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KADESH

HAPPINESS IN A CUP



Say a blessing and drink the first cup, at least 3.3 oz. Check out your Haggadah for the full Kiddush text.



Sit back, relax, and lean like a king whenever you see this icon.

Wine (or grape juice) is a festive part of every holiday meal—but on Passover we are so happy we drink four cups!

We start the Seder with kiddush—which means "separate" and "sanctify" in Hebrew. Once we separate from all of our weekday worries, we can fully appreciate and sanctify our Passover seder—a holy experience completely removed from our 9-5 concerns.

QUESTION: HOW IS WINE CONNECTED TO FREEDOM?



②

URCHATZ

UP AND UP



Use a cup to pour water over each hand—
3 times on the right, then 3 on the left. No blessing!

We can experience freedom in an instant, but we can't hold on to it forever. Freedom is a constant effort, a push and pull that requires us to keep moving higher. That's why the order of tonight's Seder goes Kadesh, then Urchatz. First we elevate, then we purify. With every spiritual rise, we draw down that energy into a practical deed. Ready to wash?

**QUESTION: SHARE THE LAST TIME YOU GOT INSPIRED.
DID THE INSPIRATION LAST? WHY OR WHY NOT?**



③

KARPAS

A UNIQUE APPETIZER



Dip a small piece of onion, celery, potato, or parsley into saltwater. Find the blessing in your Haggadah, and while you say it have in mind the maror you'll eat later on (step 9).

Imagine slaving away in the hot desert sun, building pyramids for an evil pharaoh. We taste the pain of our ancestors by dipping a vegetable into water that's as salty as tears. It's that humble feeling of bitterness, remembering just how small we are, that helps us accept G-d's great wisdom.

**QUESTION: WHERE IN YOUR LIFE
DO YOU FEEL LIKE A SLAVE?**



④

YACHATZ

GIVE ME A BREAK



Break the middle matzah in two, then hide away the bigger piece for later (step 12). Who will find the Afikomen?

Why is there so much broken in this world?
Hearts break, tragedy strikes, lives fall apart. Tonight we take the humble, simple matzah and break it. Because as long as we feel whole, there is no room left for us to grow. It is when we realize we are but a fragment, that we need the others around us, that so much of us is missing—that is when miracles begin.

QUESTION: WHAT HAS BEEN A POSITIVE OUTCOME OF SOMETHING BROKEN IN THIS WORLD?



5

MAGGID

SHOW AND TELL



Use your Haggadah to share the full Exodus story, making sure to discuss the holiday's big three: Passover offering, matzah, and maror.

These Seder customs sure are unusual, and now's your chance to find out why with the four questions, asked by the youngest member of the family. And then, when you're ready to hear some answers, you'll find out about our ancestors in Egypt over 3,000 years ago, who were slaves to Pharaoh in Egypt.

QUESTION:

WHY DO WE RETELL THE SAME STORY EVERY YEAR?



⑥

RACHTZAH

GO WITH THE FLOW



Use a washing cup to pour water over each hand—3 times on the right, then 3 on the left. This time, say a blessing! (See Haggadah.)

We use our hands to interact with our environment: extend a hug, sign a contact, lift some weights. Our hands generally obey our emotions—love, fear, anger, compassion—which reflect our mental state. But too often our minds and hearts are pulled in different directions. That's why we wash them. Water flows downward, an expression of wisdom passing from our minds through our hearts and down into our hands. So the next time we are faced with a choice, we know exactly what to do.

**QUESTION: WHEN WAS A TIME YOUR MIND AND HEART
WANTED TWO DIFFERENT THINGS?**



⑦ ⑧

MOTZI- MATZAH

YOU ARE WHAT YOU EAT



Make the blessings, having in mind all the poor man's bread
you'll eat tonight, and eat at least 1 ounce of
handmade shmurah matzah

Tonight we don't just talk about freedom—we eat it! These plain,
humble matzah crackers remind us of the complete trust we had
in G-d as we rushed out of Egypt with no time for dough to rise.
When we take a bite out of the "Bread of Faith," the freedom of our
ancestors actually becomes part of us.

QUESTION: WHAT DOES IT MEAN TO BE FREE?



9

MAROR

BITTERSWEET BLESSINGS



Place grated horseradish onto romaine lettuce,
then gently dip into charoset.
Say the blessing before eating at least one ounce.

Dipping sharp horseradish into sweet charoset shows that the happiness of freedom overpowers the pain of slavery. We feel bitter, too, in our current exile, but we are hopeful that G-d will bring the final redemption through our leader Moshiach right away!

QUESTION: HOW ARE WE IN EXILE TODAY?



10

KORECH

THE LIFE SANDWICH



Take a few romaine lettuce leaves, top with grated horseradish, dip gently into charoset, and layer between two pieces of matzah. Bon appetit!

Step aside, peanut butter and jelly. This is a sandwich you'll never forget—with an age-old recipe from Hillel the Sage, who ate the Passover lamb offering this way. We've got the bitter horseradish, the sweet charoset, and the plain matzah all wrapped up together in one memorable sandwich. Kind of like life, where everything comes together.

QUESTION: WHY DO TRADITIONS MATTER?



11

SHULCHAN ORECH

HIGHER DINNER



Time for a holiday feast! Bring out all the food you've been waiting all night to eat, starting off with a hard-boiled egg from the Seder plate.

Complete freedom happens when we liberate all the elements of the physical world and make them holy. As we eat grandma's famous brisket recipe, our intention is to elevate the food to a higher plane.

**QUESTION: HOW CAN WE LIVE IN AN ELEVATED STATE
BEYOND PASSOVER?**



12

TZAFUN

HIDE AND SEEK



Remember that broken half of the middle matzah?
The Afikomen is the grand finale of tonight's meal.



Pour a cup of wine and leave it out
for the prophet Elijah. It's his turn to drink!

There is body, soul, and then there is the essence.
If the soul is light, then that essence is the source of light.
It is called "tzafun," meaning hidden. Most of the year, our soul's
source is too deep for us to access. But on Passover night,
after experiencing all the steps of the Seder, we have the chance
to connect with our ultimate Divine power.

**QUESTION: WHEN WAS A TIME THAT YOU FELT
MOST CONNECTED TO YOUR ESSENCE?**



13

BEIRACH



Find the full Grace After Meals in your Haggadah,
then make another blessing and drink the third cup.

Creds to the chefs of this scrumptious holiday meal—and Hashem,
Who we thank for everything that He does for us. When we show
Hashem gratitude, that brings even more blessings back to us.

QUESTION:
WHAT ARE YOU THANKFUL FOR?



14

HALLEL



Find this prayer in your Haggadah,
then drink up for the final cup.

We praise and thank Hashem with a special prayer,
celebrating the miracles of our redemption.
Hashem makes miracles big and small. Some we notice,
and some we don't. As we praise Hashem for the miracles
of the Exodus, we can try to focus on recognizing the
daily miracles we experience.

**QUESTION: WHAT'S ONE SMALL MIRACLE
YOU'VE NOTICED IN YOUR LIFE?**



15

NIRTZAH

SAY "NEXT YEAR IN JERUSALEM!"



לְשָׁנָה הַבָּאָה בִּירוּשָׁלַיִם!

History repeats itself—so get ready for even more miracles! Like the Jews thousands of years ago, we pray for an end to today's exile. When Moshiach comes, the Holy Temple in Jerusalem will be rebuilt and all Jews will live in the land of Israel. In the final step of the Seder, we ask G-d to grant us true freedom with the ultimate redemption. By next year, we'll be celebrating Pāssover in Jerusalem!

QUESTION: HOW WILL THE WORLD CHANGE
WHEN MOSHIACH COMES?

