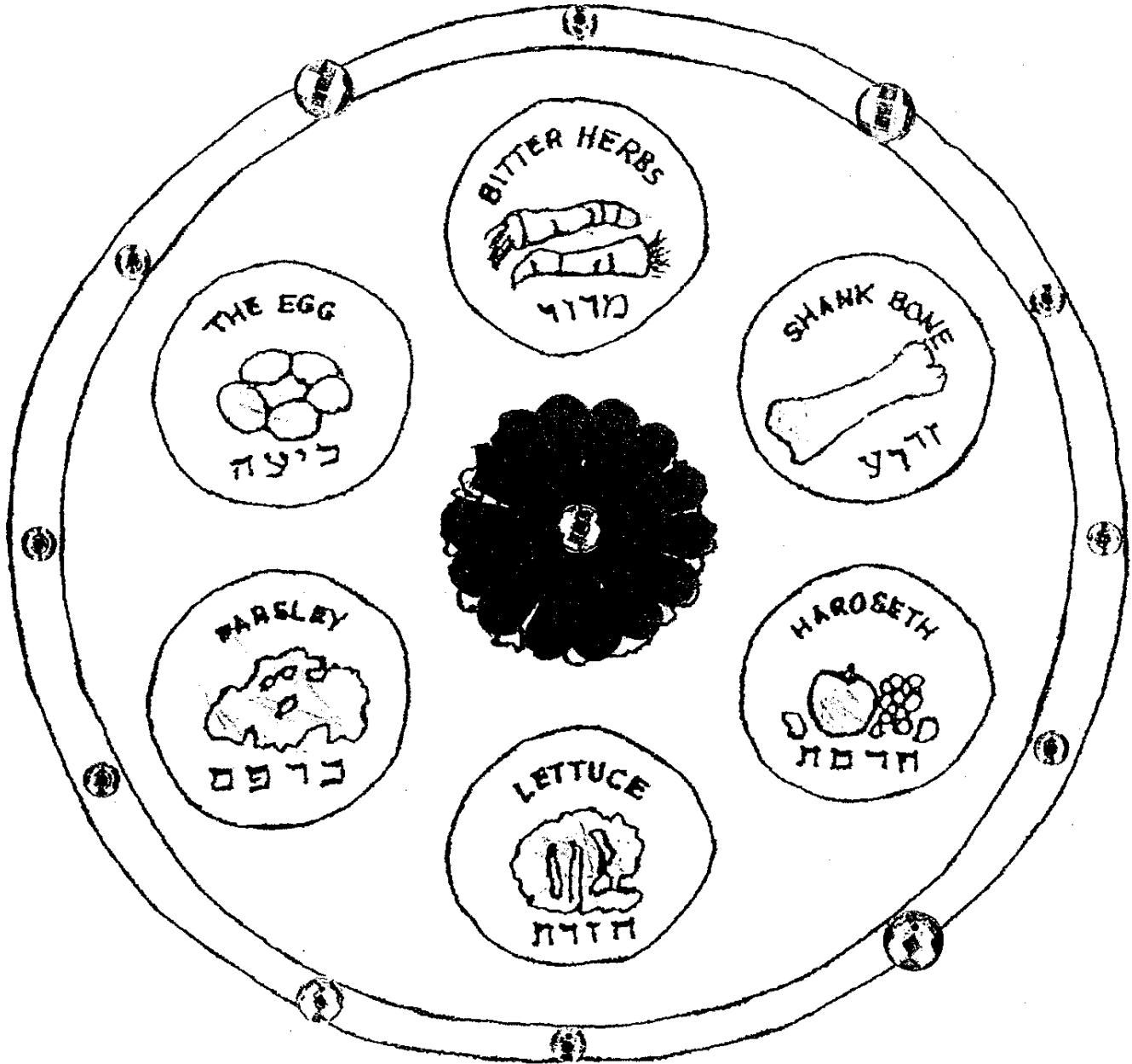


# The Seder Plate



We bless the holiday candles.

Candles: Baruch Ata Adonai eloheinu melech haolam asher kidshanu b'mitzvotav vitzivanu l'chadlech nier 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 holiday lights

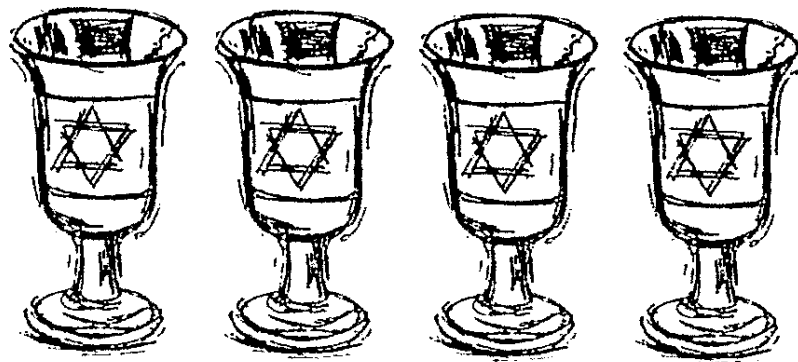
Shehecheyanu: Baruch Ata Adonai eloheinu melech haolam, shehecheyanu, v'kiyemanu, vehigiyanu laz'man hazeh. Blessed are you Adonai our God, Sovereign of the Universe, who has kept us alive, sustained us, and enabled us to reach this happy season in our lives

# We bless 4 cups of grape juice or wine

Baruch ata adonai elohein melech ha-olam borei p'ri hagafen

Blessed are You, Adonai Our God, Sovereign of the Universe,

who creates the fruit of the wine.



# Karpas

**Baruch ata Adonai Eloheinu, melech ha'olam, borei pr'ri ha'adama.**

**Blessed are You, Adonai our God, Sovereign of the universe, who created the  
fruit of the earth.**

# Yachatz

We break the middle matzah and hide  
half for the Afikomen.

## Story of Passover

A long time ago, there was a king of Egypt named Pharaoh. Pharaoh was scared of anyone who was different from him. He was scared of the Jewish people because they were different from him. Pharaoh made all the Jewish people slaves. They had to work very hard and build cities and pyramids. Since they were slaves, they didn't have enough food to eat or enough time to rest.

One day, a beautiful baby was born and his mother Jocheved, loved him very much. She didn't want to send them away so she wrapped him in a blanket and put him in a basket and sent his older sister Miriam, to float him on the Nile River. Miriam hoped he would be found and raised by a good and kind family. It just so happened that he was found by the princess, the daughter of Pharaoh. She didn't tell Pharaoh that he was Jewish, but instead named him Moses and raised him as her own son. Moses means pulled from the water. Moses grew to be a kind man. He saw how all of the Jewish people were being treated so poorly and how unhappy they were. They were made to work too hard. Moses left and went to live as a shepherd, someone who takes care of sheep.

One day while Moses was tending his flock, he saw a burning bush. It was God's way of speaking to him and calling him to free the Jewish people from slavery. Moses was unsure that he could do this by himself but God promised he would help him. Moses went to king Pharaoh to convince him to let the Jewish people go.

"Pharaoh, let my people go!!" Moses said. Pharaoh replied "No no no I will not let them go!!". Moses told him that if he didn't let his people go, God would punish him. Ten terrible things call plagues happened to Pharaoh. One of the plagues was that frogs were everywhere. Moses asked Pharaoh again, "now will you let my people go?"

Finally Pharaoh told Moses to take the Jewish people out of Egypt.

Moses called his people together and told them to pack their bags, it was time to leave Egypt. "Hurry" he said before Pharaoh changes his mind again. The people packed so quickly that they did not have time to let their bread dough rise. They picked it and it came out flat-matzah! The Jewish people left Egypt as quickly as they could but pharaoh changed his mind and his soldiers chased the Jewish people. When they arrived at the Red Sea another great miracle happened. God opened up the sea for the Jewish people to pass through to safety and closed it so the soldiers could not get through. The Jewish people were free at last they sing songs of thanks to God. To remember the time when the Jewish people left Egypt and became free, we get together with our friends and families every year to celebrate. We have a Seder, where we tell the story of Passover and sing songs we read the Haggadah and he's special Foods such as matzah and maror.

We are happy to be free to live the way we want to and not be slaves anymore.

Introductory Question

מה נשתנה הלילה הזה מכל הלילות?

Ma nishtana ha-laila ha-zeh mi-kol ha-lelot?

Why is this night different from all other nights?

First Question

שבכל-הלילות אנו אוכלין חמץ ומצה,  
הלילה הזה כלו מצה?

She-be-chof ha-lelot anu ochlin chametz u-matza, ha-laila ha-zeh kulo matza?

Why is it that on all other nights during the year we eat either bread or matza, but on this night we eat matzah?

Second Question

שְׁבֹכֵל הַלֵּילוֹת אָנוּ אוֹכְלִין שָׂאֵר יִרְקוֹת,  
הַלַּיְלָה הַזֶּה מְרוֹר ?

She-be-chol ha-lelot anu ochlin she-ar yetajit, ha-laila ha-zeh moror?

Why is it that on all other nights we eat all kinds of vegetables, but on this night we eat bitter herbs?

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Third Question

שְׁבֹכֵל הַלֵּילוֹת אֵין אָנוּ מְטַבִּילִין אֶפְלוֹ  
פְּעַם אַחַת, הַלַּיְלָה הַזֶּה שְׁתַּי פְּעָמִים ?

She-be-chol ha-lelot en anu matbilin afilu pa'am echat, ha-laila ha-zeh shetay fe'amim?

Why is it on all other nights we do not dip even once, but on this night we dip twice?

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Fourth Question

שְׁבֹכֵל הַלֵּילוֹת אָנוּ אוֹכְלִין בֵּין יוֹשְׁבִין  
וּבֵין מְסֻבִּין, הַלַּיְלָה הַזֶּה כִּלְנֹנוּ מְסֻבִּין ?

She-be-chol ha-lelot anu ochlin bayn yoshvin u-vayn mseubin, ha-laila ha-zeh kelanu mesubin?

Why is it that on all other nights we eat either sitting or reclining, but on this night we eat in a reclining position?



### 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)

# Motzi Matzah

We say two blessings prior to eating matzah at our seder,  
and we recite them over plain matzah

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.

Baruch atah aAdonai, Eloheinu melech ha'olam, asher kid'shanu b'mitzvotav v'tsivanu al achilat matzah.

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

# Maror

We eat the bitter herbs to remind us of the bitterness of slavery

Baruch Atah Adonai, Eloheinu Melech ha-olam, asher kid'shanu b'mitzvotav v'tzivanu al achilat maror

Blessed are You, Spirit of Everything, who commands us to eat bitter herbs.

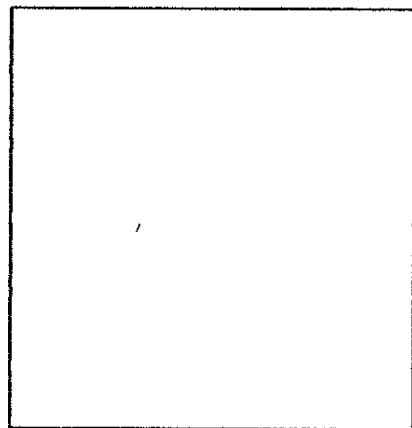
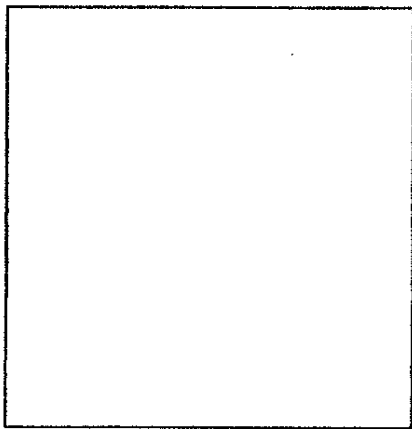
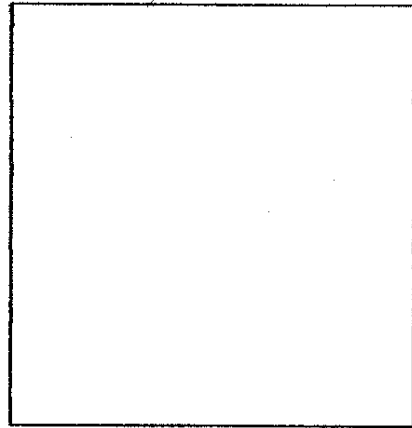
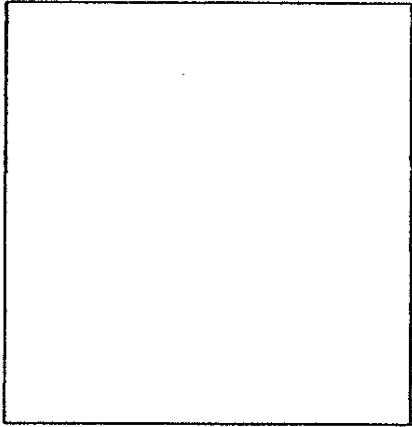
# Korech

Bound together in community

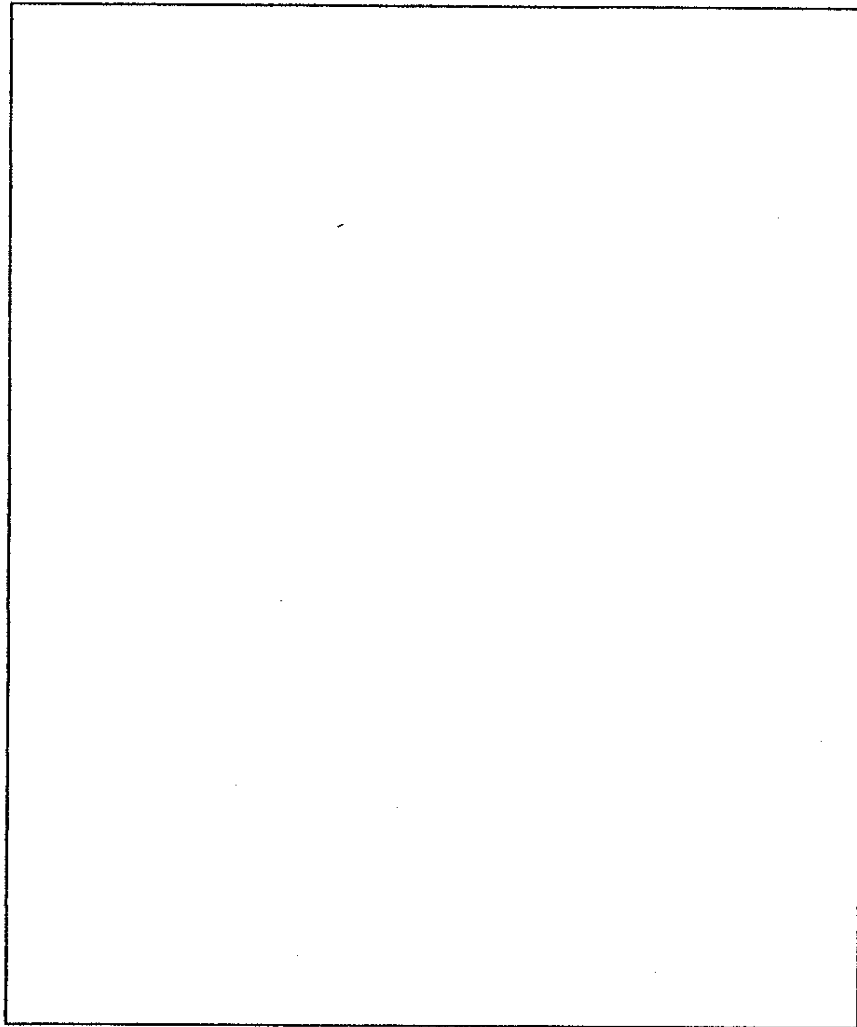
The *charoet* symbolizes the mortar used to bind the bricks that we as slaves were forced to build. We combine the *matzah*, *maror* and *charoet* into a sandwich and eat it.

# Shulchan Orech

We eat the holiday meal.



We open our door for Elijah.



Let all who are hungry, come and eat!

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, vehigiyanu 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



### 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.*

# SEDER = ORDER

Our Passover meal is called a Seder, which means "order" in Hebrew, because we go through 14 specific steps as we retell the story of our ancestors' liberation from slavery in Egypt.

- |   |                                  |
|---|----------------------------------|
| 1. Kiddush (the blessing over wine)                             | <b>KADEISH</b> קדש               |
| 2. Ritual hand-washing in preparation for the Seder             | <b>URCHATZ</b> ירחץ              |
| 3. Dipping a green vegetable in salt water                      | <b>KARPAS</b> כרפס               |
| 4. Breaking the middle matzah                                   | <b>MATZAH YACHATZ</b> יחץ        |
| 5. Telling the story of Passover                                | <b>MAGGID</b> מגיד               |
| 6. Ritual hand-washing in preparation for the meal              | <b>RACHTZA</b> רחצה              |
| 7. The blessing over the meal and matzah                        | <b>MOTZI MATZAH</b> מוציא מצה    |
| 8. Dipping the bitter herb in sweet                             | <b>CHAROSET MAROR</b> מרור       |
| 9. Eating a sandwich of matzah and bitter herb                  | <b>KOREICH</b> כורך              |
| 10. Eating the meal   | <b>SCHULAN OREICH</b> שלטון עורך |
| 11. Finding and eating the Afikomen                             | <b>TZAFON</b> צפון               |
| 12. Saying grace after the meal and inviting Elijah the Prophet | <b>BAREICH</b> בריך              |
| 13. Singing songs that praise God                               | <b>HALLEL</b> הלל                |
| 14. Ending the Seder and thinking about the future              | <b>NIRTZAH</b> נרצה              |

## A PASSOVER SONG

(TO THE TUNE OF "MY FAVORITE THINGS")

Cleaning and cooking and so many dishes  
Out with the chametz, no pasta, no knishes  
Fish that's gefillited, horseradish that stings  
These are a few of our Passover things.

Matzah and karpas and chopped up charoset  
Shankbones and kiddish and Yiddish neurosis  
Tante who kvetches and uncle who sings  
These are a few of our Passover things.

When the plagues strike  
When the lice bite  
When we're feeling sad  
We simply remember our Passover things  
And then we don't feel so bad.

Motzi and maror and trouble with Pharaohs  
Famines and locusts and slaves with wheelbarrows  
Matzah balls floating and eggshells that cling  
These are a few of our Passover things.

When the plagues strike  
When the lice bite  
When we're feeling sad  
We simply remember our Passover things  
And then we don't feel so bad.