

Making Your Seder Magical Even in These Strange Times

By Dr. Erica Brown



The Fifteen Steps of the Seder

- Kadesh
- Urchatz
- Karpas
- Yachatz
- Maggid
- Rachtzah
- Motzi
- Matza
- Maror
- Korech
- Shulchan Orech
- Tzafun
- Beirach
- Hallel
- Nirtzah

Circle three steps that your Seder nails every year. Explain.

Underline three steps that you rush through, ignore or just aren't into. Explain.

What step of the Seder can you make really great this year?

Fifteen Family Conversation Prompts

In the spirit of the fifteen steps of the Seder, here are fifteen prompts that can help guide you in sharing your story with your family.

- 1) My most memorable Passover was...
- 2) A Passover food I've always loved is...
- 3) I miss having_____ at our Seder because...
- 4) One thing I treasure about our family is...
- 5) My favorite part of the Seder is...
- 6) A Passover ritual that is important to me is...
- 7) Here's a symbolic prop that helps tell my Jewish story:
- 8) "Next year in Jerusalem," reminds me of my own relationship to Israel. Let me tell you about it...
- 9) *Yachatz* is the broken matza. There were times when things were hard in our family, when we felt broken. Let me tell you about it...
- 10) *Hallel* are our songs of joy. Let's name times of true joy for our family...
- 11) I celebrate my Jewishness by...
- 12) When I sing *Dayenu*, I am personally grateful for...
- 13) Why is this a different night from all others? Because for me...
- 14) I am obligated to relive this story. Here's my modern journey from slavery to freedom...
- 15) This Passover, I pledge to...

A Special Prayer for Healing at Our Passover Tables

(To be inserted and recited in unison after reciting the Ten Plagues in the Haggadah)

God, who brought us out of Egypt with a strong hand and an outstretched arm, shower us today with Your wonder. Bring a swift and steady end to the plague blowing through the world like pestilence. Free and deliver us. Redeem and liberate us. *Lift and carry us through this crisis.*

Shine Your enduring love on those performing daily miracles: medical personnel and teachers, grocery and delivery workers, sanitations crews and volunteers, and all of our healers and helpers. Reward their kindness with good health and a thousand blessings. *We thank them for lifting and carrying us through this crisis.*

Endow us with abundant love, compassion, strength and extraordinary patience to remain kind in these trying times and find true shelter in each another. *Let us lift and carry one another through this crisis.*

Bring solace and consolation to those who are grieving and to those who are alone and grant a complete healing of body and soul to those who are suffering, in the spirit of Isaiah's wisdom, "For the Lord comforts his people, and will have compassion on his afflicted ones" (49:13).

Hear us, O Lord, and answer us, lift us and carry us, and let us say, Amen.