

Passover Seder Plate Symbols of Acknowledgement, Hope, Gratitude and Resiliency Additional Readings for Your Seder

Chazeret - lettuce and Maror -bitter herbs: Symbols of Acknowledgement

This year we acknowledge the bitterness and sadness we feel in having to distance ourselves from our family, friends, colleagues and others.

As we consume the bitterness of the *maror* and *chazeret*, we acknowledge the challenging time in our country and our world.

As we take a bite of the *chazeret* and *maror*, we acknowledge that we are not alone in this time but rather more interconnected than ever before.

Beitzah- egg and Karpas -parsley: Symbols of Hope

The *baytzah*-egg is added to the *Seder* plate to represent offerings brought to The Temple in Jerusalem in ancient times. The egg also represents the rebirth of spring and of the Jewish people.

This year we are being asked to sacrifice for the health and well-being of all people by Staying at Home: #StayHomeMO. We make this sacrifice in order to allow for healing of our country and our world. In making this sacrifice, we bring hope that our country and world will heal.

Karpas-parsley represents rebirth and hope. The parsley is dipped in salt water to remind us of the tears our ancestors shed in slavery.

This year the salt water may bring tears of sadness for the loss of being with others for *Seder* and the loss of normalcy. When we dip the parsley in the salt water, may the green of the parsley brings hope that we will persevere and find our way.

Zeroa-shank bone: Symbol of Gratitude

In Biblical times, a shank bone was given as an offering of gratitude. This year, finding and offering words of gratitude is particularly important. As you lift the shank bone this Passover, take a moment to share words of gratitude with those gathered for the *Seder* both in-person and virtually.

Make a practice during this time to share words of gratitude with friends, the mailperson, the grocery store worker, the delivery people, nurses and doctors.

Charoset-apples, nuts, spices and wine: Symbol of Resilience

Charoset reminds us of the mortar our ancestors used as slaves. Mortar is known for its strength and endurance. As a Jewish people, our history created the word resilience.

As we consume this **charoset** this year, may we acknowledge our own resiliency and recognize that together we are even stronger.

Hillel Sandwich: Symbol of Acknowledgement, Resiliency and Hope

Resilience is understood to be a “twig with a fresh, green living core that springs back and continues to grow after encountering pressure.”

George Vaillant, Harvard University Psychologist

This year as we place the **maror** on our **matzah**, we acknowledge this challenging time in our world.

This year as we place the **charoset** on our Hillel sandwich, we remind ourselves of our individual and collective resiliency.

This year we add a sprig of **parsley** to our Hillel sandwich to shine a light on the hope we have and to remind us that we will together spring back and grow from this challenging time.

Eat the Hillel Sandwich

