

30-Minute Positive Judaism Passover Seder: Passover, 2021
Using the teachings of Positive Judaism to guide your seder



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The parallels between Passover and the experience of living through a worldwide pandemic are many. Passover is about the trials and challenges of the Ancient Israelites on their journey from slavery to freedom, from oppression to renewal. Today, who among us has not felt oppressed by COVID-19? As the Israelites displayed courage, bravery, and hope, in the ancient day, we are called to draw on these strengths as we walk to the Promised Land in this time, together.

Positive Judaism inspires us to live well and to make our unique and positive contribution by drawing our personal and communal strengths (gratitude, resilience, kindness, wisdom, perseverance, hope, etc). Passover is the Springtime of the World and heralds the beginning of a new season, offering another chance to live in possibility, positivity, and hope. Let us draw upon the message of Elijah the Prophet who joins every seder meal, our harbinger of good things to come. We sing, next year in Jerusalem, our city of Gold, our era of peace. Happy Passover!

1. Gratitude: Welcome in Peace - Candle Lighting

Reader: “We welcome you to this seder. As we kindle these festival lights, we are **grateful** to be here with each other, sharing our lives together, humbly mindful of the gift of light and life.” Rabbi Nachman of Breslov taught, “**gratitude** rejoices with her sister, Joy, and is always ready to light a candle and have a party. **Gratitude** doesn’t much like the old cronies of boredom, despair, and taking life for granted.”

Question: On this night of questions, we ask, “for what are you/we **grateful** at this very moment?”

Prayer: Shehechyanu
Kindle the light

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שְׁהַחַיְנוּ וְקִיְמַנּוּ וְהִגִּיעַנוּ לְזִמְנֵי הַזֶּה

*Baruch Atah Adonai, Eloheinu Melech ha-olam,
she-hechyanu v'key'manu v'higiyanu lazman hazeh.*

We praise God, Ruler of Everything,
who has kept us alive, raised us up, and brought us to this happy moment.

2. Resilience: The Blessing for Wine - Kiddush

Reader: “We lift a cup of wine in honor of the Israelites who suffered under the yoke of slavery, yet demonstrated **resilience** in the face of bondage.” **Resilience** is the ability to remain active, energetic, focused, and flexible no matter what life presents. The inspiration for resilience is found in the words of Zechariah, “Not by might, not by power, but by my spirit alone.”

Question: How have you/we drawn on the strength of **resilience** in the past year?

Prayer: Lift the glass and sing kiddush, the prayer for fruit of the vine.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְרֵי הַגָּפֶן

Baruch Atah Adonai, Eloheinu Melech ha-olam, borei p'ree hagafen.

We praise God, Ruler of Everything, who creates the fruit of the vine.

3. Kindness: The Unleavened Bread - Matzah

Reader: Matzah was the bread of affliction that our ancestors ate before they were free. Let us show unwavering **love and kindness** to all who are hungry and enslaved today. We are all called in every generation to remember the Exodus “as if you were still a slave in Egypt.” The Torah teaches, “great is the virtue of **love and kindness**.” (Exodus 34:6).

Activity: Text someone a note of love and kindness that you believe could use an uplift at this moment.

Prayer: Motzi/matzah:
for the grains of the
earth and matzah.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן הָאָרֶץ

Baruch Atah Adonai, Eloheinu Melech ha-olam, hamotzi lechem min ha-aretz.

We praise God, Ruler of Everything, who brings bread from the land.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל אֲכִילַת מַצָּה

Baruch Atah Adonai, Eloheinu Melech ha-olam, asher kid'shanu b'mitzvotav v'tzivanu al achilat matzah.

We praise God, Ruler of Everything, who made us holy through obligations, commanding us to eat matzah.

4. Wisdom: Why is tonight different from all others? Mah Nishtanah

Reader: “Why is tonight different from all other nights? Because tonight we renew our desire to gain **wisdom**, have a broad mindset, and to expand our perspective of life. As the psalmist says, “Teach us therefore to attain a heart of **wisdom**” (Psalm 90). If we truly desire to live well, aspire to happiness, and improve the lives of others, our inner wisdom is dear friend.

Activity: What are the silver-linings that you have become aware of this year? Have they enhanced your perspective on living well?

Sing: Mah Nishtanah

Mah nishtanah halailah hazeh mikol haleilot?	Why is this night different from all other nights?	מה נשתנה הלילה הזה מכל הלילות
Sheb'khol haleilot anu okhlin hametz umatzah; halailah hazeh, kuloh matzah.	On all other nights we eat leavened products and matzah, and on this night we only matzah.	שבכל הלילות אנו אוכלין חמץ ומצה הלילה הזה כולו מצה
Sheb'khol haleilot anu okhlin sh'ar y'rakot; halailah hazeh, maror	On all other nights we eat all vegetables, and on this night only bitter herbs.	שבכל הלילות אנו אוכלין שאר ירקות הלילה הזה מרור
Sheb'khol haleilot ein and matbilin afilu pa'am ehat; halailah hazeh, shtei f'amim.	On all other nights, we don't dip our food even once, and on this night we dip twice.	שבכל הלילות אין אנו מטבילין אפילו פעם אחת הלילה הזה שתי פעמים
Sheb'khol haleilot anu okhlin bein yoshvin uvein m'subin; halailah hazeh, kulanu m'subin.	On all other nights we eat sitting or reclining, and on this night we only recline.	שבכל הלילות אנו אוכלין בין יושבין ובין מסבין הלילה הזה כלנו מסבין

5. Perseverance: The Broken Matzah - Afikomen

Reader: “We set aside a broken piece of matzah that will become the afikomen to teach the value of **perseverance**, knowing that what seems broken may be repaired.” But we cry out, Dayenu! Enough already! Yet ahead, there is good work to be done. Break and hide a piece of matzah to honor the **perseverance** of the Israelites and their ability to persist in the face of obstacles. The Akaedat Yitzchat taught that “personal effort and **perseverance** contribute the major part to eventual success. In fact, any negligence or laziness is rated as sinful when circumstances seem to have called for exertion of the self.”

Question: While the afikomen is hidden, ask, how can we repair some of the broken-ness around us to help raise the level of wellbeing at home and in our neighborhoods?

Sing: Dayenu, Enough!

Ilu hotzi'anu mimitzrayim: dayenu.	Had God brought us out of Egypt: It would have been enough Dayyenu	אלו הוציאנו ממצרים: דיינו
Ilu natan lanu et hashabbat: dayenu.	Had God given us the Sabbath: It would have been enough Dayyenu	אלו נתן לנו את השבת: דיינו
Ilu natan lanu et hatorah: dayenu.	Had God given us the Torah: It would have been enough Dayyenu	אלו נתן לנו את התורה: דיינו
Ilu hicnisanu l'erezt Yisrael: dayenu.	Had God brought us into Israel: It would have been enough Dayyenu	אלו הכניסנו לארץ ישראל: דיינו

6. Bravery: The Hillel Sandwich - Motzi/Matzah/Maror/Charoset

Reader: “The combination of the matzah, maror, and charoset teach us that life can be dry, sweet, and sometimes bitter. Yet when we rise to the challenge with **bravery**, we can accomplish great things, individually and together. Ben Zoma taught: Who is **brave**? Those who conquer their evil impulse. As it is written: “Those who are slow to anger are better than the mighty, and those who rule over their spirit than those who conquer a city.” (Pirkei Avot 4:1).

Activity: Make a Hillel sandwich and enjoy (combine maror, charoset, and matzah)

Sing: Mi Yodea

Echad mi yode'a Echad ani yode'a Echad Eloheinu shebashamaim uva'aretz.	Who knows one? I know one. One is our God, in heaven and on earth.	אֶחָד מִי יוֹדֵעַ אֶחָד אֲנִי יוֹדֵעַ אֶחָד אֱלֹהֵינוּ שֶׁבַשְׁמַיִם וּבְאָרֶץ
Shnaim mi yode'a Shnaim ani yode'a Shnei luchot habit Echad Eloheinu shebashamaim uva'aretz.	Who knows two? I know two. Two are the tablets of the covenant; One is our God, in heaven and on earth.	שְׁנַיִם מִי יוֹדֵעַ שְׁנַיִם אֲנִי יוֹדֵעַ שְׁנֵי לְחוֹת הַבְּרִית אֶחָד אֱלֹהֵינוּ שֶׁבַשְׁמַיִם וּבְאָרֶץ
Shlosa mi yode'a Shlosa ani yode'a Shlosa avot Shnei luchot habit Echad Eloheinu shebashamaim uva'aretz.	Who knows three? I know three. Three are the Patriarchs; Two are the tablets of the covenant; One is our God, in heaven and on earth.	שְׁלֹשָׁה מִי יוֹדֵעַ שְׁלֹשָׁה אֲנִי יוֹדֵעַ שְׁלֹשָׁה אֲהָבוֹת שְׁנֵי לְחוֹת הַבְּרִית אֶחָד אֱלֹהֵינוּ שֶׁבַשְׁמַיִם וּבְאָרֶץ

7. Hope: Open the Door for Elijah

Reader: “Elijah the Prophet is our symbol of hope who calls us forward in optimism. His dream is a future where every living thing is treated with compassion, generosity, and love. The Psalmist writes, “and I shall always **hope**, and I shall add to all of Your praises.” (Psalm 71:14).

Question: Where does hope live in your life and how can you share your hope with the world?

Sing: Eliyahu HaNavi, Elijah the Prophet

Eliyahu hanavi Eliyahu hatish'bi Eliyahu hagil'adi -	Elijah the prophet Elijah the Tishbite Elijah the Giladite	אֱלִיָּהוּ הַנָּבִיא אֱלִיָּהוּ הַתִּשְׁבִּי אֱלִיָּהוּ הַגִּלְעָדִי
Bim'herah (beyameinu) yavo eleinu Im Mashi'ach ben David. Im Mashi'ach ben David.	May he soon (in our days) come to us, with the messiah, a son of David.	בְּמַהֲרָה בְּיָמֵינוּ יָבוֹא אֱלֹנֵנוּ עִם מְשִׁיחַ בֶּן דָּוִד עִם מְשִׁיחַ בֶּן דָּוִד

8. Unity: The Passover Seder Meal - a symbol of fellowship and peace

Reader: And now it is time to eat. The meal time is the perfect opportunity to express our feelings of neighborly **love** for everyone at this table as we share in the festive meal together and engage in positive conversations that enhance your seder. The Torah teaches, and you shall **love** your neighbor as yourself. (Leviticus 19:18)

Question: As the seder comes to a close, reflect on one takeaway from this experience that you will carry forward in your pursuit of raising wellbeing and positivity in the world

Sing: Od Tireh - B'shanah Haba'ah: Next Year in Jerusalem!

Bashana habaa neshev al hamirpeset Venispor tziporim nodedot Yeladim bechufsha yesachaku tofeset Bein habait levein hasadot	Next year we will sit on the porch and count migrating birds. Children on vacation will play catch between the house and the fields.	בשנה הבאה נשב על המרפסת ונקפור צפורים נודדות ילדים בחופשה ישחקו תופסת בין הבית לבין השדות
Od tireh, od tireh Kama tov ihye Bashana, bashana habaa	You will yet see, you will yet see, how good it will be next year. Red grapes will ripen till the evening, and will be served chilled to the table.	עד תראה את טוב יהיה בשנה הבאה ענבים אדומים יבשילו עד הערב ויוגשו צוננים לשולחן
Anavim adumim yavshilu ad haerev Veyugshu tzonenim lashulchan Veruchot redumim is'u el em haderech Itonim yeshanim veanan	And languid winds will carry to the crossroads old newspapers and a cloud.	ורוחות רדומים ישאו אל אם הדרך עתונים ישנים וענן
Od tireh, od tireh...	You will yet see, you will yet see, how good it will be next year.	עד תראה את טוב יהיה בשנה הבאה
Bashana habaa nifros kapot yadaim Mul haor hanigar halavan Anafa levana tifros baor knafaim Vehashemesh tizrach betochan	Next year we will spread out our hands towards the radiant light. A white heron like a light will spread her wings and within them the sun will rise.	בשנה הבאה נפרוש כפות ידים מול האור הניגרת הלבן אנפה לבנה תפרוש באור כנפים והשמש תזרח בתוכן
Od tireh, od tireh...	You will yet see, you will yet see, how good it will be next year.	עד תראה את טוב יהיה בשנה הבאה

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Happy Passover!

Remember, it is a mitzvah to be happy and joyous on Passover