



Congregation Ahavat Achim  
 Family Haggadah Compilation  
 Pesach 5781  
 Passover 2021



# Table of Contents

A note from Rabbi Shestack

Traditions

Recipes

Memories & Reflections

For the Kids (and adults too!)

Divrei Torah & Table Talk

Artwork & Songs

## A Note From Rabbi Shestack

Seder night involves two highly integrated mitzvot: There is the mitzvah to tell the story and the mitzvah to imagine that you were there. The first mitzvah is fulfilled by reading the haggadah and telling the story and the second mitzvah is fulfilled by eating the (pesach), matzah, and maror, drinking the four cups and the spontaneous outburst of Hallel-merriment that follows. At the seder we prioritize engagement. The purpose of these two mitzvot is to create a dynamic by which the story becomes real. The reason to have a holiday focused on making the story real is several-fold: First, it happened a long time ago and it's easy for events that happened long ago to be marred in "legend". Second, it establishes our relationship with Hashem. The way we relate to God is based on His active willingness to violate His normal rules of nature to help us. Third, it establishes the moral/political core of Jewish ethics. Fourth, it gives us a destiny. It would be easy to think that there once perhaps was a Jewish mission, the fact that we still do the Seder all these thousands of years later where we can so clearly trace it back generation by generation, shows us that we are part of the Jewish narrative. If we are in fact "players" as Shakespeare wrote, then we are continuing in the roles God cast our forefathers in so long ago. We have a job to do.

(I encourage everyone to discuss this question at the seder and come up with plenty more reasons to have such a holiday-Seder experience...and enjoy!)

Chag Sameach!

# Traditions



## Inherited traditions

Contributed by: Lori and David Garfunkel

We got some new traditions when our daughters married Persian and Syrian husbands respectively.

From our new **Persian** family, we added the tradition of handing out scallions to every person at the table. Then while singing Avadim Hayinu, we whip each other with the scallions like the Egyptians whipped us when we were slaves.

From our new **Syrian** family, we learned the tradition of each person at the table takes a turn when they sling a sack over their shoulder and as they walk around the table, everyone asks them the following questions in Arabic and they respond in Hebrew as follows:

**MinWen Jaye? Where are you coming from?**

MiMişrayim -- From Egypt!

**LaWeyin Rayeh? Where are you going?**

LeYerushalayim -- To Jerusalem!

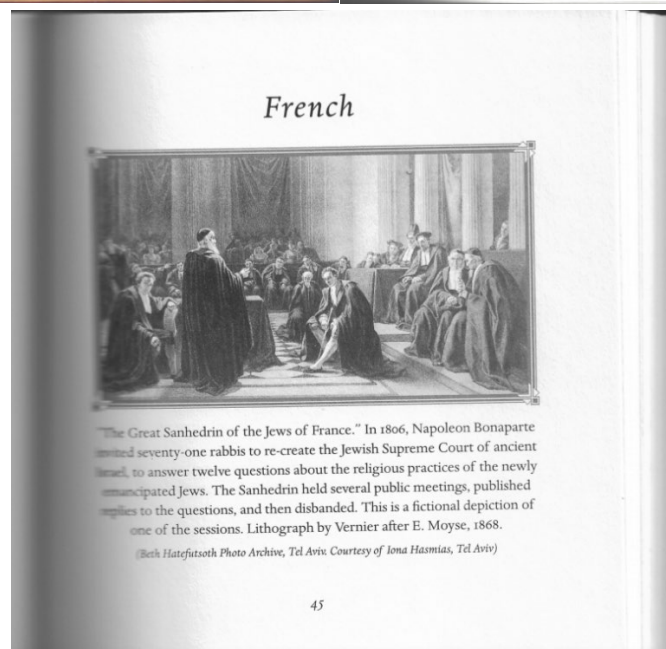
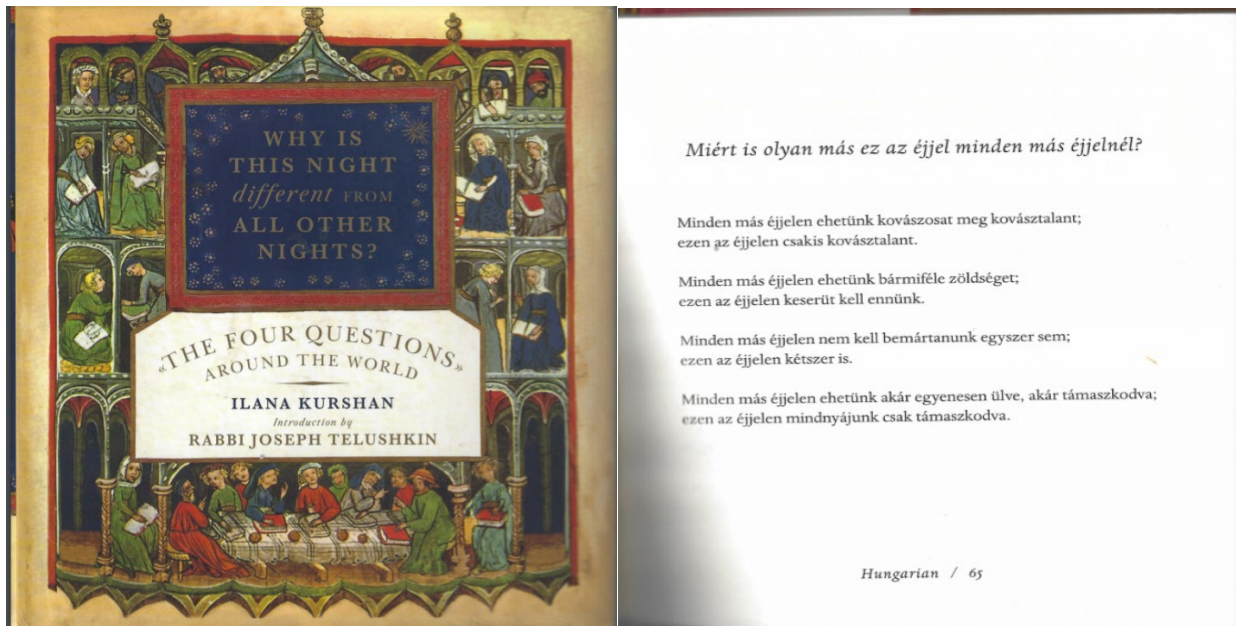
**Ishu zawatak? What are you carrying?**

Matzah u Maror -- Matzah and Bitter Herbs

## A multilingual Seder

Contributed by: Kira Wigod

Growing up, my family always hosted elaborate sederim attended by a number of guests from a range of cultural backgrounds. We had a diverse group representing many languages. As such, my parents used this book at points throughout the Seder and each guest would read in the language of their choice:



## Fun for the entire family

Contributed by: Aliza, Richie, Perri and Sophie Mayer

1. We always sing the classic "kadesh, urchatz" song before kiddush. It really sets the mood!
2. For the Mah Nishtana, the youngest sings the first part, but the whole table including the youngest sings each "halayla hazeh".
3. Once we get through the baruch hamakom/right before the 4 children we offer a round robin reading opportunity for everyone. Everyone can have a turn to read in Hebrew, read in English, or pass. (Except the math part...that's my favorite and it's always mine!)
4. At Dayenu, Richie sings each verse and then the entire table sings a full "chorus" of 'day-dayenu, day-dayenu, day-dayenu, dayenu, DAYENU" between each verse.  
  
4a. at verses 9 and 10 when it talks about God giving us Manna in the dessert, the Hebrew is pronounced "HaMan" and our family always yells "boo" and bangs the table a'la Haman in the megillah
5. During Hallel, Richie says (read: speeds through) the whole thing and the rest of just read along with our eyes. When we get to Hodu L'HaShem Ki Tov, richie says each beginning, and the whole table responds "Ki L'Olam Chasdo"
6. During Echad Mi Yodeah, each person gets to choose a number (more than one if necessary) and as we sing each stanza, you keep your number (except number one--that is sung by everyone). So in the end it might sound something like: "(Richie) 'twelve are the tribes of Israel', (Perri) 'eleven are the starts of Joseph's dream' (Sophie) 'ten are the commandments' (Aliza) 'nine are the months until a baby's born' (Perri) 'eight are the days of the bris', (Sophie) 'seven are the days in a week', (Richie) 'six are the books of the Mishna', (Aliza) 'five are the books of the torah', (Aliza) 'four are the mothers', (Richie) 'three are the fathers', (Perri) two are the luchot that Moshe brought', (Everyone) 'one is HaShem, one is HaShem, one is HaShem...in the heavens and the earth" (We sing in Hebrew and English)
7. During Chad Gadya everyone chooses a verse and has to make an appropriate noise/action for their item throughout the song.

Especially numbers 6 and 7, help end the seder on a high note rather than cranky and tired!



## **A delicious (and very organized) tradition**

Contributed by: Aliza and Richie Mayer

We always make a matzah pizza meal for at least one meal (usually the second day lunch).

Any guest coming (please God next year!) gets a menu emailed to be returned before the holiday with topping options.

Foil is precut and prelabeled before the holiday, menus are printed before the holiday, toppings are cut, and personal matzah pizzas are made so that when everyone sits down to the meal (with salmon patties and green salad, as well) they have their own personal matzah pizza made to their taste.



# Recipes



## 1200 year old חרוסת recipe

Contributed by: Rabbi Shestack

The authors of the Tosfot commentary on Pesachim (116a, "צריך") quotes the recipe and rationale for Charoset from the Teshuvat Hageonim which dates back to approximately the 9th cen.

The recipe is based on the fruits used as metaphors to describe the beauty and joy God derives from us in the Shir Hashirim (Ch. 8).

The recipe/metaphoric description of Bnei Yisrael includes:

Apples, pomegranates, figs, dates, nuts and almonds.

## Blank canvas dessert

Contributed by: Sara Yehaskel

Need another quick dessert? How about one-and-done in 5 minutes? That both adults and children will love? Is it a cookie? Is it a candy? Don't know, don't care! It's delicious and quick! Works for me and Pesach!

### Ingredients:

- Chocolate chips
- Your choice of add ins: matzo farfel \*, walnut pieces, raisins, shredded coconut, crushed/shredded macaroons, dried cranberries or other dried fruit cut up, broken potato chips, mini marshmallows or cut up larger ones. If white chocolate chips become available for Pesach, there's another option.

### Directions:

1. Melt a bag of pareve chocolate chips in the microwave
2. Add 1 or 2 or 3 add-ins from above into melted chocolate
2. Drop the mixture by teaspoonful on parchment or an aluminum foil covered cookie tray
3. They will be dry and ready to eat in about 2 hours. I leave them out overnight, and then put them in Tupperware

\* If you are a fancy lady or just want to impress your mother -in -law, dust your forms with confectionary sugar before serving, throw on some shredded coconut while still wet, or sprinkle some kosher salt on the potato chip variety. (Now you're a Food Network Star!). Serve 2-3 different kinds on a platter.

\* My favorite, best and most popular ones are Matzoh farfel\* alone or with walnuts (C'mon people, its chocolate covered matzoh!)

\* Please use boxed matzo farfel. Do NOT crush your own matzo. Trust me.

\* One bag of chocolate chips will make about 25 forms and cover one tray.

## **One bowl Passover mint brownies**

Contributed by: Sara Yehaskel

### **Ingredients:**

- 1/2 c oil
- 2 c sugar
- 1 Tb vanilla
- 1/2 pkg vanilla pudding
- 4 eggs
- 1/2 c cocoa powder
- 1/2 c potato starch
- Mint patties

### **Directions:**

1. Combine all ingredients
2. Put 1/2 recipe into 8x8 tin
3. Layer mint patties on top
4. Add other 1/2 of batter on top
5. Bake for 35 minutes @ 350 degrees

## **Richie's mom's DELICIOUS sponge cake**

Contributed by: Aliza and Richie Mayer

### **Ingredients:**

- 9 eggs separated
- 1 1/4 c sugar
- 1-2 splashes of lemon juice
- 1 c cake meal

### **Directions:**

1. Beat egg whites until stiff
2. Gradually add sugar. Beat for 10-12 minutes
3. Add lemon juice and beaten egg yolks
4. By hand, mix in cake flour
5. Pour into an UNGREASED bundt/tube pan. Bake at 350 for 45 minutes, but start checking it at 30-35 minutes. Cool upside down before removing it from pan

## Marshmallow brownies

Written by: Adeena Sussman

Contributed by: Lynn Batist

### Ingredients

- 1/2 cup (1 stick) butter or margarine plus more for greasing the pan
- 12 oz semi-sweet or bittersweet chocolate chips
- 2 eggs
- 3/4 cup sugar
- 1 tsp vanilla extract
- 1 tsp instant coffee granules, dissolved in 1 tsp warm water
- 1/2 cup matzah cake meal
- 1 Tbsp potato starch
- 1/4 tsp fine sea salt
- 1 cup mini marshmallows
- 1/2 cup chopped walnuts or pecans (optional, but recommended)

### Directions

1. Grease an 8 x 8-inch baking pan with butter (or margarine) and set aside.
2. Preheat the oven to 350°F.
3. Combine the chocolate chips and butter (or margarine) in a microwave-safe bowl and microwave on high until the butter and chocolate are melted and smooth when stirred, 60 to 90 seconds total; set aside to cool slightly.
4. Whisk the eggs, sugar, vanilla, and coffee in a medium bowl and set aside.
5. In another bowl whisk together the cake meal, potato starch, and salt.
6. Whisk the egg mixture into the dry mixture until incorporated, then fold in the melted chocolate mixture until incorporated. Fold in the marshmallows and nuts until just combined.
7. Pour the batter into the prepared pan and bake until the top is slightly cracked and shiny but the center is still slightly soft, 35 to 40 minutes. Cool.

## Matzah baklava

Written by: Einat and Nancy Davidson

Contributed by: Lynn Batist

### Ingredients:

- 6 sheets matzoh

For syrup:

- 2 cups sugar
- 3 tablespoons fresh lemon juice
- 1 tablespoon honey
- 1/2 teaspoon rose water (you can leave this out if need be)

For assembly

- 1 cup walnuts, chopped
- 1 cup shelled raw unsalted natural pistachios, chopped
- 1 cup packed brown sugar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cardamom
- 1/2 cup (1 stick) unsalted margarine or butter, melted

### Directions

Briefly pass each sheet of matzoh under cold running water until wet on all sides. Layer sheets between damp paper towels and let stand until somewhat pliable but not soggy or falling apart, about 2 hours.

While matzoh is softening, make syrup in small saucepan:

Over moderately high heat, stir together 1 cup water and sugar. Bring to boil, then lower heat to moderate and cook, uncovered, until syrupy and thick, about 15 to 20 minutes. Stir in lemon juice, honey, and rose water and simmer 1 minute. Remove from heat and let cool, then chill until ready to use.



## **Assemble dessert**

Preheat oven to 350°F. In large bowl, stir together walnuts, pistachios, brown sugar, cinnamon, and cardamom. Separate out 1/6 of nut mixture and reserve for topping cooked baklava.

Transfer 1 sheet matzoh to counter. Press rolling pin once over sheet from one end to other to flatten. Rotate 90 degrees and repeat. Transfer to 8-inch-square pan and brush with melted margarine.

Sprinkle with 1/5 of unreserved nut mixture.

Roll out second sheet of matzoh and transfer to pan. Brush with margarine and sprinkle with nut mixture. Repeat with remaining matzoh sheets and remaining nut mixture, ending with matzoh sheet brushed with margarine on top.

Bake until golden, about 25 minutes. Transfer to rack and immediately pour chilled syrup over. Sprinkle with reserved nut mixture. Let cool, then cover and let stand at least 8 hours and up to 3 days. (Do not chill.) Cut into small squares or diamonds and serve.

\*This is one of those desserts that magically improves as it sits — you could serve it after one day, but it's even better on the third day, as the matzoh soaks up the lemony syrup.

# Chicken Marbella

Contributed by: Lynn Batist

## Ingredients

- 1/3 c. extra-virgin olive oil
- 1/2 c. red wine vinegar
- 1 c. large pitted prunes
- 1 c. large green olives, pitted
- 1/2 c. capers
- 8 bay leaves
- 1 head garlic, cloves separated, crushed, and skins removed
- 3 tbsp. dried oregano
- Kosher salt
- Freshly ground black pepper
- 6 lb. bone-in skin-on chicken pieces
- 1 c. dry white wine
- 1/2 c. packed brown sugar
- 2 tbsp. oil
- 1/2 small bunch parsley, roughly chopped

## Directions:

1. In a large bowl, mix together oil, vinegar, prunes, olives, capers, bay leaves, garlic, oregano, 2 tablespoons salt, and 2 teaspoons pepper. Add chicken to marinade and cover tightly with plastic wrap. Transfer to the refrigerator and marinate for 2 to 6 hours, tossing mixture every few hours to ensure even marination.
2. Preheat oven to 350°. Transfer chicken and marinade to a large roasting pan. Pour wine all over and sprinkle brown sugar over chicken.
3. Bake chicken, basting every 20 minutes with pan juices, until chicken reaches an internal temperature of 150°, 50 to 60 minutes total.
4. Increase oven to 500° and roast until chicken skin is deeply golden, about 15 minutes.
5. Remove chicken, olives, and prunes onto a platter and cover loosely with foil. Transfer pan juices to a medium saucepan. Bring the liquid to a simmer over medium heat and let reduce by half, about 6 minutes. Season to taste with salt and pepper and whisk in cold butter and parsley.
6. Serve chicken with a drizzle of pan juice reduction.

## Sweet & Sour Meatballs

Contributed by: Kira Wigod

### Ingredients

- Ground beef
- 2 jars tomato sauce/marinara sauce
- 1 jar duck sauce
- Minced garlic
- Salt
- Onion powder
- Ketchup
- 2 eggs
- Jason's panko breadcrumbs (they make a KLP version)

### Directions:

1. Combine meet, garlic, onion powder, salt, ketchup, egg and panko to taste.
2. Form your meatballs. You can make minis or regular sized meatballs.

### Stovetop version:

Bring 2 jars of tomato sauce and 1 jar of duck sauce to a rolling boil. Carefully add your meatballs using a slatted spoon. Let boil for 1.5-2 hours. Check on them periodically but be careful not to mix too roughly.

### Oven version:

Combine formed meatballs and sauce in a tin (you probably have to split into 2 tins). Put in the oven at 350 for ~ 2 hours. Check on them periodically but be careful not to mix too roughly.

# Smothered Onion Chicken

Written by: Gush Gourmet

Contributed by: Kira Wigod

## Ingredients

- 6 onions sliced thinly
- 4-5 Tablespoons onion soup mix or a combination of salt, onion powder, garlic powder.
- 3-4 tablespoons olive oil
- 1/4 - 1/3 cup packed brown sugar
- Salt
- Pepper
- Garlic powder
- Paprika
- Maple syrup
- 8 chicken bottoms cut in half

## Directions

Mix the onions, onion soup mix, brown sugar, oil and pepper in a bowl.

Put a layer of onions on the bottom of a big roasting pan.

Lay the chicken on top and sprinkle with garlic powder and paprika and then cover with the rest of the onion mixture.

The chicken tastes best if you let it marinate in the onion mixture overnight as the onions release their juices and add lots more onion flavor to the marinade but you can cook it as is as well. If you let it marinate overnight, increase the cooking time by another 45 minutes.

Cover the chicken tightly with foil and bake at around 350 for an hour and a half AT LEAST.

Uncover, drizzle on some maple syrup and bake for another 1/2 hour or so basting at least once with the juices.

\*A friend of mine adapted the recipe for boneless chicken breasts. In order to make those, roast cut up onions in the oven by themselves covered for 2 hours. Then, add the chicken and cook for 30 minutes covered followed by 30 minutes uncovered. That way the cutlets don't dry out.

## Sweet and Spicy Carrots

Contributed by: Kira Wigod

### Ingredients

- Tricolor carrots
- Olive oil
- Honey
- Red pepper flakes
- Salt

### Directions

1. Lay cleaned carrots out on a cookie sheet
2. Drizzle with oil
3. Sprinkle with red pepper flakes and salt
4. Drizzle honey over the spiced carrots
5. Bake at 350 for ~35-40 minutes

# Memories & Reflections



Sweet memories of so many years ago... Home from grad school, and helping Ma get everything ready for yom tov. She was always happy, singing in the kitchen, no matter how much cleaning, organizing, preparing and cooking there was to accomplish for us. Our seders never had less than two or three dozen of the family and dear ones. The tables would stretch from the living room in the front of our old, wonderful house in Paterson, all the way through the dining room... Everything glowing, sparkling, so beautifully festive. The love and pride on my parents' faces.

But getting the house cleaned within Ma's inspection parameters was a pre-requisite. The scrubbing seemingly never ending... Well, a dear friend of mine decided to stop by to say hello. Seeing the work we were doing, he made the gracious offer and asked my mother if he could help with anything while we were chatting and catching up. He thought she'd just appreciate his kind suggestion, and not take him up on the offer. Ma just gave him a gorgeous smile and told him how wonderful he was to help... She told him he could take everything out of our pantry - scrub the shelves - and then re-line them with the new shelf liners. Oh, every time I think of the look on his face it makes me laugh... His quick visit to say hello turned into a complete afternoon of military style kitchen duty.

All these many years later, he still reminds me of that pre-Passover visit. My beautiful parents are long gone, z"l... The laughter and sweet memories will always fill my heart.

A zeisen Pesach to all!

Saragail Chessin Carpe



Last year... My first ever seder on my own. Almost unthinkable, but sweetly serene and meaningful.



Saragail Chessin Carpe

“There’s a lot of irony about the way we are celebrating Passover. Passover is about celebrating freedom, and we don’t have a lot of freedoms right now. People are saying this is the 11th plague. Now is a reminder of the challenges that all people face, that Jews dealt with when in slavery in Egypt. For me, moving forward, we are not going to take things for granted anymore. Things can change so quickly.”

Excerpt from New York Times article entitled *‘That Is What We Do’: The Power of Passover and Tradition Across Generations*.

Full article: <https://www.nytimes.com/2020/04/08/us/passover-seder-plagues-coronavirus.html>

“This perplexing uncertainty would have confronted those leaving Egypt; the uncertainty of surviving the plagues only to be plunged into a long march for 40 years through an endless desert. The miracles of Passover provide a recipe for surviving the current pandemic. They teach us patience and resilience. They teach us to trust that the situation will get better. They also help us remember previous generations who suffered through other dark times.”

Excerpt from The Jerusalem Post article entitled *Passing over coronavirus this Passover*.

Full article: <https://www.jpost.com/Opinion/Passing-over-coronavirus-this-Passover-623962>

“The Haggadah has enabled the Jews to tell the story of the Exodus to their children for more than 100 generations because it isn’t simply meant to be read. Rather, the Haggadah involves a combination of activities: listening, speaking, being heard and responding anew. It is truly a conversation, in which the participants converse with those at the same table, those at Seders all over the world and those who sat at Seders in the distant past.”

Excerpt from Wall Street Journal Article entitled *Passover and the Power of Jewish Continuity*.

Full article: <https://www.wsj.com/articles/passover-and-the-power-of-jewish-continuity-11616212861>

For the Kids (and adults too!)



## **A bit of magic**

Contributed by: Seymour Wigod

Place a small amount of kosher for Pesach food dye in a clear cup and cover the bottom of the cup with your hand so no one at the table sees the dye is in the cup.

Pure clear water into the cup and show the children (and adults) how you can be like Moshe and change the water into blood or various colors.

## **Crossing the Yam Suph (The splitting of the Red Sea)**

Contributed by: Andrew Wigod

Take 2 blue tablecloths

Hold 1 tablecloth on each side of you

Another person should go opposite you and hold the ends of the respected tablecloths

Have the rest of the adults and children walk in between to go through the Yam Suph

## Connecting to the Pesach Story

From [www.aish.com](http://www.aish.com)

This humorous game reveals how creative and clever participants are in connecting random items found around the house to the Passover story. The game can be played at different intervals throughout the Seder, in between reading the text. It requires very little preparation.

Get your kids to collect a bag full of small items from around a house – almost anything will do. For example: duplo man, plastic animals, a plastic crown, a toy car, an envelope, a cup, a jar of red colored water, pyjama trousers, a kiddush cup, lice shampoo, any stuffed animals, etc.

Pass the bag filled with the items around the table and get people to pick out an object without looking. Now each person has to connect the item in his hand to the story.

Here's an example of what someone might say who selected duplo man from the bag: "You are probably very curious who I am? Well, many years ago, our people were enslaved in Egypt by a very powerful King called Pharaoh. One day God appeared to me at the burning bush and told me to remove my shoes. That's why I don't have any shoes on. God then told me that I was going to lead the Jews out of Egypt."

This game gets young and old involved and is a lot of fun.



## Act it Out

From [www.aish.com](http://www.aish.com)

This game is for a more advanced or slightly older age group. It works like charades.

Prepare different verses from the Haggadah ahead of time, and write them on paper.

Each participant randomly chose a card. He then has to mime the sentence and the rest of the guests and family have to guess the passage.

The participant is not allowed to talk, but he may indicate how many words are in the passage with his fingers. He can show that a word rhymes with another word by touching his ear.

This game can be adapted for younger kids to act out the Ten Plagues or simpler words connected to the Passover story.

## Divrei Torah & Table Talk



## Questions to Spark Your Seder

By: Slovie Jungreis-Wolff

Published on [www.aish.com](http://www.aish.com)

The Passover Seder implants faith within the next generation, creating a link in an unbroken chain back to those who first experienced the miracles of Exodus.

Here are 6 questions that give us a deeper understanding of Passover.

### 1. Why must we first search for and get rid of every morsel of *chametz*?

The night before Passover begins we search every nook and cranny for 'leaven'-*chametz*. The next morning we burn the leaven. '*Chametz*' is compared to the ego of a person. Flat matzah alludes to humility. The 'leaven' we rid ourselves of represents the negative character traits we should be searching for. It is not just our physical homes we must clean. It is time, too, for a spiritual cleaning. Just as leaven and breads rise, so too does a person's pride. Arrogance does not allow relationships to flourish. An arrogant person cannot teach, learn, or truly love. He cannot make space for God; his heart is filled with self-love.

Before sitting down to Seder, take steps to search within our hearts and souls. Take a few moments and think about how we have been treating others, reacting to those we live with, and which words we have been using. Only then can we genuinely harness the energy of this incredible night of freedom.

### 2. Why do we recite the 15 steps of the Seder's order before we begin?

The word '*seder*' means 'order'. Life requires thought; we shouldn't live randomly. Whenever we take action it's good to think beforehand. Every word we speak, each text we send should be considered carefully. These 15 steps are the ultimate mindfulness plan. Living purposefully requires setting goals.

The very first step of the Seder is "*Kadesh*" –reciting Kiddush, sanctification. Exodus was our gift of sanctification and spiritual transformation. From that moment until today we were given the ability to soar. But spiritual connection does not just happen. We must also take a step towards God. Seder night is our time to take that step. It begins with the knowledge that we are sanctified. No Jew should ever give up on himself. We are never beyond hope. Just as God took care of us the night of Exodus, so too, does He take care of us until today. This is what faith is all about.

### 3. Why '*Karpas*,' a vegetable dipped in saltwater?

The Seder leader dips a vegetable into saltwater and distributes portions to all. There is a deeper meaning to this seemingly simple act. Vegetables come from the dirt. Seeds are put within the dark ground and one wonders if it will ever sprout. So too, from the depths of slavery and a land of idolatry did our nation flourish. Sometimes we may wonder if the spark within is still alive. We may feel as if we are living in darkness. Our nation seems to be floundering. Never grow despondent. Look at this vegetable that began from a tiny seed in the earth and then burst forth and grew. This is a message to

each of us as we begin the Seder night. We will flourish. Each soul has a life source within that can pierce the darkness. Never despair.

#### **4. Why 3 matzahs and 4 cups of wine?**

As we harness the miracles of the night it is crucial to establish our roots. We transmit to all who sit at our table that we are a nation who possesses great spiritual DNA. Seven is the number of our original forefathers and mothers. Our three patriarchs – Abraham, Isaac and Jacob, as well as our four matriarchs – Sarah, Rebecca, Rachel and Leah – walked before us. They created a path for us, overcame tremendous life challenges and tests so that we would have the fortitude to continue their great legacy. It is only when one knows where they've come from that they will be able to know where they are going.

At the Seder take a few moments to speak about the strengths of each of these great 'zaydies' and 'bubbies' of ours. We are here today because they endowed us with the traits of resilience, compassion, spirituality, collective responsibility, unshakable faith and love of God, desire to learn, and the stamina to never give up despite the odds that speak against us.

#### **5. Why invite hungry people to join us once we are already seated?**


Passover is the night of redemption and redemption arrives when we start caring for those who are around us. There are times in life that we don't realize that we have been kind to the world but those closest to us feel ignored and disparaged. I've spoken with husbands, wives and children who live with family members of great community leaders, but when it comes to their very own spouses and kids the silence has been deafening. As we sit together at Seder take a look around the table. "Let all who are hungry come and eat"- let those who are emotionally hungry, anyone who is starving for a kind word, a loving gesture, a moment of listening-this is the time to start showing our sensitivity. Sate the needs of those who are sitting beside you. Show that you are truly a part of this nation who cherishes kindness, tzedakah and love for family.

#### **6. Why these 4 sons?**

The Hagaddah speaks of 4 sons: the wise, the wicked, the simple, and the one who does not know how to ask. If you think about it, the righteous son is missing. The message is clear. Each of these children presents unique challenges. (Even the wise son may not fit in with peers, dislike the conformity of school and question constantly thinking he knows better). Seder night teaches us that we may not overlook any child. We have been given each soul with the understanding that we will do our best to guide, teach and inspire. Look at a child's nature and figure out the best response custom-made for that personality. The Hagaddah instructs us to reply to each child's question with an individual response. Usually we think about teaching the 'righteous' or 'good' child while other children may be ignored. When transmitting faith we cannot afford to take this approach. Every single child is to be loved and cherished. Each deserves to be engaged.



## Words of Wisdom from Rabbi Sacks zt"l

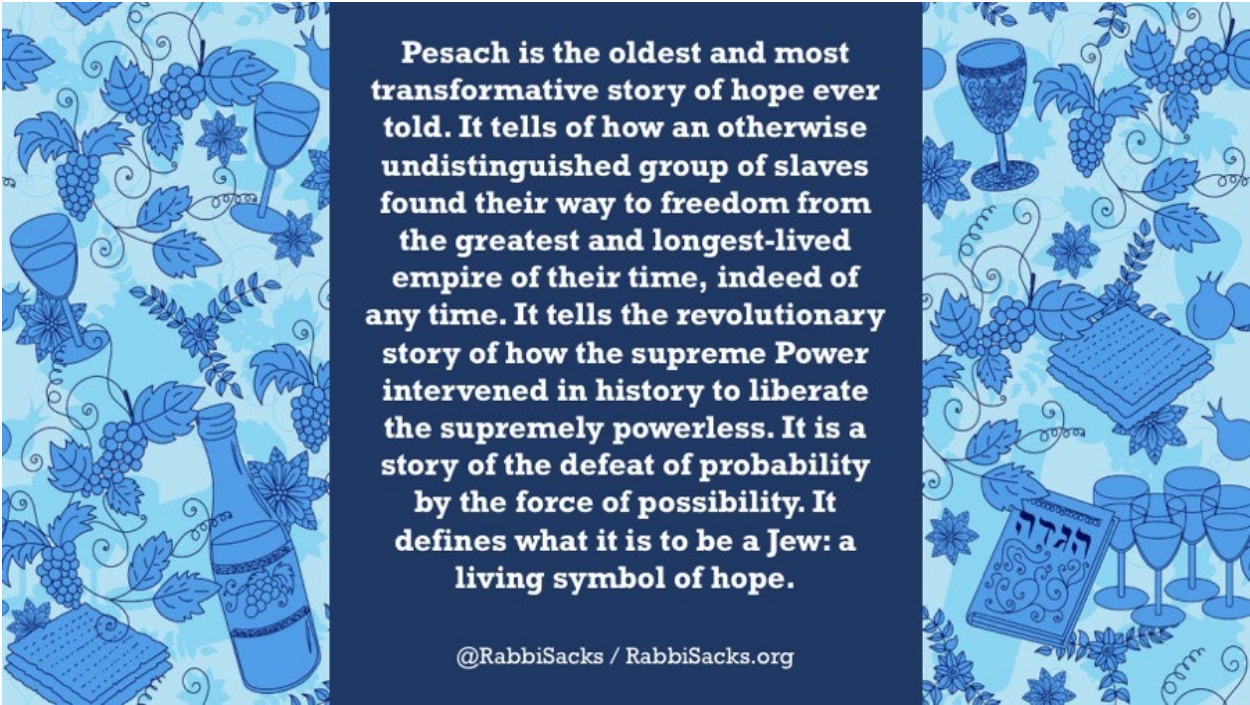


**For many years I was puzzled by the first words we say on Pesach: 'This is the bread of affliction which our ancestors ate in Egypt. Let all those who are hungry come and eat it with us.'**

**What kind of hospitality is it to offer hungry the bread of affliction?**

**Finally, though, I think I understood. The unleavened bread represents two things. It was the food eaten by slaves. But it was also the food eaten by the Israelites as they left Egypt in too much of a hurry to let the dough rise. It was the bread of affliction, but it is also the bread of freedom.**

@RabbiSacks / RabbiSacks.org



**Pesach is the oldest and most transformative story of hope ever told. It tells of how an otherwise undistinguished group of slaves found their way to freedom from the greatest and longest-lived empire of their time, indeed of any time. It tells the revolutionary story of how the supreme Power intervened in history to liberate the supremely powerless. It is a story of the defeat of probability by the force of possibility. It defines what it is to be a Jew: a living symbol of hope.**

@RabbiSacks / RabbiSacks.org

D'Var Torah: The Seder builds our communal memory:

<https://www.jewishchronicle.org/2021/03/03/dvar-torah-the-seder-builds-our-communal-memory/>

That's Our Story and We're Sticking to It!: <https://torah.org/torah-portion/dvartorah-5781-pesach/>

The Ohr Somayach Hagaddah Supplement:

[https://ohr.edu/holidays/pesach/haggadah\\_and\\_seder/806](https://ohr.edu/holidays/pesach/haggadah_and_seder/806)

Questions and Answers on Maggid — Reciting the Haggadah:

[https://www.chabad.org/library/article\\_cdo/aid/2834140/jewish/Maggid-Reciting-the-Haggadah.htm](https://www.chabad.org/library/article_cdo/aid/2834140/jewish/Maggid-Reciting-the-Haggadah.htm)

## Art Work & Songs





Contributed by: Adira Shestack

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## Passover Prep

Contributed by: Cayleb Wigod



## A Video Contribution from Jackie and Gigi Gorelik

<https://photos.app.goo.gl/1bDALuJGDRm6KU13A>



## **Passover song**

(Tune: "Twinkle, Twinkle Little Star")

We work so hard in the desert sun,

Making bricks is not much fun.

Pharaoh let us go away,

We don't really want to stay.

Moses lead us to the sea,

'Cause we all want to be free

We work so hard in the desert sun,

Making bricks is not much fun.

Pharaoh let us go away,

We don't really want to stay.

Moses lead us to the sea,

'Cause we all want to be free!

## **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.

## **“The Matzah Making Song” (and fingerplay) (sung to the tune of “Row, row, row your boat)**

Roll, roll, roll your dough (one hand palm up, other hands above it, palm down making circular motions).

Make it nice and round (make a circle with fingers).

Make it flat (one hand palm up, slap the other hand down on it),

Poke lots of holes (one hand palm up, with your fingers, on the other hand, pretend to poke holes in palm up hand),

And bake it till it's brown (both hand palm up, touching on sides, move forward, as if putting a tray in the oven).

## **Oh Listen, King Pharoah**

Oh listen, oh listen, oh listen King Pharaoh.  
Oh listen, oh listen, Please let my people go.  
They want to go away,  
They work so hard all day,  
King Pharaoh, King Pharaoh,  
What do you say?  
No, No, No  
I will not let them go.  
No, No, No,  
I will not let them go.

## **Baby Moses**

Where is baby Moses, Moses, Moses?  
Where is baby Moses? He's on the River Nile.  
He's floating in a basket, a basket, a basket. He's floating in a basket, on the River Nile.  
The princess she went swimming, swimming, swimming. The princess she went swimming, in the River Nile.  
The princess she did save him, save him, save him. The princess she did save him, from the River Nile.

## **Passover Song (to tune of London Bridge)**

Moses freed the Jewish slaves,

Jewish slaves, Jewish slaves,

Moses freed the Jewish slaves, On Passover.

He told the Pharaoh let them go,

let them go, let them go,

He told the Pharaoh let them go, On Passover.

Moses parted the Red Sea,

the Red Sea, the Red Sea,

Moses parted the Red Sea, So they could be free.

He led them safely to the shore,

to the shore, to the shore,

He led them safely to the shore,

Slaves, they'll be no more!



## **Bake a Matzah**

Bake a matzah, pat, pat, pat.

Do not make it fat, fat, fat.

Bake a matzah, pat, pat, pat.

Bake a matzah, just like that.

Bake a matzah, pat, pat, pat.

Try to make it flat, flat, flat.

Bake a matzah, pat, pat, pat.

Bake a matzah, just like that.

## **Building Cities**

Bang, bang, bang, Hold your hammer low.

Bang, bang, bang, Give a heavy blow.

For it's work, work, work, Every day and every night.

For it's work, work, work, When it's dark and when it's light.

Dig, dig, dig, Get your shovel deep.

Dig, dig, dig, There's no time to sleep.

For it's work, work, work, Every day and every night.

For it's work, work, work, When it's dark and when it's light



## Lotsa Matzah

On Pesach we eat matzah  
Lotsa, lotsa matzah  
It's yummy in the tummy  
Lotsa, lotsa matzah.

On Pesach, we eat chicken  
Finger lickin' chicken  
It's yummy in the tummy  
Finger lickin' chicken  
And lotsa, lotsa matzah.

On Pesach, gefilte fish  
Smelly in the belly gefilte fish  
It's yummy in the tummy  
Smelly in the belly gefilte fish  
And finger lickin' chicken  
And lotsa, lotsa matzah.

On Pesach, we eat matzah balls  
Rolla rolla rolla matzah balls  
It's yummy in the tummy  
Rolla rolla rolla matzah balls  
And smelly in the belly gefilte fish  
And finger lickin' chicken  
And lotsa, lotsa matzah.

On Pesach, we eat horseradish  
Hot hot hot hot horseradish  
It's yummy in the tummy  
Hot hot hot hot horseradish  
And rolla rolla rolla matzah balls  
And smelly in the belly gefilte fish  
And finger lickin' chicken  
And lotsa, lotsa matzah.

On Pesach, charoset  
Chop chop charoset  
It's yummy in the tummy  
Chop chop charoset  
And hot hot hot hot horseradish  
And rolla rolla rolla matzah balls  
And smelly in the belly gefilte fish  
And finger lickin' chicken  
And lotsa, lotsa matzah.  
PESACH!!!

## **Dayenu**

Ilu hotzi, hotzianu, hotzianu miMitzrayim,  
MiMitzrayim hotzianu, Dayenu  
Ilu natan, natan lanu, natan lanu et haTorah,  
Natan lanu et haTorah, Dayenu.

## **Eiliyahu Hanavi**

Eliahu hanavi, Eliahu hatishbi,  
Eliahu, Eliahu, Eliahu hagiladi.  
Bimhera biyamenu, yavo aylenu,  
Im Mashiach ben David, Im Mashiach ben David

## The Four Questions

Ma nishtanah halailah hazeh mikol halaylot, mikol halaylot?

Shebechol halaylot anu ochlin chametz u'matzah, chametz u'matzah. Halailah hazeh, halailah hazeh kulo matzah. Halailah hazeh, halailah hazeh, kulo matzah.

Shebechol halaylot anu ochlin she'or yerakot, she'or yerakot. Halailah hazeh, halailah hazeh maror. Halailah hazeh, halailah hazeh maror.

Shebechol halaylot ayn anu matbilin afilu pa'am echat, afilu pa'am echat. Halailah hazeh, halailah hazeh sh'tay f'amim. Halailah hazeh, halailah hazeh sh'tay f'amim.

Shebechol halaylot anu ochlin bayn yoshvin u'vayn m'subin, bayn yoshvin u'vayn m'subin. Halailah hazeh, halailah hazeh kulanu m'subin.

Halailah hazeh, halailah hazeh kulanu m'subin.

מה נשתנה הלילה הזה מכל הלילות?

שבכל הלילות אנו אוכלין חמץ ומצה  
הלילה הזה כולו מצה

שבכל הלילות אנו אוכלין  
שאר ירקות הלילה הזה מרור

שבכל הלילות אין אנו מטבילין אפילו  
פעם אחת הלילה הזה שתי פעמים

שבכל הלילות אנו אוכלין בין יושבין  
ובין מסבין. הלילה הזה כולנו מסבין