

# FAMILY PASSOVER MEAL *menu*

**Matzoh:** three unleavened matzohs are placed within the folds of a napkin as a reminder of the haste with which the Israelites fled Egypt, leaving no time for dough to rise. Two are consumed during the meal, and one is hidden to be found later.

**Maror:** bitter herbs, usually horseradish or romaine lettuce, used to symbolize the bitterness of slavery.

**Charoses:** a mixture of apples, nuts, wine, and cinnamon, as a reminder of the mortar used by the Jews as they worked as slaves to construct buildings.

**Beitzah:** a roasted or boiled egg, as a symbol of life and the perpetuation of existence.

**Karpas:** a vegetable, preferably parsley or celery, representing hope and redemption; served with a bowl of salted water to represent the tears shed.

**Zeroah:** traditionally a piece of roasted lamb, symbolizing the paschal sacrificial offering. (You can use any type of meat on a bone for this symbol if needed.) **V**Vegetarians use a beet!

**Wine:** four glasses of wine (or juice) are consumed during the service to represent the four-fold promise of redemption. (You can drink them throughout the meal or save them to be used for communion at the end.)

# FAMILY PASSOVER MEAL

## THE ORIGIN OF PASSOVER

Passover is an eight-day festival celebrating the freedom of the Israelites from slavery in Egypt. Because it commemorates the liberation of God's people, it is sometimes called the "Festival of Freedom." The Israelites lived peacefully in Egypt for years until a Pharaoh who didn't like them came into power and made them slaves. After years of living in slavery, God called Moses to help lead his people out of Egypt. Moses asked for their release but Pharaoh wouldn't let God's people go. So God sent 10 plagues to show his power and convince Pharaoh to release the Israelites from slavery. It wasn't until the 10th plague that Pharaoh finally gave up. This devastating plague took the firstborn child of every household. But God told his people to place the blood of a lamb on their doorposts. If they did, the plague would pass over them and their children would be safe. The Feast of Passover commemorates this miracle and celebrates the freedom of God's people.



## THE PASSOVER MEAL

The Passover Meal symbolizes the exodus of God's people out of slavery in Egypt. This is a way of honoring the people of Israel, their journey to freedom and the freedom we experience because Jesus came to the world.



## MATZOH

When God's people escaped Egypt, they had to go quickly. Matzoh is called "unleavened" bread because it is made without yeast which helps traditional dough rise over time. Since Matzoh is made quickly, the bread represents the haste with which the Israelites left Egypt.



## MAROR

God's people spent many, many years as slaves in Egypt before being set free. Just like God used Moses to help deliver the Jewish people from slavery, he sent Jesus to be in relationship with us so we can experience true freedom.



# FAMILY PASSOVER MEAL

## CHAROSES

While they were slaves, the Jewish people did a lot of building. This food represents the mortar or paste they used to put bricks together as they worked hard to build in Egypt.



## BEITZAH

The egg represents life and the hope that God's people would continue to live and thrive after he delivered them out of slavery. Because of Jesus, we also share the hope of life today.



## KARPAS

This vegetable represents hope because vegetables are good for our body and offer healing and health. We serve it in salt water to represent the tears shed by the Israelites along their journey out of slavery.



## ZEROAH

This lamb represents the offering made as a remembrance of Passover. In the Old Testament, God required animal sacrifices as repentance for sins and reminders of important occasions.



## More to Include on Your Seder Plate:

Orange: Show solidarity with LGBTQ+ Jews

Fair-Trade Chocolate: Demanding fair labor practices around the world

Pine Cones: Calling out for criminal justice reform

Bananas: Standing with refugees

Cashews: Support for our troops

## WINE

This wine represents 4 promises that were given to Moses offering God's people the hope of redemption in Exodus 6:6-7. God told Moses "I will bring you out. . .I will rescue you. . .I will redeem you. . .I will take you as my own."



*do this in remembrance of me*