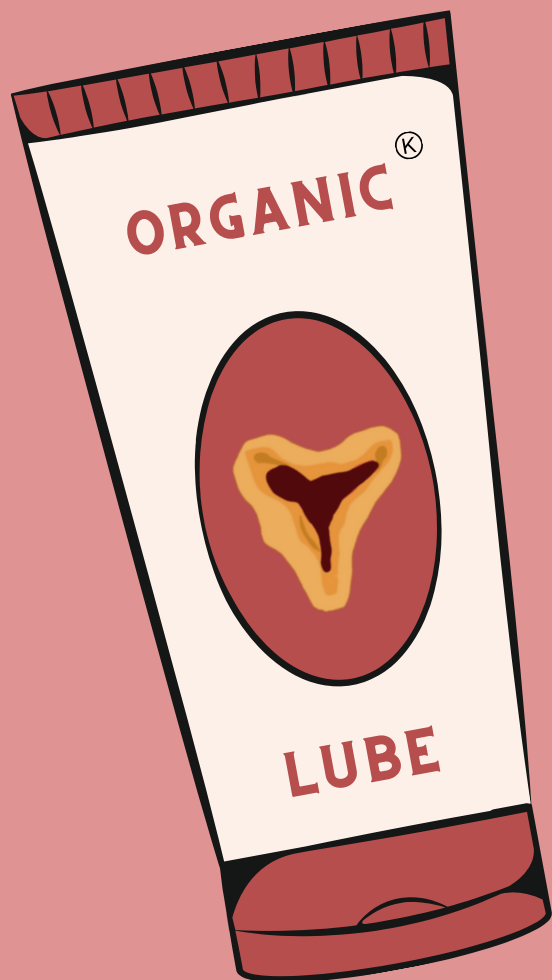
APRICOT JAM SIMPLE SYRUP

2 TBSP APRICOT JAM

2 TBSP WATER

ADD INGREDIENTS TO A SMALL POT AND BRING TO A BOIL, WHISKING TO BREAK UP THE JAM. SIMMER UNTIL SLIGHTLY THICKENED. SET ASIDE TO COOL.

THE APRICOT HAMANTINI



COCONUT OIL BASED LUBE

The following recipe was published by Anna Cabeca, D.O., Triple board certified OB/GYN on mindbodygreen.com, and adapted from Anna Cabeca, D.O.'s book "The Hormone Fix." Read the full article [here](#).

INGREDIENTS

¼ cup fractionated organic coconut oil (a liquid coconut oil that has had the longer-chain fatty acids removed; check the label)
¼ cup aloe gel
1-4 drops essential oil*

DIRECTIONS

Combine all ingredients in a glass jar. Shake well.

Keep by your bedside, and use as much as desired prior to and during intimacy or with intimate massage.

* A few essential oils that we like to mix in with our DIY lubricant, and ones shown to soothe vaginal tissues, include clary sage, Roman chamomile (*Anthemis nobilis*) or Cape chamomile (*Eriosephalus punctulatus*), rose, lavender, frankincense, and sandalwood. A word of caution: Never apply essential oils directly on the vaginal or vulvar skin. Always use a carrier oil or the recipe above, and before using in the vaginal area, test on your inner arm skin first for signs of irritation.

IMPORTANT NOTE

COCONUT-OIL BASED LUBE SHOULD NOT BE USED WITH A LATEX CONDOM.

ALOE BASED LUBE

The following recipe was published by Kristi on VeggieConverter.
Read the full article [here](#).

INGREDIENTS

- 1 cup cold water
- 4 teaspoons arrowroot flour or powder (or starch, all of these names are interchangeable)
- 5 drops peppermint essential oil
- 5 drops Sensation essential oil
- 3 drops black pepper essential oil

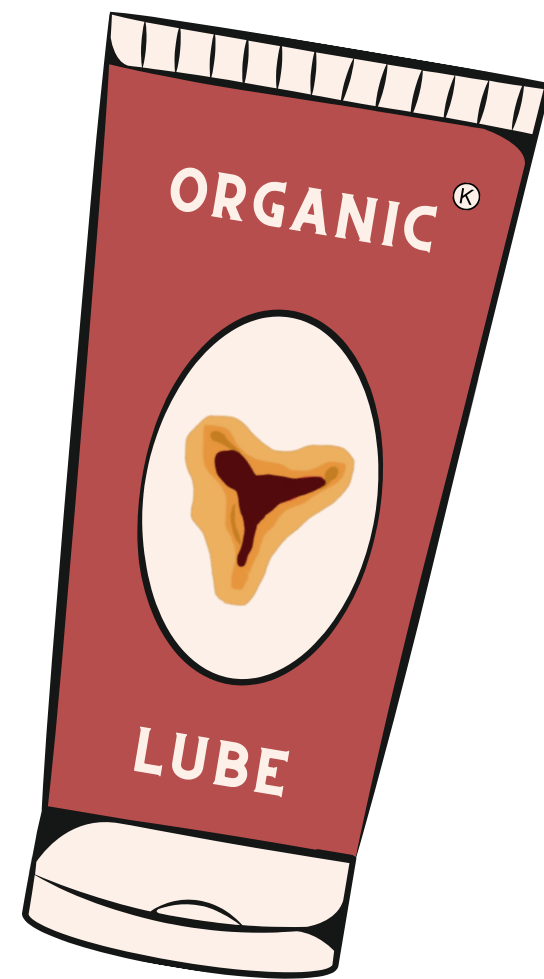
DIRECTIONS

In a small cooking pot, add the cold water and arrowroot flour. The water must be cold or the arrowroot will clump up. Mix until combined. Slowly bring to a boil on medium-low heat, stirring often.

Once it boils, the liquid will look kind of like gelatin or glue. Remove it from the stove and pour it into your container. Let cool slightly and add the essential oils directly to the tubes. You'll need 2 tubes for a full recipe, or 1 for a half recipe. Add more or less essential oils once you've ahem, quality-tested, this amount.

Store it at room temperature. Putting it in the refrigerator or freezer will allow a skin to form on the lube.

Enjoy!



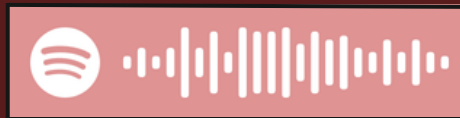
IMPORTANT NOTE

ALOE VERA BASED LUBE IS WATER-BASED, AND IS CONDOM-SAFE.

KEEP THE HAMANTASCHEN VIBES GOING



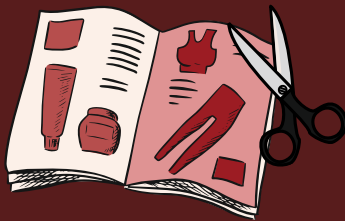
PRACTICE SOME
PELVIC FLOOR
STRETCHES



HAVE A DANCE PARTY TO THE
HAMANTASCHEN MONOLOGUES
OFFICIAL PLAYLIST



WRITE A
HAMANTASCHEN
MONOLOGUE



MAKE A COLLAGE
REPRESENTING
YOUR BODY



BAKE SOME
HAMANTASCHEN FOR A
FRIEND GOING THROUGH
A TOUGH TIME



MAKE SOME LUBE WHILE
HAVING A HAMANTASCHEN-
STYLE CONVO

JEWISH SOURCES

ON JEWISH STORYTELLING

“It is not the leader alone, or some elite, who are trained to recall the past, but every one of us. This too is an aspect of the devolution and democratisation of leadership that we find throughout Judaism as a way of life. The great leaders tell the story of the group, but the greatest of leaders, Moses, taught the group to become a nation of storytellers... By making the Israelites a nation of storytellers, Moses helped turn them into a people bound by collective responsibility – to one another, to the past and future, and to God.”

READ MORE OF RABBI SACKS'S ["A NATION OF STORYTELLERS."](#)

ON THE HAMANTASCHEN'S HISTORY

“As author Lesley Hazleton said, “One look at the dark seeds bursting out of their pasty envelope and you need no Freud to figure out the sexual symbolism.” Mahn taschen were never intended to represent Haman (BOOOO!!!) but to be noshed on in celebration of our fertile Myrtle (Esther) who saved the Jewish people with her seductive, witty ways.

READ MORE OF ARIELLE KAPLAN'S ['YES, THERE'S A REASON HAMANTASCHEN LOOK LIKE VAGINAS'](#) ON [HEY, ALMA](#).

ON PURIM AND FEMINIST MODELS

“Feminists desperately need flexibility, need more than one model in our arsenal, we need Vashti and Esther; we need a no and a yes and, indeed, everything in between. We need those who walk out of a room on principle and those who enter a system and steadily work through it for the sake of a higher vision. We need honesty and we need stealth.”

READ MORE OF RABBI DIANNE COHLER-ESSES'S ['SAYING "NO" AND SAYING "YES": FEMINIST MODELS OF CHANGE IN THE BOOK OF ESTHER'](#) ON [LILITH.ORG](#).

RESOURCES

DOMESTIC VIOLENCE

National Domestic Violence Hotline: at 1-800-799-SAFE (7233) or 1-800-787-3224 (TTY).

HOTLINES SERVING JEWISH COMMUNITIES (ONLY OPERATING DURING THE TIMES INDICATED):

Shalom Task Force: at 1-888-883-2323. NY-based domestic abuse hotline operating in the Jewish community. Hotline hours are Mon/Wed 9AM-8PM, Tues/Thurs 9AM-10PM, Fri/Sun 9AM-12PM all EST. Also has a chatline.

JCADA (Jewish Coalition Against Domestic Abuse) Helpline: 1-877-885-2232.

Helpline hours are | Mon - Thu 9 - 5 pm | Fri 9 am - 3 pm. Helpline is for victims and survivors of power-based violence, as well as their friends and families, who are 14+ in VA & DC or 16+ in MD.

The JQ Hotline provides inclusive support and resources for LGBTQ+ Jews, their families, and allies.

Call, text, or email the JQ Helpline today. 855-JQI-HLPS 855-574-4577)

MENTAL HEALTH

National Suicide Prevention Lifeline: at 1-800-273-TALK (8255).

Spanish-speakers can call 1-888-628- 9454; Deaf and Hard of Hearing callers can dial 711 then 1-800-8255.

Crisis Text Line: Text HOME to 741741 from anywhere in the U.S., anytime.

SEXUAL VIOLENCE

RAINN (Rape, Abuse & Incest National Network): National Sexual Assault Hotline 1-800-656-4673 and chatline.

The Asexual Visibility & Education Network

Planned Parenthood

National Sexual Violence Resource Center

Callen-Lorde

GET INVOLVED

Feeling inspired by The Hamantaschen Monologues 2023?

Here are some ways to plug into Jewish community, storytelling, & the growing Hamantaschen network.

THE HAMANTASCHEN MONOLOGUES 2024

Want to stay connected to The Hamantaschen Community? Think you might want to give a monologue (inspo on the next page), host a watch party, or support this growing, beautiful movement celebrating sex, sexuality, and bodies? Let us know by sending us an email at hamantaschenmonologues@gmail.com.

IKAR LOS ANGELES

IKAR's mission is to reanimate Jewish life and develop a spiritual and moral foundation for a just and equitable society. Fusing piety and hutzpah, obligation, and inspiration, IKAR is a dynamic, multi-generational community that fosters a yearning for personal, purposeful, creative engagement in Jewish life, particularly among young and disaffected Jews. Rooted in Los Angeles and reaching globally, we strive to actively and intentionally celebrate the vibrancy and diversity of the Jewish people.

Learn More [Here](#).

MOISHE HOUSE

Moishe House is what being Jewish in your 20s is all about. We provide a space for over 70,000 young adults around the world to create meaningful, welcoming Jewish communities for themselves and their peers. Connect with your community and discover why so many call Moishe House home. Find a [Moishe House near you](#).

JQ

JQ is a 501(c)(3) non-profit organization whose mission is to celebrate and strengthen queer Jewish life through community building, educational programs, and support services creating a joyful and healthy future for LGBTQ+ Jews and their loved ones. Learn more about JQ [Here](#).



WRITE YOUR OWN HAMANTASCHEN MONOLOGUE

What's your Torah-Turn On (something Jewy you find hot)?
When did you first know?

What was your sexual awakening?
How was Judaism a part of it?

Birthright Bashert? Summer camp love story?

How was Jewburty?
Let's talk periods, boners, body hair, bar/bat mitzvah dancing.

What was the first (or last) time you
realized your Jewish sex-ed just didn't cut it?

Share a time a family member got too tipsy on the four cups of
wine and spilled something juicy.

Negotiations, apologies, requests- what have
you shared with a Higher Power?

"Not everyone does that...?"
Lessons you learned the hard way.

