

## Pessah Seder Preparation Checklist

### Ritual items:

- Haggadot - While you're welcome to use those you already have at home, we suggest - especially for those who are not familiar with the traditional text - that you print out copies of the Or Hamidbar Haggadah 5780, which Rabbi David has edited especially for this year's situation.
- Pillows - Many have the tradition of placing pillows on each chair to symbolize the comfort of freedom. It's traditional to recline on a pillow when one drinks the four cups of wine and eats the matzah.
- Seder Plate - You don't really need an official Seder plate. It's enough to place all of the symbolic foods (see below) in small dishes of their own, or separately on a larger plate.
- Matzah Holder - If you don't happen to have one, prepare 4 napkins, between which to place whole pieces of matzah on the table.
- Kiddush Cups - Any kind of cup - silver, glass, etc. - can be used for the wine. The four cups of wine primarily represent the four expressions of redemption.
- Candles - The blessing over the festival candles is recited with a special blessing for Passover.
- Basin and hand towel - Having these supplies on hand helps the ritual hand washing step proceed smoothly.
- Cup for Elijah - The fifth ceremonial cup of wine is poured during the Seder. Although we fill the cup, we leave it untouched in honor of Elijah and others who are not physically with us, but whose presence we wish to feel.
- Cup for Miriam - This cup of water, filled together with Elijah's, commemorates the legend of Miriam's well, which provided water for the Israelites during their years of wandering. It also symbolizes all those who were in the past, and in the present are, marginalized in our ritual, spiritual and social lives.

### Ritual food and drink:

- Matzah - At least 3 whole pieces (squares), or if you have it, hand made matzah. Try to use plain and not egg.
- Wine/grape juice - Throughout the Seder we drink wine as part of the ritual. It is considered a mitzvah to drink four cups. If you're using wine, any kind will do, sweet, dry, white, red, bubbly - whatever!
- Karpas - For karpas there are many vegetables that are traditionally used; examples include parsley, celery, and boiled potato. Karpas symbolizes the astonishing bounty of vegetables and fruits in the springtime harvest. You can also nosh on these during the seder, before we get to the matzah and festive meal.
- Salt water - Before the Seder, prepare a bowl of salt water in which to dip the aforementioned vegetables. This symbolizes the tears of the Jews throughout their slavery.
- Maror - The Hebrew word for horseradish, maror, comes from the root 'mar,' meaning bitter. If you can find raw horseradish root, put a piece on the table as

a symbol and grind/grate some for eating at the appropriate time. Many people use bitter types of lettuce (Romaine, endives).

- Bone - Of course today, we no longer sacrifice animals in Jewish worship. Instead, some have the custom of placing a roasted bone on the Seder plate to remind us of the Pascal lamb. It doesn't matter what kind of bone. Many vegetarians/vegans use a cooked red beet.
- Haroset - Various ingredients used for haroset across the Jewish world include: apples, dates, nuts, raisins, cinnamon and red wine. The haroset is used to balance the bitterness of the maror and it reminds us of the mortar that the Israelites were forced to use in back-breaking labor, for the Egyptians. For recipes: [https://www.chabad.org/recipes/recipe\\_cdo/aid/2742171/jewish/4-Simple-Charoset-Recipes.htm](https://www.chabad.org/recipes/recipe_cdo/aid/2742171/jewish/4-Simple-Charoset-Recipes.htm)
- Eggs - We use a hard-boiled egg on the seder plate to symbolize the holiday sacrifice that would be offered on every holiday (including Passover) when the Temple stood. Additionally, the roundness of the egg also represents the cycle of life; we are encouraged to remember that even in the most agonizing times, we should constantly be positive. Likewise, the egg is a symbol of fertility during this springtime festival.

We hope this list will help you prepare your own table for this year's seder when we're all sheltering in our own homes. But don't worry if you're not able to have all items since you'll be able to see Rabbi David's table and "eat" vicariously through him!