



HAGGADAH SUPPLEMENT 5782

**Setting Your
Passover
Seder Table:
In Addition
to Your Seder Plate
Reflect, Collect,
Gather, and Share**



PARK AVENUE SYNAGOGUE



Throughout our tradition, Passover is called by four different names: Holiday of *Herut* (Freedom), Holiday of Pesach, Holiday of *Matzot*, and Holiday of *Aviv* (Spring). Using these names, we can explore some of the themes each name uniquely evokes in this holiday season. Reflect on this past year, collect stories, anecdotes, and ideas, gather with loved ones, and share with each other to enrich the Passover seder.





INWARD FREEDOM: *HERUT* – חרות

Z'man heruteinu – the time of our freedom. What does that mean? This is the special spiritual opportunity for freedom ... not just a commemoration of some historical event, rather, every single year we are able to fight for the freedom of our soul.

(Michtav Me'Eliyahu by Eliyahu Eliezer Dressler)

Freedom comes in many different forms ranging from nations to singular human beings. The Passover story brings the Israelites from the bondage of slavery in Egypt to crossing the sea into freedom. The seder gives us space to explore the many types of freedom that exist in our world and within us as ourselves.

- **Where have you felt the greatest sense of freedom?**
- **What factors allowed this sense of freedom to take place?**
- **What is one way to bring this feeling of freedom into your home all year long?**



PERSONAL COMFORT: *PESACH* – פסח

כל דכפין ייתי וייכול

Kol dihfîn yeitei v>yeyhol

Let all who are hungry, come and eat

(The Passover Haggadah)

The Haggadah demands that we welcome anyone who is in need, calling upon us to “let all who are hungry come and eat.” When we partake from the bounty of the Passover seder, we can recognize the comfort of the experience. It is important to acknowledge this comfort we are feeling.

- **Who has brought you the most comfort over this past year?**
- **What did they do to bring this feeling of comfort?**
- **Is there a way to bring the comfort you received to another person?**



JOYOUS MEMORY: MATZOT – מצות

ותקח מרים הנביאה אחות אהרן את-התף בידה ותצאן כל-
בתפים ובמחלת

Then Miriam the prophet, Aaron's sister, picked up a hand-drum, and all the women went out after her in dance with hand-drums. (Exodus 15:20)

Matzah brings us back to our past seders and Passover experiences. The look, feel, and taste of matzah connects us to our previous seder experiences, calling upon our dearest Passover moments of eating, singing, and gathering with loved ones. In our collective memory, we conclude the Passover narrative watching the Israelites make their way across the parted sea and onto safe land. When the Israelites realized their triumph of escaping slavery, they broke out in celebration of music, song, and dance. The seder creates space to remember the celebration of collective freedom and extends this joyous memory to ourselves and those around us at the table.

- **When was your most joyous Passover or other holiday?**
- **What in particular made this moment so filled with joy?**
- **Could you bring any elements of this memory into tonight's seder?**



EXCITING GROWTH: AVIV – אביב

When God split the sea, fruit trees of apple and pomegranate bloomed.

(Midrash Exodus Rabbah 21:10)

Celebrated in the spring, Passover highlights growth and rebirth. The splitting of the sea brought new life and opportunity. We can be open to our own evolution and welcome the various parts of ourselves waiting to emerge and change in the future.

- **What parts of yourself have been dormant that you want to nurture and bring back to life?**
- **What tools do you need to help yourself bloom?**
- **In what ways can your larger community grow toward the future?**



PARK AVENUE SYNAGOGUE

50 EAST 87TH STREET, NEW YORK, NY 10128
SYNAGOGUE OFFICE: 212-369-2600
WWW.PASYN.ORG

ELLIOT J. COSGROVE, PHD, RABBI
NEIL ZUCKERMAN, RABBI
ETHAN H. WITKOVSKY, RABBI
AZI SCHWARTZ, CANTOR
CANTOR MIRA DAVIS, CANTORIAL FELLOW
GAVRIELLA KORNSGOLD, RABBINIC INTERN
SYDNEY LAZAR, CANTORIAL INTERN
DAVID H. LINCOLN, RABBI EMERITUS
DAVID LEFKOWITZ, CANTOR EMERITUS
VALERIE RUSSO, EXECUTIVE DIRECTOR
LIZ OFFENBACH, ASSOCIATE EXECUTIVE DIRECTOR
RABBI LORI KAUFMAN, DIRECTOR OF CONTENT AND INNOVATION
RABBI BRADLEY SOLMSEN, DIRECTOR OF CONGREGATIONAL EDUCATION

MARC BECKER, CHAIRMAN OF THE BOARD
NATALIE W. BARTH, PRESIDENT

