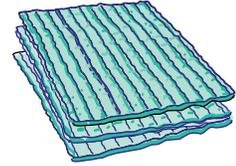
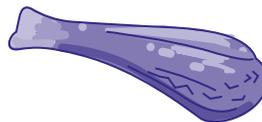
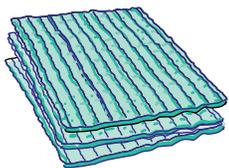


YOUR FAMILY'S GUIDE TO PASSOVER



Conducting a Successful, Meaningful Seder



Here
For Good



Jewish Federation
OF METROPOLITAN DETROIT



PASSOVER CHECKLIST

Passover (Pesach) is a holiday for family and friends to join together in celebration of the miracle of freedom. Our hope is that this guide will give you the tools you need to enhance your holiday celebration.

Wishing you a Happy Passover!

from
JFamily

THE SEDER

Every year on the eve of the fourteenth of Nisan, the most popular Jewish festive meal, the **Seder**, takes place. On that night - the Seder night - Jews all over the world get together with family members and friends in homes or public places to remember and celebrate the deliverance of the Israelites from Egyptian bondage over thirty-two hundred years ago.

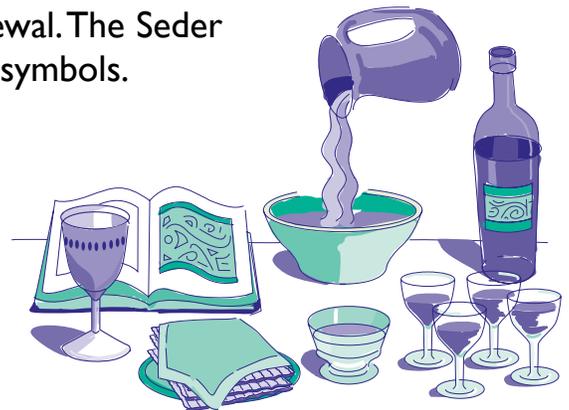
The Seder consists of many elements of historical narration and ritual, special foods, and songs. They follow one another in a certain order, just as they have for hundreds of years. In fact, the word Seder means order. It is easy for the head of the household (or community) to conduct the Seder, and for everyone at the table to participate in the service, because everything to be done and said is compiled in one book, the **Haggadah**. There are literally thousands to choose from, therefore, a family can choose one they are most comfortable with. A Haggadah can be purchased at many local bookstores, your congregation, or online.

▶ TIME TO GET YOUR HOUSE IN ORDER...

Pesach is a springtime celebration of freedom and renewal. The Seder tells the story of the exodus from Egypt in words and symbols.

Here's a list of Pesach necessities that you won't want to "PASS-OVER!"

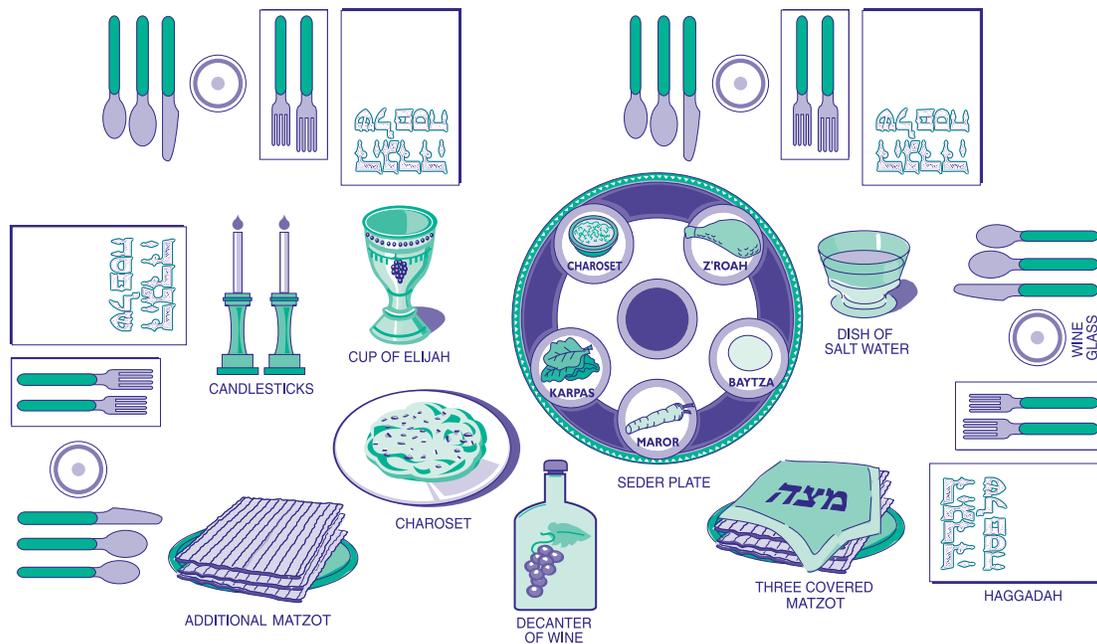
- Two candlesticks and candles
- A wine cup for each person at the Seder
- A special wine cup for Elijah the Prophet
- Enough wine (or grape juice) for 4 cups per person
- Three matzot in a sectional cover
- Matzot for all
- Dish of salt water
- A Haggadah for each guest
- Water filled pitcher, basin and towel
- Pillows to recline on
- A hard boiled egg for each person



Ceremonial Seder Plate includes:

- Z'Roah: A roasted shankbone
- Baytzah: A roasted egg
- Maror: "Bitter herbs" (horseradish)
- Karpas: Spring greens (parsley)
- Charoset: Chopped apples, nuts, wine and cinnamon

THE WELL-DRESSED SEDER TABLE



The Seder table is your family's "altar" on which the Pesach story unfolds in all of its ritual and symbolism. The well-dressed Seder table's centerpiece is the Seder plate itself, which is placed before the leader and contains the various symbolic foods referred to in the Haggadah.

As pictured, they are:



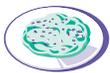
Z'ROAH: A roasted shankbone, symbolic of the Paschal offering brought to the Temple in Jerusalem. It is also a symbol of God's "outstretched arm" which helped the Israelites in their time of need. A lamb shankbone is customary.



KARPAS: Greens, usually parsley which symbolizes Spring, which are dipped into the salt water during the Seder.



MAROR: Bitter herbs, romaine lettuce or horseradish, prepared or in root form, symbolic of the bitterness of slavery.



CHAROSET: A combination of apples, wine, nuts and cinnamon which symbolizes the mortar our ancestors used to make bricks.



BAYTZA: A roasted egg, the traditional symbol of the continuous cycle of life.

In addition to these five symbolic foods, the well-dressed Seder table has:

THREE WHOLE MATZOT: Two matzot are in place of the two holiday breads (challot), and the middle matzah, which is broken to become the *afikoman* (ritual dessert), is used to represent the bread of affliction. These are placed inside a three-pocket matzah cover.

A DISH OF SALT WATER: Symbolic of the tears shed by our ancestors in Egypt.

CUP OF ELIJAH: A cup of wine is set in the center of the table to help us remember Elijah, a symbol of the Messianic Age that the Jewish people yearn for.

FESTIVAL CANDLES: A minimum of two candles are lit at each Seder.

FOUR CUPS OF WINE: For the *Kiddush*. Prayers over wine are recited by the leader, four times during the Seder.

HANDWASHING STATION: A pitcher and towels for the ritual handwashing that occurs during the Seder.

YOU CAN AND SHOULD CONDUCT A SEDER

So you say you've never conducted a Seder? That it's always been someone else's job? Don't say you can't conduct a Seder, you can! It would be a pity if Passover were to "pass-over" your home without the home observance that enables you to relive the fight for liberty experienced by our ancestors and without the ceremony that strengthens the bond between all Jews.

Here are some tips that will help you make your Seder successful:

1. Make sure everyone has the same Haggadah. It is fine for two people to share. There are many beautiful and family friendly Haggadot on the market, so you have a wide choice.
2. Don't feel that your Seder has to be formal. You and your guests can bring your own thoughts and questions into various parts of the service. Keep the service moving along, but don't feel that it has quite the same formality as a synagogue service. The Seder is a unique mixture of the solemn and the joyful.
3. Review the Haggadah before the night of the Seder. Decide in advance which parts you can do in Hebrew and which in English. Be familiar and comfortable with the text before you sit down for the ceremony.
4. You may want to send out questions or parts ahead of time to your guests so that everyone feels comfortable and involved. Or have guests come with questions that they would like to discuss during the Seder.
5. Rotate the reading of parts of the Haggadah among those at the table. Some will read in English; others in Hebrew. Some will sing the songs in one style; others will use another melody. The very mélange of the Hebrew dialects and variations in the manner of reading portions of the service will illustrate the diversity of Jewish life and add a special flavor to your experience.
6. Ask children to bring in their Passover "props" made throughout the years in Preschool and Religious School (ie: Haggadot, plague bags, frogs, pillows, etc.)
7. Have your guests recite as many of the blessings as possible in unison which will encourage everyone to participate.
8. Remember to provide an appropriate small reward for the child who finds the afikoman. During the Seder, either the head of the Seder hides a piece of the middle matzah or pretends not to notice it when the children hide it. A reward is later offered for its return, since the meal cannot properly conclude until each person tastes a piece of the afikoman.
9. Make it interactive and fun!

FAMILY PRAYER

Children are a Blessing...

The Prayer for Elijah helps us remember the special connection that we have as a family. It is the perfect time to add the following blessings to your Seder!

THE PRAYER FOR ELIJAH By the Maharal of Prague (16th century)

Harachaman! May the Merciful One send Elijah the Prophet to announce good news about redemption and comfort - just as You promised: "Here, I will send you Elijah the Prophet before that Lord's great and awesome day. He will reconcile the hearts of parents to their children and children to their parents..." (Malachi 3:24).

FOR THE SONS

יְשִׁימְךָ אֱלֹהִים כְּאַפְרַיִם וְכַמְנַשֶּׁה

Y'simcha Elohim k'Efraim v'chi Menashe
May God make you like Ephraim and Menasheh.

FOR THE DAUGHTERS

יְשִׁימְךָ אֱלֹהִים כְּשָׂרָה רַבֵּקָה רַחֵל וְלֵאָה

Y'simeich Elohim k'Sarah, Rivka, Rachel, v'Leah.
May God make you like Sarah, Rebecca, Rachel, and Leah.

FOR THE ENTIRE FAMILY

יְבָרְכְךָ ה' וְיִשְׁמְרְךָ: יָאֵר ה' פָּנָיו
אֵלֶיךָ וְיַחַנְךָ: יִשָּׂא ה' פָּנָיו אֵלֶיךָ וְיִשֶּׂם לְךָ שְׁלוֹם

Y'Varechcha Adonai v'yishm'recha.
Ya'er Adonai panav eylecha vichuneka.
Yisa Adonai panav eylecha, v'yaseym l'cha shalom.

May God bless you and keep you. May God watch over you in kindness. May God grant you a long life of Good health, joy and peace.

▶ ADDING TO YOUR HAGGADAH

In each Seder, we are given opportunities to add to our Seder and make it our own. Add your own twist to your Seder by writing your own questions and using props to make your Seder family-friendly and fun! Or choose to add some of the following readings to bring a bit of contemporary Judaism into your Seder.

A Pesach Prayer of Solidarity

From the Toronto UJA Federation

When Pharaoh asked Moses who he was taking with him from Egypt, Moses answered: "All of us, the young the old, our daughters and our sons." *Exodus 10:9*

All of us. As Jews the world over celebrate our freedom, and as we read of the Exodus during our Passover seders, we experience our connection—through joy—as one people. Sadly, when we receive news of another tragic loss in Israel, pain connects us.

So, in this time of both great joy and great sorrow, the Jews of the Diaspora in North America send the young, the old, our daughters and our sons in Israel this message of solidarity: May the bonds that tie us strengthen our resolve toward peace. And May God who makes peace in the heavens grant peace to us and to all the people of Israel.

The Story of Miriam's Cup

At some homes, an extra cup, which is filled with water, is placed on the Seder table to represent the important place that Moses' sister, Miriam, filled during the Exodus. The following reading can also be added:

A Midrash teaches us that a miraculous well accompanied the Hebrews throughout their journey in the desert, providing them with water. This well was given by God to Miriam, the Prophetess, to honor her bravery and devotion to the Jewish people. Both Miriam and her well were spiritual oases in the desert, sources of sustenance and healing. Her words of comfort gave the Hebrews the faith and confidence to overcome the hardships of the Exodus.

We fill Miriam's cup with water to honor her role in ensuring the survival of the Jewish people. Like Miriam, Jewish women in all generations have been essential for the continuity of our people. As keepers of traditions in the home, women passed down songs and stories, rituals and recipes, from mother to daughter, from generation to generation.

The Plagues

To be recited before recounting the ten plagues

As we prepare to spill wine from our cup at the mention of each plague, we recall the sentence in the Torah, "Rejoice not when your enemy falls." Our Rabbis taught that when the children of Israel sang songs of praise to God as the Egyptians drowned in the sea, the angels on high wished to join in these songs and were stopped by God who said, "These are my creatures who are drowning in the sea! For this you would sing songs of praise?"

Thus we too lessen our joy at Passover time at the mention of these plagues, for there can be no rejoicing at the death or suffering of human beings, even our enemies. And so we diminish this cup of joy, for our redemption had to come through the destruction of others.

Songs, Songs, Songs!

One of the best ways to add fun to your Seder is by singing songs together. Try the following song...or do a Google Search for many others!

Our Passover Things *(Tune of "My Favorite Things")*

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

Matzah and karpas and chopped up charoset,
Shankbones and Kiddish and Yiddish neuroses,
Tante who kvetches and Uncle who sings,
These are a few of our Passover things.

Motzi and maror and trouble with Pharaohs,
Famines and locusts and slaves with wheelbarrows,
Matazah 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!

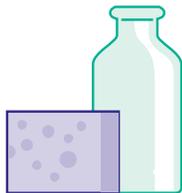
PASSOVER COOKING IS A FAMILY AFFAIR!

Cooking and cleaning and (oy!) so many dishes...it's no wonder Passover cooking can be considered a chore! The more the entire family is involved in the cooking, the easier and more fun Passover preparations can be! Try out these recipes, which we have collected, with your family during the week of Passover...



Passover Macaroni and Cheese

3 large eggs
3 1/2 cups matzah farfel
1/2 lb. cheddar cheese
1 cup milk
1 tsp salt
1/4 tsp white pepper
1 pint sour cream
1 stick butter or margarine



Preheat oven to 350°.

Grease a 2 quart casserole with butter. Set aside.

Beat 2 eggs well with a wire whisk and pour over farfel. Cut up cheese into small pieces. Beat remaining egg with a wire whisk and stir in milk, salt, and pepper. Layer in casserole as follows: farfel, cheese, sour cream (in dabs), butter. Repeat layers 2 times. Pour the milk mixture over the top. Cover and bake for 30 minutes. Remove cover and bake 10-15 minutes more until the top is browned.

Passover Pizza

3 cups matzah farfel
3 eggs
pinch of salt
1 can tomato sauce
1 package Passover cheese, shredded seasonings to taste



Put farfel into a collander or strainer.
Rinse with water until it begins to soften.
Allow it to drain.

Beat eggs and salt together.
Add matzah farfel. Spread on the bottom of a round aluminum pizza pan.

Cook in 325° oven for 20-25 minutes until set. Remove from oven, spoon tomato sauce over the crust, and sprinkle cheese and seasonings on top. Return to oven until cheese melts.

Cut into slices, and enjoy!

PASSOVER COOKING AROUND THE WORLD

The laws regarding what may and may not be eaten during Passover are very detailed. Ashkenazic Jews (Jews from Eastern Europe), have different food traditions than Sephardic Jews (Jews from Spain, Portugal, and the Middle East). All Jews refrain from eating foods made of the leavened flour of five grains: wheat, barley, spelt, rye, and oats. In addition, Ashkenazic Jews do not eat rice, millet, corn, or legumes, and there is a concern for some about eating any type of food that swells when cooked in water, like green beans.

Jews around the world use foods that are grown locally or native to their area. The following recipes, taken from Joan Kekst's [Passover Cookery](#), are examples of foods from around the world. Enjoy experimenting with the recipes. Make two or three to sample at your Seder. B'tayavon! (Hearty Appetite!)

Italian Charoset

Makes 2 cups

1/2 lb. pitted dates
1/2 lb. walnuts
3 large apples
1 large seedless orange
1 large banana
1/2 cup sweet Malaga wine
1/2 tsp. cinnamon
1/8 tsp. cloves
1 T. lemon juice
matzah meal as needed



Finely chop dates, walnuts, apples and orange into a bowl. Mash banana, add to bowl with wine, lemon juice and spices, mix well. Add matzah meal as needed. Italians make the charoset into tiny balls to pass at the table.

Ashkenazi Charoset

Makes 3 cups

6 apples, peeled, cored
1 cup walnuts or almonds
1 tsp. ground cinnamon
Grated rind of one lemon
1/2 cup Passover red wine

Chop fruits and nuts, mix well. Add cinnamon, lemon rind, and wine. Store in an air-tight container.



Sephardic Charoset

Makes 2 cups

8 oz. pitted dates
8 oz. golden raisins
1/2 cup sweet red Passover wine
1/2 cup almonds, coarsely chopped



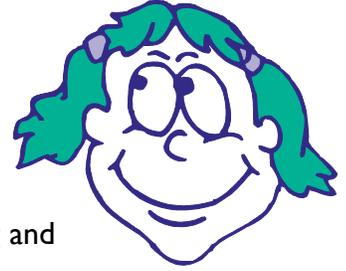
Simmer dates and raisins in small saucepan with the wine and enough water to cover on low heat.

Stir occasionally until the dates become mushy and thicken into a paste. Spoon into a bowl and sprinkle with almonds.

© [Passover Cookery](#): In the Kitchen with Joan Kekst, used with permission.

▶ IDEAS FOR FAMILY FUN

Or “How can I keep the children happy and involved in the Passover Seder?”



Passover is one of the BEST holidays to make family-friendly and interactive for everyone in your home! There are many ways to bring smiles to the faces of young and old. Whether Passover is “old hat” for you...or it is a new experience...or if you’re somewhere in the middle...consider these fun adaptations:

- Create a “plague bag”. Put in items that represent each of the plagues: plastic frogs, red pom-poms (boils), plastic bugs, ping-pong balls (hail), etc.
- Make homemade placemats for the children at your Seder. Decorate them with a maze (“Find your way from slavery to freedom”), Passover word search, pictures to color, etc.
- Play a “Matzah Facts” game. Cut out squares of paper to represent pieces of matzah. Write a question about matzah or Passover on the back of each one. Read one question each time you eat a piece of matzah at the Seder.
- Make a poster or list of the order of the Seder for everyone to see. As the Seder progresses, have the children at the table move a clothespin from part to part so everyone knows the place and the children feel involved.
- Encourage children to bring their Passover creations they made at school to the table. Let them talk about their special Passover additions.
- Buy some Passover books for your personal library and have them near the table for children to read during the Seder.



Guide created by
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Updated by jFamily
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**Did you try any of our EIGHT GREAT IDEAS? Do you have any suggestions for other ideas?
Please let us know... Contact us by phone at 248-642-4260 ext. 377**



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