



IN YOUR HOME

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PASSOVER

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Shalom Parents,

Passover is one of the most commonly observed Jewish holidays. Marking one of the most important events in Jewish history (The Exodus from Egypt, leading to the birth of the Jewish people), our liturgy reminds us of that event and the creation of a formidable national identity.

Passover (called *Pesach* in Hebrew) has many names, each representing an important characteristic of the holiday. *Hag ha-Aviv* ("The Springtime Holiday") is a time of renewal and rebirth. *Hag ha-Pesach* ("The Festival Pascual Sacrifice") is because God commanded our ancestors to eat the pascal sacrifice (lamb) on the evening before The Exodus. *Hag ha-Matzot* ("The Festival of Matzahs") reminds us of the bread our ancestors created and ate as they fled. *Zeman Heiruteinu* ("The Season of Our Freedom") emphasizes the importance of freedom to us, as it was to our ancestors.

We celebrate Passover at home.

Essential to its observance is preparation of the home, including removing *chametz* (leaven), providing only Kosher-For-Passover foods and *seder* participation.

At the Seder, we tell the story of our ancestors' life in and flight from Egypt, as presented

in the Book of Exodus, and in the *Haggadah* (the *seder* text). *Seder* participation provides an intimate and personal way to transmit Jewish identity from generation to generation, with many opportunities for conversation; questioning, wondering, and listening, as parents and children explore Jewish ideas and traditions. Exodus 13:8 tells us:

And you shall tell your child on that day, saying, 'This is done because of what the Lord did for me when I came forth out of Egypt'.

Involving the entire family in preparing the home and deciding how to conduct the *seder* assures many memorable moments. The children can be included in cleaning, shopping, decorating, creating the menu and guest list, singing, discussing and dramatizing.

The first day of Passover falls on the fifteenth day of the Hebrew month of *Nisan*. This year, it starts on the evening of April 6, with the first *seder*. While it is a seven-day holiday with only one *seder* in Israel as well as in some congregations outside Israel, most Diaspora communities observe Passover for eight days and have two *seders*.

For more information check these websites:

www.holidays.net/passover
<http://jr.co.il/hotsites/j-hdaypa.htm>
www.jewfaq.org/holidays.htm



PASSOVER GLOSSARY

Pesach **Pe-sach**

Pesach, meaning "pass over," refers to the event when the angel of death caused the death of the first-born male in every Egyptian home, while Israelite homes were passed over, as told in the *Torah*.

Haggadah **Ha-gah-dah**

Meaning "to tell" or "narrate," this *seder* text tells of our ancestors' Exodus from Egypt on Passover Eve.

Kiddush **kee-doosh**

We sanctify this holiday by saying a blessing over wine. We drink four cups of wine at the *seder* because of the four promises made to our ancestors when they became free: "and I will take you out" of the land of bondage. "and I will save" you. "and I will free" you from slavery. "and I will take" you to be a beloved people.

Matzah **mat-zah**

Our ancestors left Egypt in great haste, taking their unbaked dough with them, and baking it in the sun.

Z'roa **ze-roh-ah**

The roasted bone symbolizes the sacrifice made by the Israelites at the first Passover ceremony.

Karpas **kar-pas**

Potato or parsley or lettuce or other green vegetable, is dipped in salt water and then eaten. Salt water reminds us of tears shed by Israelites in bondage. Greens symbolize spring's arrival and the perpetual renewal of life.

Beytzah **bay-tzah**

The egg (hard-boiled in a slightly burnt shell), is symbolic of the new life the Israelites were to enter.

Maror **mah-rohr**

We eat this bitter vegetable (often horseradish) to remember our foreparents' enslaved lives in Egypt.

Charoset **cha-ro-set**

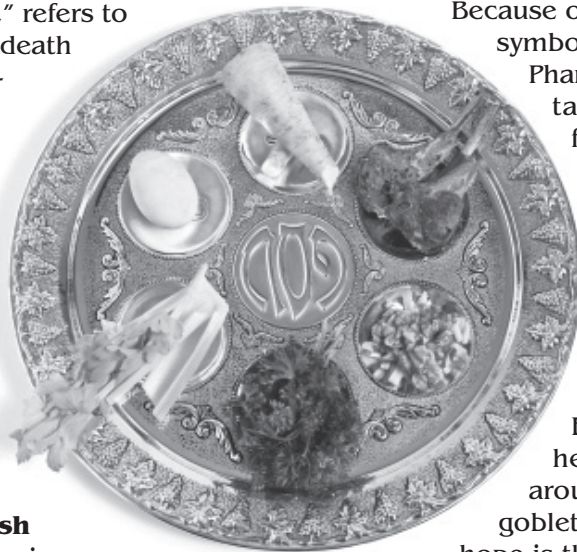
Because of the way *charoset* looks, it symbolizes the bricks used to build the Pharaohs' palaces and temples. Its sweet taste reminds us of the sweetness of freedom. There are many different recipes for *charoset*, some including fresh or dried fruits.

Elijah's cup **(also called** **Kos Eliyahu)**

In Jewish tradition, the prophet Elijah, a 9th century BCE biblical hero, visits every Passover *seder* around the world to sip from a special goblet of wine left out only for him. The hope is that Elijah's presence will inspire those at the table to build a better world, filled with justice, freedom and peace.

Afikoman **ah-fee-koh-man**

Meaning "after-meal" or "dessert", the *afikoman* is hidden so the children will stay alert with a game of hide and seek during the *seder*.



HELPING OTHERS ENJOY THE HOLIDAY



Passover offers opportunities to teach the children *Gemilut Chasadim* (acts of loving kindness); a wonderful way to introduce the holiday spirit.

With your child: Purchase small potted plants. Decorate the pots with paints and collage materials. After they have dried, present them to residents at a senior residence or to friends to decorate their *seder* tables.

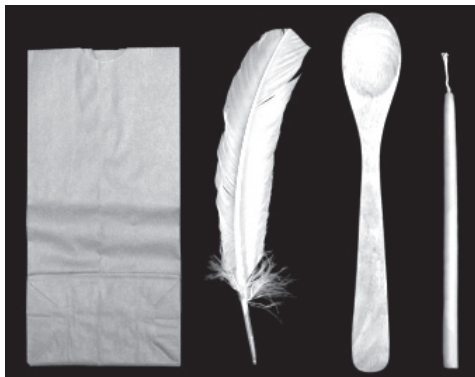
HAVING FUN AT HOME

PREPARING

Parents want to make the holiday relevant to all family members. Lasting happy memories can be established by including children in all aspects of planning and enjoying *Pesach*. Young children CAN relate to Passover, and especially as they sit together with their parents at the *seder*, sharing values and beliefs.

BEDIKAT CHAMETZ: SEARCHING FOR LEAVEN

The night before the first *seder*, families search their homes for *chametz* (leaven or yeast, which is prohibited during Passover) in a ceremony called *bedikat chametz*. It is traditional to use a candle but flashlights work too (because the search takes place at night), a feather (to sweep up crumbs) and a paper bag (to gather up and dispose of *chametz*).



With your child: Wrap ten pieces of bread in paper so no crumbs escape. Then hide them around the house. Write down where you hid them so you can find them later. After sunset hold the flashlight, feather and paper bag, and recite the following blessing:

*Baruch atta Ado-noy Elo-hai-nu Melech
ha'olam asher kid-sha-nu b'mitz-vo-sav
v'tzi-vanu al bee-ur chametz*

Blessed are you, Lord our God, King of the universe,
who has sanctified us with His commandments,
and commanded us to remove the *chametz*

Then search for *chametz* throughout your house. Place all found *chametz*, including the ten pieces you hid, and the feather, in the paper bag. Close the bag securely and put it in a safe place to be burnt the next morning.

STORY-TELLING/ACTING

With your child: Read the story of Passover (see page 4). Afterwards, invite him to draw pictures of the story. At the *seder*, encourage him to hold up his pictures while explaining them.

MAKING CHAROSET

Ingredients

6 apples, peeled, cored and chopped
1 cup finely chopped walnuts
½ teaspoon ground cinnamon
1 teaspoon white sugar
3 ½ teaspoons honey
1/3 cup sweet red wine



With your child: Mix all ingredients together. Serve immediately or refrigerate until ready to serve.

ENJOYING THE SEDER

Young children are delighted by games, stories, songs and prayers that they can recite at appropriate times along with other *seder* participants.

TELLING STORY STARTERS

With your child: After the Passover story is told, present story starters and ask her to finish them. She can be creative when finishing sentences, such as:

- A long time ago, the ruler of Egypt...
- Miriam and her mother carried the basket with the baby to...
- Slaves in Egypt needed to...
- Frogs in Egypt...

HAVING A DISCUSSION

The *seder* offers opportunities for discussion, questioning, and introspective thinking. Here are some suggestions:

- **What's your expectation?** Before starting the *seder*, ask everyone to express their expectations of the evening (singing? discussion? dramatizations and games related to the story?)
- **Four questions:** Ask *seder* participants: "If you could ask any four questions, (about life or Judaism) what would they be?"
- **In what ways are you free?** Each participant can talk about ways she or he enjoys freedom.

HIDING, SEARCHING, FINDING AND EATING

Tell the children: They must "steal" the *afikomen*, after they are shown where it is hidden. The *seder* leader may choose to allow the children to "steal" it. The children hide it and later return it to the *seder* leader, but only after negotiating for a valuable gift in return. Remember, the *seder* meal cannot be completed until the *afikomen* is found. Different households play variations on this game.

A RECOMMENDED SELECTION OF BOOKS

1½-2½ year olds**Let's Have a Seder!**

by M. Sagasti and M. Wikler, Kar Ben Copies, Inc., 1977. This charming board book offers simple explanations of what happens at the *seder*.

2-3 year olds**Let's Ask Four Questions**

by N. in den Bosch and M. Wikler, Kar Ben Copies, Inc. 1977. This lovely board book presents appropriate questions to ask at the *seder*.

It's Seder Time! by L.B.Kropf, Kar Ben Publishing, 2004. Listeners love this story of young children preparing for a *seder*.

A Touch of Passover by A. Sollish, Merkos L'Inyonei Chinuch 2004. Children can touch a bumpy *matzah* or feel leafy green *maror* to discover different Passover textures in this touch and feel board book.

3-7 year olds

Pearl's Passover: A Celebration through Stories, Recipes, Crafts and Songs by J.B.Zalben, Simon & Schuster, 2002. Pearl and her family prepare for Passover as holiday customs are explained through charming pictures, stories, crafts, recipes, songs and directions for conducting a *seder*.

Passover Magic by R.Schotter, Little, Brown and Company, 1995. A family enjoying the *seder* has unexpected twists and turns in this book with delightful illustrations.

Afikomen Mambo by Rabbi J. Black, Kar-Ben Publishing, 2011. With simple lyrics, easy rhyme, and sweet and funny illustrations, children prepare for the *seder*. Listeners can dance and sing to music on enclosed CD.

Dinosaur on Passover by D.L. Rauchwerger, Kar-Ben Publishing, 2006. In silly, rhyming text and cheerful



illustrations, the friendly, oversized Dinosaur celebrates Passover with a boy and his family.

Sammy Spider's First Haggadah

by S.A. Rouss, Kar-Ben Publishing, 2007. Sammy gently leads readers through the Passover *seder*, preceded by the ritual of discarding leavened products and including fun songs set to popular tunes. Act out the story or read it aloud.

Sammy Spider's Passover

Fun Book by S. A. Rouss, Kar-Ben Publishing, 2002. While Sammy and his friend Josh have Passover adventures, listeners enjoy the book's puzzles, mazes and games.

Izzy the Whiz and Passover Mcclean by Y. Mermelstein, Lerner Publishing Group, 2012. Amateur inventor Izzy creates a super duper machine that cleans the entire house in time for the holiday while leaving havoc along the way.

4-8 year olds

Passover: Celebrating Now, Remembering Then by H. Ziefert, Blue Apple Books, 2010. This book, with colorful illustrations, explains the historical roots of The Exodus from Egypt.

8-99 year olds

Passover Around The World by T. Lehman-Wilzig, Kar Ben Publishing, Inc., 2007. Charming stories, recipes and a glossary of Passover terms from America, Turkey, Iran, Morocco, Israel, Gibraltar, India, and Ethiopia help expand understanding of diversity and similarity in Jewish customs.

Why on This Night? A Passover Haggadah for Family Celebration

by R. Musleah, Simon & Schuster Books for Young Readers, 2000. Basic elements of a successful *seder* and creative ways to involve children through song, dance, drama and explanations are presented.



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