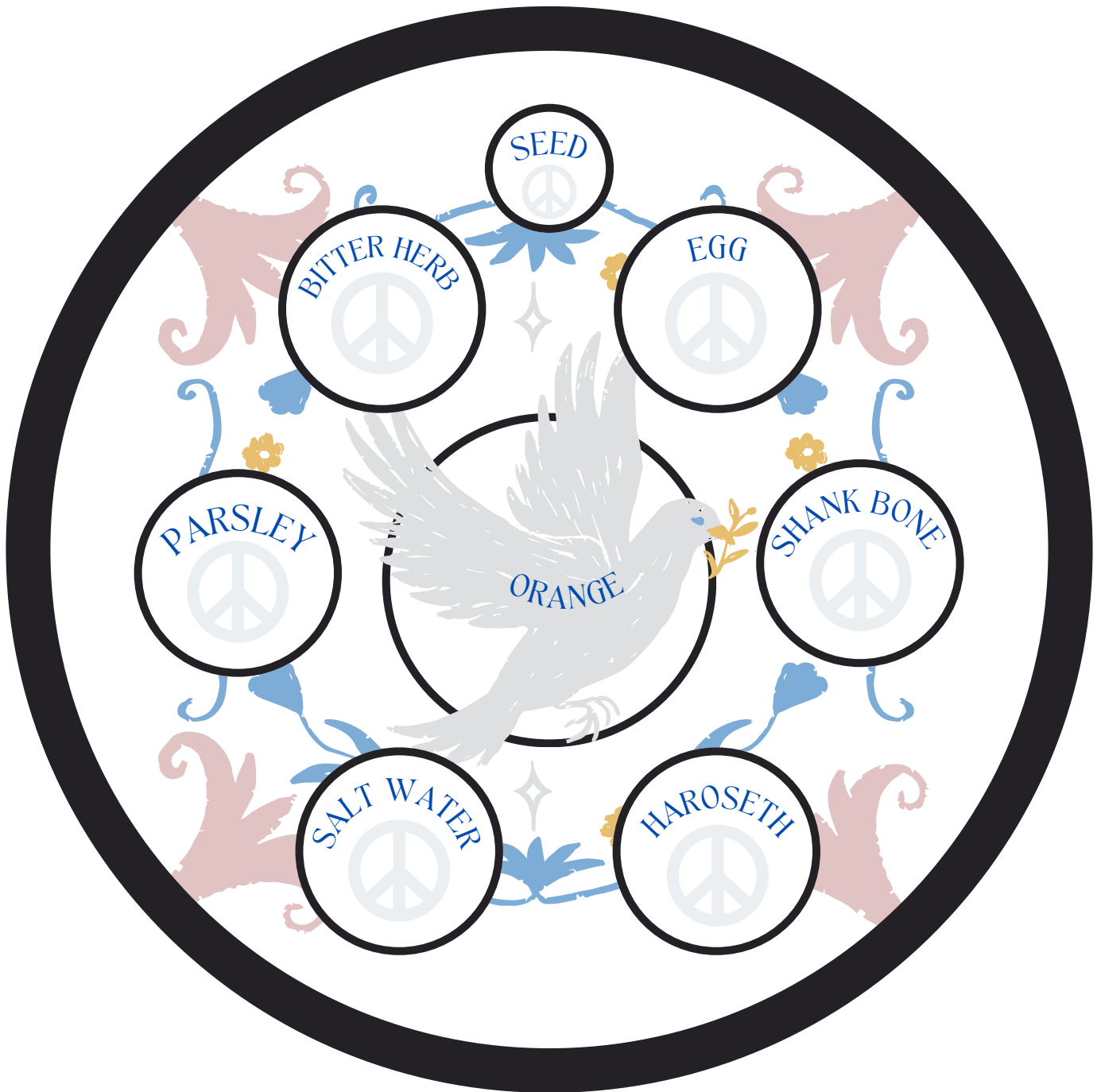


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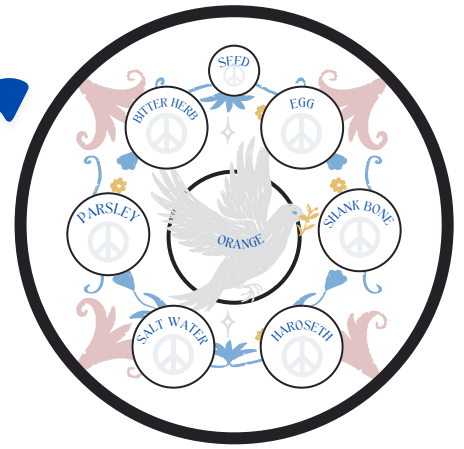
SEDER PLATE



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Seder Vision Board

In Hebrew, Seder means “order.” Let’s set intentions and bring order to the chaos.



Charoset: Connection

The charoset represents the cement that held the bricks of the pyramids together.

Where could you be a connector, a binding force, creating unity even when it feels like there's a wall?

Beitzah (Egg): Rebirth

The egg represents the continuous cycle of life, rebirth and the divine feminine.

What timeless values do you want to carry forward to create peace and unity on the planet?

Zeroah (Bone): Gratitude

The “paschal lamb” shank bone represents the sacrifice and celebration that happened when the Pharaoh was defeated and the people were freed after great struggle.

What's one thing you could be grateful for now, even if peace isn't here yet?

Maror (Bitter Herbs): Anger

Peace doesn't mean that you simply accept oppression or “turn the other cheek.” To process anger, we must name the bitterness we taste, the loss of freedom, unity and equality.

*Where have you felt righteously angry or upset?
How might you turn that anger into action?*

Karpas (Parsley): Hope

The parsley or green vegetable reminds us that spring and renewal return, even if the hardest time.

What new beginning is trying to emerge in your life right now, even if it feels bittersweet?

Salt Water: Grief

At the Seder, we dip the parsley in salt water, symbolic of tears shed for hardship.

What are you carrying that you haven't given yourself permission to grieve?

Orange: Inclusion

A male rabbi once said that a woman rabbi is “like an orange on a Seder plate.” In defiance, progressive Jewish leaders began including citrus on the plate. (As the daughters of a female rabbi, raised in feminism and by strong women ancestors, this one means a lot to us!)

In what way have you ever been oppressed, ignored or wrongfully deprived of something?

Seed: The Future

This one is our addition, made in the name of the Earth and the future. It symbolizes growth and continuity for the next generation.

What could you plant for the future of the world, your kids, your community or the next generation, even if you never see the tree in your lifetime?