

15 STEPS TO FREEDOM

brought
to you by:



A Pesach seder^{CUT-OUT} guide + conversation starter
for family and friends around your table ➔

Happy Passover from Hamilton Chabad!



"And you shall teach it to your children..."

You must be a teacher, and you must be a student.
Always learning, and always teaching what you discover.



1

KADESH (SANCTIFY)

ACT:

Recite Kiddush and drink the 1st cup of wine reclining to the left

CONTEMPLATE:

Kadesh means to separate. All journeys begin with separation. To arrive at your destination you must leave the place you are in.

DISCUSS:

What "Egypt" (constrains) do I need to leave this Pesach?

2

URCHATZ (WASH)

ACT:

Wash hands as you would for Bread but without a blessing

CONTEMPLATE:

Our hands represent action. We wash our hands from the dirt of distraction. The misappropriation of our energy

DISCUSS:

In which areas can I improve and clean up my act?

3

KARPAS (DIP)

ACT:

Dip onion, parsley or potato in salt water. Make blessing to eat.

CONTEMPLATE:

The salt water represents the tears of slavery. We need to taste the brokenness of enslavement to be ready to leave "Egypt".

DISCUSS:

In what ways do I avoid facing uncomfortable parts of myself?

A PESACH SEDER COMPANION SET

4

YACHATZ (BREAK)

ACT:

Break the middle matzah (but don't eat it yet) Put half of it away for Afikoman later.

CONTEMPLATE:

As long as we feel whole, there is no room left to grow. It's when we realize we are but a half, that we can't do this alone, that the miracles begin. "Where is G-d? Wherever you let him in..."

DISCUSS:

Share a time where you discovered your light through being broken?

5

MAGGID (TELL)

ACT:

Time to tell the story. Begin with 4 questions, then read Haggadah. Make blessing and drink 2nd cup reclining.

CONTEMPLATE:

What we've gone through + learned in life, is to pass on to others. Our story isn't ours to keep. Share it, help another!

DISCUSS:

Why is remembering the exodus a daily commandment?

6

RACHTZA (WASH)

ACT:

Wash for bread. Again. This time with a blessing

CONTEMPLATE:

Freedom isn't a once-off but a work in progress. A level higher means a new challenge. Keep that ego in check. Rinse and repeat.

DISCUSS:

What 'blessings' have your challenges brought you to?

7

MOTZI (BLESS)

ACT:

Recite blessing of Hamotzi. Still don't eat the matzah.

CONTEMPLATE:

Before I eat I thank G-d for the food in front of me. I am mindful of the blessings in my life.

CONSIDER:

One thing you'd like to take less for granted is...

8

MATZAH (CRUNCH)

ACT:

Blessing on the mitzvah of Matzah + finally eat some.

CONTEMPLATE:

Matzah is called 'Bread of Faith'. Because of its ego reducing properties. Unlike bread it doesn't rise. Eating Matzah at the seder is known to reduce our sense of self-inflation.

DISCUSS:

Why is selflessness so liberating?

9

MAROR (BITTER)

ACT:

Dip the bitter herbs in Charoset (not too much) make a blessing on the Mitzvah. Shed a tear?

CONTEMPLATE:

Celebrating our Jewishness provides meaning to the sacrifices of those who got us here.

DISCUSS:

What is so great about bitterness? Why do we want to remember that?

10

KORECH (SANDWICH)

ACT:

Try Hillel's world famous Maror on Matzah sandwich. Lean left.

CONTEMPLATE:

When we live as a vehicle for the Divine, the bitter, the sweet and the tasteless responsibilities of life wrap together in a single sandwich.

CONSIDER:

All the different cards you've been dealt are from the same unifying, guiding and loving hand

11

SHULCHAN ORECH (FEAST)

ACT:

Dinnertime! Pass the gefilte fish.

CONTEMPLATE:

G-d wants you to enjoy his world. Take time to pause during the journey to celebrate your growth

DISCUSS:

What is something you're really proud of yourself for?

12

TZAFUN (DESSERT)

ACT:

Eat the Afikomen for dessert. Recline like a free person.

CONTEMPLATE:

We eat humble pie again, this time on a full stomach, acknowledging that even in our good times, we are always one second away from the dangers of E.G.O - Edging G-d Out.

CONSIDER:

Where my self interest ends, is where transcendence begins.

13

BERACH (THANK)

ACT:

Blessing after meal (Bentsh). Then blessing on wine drink cup #3 reclining

CONTEMPLATE:

Gratitude is not only the best attitude, it's the very opposite of entitlement. It says, the world doesn't owe me anything. Everything is a gift!

DISCUSS:

Name something you're feeling grateful for right now?

14

HALLEL (PRAISE)

ACT:

Psalms of Praise. Pour Elijahs Cup + the 4th & final cup of wine. Blessings....then bottoms up!

CONTEMPLATE:

This moment in the seder is a time of open doors. Open your heart. Ask for blessings, don't hold back. Abundance flows...

DISCUSS:

Give one blessing and one praise to the person sitting next to you.

15

NIRTZAH (CLOSING)

ACT:

Do nothing. Your job is done. Look up from your wine. It's His job now...

CONTEMPLATE:

If G-d wanted a perfect world he could've created one. He wants your humanness, your efforts. Put your best foot forward, leave the rest up to him.

SING

"L'shana Haba'a B'yerushalayim"
"Next Year in Jerusalem"