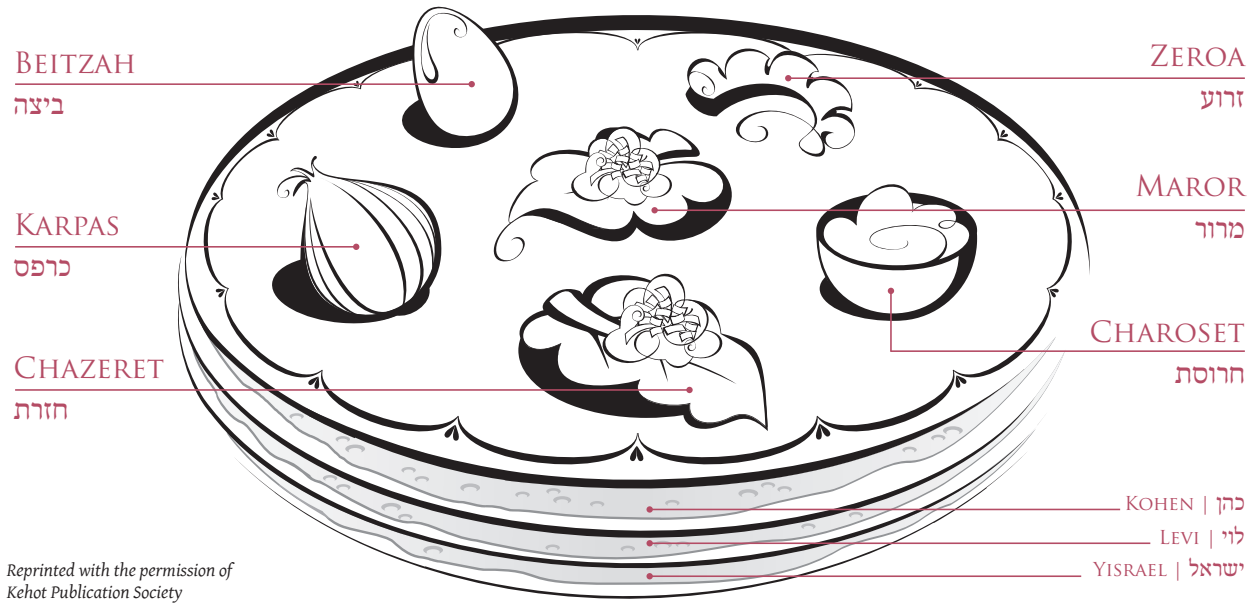


Step-by-Step Passover Seder



Step 1: Reflection (Optional)

- » *Take a moment for personal reflection. Close your eyes and meditate on one or both of the following:*

Even while I have certain expectations for how the evening will go, ultimately, I am serving G-d this evening. Things may go differently from what I expected, but should that happen, it would mean G-d wants something else from me, and I will be glad to play my part and do what's needed from me at that moment.

The holiday of Passover is relevant to me at this very moment of my life because _____.

Step 2: Candles

- » *Women and girls kindle the holiday candles and recite the blessings on p. 1 (Passage 1).*

Step 3: Kiddush

- » *Fill your cup (minimum 3.2 oz.) with wine or grape juice.*
- » *Lift the cup and recite the Kiddush on p. 1 (Passage 2).*
- » *Drink all or at least the majority of the cup while reclining toward the left.*

Step 4: The Vegetable

- » *Take the karpas vegetable, dip it into salt water, recite the blessing (on p. 2, Passage 3) and eat it.*

Step 5: Relive the Story

- » *Break the middle matzah. Put aside the larger piece.*
- » *Pour a second cup of wine (but do not drink it at this point).*
- » *A child (or adult) asks the four questions (on p. 2, Passage 4).*
- » *Read the Avadim hayinu passage (on p. 2, Passage 5).*
- » *Optional: Discuss the following questions:*
 1. *Why celebrate an ancient freedom that was subsequently lost to further persecutions?*
 2. *What would be the point of a wise, knowledgeable person repeating a very familiar story?*
- » *Optional: Read and discuss the following thought from the Rebbe:*

“To each of us in our personal lives, the Exodus speaks loud and clear: free yourself from the obstacles and limitations that stand in your way, preventing you from being what you should be and acting as you should. Moreover, like our constant retelling of the Exodus story, its personal message is perpetual: the personal exodus you achieved yesterday was marvelous only by yesterday’s standards, for you have subsequently grown from that experience, and it is therefore insufficient for the standards of today.”

- » *Optional: Discuss the following questions:*
 - » *Continual progress is ideal but difficult. What is the biggest obstacle to continued growth, and how can we overcome it?*
 - » *What is one piece of advice you can give yourself at this special moment to help power you forward in this regard?*
- » *Proceed to the part that discusses the three mitzvahs of Passover: Pesach, matzah, and maror on p. 3, Passage 6).*
- » *Recite Passage 7 (p. 4) the Hagafen blessing (p. 5, Passage 8) and drink the second cup.*

Step 6: Matzah

- » *Wash your hands for bread and recite the blessing (on p. 5, Passage 9).*
- » *Recite the two blessings on matzah (on p. 5, Passage 10).*
- » *Eat the matzah, reclining.*

Step 7: Maror

- » *Dip the maror into the charoset. Recite the blessing (on p. 6, Passage 11), and eat it.*

Step 8: Meal

- » *Eat the egg from the seder plate.*
- » *Enjoy a holiday meal.*
- » *Eat the afikoman.*

Step 9: Finale

- » *Fill the third cup.*
- » *Fill Elijah's cup.*
- » *Recite grace after meals (p. 6, Passage 12).*
- » *Recite the Hagafen blessing (p. 6, Passage 13), and drink the third cup.*
- » *Pour the fourth cup.*
- » *Recite the Hallel (p. 6, Passage 14).*
- » *Recite Hagafen (p. 10, Passage 15) and drink the fourth cup.*
- » *Proclaim: Next year in Jerusalem! (p. 10, Passage 16)*