

The holiday of Passover (Pesach) is fast approaching. It is an exciting holiday filled with traditional foods, family/community time, and recounting the story of our people. We use a *haggadah*, a book, to guide us through the seder meal. At TBH, our students learn about the story of our Exodus from Egypt and explore the beauty of the season of Spring. You may hear them discuss some ideas at home, and we want to provide you with a quick guide to some of the areas of the seder they may share with you. They are beginning to familiarize themselves with blessings that are recited and songs that are sung throughout the seder. Sometimes our haggadot (plural for haggada) have transliteration for the Hebrew and sometimes they don't. Below you will find the transliteration and translation of the blessings.

In addition, when we have children it may feel worrisome when we think of them sitting through a long seder. The seder should be infused with fun and warmth. It is always great to be creative, and it is ok to offer them snacks following the blessing over the *karpas* (the parsley or the greens). For example, you may keep a vegetable crudité or fruit platter on the table for easy snacking.

Coming up with new family traditions is always fun! Here are a few ideas you may wish to try out keeping your seder table rich and changing:

- Place a variety of plastic animals representing wild beast to decorate your table and be played with.
- Use Lego people to imitate crossing through the split sea as they walk down the center of the table.
- Add drops of red food coloring to your salt water for the blood plague.
- Play charades and act out each plague or to recount the story of the Exodus.
- Have plastic frogs around the table.
- Release ping pong balls to resemble hail.
- Participate in the Sephardic ritual of using green scallions as “whips” and gently hit your neighbors during the singing of Dayenu.
- Have the children set the table and create place cards with a question about modern slavery or plagues written on the inside of the card...unique for each person.
- Create a make your own *charoset* station. Set up chopped up apples, dried dates and apricots, a variety of nuts if no allergies, mini chocolate chips, raisins, grape juice, honey etc. Ask each person to go down the line creating their own tasty *charoset*.

Candles blessing followed by Shecheyanu:

Baruch ata Adonai Eloheinu melech, ha-olam asher kid'shanu b'mitsvotav v'tsivanu l'hadlik ner shel Yom Tov.

Blessed are You, Adonai our God, Sovereign of the universe, who has sanctified us with Your commandments and commanded us to kindle the Yom Tov (holiday) lights.

Shecheyanu

Baruch atah Adonai, Eloheinu melech ha-olam, shehecheyanu, v'kiyemanu, vehigyanu laz'man hazeh.

Blessed are You, Adonai our God, Sovereign of the universe, who has kept us alive, sustained us, and enabled us to reach happy season in our lives.

Wine:

Baruch ata Adonai Eloheinu, melech ha-olam, borei p'ri hagafen.

Blessed are You, Adonai our God, Sovereign of the universe, who creates the fruit of the wine.

One of the reasons we drink four cups of wine is that, when God promised to deliver the Israelites from Egyptian slavery, God used four terms to describe the redemption.

- 1) "I will **bring** you out..."
- 2) "I will **rescue** you..."
- 3) "I will **redeem** you..."
- 4) "I will **take** you..."

Karpas (parsley/saltwater):

Baruch ata Adonai Eloheinu, melech haolam, borei p'ri ha'adama.

Blessed are You, Adonai our God, Sovereign of the Universe, who creates the fruit of the earth.

One of the reasons we dip parsley or other green vegetables of spring into salt water is to remind us of the tears shed by the slaves, and the bitterness of slavery. Another reason is that only those who were free had the luxury of spices or salad type dressing to dip their greens into. As the Israelites were now free, dipping is a sign of their new status.

During the story telling section of our seder you will find the four questions, the recounting of the ten plagues, and the words of Dayeinu along with many other details.

The 4 Questions:

Ma nishtanah ha-lailah ha-zeh mi-kol ha-leilot?

How is this night different from all other nights?

1. On all other nights we eat bread *or* matzah; on this night, why only matzah?
2. On all other nights we eat herbs or vegetables of any kind; on this night why bitter herbs (*maror*)?
3. On all other nights we do not dip even once; on this night why do we dip twice?
4. On all other nights we eat either in an upright or reclining position, but on this night why do we all recline?

1. *She-b'chol ha-lei-lot anu och-leen, chamatz u-matza Ha-lai-la ha-zeh, ku-lo matzah.*
2. *She-b'chol ha-lei-lot anu och-leen, sh'ar y'ra-kot, Ha-lai-la ha-zeh, ku-lo maror.*
3. *She-b'chol ha-lei-lot ein anu mat-bee-leen, afee-lu pa-am achat, Ha-lai-la ha-zeh, shtei-f'ameem.*
4. *She-b'chol ha-lei-lot anu och-leen, bein yo-shveen u-vein m'su-been, Ha-lai-la ha-zeh, ku-lanu m'su-been.*

The Ten Plagues

1. Dam = Blood
2. Tz'far-dei-ah = Frogs
3. Kee-neem = Lice
4. Ah-rov = Wild beasts or insects
5. Deh-ver = Cattle Plague
6. Sh'cheen = Boils
7. Ba-rad = Hail
8. Ar-beh = Locust
9. Cho-shech = Darkness
10. Ma-kat B'cho-rot = Death of the Firstborn

The Frog Song

One morning when Pharoah awoke in his bed
There were frogs in his bed and frogs on his head.
Frogs on his nose and frogs on his toes
Frogs here, frogs there, frogs were jumping everywhere.
(Kids often add the line... "Even in his *tachtonim*" –aka underwear)

Dayeinu (There are many verses to this song or reading. One may wish to simply read the verses or sing the few that are written below.)

Dai dai-einu, dai dai-enu, dai dai-enu, dayenu, dayenu

Ee-lu ho-tzee, ho-tzee-anu,
ho-tzee anu mee Meetz-ra-yeem,
ho-tzee anu mee Meetz-ra-yeem,
Dayeinu

Dai dai-einu, dai dai-enu, dai dai-enu, dayenu, dayeinu

Ee-lu natan natan lanu
Natan lanu et haShabbat
Natan lanu et haShabbat
Dayeinu

Dai dai-einu, dai dai-enu, dai dai-enu, dayenu, dayeinu

Ee-lu natan, natan lanu
Natan lanu et haTorah
Natan lanu et haTorah
Dayeinu

It would have been enough had God only redeemed us from Egypt. Dayeinu
It would have been enough had God only given us the gift of Shabbat. Dayeinu
It would have been enough had God only given us the gift of Torah. Dayeinu

Matzah (we say two blessings prior to eating matzah at our seder, and we recite them over plain matzah):

1. *Baruch atah Adonai, Eloheinu melech ha'olam hamotzi lechem min ha'aretz.*

Blessed are You, Adonai our God, Sovereign of the universe who extracts bread from the earth.

2. *Baruch ata Adonai, Eloheinu melech haolam, asher kid'shanu b'mitsvotav v'tsivanu al achilat matzah.*

Blessed are You, Adonai our God, Sovereign of the universe, who sanctified us by commanding us to eat matzah.

The Matzah reminds us of the bread that was baked in a rush to leave Egypt. They left in a hurry so it did not have time to rise.