

NEW FLAVORS FOR THE SEDER PLATE



TRANSFORMATION
TOGETHERNESS
MEANING
COMPASSION
INNER FREEDOM
GROWTH

The Passover Seder invites us not only to remember the journey from slavery to freedom, but also to ask what freedom means for us here and now.

Below are several ideas that can serve as symbolic additions to the Seder plate, “flavors” meant to spark conversation around the table. They invite us to expand the ancient story into our lives today, through questions of inner freedom, meaning, togetherness, growth, transformation, and compassion.





**"In every generation,
each person is obligated
to see themselves as
though..."**

A central part of Passover is not only telling the story, but finding ourselves within it and discovering what means for us.

**Where do we find meaning in what
we are experiencing right now?**





**"Within every person
there is a point of
freedom that is their own
Exodus from Egypt, and
only they themselves can
discover it"**

Language of Truth - Sfat Emet
(Rabbi Yehudah Aryeh Leib of Ger)

**Where, despite everything
happening around us, can we still
find a sense of inner freedom?**





"And she had compassion on the child"

Exodus 2:6

The Exodus story itself is shaped by acts of compassion: God hears the cry of the Israelites, Miriam watches over her brother, and Pharaoh's daughter shows compassion for the child. Often, our own journey to liberation begins when the heart opens.

Where have you felt compassion recently? Toward whom is your heart open?





"The blossoms have appeared in the land"

Songs of Songs (2:12)

Passover is also the festival of spring, a time of growth and renewal. Buds appear on the trees, small signs of life that promise fruit yet to come.

What signs of growth or renewal can you identify in your life right now, small as they may be?





"Maror Korech - the bitter wrapped with the sweet"

A central theme of Exodus story is the human ability to transform even the hardest moments into change, to turn darkness into dawn, to wrap the bitter with the sweet and create a new taste.

Has there been a moment recently when darkness also carried within it the first light of dawn?





"So he summoned Moses and Aaron by night and said: 'Rise up, go out from among my people, both you and the Israelites...'"

Exodus 12:31-32

The Exodus from Egypt is a story of a people, a story of community. Redemption is not individual; everyone must leave Egypt together.

Where, have you recently felt strength in being part of a community or a people?



Happy Passover!



The Israel Movement for Reform
and Progressive Judaism