

## THE PASSOVER MEAL

### Food needed:

- CEREMONY
- red wine or grape juice
- Parsley (1-2 “sprig” per person).
- Saltwater (a small cup per person)
- Horseradish - pieces or paste
- 3 pieces of unleavened (lavash/matzo) bread - bread made w/o yeast/baking powder - wrapped in cloth.
- Haroseth (apple/fig & nut chutney)  
<https://www.epicurious.com/recipes/food/views/haroseth-107993> [substitute with apple sauce if needed].
- DINNER SUGGESTIONS - there are no strict rules for dinner food other than the tradition of nothing with yeast.
- Grilled/Roasted chicken or beef roast is a common dinner.
- Rice - suggestion:  
<https://downshiftology.com/recipes/cilantro-lime-rice/>
- Roasted vegetables
- Salad (lettuce-based or potato or quinoa type salad).

### Ceremony Outline:

- Opening ceremony with wine/juice, wrapped bread, and ceremony food plates:
  - On a plate before each person is a dish of salt-water, some horseradish, green herb (e.g. parsley), and haroseth.
  - The table should be set with plenty of wine/juice and unleavened bread.
- Dinner
- Closing ceremony with wine/juice and bread

## I - Kindling of the festival lights

**Father:** Let us stand. *All stand.*

*The mother lights the candles. Symbolizes the coming of the Messiah, the Light of the World*

### **Mother's Prayer:**

Our God is the King of the Universe; He has saved us by His commandments and commands us to kindle the festival lights. O Lord, King of all; you have kept us alive and brought us again to this time of the year. May our home welcome you; May you bless us and bring peace to our lives.

**All:** Amen.

## II - Kiddush

### ***The Cup of Thanksgiving - Blessing of the Feast***

*On a plate, before each person is a dish of salt-water, some horseradish, parsley, and haroseth.*

**Father:** This is Holy Week, a time that joins, for us, the Old and the New Covenant. At this season the Jewish people celebrate the feast of the Passover. More than 1,400 years before the time of Christ, the chosen people were suffering in slavery in Egypt. God raised up Moses as their leader and Moses tried to secure their release from captivity. Despite the hardships of nine successive plagues which God sent to them, the Egyptians still refused the pleas of Moses. Then an angel of the Lord was sent to strike down the firstborn son of every family; but at God's command, each Jewish family had sacrificed a lamb and sprinkled its blood on the doorposts. And the

angel, seeing the blood, passed over their homes, and their children were spared.

Then, finally, Pharaoh permitted the Jews to leave. They fled in haste, to wander amid the hardships in the desert for forty years before coming to the promised land. And God commanded Moses that the Jews should make a remembrance of their day of deliverance. Thus the Passover became the great feast of sacrifice, of deliverance, and of thanksgiving. Each Passover meal revolves around the retelling of this act of God.

### **Father's Prayer:**

O God, King of the Universe, you've chosen us above all people; and you have given us your sacred commandments. Out of your love for us, you've given us seasons of gladness, holy days, and times to rejoice. This day of the feast of unleavened bread, the time marking our freedom, a holy day remembering our exodus from Egypt. O God, you have chosen us and set us apart, and gave us these sacred seasons. O God, bless your name for making us holy and giving us these Holy times to rejoice.

*The Cup of Thanksgiving is poured and distributed. Holding the wine.*

**Father:** St. Luke writes that on the night our Lord celebrated the Passover with his disciples, He said: From now on, I tell you I shall not drink wine until the kingdom of God comes.

**All:** Blessed are you, O Lord our God, King of the Universe, Who creates the fruit of the vine.

*All drink.*

**All:** Blessed are you, O Lord our God, King of the Universe, Who has created the fruit of the soil.

*The father uncovers and lifts slightly the first of the three pieces of unleavened bread.*

**Father:** Look here, this is the bread of affliction that our fathers ate in the land of Egypt. Whoever is hungry can come and eat. Everyone who wants to celebrate the Passover with us is welcome. May God's will be to redeem us from all evil and from all slavery.

### **III - Haggadah**

*Story of deliverance from Egypt*

*The Cup of the Seder, the second cup of wine, is poured. The youngest person present asks the four traditional questions.*

### **Youngest Child:**

- Why is this night different from all other nights?
- Why on this night do we eat only unleavened bread?
- Why on this night do we eat bitter herbs?
- Why on this night do we dip parsley in salt water and eat haroseth?
- Why on this night do we hold this Passover service?

**Father:** Our fathers went down to Egypt and lived there in a very small number. We turned into a nation great and strong and of an infinite multitude. The Egyptians afflicted and persecuted us, laying on us huge burdens. We cried out to the Lord, the God of our fathers, who heard us and looked down upon our affliction, labor, and distress. God led us out of Egypt with a strong hand, a stretched-out arm,

with great terror, and with signs and wonders. Even if all of us were wise and we could recite Scripture, it would still be our duty every year to tell the story of our deliverance from Egypt. To spend this time tonight remembering God's mighty work is praiseworthy.

*Read from Book of Exodus, Chapter 12:1-14*

*The bone represents the lamb of the passover. The Father lifts the bone.*

**All:** What is the meaning of Passover?

**Father:** Passover means the paschal lamb which our forefathers sacrificed to the Lord in memory of that night when the Holy One passed over the houses of our fathers in Egypt, as it is written: "When your children shall say to you: What is the meaning of this service? You shall say to them: It is a remembrance of the passage of the Lord, when He passed over the houses of the children of Israel in Egypt, striking the Egyptians, and saving our houses."

*The father again uncovers the first piece of unleavened bread and holds it.*

**All:** What is the meaning of matzoh?

**Father:** This is the bread of affliction which our fathers took with them out of Egypt as it is written: "And they baked the meal, which a little before they had brought out of Egypt, in dough: and they made earth cakes unleavened: for it could not be leavened, the Egyptians pressing them to depart, and not suffering them to make any stay: neither did they think of preparing any meat." (Exodus 12:39.)

*The father lifts up the parsley and saltwater, All take the green herb (parsley), dip it in the salt-water.*

**All:** What is the meaning of parsley and salt water?

**Father:** The vegetable symbolizes the lowly origins of God's people; the salt water symbolizes the tears shed as a result of their slavery. On this night, we remember the harshness of slavery and the tears of our ancestors.

*All eat the green herb/parsley.*

*Everyone takes parsley and dips it into the salt water. Taste the parsley and the salt water.*

*The father lifts up the horseradish, while all ask:*

**All:** What is the meaning of maror?

**Father:** Maror means bitter herb. We eat maror to recall that the Egyptians embittered the lives of our fathers, as it is written: "And the Egyptians hated the children of Israel, and afflicted them and mocked them: And they made their lives bitter with hard works in clay, and brick, and with all manner of service wherewith they were overcharged in the works of the earth." (Exodus 1:13-14.)

**All:** What is the meaning of the haroseth?

*The father lifts up the haroseth,*

The Haroseth reminds us of the clay and mortar used by Israel in making the bricks for Egypt. Its sweetness is a reminder of the sweetness of God's redemption from bondage.

#### **IV - HALLEL PSALM**

*Thanksgiving for deliverance from Egypt*

*As a preface to the Hallel psalm, the father, lifts his cup of wine and says,*

**Father:** In every generation, each one person should think of themselves as though they had personally come out of Egypt. It is written, "you should tell your son on that day, saying, this is what the Lord did for me when I came out of Egypt" (Exodus 13:8)

It's our duty to thank, praise, glorify, bless and adore the Lord who did all of these miracles for our fathers and for us. The Lord brought us out of slavery into freedom; from sorrow to joy; from mourning to a festive day, from darkness to great light, and from oppression to redemption. Let's recite before Him a new song.

*He sets down his cup of wine without drinking it.*

*ALL STAND and recite Psalm 116:5-9*

**All:**

5 The Lord is gracious and righteous;  
our God is full of compassion.

6 The Lord protects the unwary;  
when I was brought low, he saved me.

7 Return to your rest, my soul,  
for the Lord has been good to you.

8 For you, Lord, have delivered me from death,  
my eyes from tears,  
my feet from stumbling,

9 that I may walk before the Lord  
in the land of the living.

**All:** Hallelujah, Praise the Lord!

All are seated.

## **V. THE SOLEMN BLESSING OF THE FOOD**

*The father takes the cup in his hand and says:*

**Father:** Blessed is our Lord, the king of the universe. He has redeemed us and redeemed our fathers in Egypt; He has permitted us to live to this very night and to eat this unleavened bread and bitter herbs. May the Lord our God and God of our fathers permit us to live to other festive seasons and holy days. May the Lord's will be done through Jacob, God's chosen servant so God's name will be set apart in the midst of the whole world that all people will be moved to worship the Lord with one accord. May we sing a new songs of praise to the Lord, for our redemption and for the deliverance of our souls. Blessed is our Lord; who redeems Israel

**All:** Blessed are you, O Lord our God, King of the universe, Who has created the fruit of the vine.

*All drink the second cup of wine, the Cup of the Seder.*

*The father then takes up the matzoh and blesses it with the following prayer:*

**Father:** Blessed is our Lord, the king of the universe. He brings forth bread from the earth.

*He then breaks the matzoh into pieces and gives a piece to each person. Holding the bread in their hands, they say:*

**Father:** Let us combine the unleavened bread and the bitter herbs (horseradish) and eat them together, as it is written: "With unleavened bread and with bitter herbs they shall eat it."

**All:** Blessed is our Lord, the king of the universe; He has set us apart by His commandments and instructed us concerning the eating of bitter herbs.

*All place bitter herb and haroseth on unleavened bread and eat. The sweetness of the haroseth represents hope in the midst of a bitter reality.*

---

## **VI - THE PASCHAL SUPPER**

*It's time to eat! Other foods are brought in and the people eat the meal. The family may consume the second matzoh with meal.*

---

After the meal:

## **VII - THE CUP OF BLESSING**

*At the end of the meal, the father takes the last matzoh from the plate, breaks, and distributes it to all.*

**Father:** As it was the custom to end the Passover meal with eating this final piece of unleavened bread, it was probably at this point that Our Lord blessed the bread, broke it and gave it to his disciples saying: "This is my body, which is given for you." (Luke 22:19.) The wine cup on the table is known as the Cup of Elijah which represents the hope that the prophet will return to announce the arrival of the Messiah. On our table, it represents the cup of the new covenant.

*All hold the bread in their hands while the father says:*

**Father:** Let us bless the Lord.

**All:** May the name of the Lord be blessed from now unto eternity.

**Father:** Blessed is our Lord, the king of the universe. On the night that He was betrayed, when the supper was over He took the bread, broke it, gave it to his disciples and blessed it as we are now. He told his disciples that this bread was his body broken for all and that whenever we eat this bread we should remember Him.

**All:** Blessed is our Lord, who offers us new life through His body.

*All eat of the bread*

*The third cup of wine (or juice), the cup of blessing is poured.*

*Everyone stands and raises the cup*

**Father:** What shall I give to the Lord; For He has given me so much?

**All:** I will take the cup of salvation; and I will call upon the name of the Lord.

**Father:** I will give my covenant allegiance to the Lord; before every one that is here.

**All:** Precious in the Lord's eyes is the death of all His saints.

**Father:** O Lord, I am your servant; I am your servant; your son; you made me with your hands.

**All:** The Lord has broken my chains; I will give the Lord a sacrifice of praise and I will call upon the name of the Lord.

**Father:** I will honor the Lord with my time, talent, and treasure in front of all His people in the Lord's house throughout all of Jerusalem.

**ALL:** Blessed is our Lord, the King of the universe, who has created the fruit of the vine.

**Father:** The blood of Christ, the hope of salvation

*All drink the Cup of Blessing.*

### **VIII - THE CUP OF MELCHIZEDEK**

*The Final Blessing.* The 4th cup of wine is filled.

**Father:** The priest, Melchisedek, gave bread and wine to Abraham and blessed him. The name "Melchisedek" means King of Righteousness. As Priest-King he represents Jesus Christ, as one of the eternal priesthood.

*All raise their cups and say,*

**All:** Our Lord is praiseworthy; Our Lord is king of the universe; He has created the fruit of the vine.

**Father:** The Lord bless you and keep you:  
The Lord make His face to shine upon you and have mercy on thee!  
May the Lord lift up His countenance upon you and give you peace!

**All:** Until we meet again, Amen. Amen. Amen.

The fourth glass is to be enjoyed with those in your company.