BERNARD ZELL

PASSOVER RESOURCE GUIDE



BERNARD ZELL
ANSHE EMET DAY SCHOOL
בית ספר אנשי אמת ע"ש ברנרד זל

PASSOVER - PESACH

פסח

A HOLIDAY BY ANY OTHER NAME...

Some of us call it Passover, some call it Peh-sach, and some say Paysach, with an old fashioned Yiddish twist. **BUT**, did you know that whatever you call it, it has four different names?

THE FOUR NAMES OF PASSOVER

Chag Ha-Matzot - חג המצות

The festival of matzah, unleavened bread

We are actually **commanded** to eat matzah in the Torah.

Chag Ha-Aviv - חג האביב

The festival of spring

This holiday **must** be celebrated in the spring. (Now the weather just has to cooperate!)

Chag Ha-Pesach - חג הפסח

The festival of "passing over"

The Angel of Death passed over our houses during the tenth plague - on the night of the very first Seder in history.

Chag Ha-Cherut - Z'man Cheruteynu - חג החרות זמן חרותינו

The festival of our freedom

The holiday that celebrates our being delivered from slavery to freedom.

Old Friend

PREPARING FOR PASSOVER each year is like getting ready to welcome an old friend: familiar, loved, a little stressful. With echoes of shared memories that bring smiles and sometimes even a few tears.

If asked to think about Passover and to jot down the first things that come to mind how many of these words are on your list?

- matzah
- seder
- family
- charoset
- haggadah
- Four Questions - Ma Nishtana
- seder plate
- Moses - Pharaoh
- ten plagues
- dayenu
- bitter herbs & horseradish
- matzah balls - knadlach
- matzah brei
- frogs
- chicken soup
- parsley & salt water
- Elijah
- bubbie (grandma)
- zaydie (grandpa)
- Four cups of wine
- chocolate matzah

Amazing, right? We share so many of the same words and yet, each one undoubtedly evokes a different scene and a personal memory. A memory that you have tucked away in your “Pesach file.”

As parents of young children, you now have the opportunity to help create a new generation of memories. These memories will add a layer to your family history.

The Passover Seder - Seder Pesach

סדר פסח

WHAT IS A PASSOVER SEDER?

The Hebrew word “seder” means order. There are 15 sections in the sequence of texts and activities that we call the Passover Seder. “Seder” refers to the order of the evening, guided by the Haggadah from beginning to end. It includes blessings, rituals, storytelling, special food and songs.

WHY DO A SEDER?

The Seder is an invitation to go back into history. It takes us back to the days when we were slaves under Pharaoh in Egypt and invites us to literally enter the story and relive the moment we went from being slaves to free people. It revives our sensitivity to oppression and injustice. It is the foundation story of the Jewish people.

In fact, there is a passage in the Haggadah that tells us:

בכל דור ודור חייב אדם לראות את עצמו כאילו הוא יצא ממצרים

B’chol dor va-dor chayav adam lir’ote et atzmo k’eelu hu yatza mi-mitzrayim.

IN EACH AND EVERY GENERATION ONE IS OBLIGATED TO SEE ONESELF AS SOMEONE WHO PERSONALLY WENT OUT OF EGYPT.

ONE SEDER OR TWO?

Believe it or not, in Israel there is only ONE Seder to begin the festival -- and that is for everyone from Ultra-Orthodox to secular Jews.

Outside of Israel, liberal and Reform Jewish families also welcome Pesach with ONE Seder. However, outside of Israel, traditional Conservative and Orthodox families welcome Pesach with TWO Seders, on each of the first two nights of “Yom Tov.” The same Haggadah is used each night; the same order is followed; the same rituals, songs and story -- you get the idea. But, tradition is tradition and so, except for the dinner menu, everything else is repeated!

Setting the Seder Table

HERE'S A CHECKLIST FOR YOUR SEDER

- ☐ **Candlesticks & candles**: As with all Jewish festivals, candles are lit and a candle-lighting blessing is said to begin the festival. The blessing is found at the beginning of the Haggadah.
- ☐ **Kiddush cup:** Everyone at the table should have one! Don't forget there are four cups during the course of the Seder. [KADESH step of the Seder].
- ☐ **Wine or grape juice:** Enough to fill four cups for every guest.
- ☐ **Matzah & matzah cover:** When setting the Seder table, place three whole (unbroken) pieces of matzah in the center of the table and cover with a special matzah cover, cloth, or napkin. The middle matzah will be broken in half to create the afikoman. [MOTZI MATZAH step of the Seder].
- ☐ **Seder Plate:** קערת הסדר Place this at the center of the table (together with the Matzah and Elijah's cup). This plate has room for several symbolic foods that are either referred to or eaten during the Seder.
  - ☐ **Baytzah -** ביצה a roasted egg, symbol of life and of the festival offering.
  - ☐ **Karpas -** כרפס parsley or celery, something green that grows in the ground that will be dipped in salt water [KARPAS step of the Seder].
  - ☐ **Maror -** מרור bitter herb, reminder of the bitter life of a slave.
  - ☐ **Charoset -** חרוסת mixture of sweet ingredients, symbol of the mortar used to build the pyramids by the slaves.
  - ☐ **Zeroa -** זרוע a roasted bone, symbolizes the Pascal offering brought in the Temple in Jerusalem.
  - ☐ **Chazeret -** חזרת romaine or endive lettuce can be used, not every Seder plate has this ritual food spot, although it is a second symbol of bitterness.

- **Salt water:** Used for dipping the Karpas, representing the tears of the slaves.
- **Elijah's Cup:** This special cup is placed in the middle of the table. It is not filled until the door is opened to welcome Elijah late in the Seder.
- **Afikoman cover:** Have this handy to wrap the afikoman when you get to the YAHATZ step of the Seder. You'll break the middle matzah and wrap the larger piece in this cover to be hidden for some "hide and seek" fun.
- **Haggadah:** The book that tells the story and is the guide to the Seder. Have one for each person at the table. [MAGID step of the Seder].
- **Pillows:** On this night we recline and luxuriate in the comfort of leaning back as free people. One of the Four Questions refers to "leaning." The pillows also comes in handy as the kids get tired.
- **Flowers:** This is Chag HaAviv - the festival of spring! Flowers are the perfect reminder of the blooming season.
- **Guests:** Family and friends round out the table and make the night complete.
- **Place cards:** Place cards around the table with a trivia question or a Haggadah page number for a guest to take part in the Seder help involve your guests throughout the evening.
- **Frogs & Locusts:** Decorations to reflect the ten plagues are fun to have strewn on the table.
- **Small puzzles:** A mini puzzle or two with a Pesach theme for squirrely children and adults.

The Fifteen Steps of the Seder

סימני הסדר

1. Kadesh - קדש - We say Kiddush over the first cup of wine
2. U'rehatz - ורחץ - We wash our hands, without a bracha (blessing)
3. Karpas - כרפס - We dip a green vegetable from the Seder plate in salt water
4. Yachatz - יחץ - We break the middle matzah and create the Afikoman
5. Maggid - מגיד - We tell the story
6. Rahtzah - רחצה - We wash our hands before the meal, with a bracha (blessing)
7. Motzi - מוציא - We say HaMotzi, preparing to eat the matzah
8. Matzah - מצה - We add a second blessing especially for the matzah and then taste it for the first time
9. Maror - מרור - We taste the bitter herbs or horseradish
10. Korekh - כורך - We make a matzah and maror, a "Hillel" sandwich (you can add some charoset, to spice things up!)
11. Shulhan Orekh - שלחן עורך - We eat our Seder meal
12. Tzafun - צפון - We play hide and seek to find the Afikoman
13. Barekh - ברך - We sing Birkat HaMazon
14. Hallel - הלל - We sing songs of praise
15. Nirtzah - נרצה - We hope that next year we'll be in Jerusalem!

לשנה הבאה בירושלים

L'shana Ha-ba-ah b'yerushalayim

NEXT YEAR IN JERUSALEM

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The Seder's Basic Design - The Four Cups

THERE ARE FOUR CUPS OF WINE that provide the blessing-moments around which the Seder is organized. Tradition holds that the four cups of wine represent the four verbs found in the Torah that describe God's intervention in freeing B'nai Yisrael - the Jewish people - from slavery.

I extracted them (from Egypt), והוצאתי

I saved them, והצלתי

I redeemed them, וגאלתי

I took them, ולקחתי

Cup #1 - "Kadesh" - begin the Seder with Kiddush

Cup #2 - "Maggid" - longest part of the Seder - this begins with the opening passage of "Ha Lachma," which tells the story of slavery, and ends with the first part of Hallel, psalms that praise God. The second cup is blessed just before the meal begins.

Cup #3 - "Shulhan Orekh"- Meal - this begins with the ritual foods of Matzah, Maror, Charoset, and the "Hillel sandwich", and ends with Birkat HaMazon (grace after meals). After this we have the third cup of wine.

{**Elijah's Cup** - We don't drink this, but rather have it on our Seder table to welcome the prophet Elijah who, according to tradition, will announce the coming of the Messiah.}

Cup #4 - "Hallel" - the singing of songs of praise, followed by the fourth cup of wine, just before the closing songs of the Seder.

Four Questions

QUESTIONS AND ANSWERS are at the heart of the Seder. Maimonides tells us we should deliberately do things in ways that cause children to ask questions. He wrote:

One should make some change in procedure on this night of the fifteenth of Nisan, in order that one's children should notice it and ask, "What makes this night different from other nights?" to which one would reply, this and this is what happened, and this is what took place. (Maimonides, Laws of Chametz and Matza, chapter 7)

We have four questions in our Haggadah that begin with the words Ma Nishtana (how different)? Our children learn to say them in Hebrew, but the four questions can be said in different languages – try more than one at your seder!

ENGLISH

How is this night different from all other nights?

1. *On all other nights, we eat either leavened bread or matza, but on this night we eat only matza.*
2. *On all other nights, we eat other kinds of vegetables, but on this night we eat maror (bitter herbs).*
3. *On all other nights we need not dip our vegetables even once, but on this night we dip twice.*
4. *On all other nights, we eat either sitting upright or reclining, but on this night we all recline.*

FRENCH

Pourquoi cette nuit se distingue-t-elle de toutes les autres nuits?

1. *Toutes les autres nuits, nous ne trempons pas (les aliments) meme une seule fois et cette nuit nous les trempons deux fois!*
2. *Toutes les autres nuits, il nous est permis de manger du pain leve comme du paine azyme, cette nuit seulement du pain azyme!*
3. *Toutes les autres nuits nous mangeons des herbes quelconques, cette nuit des herbs ameres!*
4. *Toutes les autres nuits, nous mangeons et buvons assis ou accoudes, cette nuit nous sommes tous accoudes!*

LADINO

Kuanto fue demud'ad'a la noce la esta, mas ke tod'as las noces.

1. *Ke en tod'as las noces, non nos entinientes afilu ves una, i la noce la esta dos vezes.*
2. *Ke en tod'as las noces, nos komientes levdo o sesesnia, i la noce la esta tod'o el sesenia.*
3. *Ke en tod'as las noces nos komientes resto de ved'ruras, i la noce la esta licuga.*
4. *Ke en tod'as las noces, now komientes i bevientesm tanto asentad'os i tanto areskovdad'os, i la noce la esta tod'os nos areskovdad'os.*

SPANISH

Por que es diferente esta noche de las demas noches?

1. *En todas las noches comemos jametz o matza, por que esta noche solamente matza?*
2. *Todas las noches comemos cualquier verdura, por que esta noche comemos solamente hierbas amargas?*
3. *En todas las noches no nos ocurre mojarlas ni une sola vez, por que esta noche dos veces?*
4. *Todas las noches comemos sentados o recostados, por que esta noche todos comemos recostados?*

YIDDISH

Tate, Ich vil dir fregen di fier kashes:

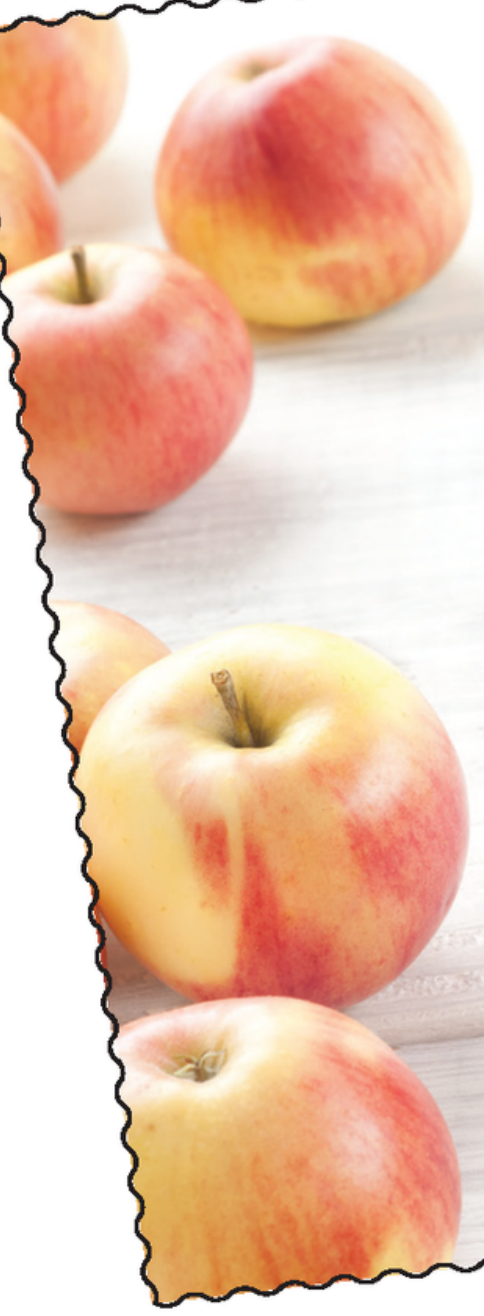
Vee azoi iz di nacht fun Pesach anders fun alle necht fun a gantz yor?

1. *In alle necht fun a gantz yor, esn mir chometz un matzo. Ober di nacht fun Pesach, esn mir nur matzo.*
2. *In alle necht fun a gantz yor, esn mir alerley grinsn. Ober di nacht fun Pesach, esn mir nor bitere grinsn.*
3. *In alle necht fun a gantz yor, tunken mir nit ayn, afilyn eyn mol nit. Ober di nacht fun Pesach, tunken mir ayn, tsvey mol -- eyn mol chreyn in charoyses, un dos tsveyte mol a tsibele in salts vaser.*
4. *In alle necht fun a gantz yor, esn mir say zitsindik un say ongelent. Ober di nacht fun Pesach, esn mir ale ongelent.*

A Taste—or Two—of Charoset

(Judy Zeidler recipes from The Gourmet Jewish Cook)

The Charoset on the Seder Plate is the only symbolic food that requires a recipe. The basic mixture consists of fruits, nuts, and spices and represents the mortar the Jewish people made while they were slaves in Egypt. Depending on the fruits, nuts and spices that are available, it is prepared differently in Jewish communities all over the world.

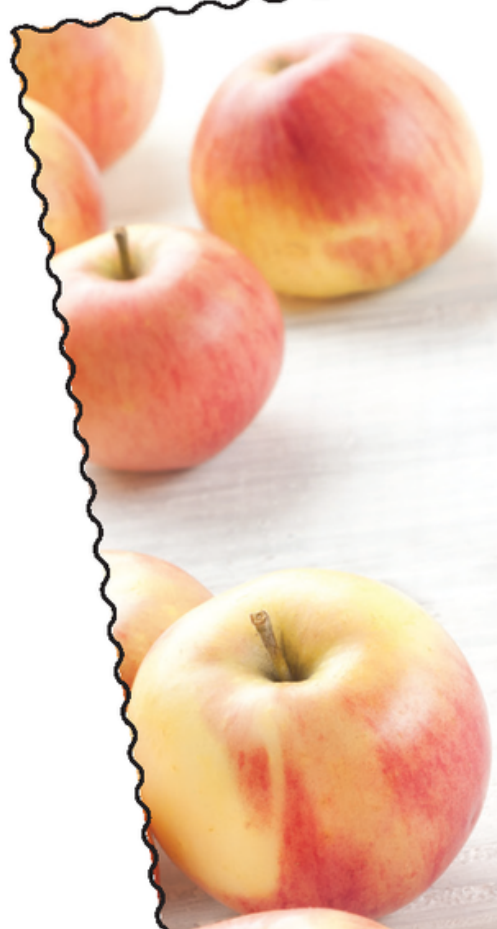


CENTRAL EUROPEAN CHAROSET

2 apples, finely chopped
1 cup finely chopped walnuts
2 Tbs honey
1 tsp cinnamon
¼ cup sweet grape juice or kosher wine

Combine in a bowl and mix well. Add enough liquid to bind the mixture.

If nuts cannot be used—substitute raisins



GREEK CHAROSET

2 cups pitted, chopped dates
½ cup chopped raisins
½ cup sweet grape juice or kosher wine
¼ cup ground walnuts
½ tsp ground ginger

Place the dates and raisins in a bowl and blend with the wine/juice. Add the walnuts and ginger and blend well. Shape into a PYRAMID!



SEPHARDIC CHAROSET—ISLAND OF RHODES

½ cups pitted dates
2 cups apples—thinly sliced
½ cup dried apricots
½ cup chopped walnuts

Combine dates, apples and dried apricots in medium saucepan. Add water to cover. Over high heat, bring the mixture to a boil, and lower the heat. Simmer until mixture is tender enough to mash with a fork. Place in processor and mix until blended. Do not puree. Just before serving, fold in the walnuts.

Who is Elijah and What's He Doing at the Seder?

THE HAGGADAH TELLS US to pour a large cup of wine in honor of Elijah the prophet right after the third cup of wine, which follows the sumptuous Seder meal.

Next, we are told to "Open the door for Elijah!"

And then - the Seder focuses on hope for the future, when there will be an ultimate act of redemption by God. Just as there was an act of redemption when freeing us from slavery in ancient times, tradition holds that Elijah will bring the good news that this final redemption is about to happen.

On the night of the very first Seder in history, the doors of our slave-houses in Egypt were shut tight during the Tenth Plague, in order to prevent the Angel of Death from entering.

In contrast, on the Seder nights of our lives, we literally open the doors wide. We are unafraid, and filled with hope.

The Torah has a special name for this night. It is called "ליל שמורים" or the "Night of Watching and Protection." We anticipate a bright future and look to Elijah to announce it.

Think of it this way: Elijah is like a Jewish super hero!

Picture this: It might be fun to create "Super-E" costumes. Imagine Elijah flying around the world, taking sips of wine from each of our Seder tables. What a night he has each year!

The following is one of the many stories about Elijah helping poor people in need of his special super-hero powers.



YEMENITE CHAROSET

1 cup chopped dates
½ cup chopped dried figs
⅓ cup sweet grape juice/kosher wine
3 Tbs sesame seeds
1 tsp ground ginger
pinch of coriander
1 small red chili pepper, seeded and minced—or a pinch of cayenne
2 Tbs matzah meal

In a large bowl, combine the dates, figs, and wine/juice. Add the sesame seeds, ginger, coriander, chili pepper/cayenne, and matzah meal and blend thoroughly.

CALIFORNIA CHAROSET

1 large avocado, peeled and diced
juice of ½ lemon
½ cup sliced almonds
⅓ cup raisins
4 dates and 2 figs
1 whole orange, peel and sections
2 Tbs apple juice
2 Tbs matzah meal

Toss the avocado and lemon juice in a bowl. Set aside. In a processor, place almonds, raisins, dates, and figs and chop coarsely. Add the orange peel and sections and process to combine. Add the avocado and process briefly. Transfer to a bowl and fold in apple juice and matzah meal. Cover with plastic wrap and store in the refrigerator.

At that moment the door opened and a voice said, “May I be your guest for Passover?” “I’m sorry,” the old man said. “We are poor and have nothing to offer you.”

“I have everything we need,” the voice replied.

The visitor waved his hands and two lighted candlesticks appeared. The old couple recognized the magician. He signaled again and a beautiful cloth spread itself over the table, which slid quietly to the center of the room. The candlesticks floated slowly down to meet it and settled into place.

“Now we need chairs to sit on!” the magician called out. The wooden benches that had been standing against the walls skimmed the floor and stopped at the table.

“Get soft,” he ordered, and the benches became armchairs with pillows as backrests. Out of nowhere, one object after another, everything that was needed to celebrate the holiday appeared on the table. The old couple could not believe what they saw!

“There is good magic and evil magic,” the old man whispered to his wife. “We must not touch anything! We must be sure that evil is not at work here to tempt us. Let us go and ask the rabbi’s advice.”

The old woman threw her shawl over her head and they hurried to the rabbi’s house. When the rabbi heard their story, he said: “Evil magic cannot create real things. It can only fool the eyes. If you can taste the food and pour the wine, if you can sit in the chairs, they they are real and sent from heaven.”

The old couple returned home and found everything just as they had left it. But, the magician was gone.

They tasted the food, they poured the wine into glasses. They sat in the armchairs among the soft pillows. Everything was real.

Only then did they know it was not a magician, but the prophet Elijah himself who had visited them.

The Magician

BY URI SHULEVITZ, ADAPTED FROM THE I.L. PERETZ STORY

One day a magician came to a small village. He was traveling on foot. "Where from?" the villagers asked. "Far away," the stranger replied. "Where to?" they wanted to know. "The big city," he said. "Then what are you doing here?" they asked. "I lost my way," he replied.

He was an odd fellow. He was ragged and tattered, yet he wore a top hat. He gathered people around him on the street. One minute he was full of tricks and the next, he disappeared! Just like that.

He pulled ribbons out of his mouth and turkeys out of his boots! He whistled, and rolls and loaves of bread danced through the air. He whistled again. Everything vanished!

He scratched his shoe and there was a flood of gold coins. Yet, he looked poor and hungry.

It was the eve of Passover. All the houses in the village were lit up and filled with the smell of festive cooking. And on each table, set for the holiday feast, there stood an extra goblet of wine. It was Elijah's cup, prepared for the Prophet, a hoped-for guest in every household on this holiday.

Only one house, where there lived a poor man and his wife, remained dark. They had no food and not even a single candle. Yet they would not ask for help. "There are people who are worse off than we are," the old man said. "We will manage."

Night came. "Happy holiday," the old man said to his wife. "Happy holiday," she replied. But she couldn't help adding: "Passover is here and we still have nothing."

"The Maker of the Universe does not abandon his creatures," the old man said. "And if God doesn't want us to have our own Passover feast, then we must bow to his will and attend someone else's. Come, we'll be welcome at our neighbor's."

Chag Pesach Sameach!

Have a Happy Passover and a wonderful Seder!

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