



CHABAD'S DOABLE CRITERIA FOR PASSOVER

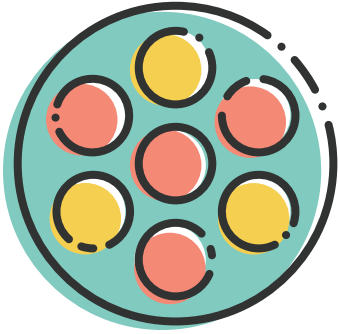
HEY PASSOVER LOVER,

The whole Covid-19 epidemic has you feeling confused?
Away from family and familiar Passover routines?

Just follow the CDC's (Chabad's Doable Criteria for Passover) guidelines for Seder night and you will be good to go.

Of course, it is recommended you go beyond the basic CDC guidelines and get on your PPE (Proper Pesach Experience) but here they are:

OVERVIEW **GET THE FACTS**
NECESSARY PRECAUTIONS **PREVENTION**



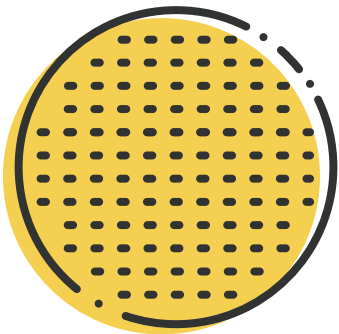
► OVERVIEW:

On the evening of **Wednesday and Thursday, April 8–9 after nightfall** follow the CDC guide for an enjoyable and easy to do Seder.

► GET THE FACTS:

With so much confusion and information, it is important you read these paragraphs and separate fact from fiction.

The Passover story (abridged version on following page)



► TAKE THE NECESSARY PRECAUTIONS:

Remove a round Shmura matza from the box and eat about half of it. A good dose of the bread of faith and healing will keep you protected for the year ahead. Here is the best procedure:

At your kitchen sink, fill a cup with water, and pour three times on your right hand and three times on your left. Then say the following blessing:

Blessed are You, G-d, our L-rd, King of the universe, who has sanctified us with His commandments and commanded us concerning the washing of hands.

Pick up your matzah in your right hand and say the following two blessings:

Blessed are You, G-d, our L-rd, King of the universe, who brings forth bread from the earth.

Blessed are You, G-d, our L-rd, King of the universe, who has sanctified us with His commandments and commanded us concerning the eating of matzah.

Eat the matzah while reclining to your left, in the manner of ancient nobility.

Caution: Make sure you eat this after nightfall and leaning to your left.



► PREVENTION IS THE BEST CURE:

Help spread a feeling of freedom and drink four cups of wine throughout the night.



THE PASSOVER STORY



We were slaves to Pharaoh in Egypt, and the L-rd, our G-d, took us out from there with a strong hand and with an outstretched arm. If the Holy One, blessed be He, had not taken our fathers out of Egypt, then we, our children and our children's children would have remained enslaved to Pharaoh in Egypt. Even if all of us were wise, all of us understanding, all of us knowing the Torah, we would still be obligated to discuss the exodus from Egypt; and everyone who discusses the exodus from Egypt at length is praiseworthy.

(To appreciate the magnitude of the miracle, we have to travel back in time and see our humble beginnings:)

In the beginning our fathers served idols; but now the Omnipresent One has brought us close to His service, as it is said: "Joshua said to all the people: Thus said the L-rd, the G-d of Israel, 'Your fathers used to live on the other side of the river - Terach, the father of Abraham and the father of Nachor, and they served other gods.

"And I took your father Abraham from beyond the river, and I led him throughout the whole land of Canaan. I increased his seed and gave him Isaac, and to Isaac I gave Jacob and Esau. To Esau I gave Mount Seir to possess it, and Jacob and his sons went down to Egypt."

Blessed is He who keeps His promise to Israel, blessed be He! For the Holy One, blessed be He, calculated the end [of the bondage], in order to do as He had said to our father Abraham at the "Covenant between the Portions," as it is said: "And He said to Abraham, 'You shall know that your seed will be strangers in a land that is not theirs, and they will enslave them and make them suffer, for four hundred years. But I shall also judge the nation whom they shall serve, and after that they will come out with great wealth.'"

(Here is the answer to the age old question: What is the secret to Jewish survival?)

This is what has stood by our fathers and us! For not just one alone has risen against us to destroy us, but in every generation they rise against us to destroy us; and the Holy One, blessed be He, saves us from their hand!

Go forth and learn what Laban the Aramean wanted to do to our father Jacob. Pharaoh had issued a decree against the male children only, but Laban wanted to uproot everyone - as it is said: "The Aramean wished to destroy my father; and he went down to Egypt and sojourned there, few in number; and he became there a nation - great and mighty and numerous."

"And he went down to Egypt" forced by Divine decree. "And he sojourned there" - this teaches that our father Jacob did not go down to Egypt to settle, but only to live there temporarily. Thus it is said, "They said to Pharaoh, We have come to sojourn in the land, for there is no pasture for your servants' flocks because the hunger is severe in the land of Canaan; and now, please, let your servants dwell in the land of Goshen."

"Few in number" as it is said: "Your fathers went down to Egypt with seventy persons, and now, the L-rd, your G-d, has made you as numerous as the stars of heaven."

"And he became there a nation" this teaches that Israel was distinctive there.

"Great, mighty," as it is said: "And the children of Israel were fruitful and increased abundantly, and multiplied and became very, very mighty, and the land became filled with them."

"And numerous," as it is said: "I passed over you and saw you wallowing in your bloods, and I said to you 'By your blood you shall live,' and I said

to you 'By your blood you shall live!' I caused you to thrive like the plants of the field, and you increased and grew and became very beautiful your bosom fashioned and your hair grown long, but you were naked and bare."

Rabban Gamliel used to say: Whoever does not discuss the following three things on Passover has not fulfilled his duty, namely:

Passover (the Passover-sacrifice), **Matzah** (the unleavened bread) And **Maror** (the bitter herbs).

Passover - the Passover-lamb that our fathers ate during the time of the **Beit Hamikdash** - for what reason [did they do so]? **Because the Omnipresent** passed over our fathers' houses in Egypt, as it is said: **"You shall say,** It is a Passover-offering to the L-rd, because He passed over the houses of the children of Israel in Egypt when He struck the Egyptians with a plague, and He saved our houses. And the people bowed and prostrated themselves."

This Matzah that we eat for what reason? Because the dough of our fathers did not have time to become leavened before the King of the kings of kings, the Holy One, blessed be He, revealed Himself to them and redeemed them. **Thus it is said:** "They baked Matzah-cakes from the dough that they had brought out of Egypt, because it was not leavened; for they had been driven out of Egypt and could not delay, and they had also not prepared any [other] provisions."

This maror that we eat for what reason? Because the Egyptians embittered our fathers' lives in Egypt, as it is said: **"They made their lives bitter with hard service,** with mortar and with bricks, and with all manner of service in the field; all their service which they made them serve with rigor."