

THE  
#FRIENDSEDER™  
HAGGADAH

BECAUSE WE LEFT EGYPT  
THOUSANDS OF YEARS AGO  
AND IT'S TIME FOR SOMETHING NEW

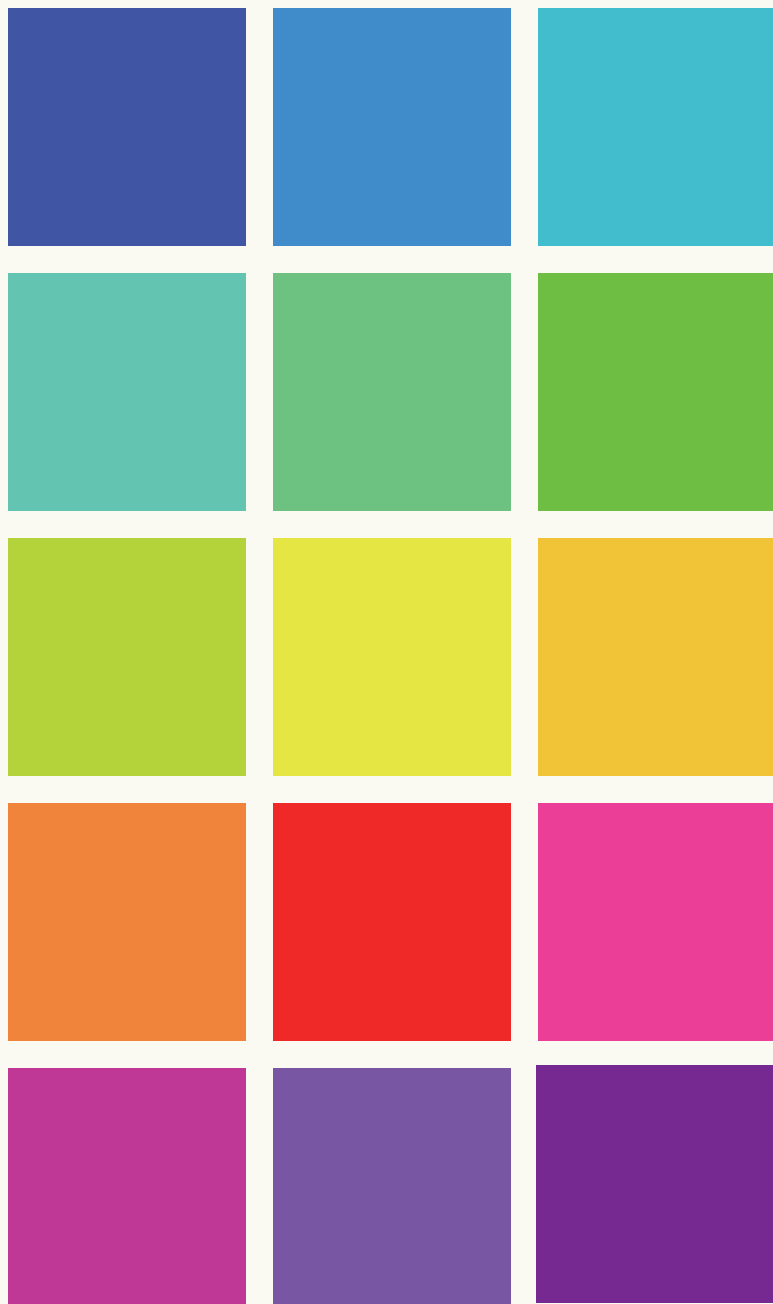
#FRIENDSEDER™

LIKE FRIENDSGIVING, BUT WITH PLAGUES

*powered by*



*meetyouatthewell.org*



# THE TRADITIONAL PASSOVER SEDER ORDER

1. **Kadesh:** Blessings over Cup #1 of wine and marking sacred time.
2. **Urchatz:** Ritually washing hands without offering a blessing.
3. **Karpas:** Eating green vegetables dipped in saltwater.
4. **Yachatz:** Breaking the middle matzah (of the ceremonial 3) to create the *Afikoman*.
5. **Maggid:** Telling the story. Why is this night different? 4 sons! 10 plagues! Enough already! Pascal lamb, matzah and bitter herb explanations. Cup #2.
6. **Rachtzah:** Ritually washing hands with a blessing before breaking bread.
7. **Motzi:** Blessing over bread.
8. **Matzah:** Blessing over matzah. Eat matzah.
9. **Maror:** Blessing over the bitter herbs. Eat bitter herbs.
10. **Korech:** Eating a sandwich of matzah and bitter herbs.
11. **Shulchan Orech:** Festive Meal.
12. **Tzafun:** Finding / ransoming / eating the *Afikoman*.
13. **Barech:** Blessing After Meals. Cup #3. Elijah.
14. **Hallel:** Singing psalms of praise. Cup #4.
15. **Nirtzah:** Seder ends. Next year in Jerusalem. Drinking songs.

# 1. SANCTIFY

LET'S MAKE THIS MOMENT SPECIAL!

## Optional activity:

Take a selfie or a screenshot on Zoom. Post it to Facebook or Instagram with #Friendseder and tag us (@meetyouatthewell on Facebook or @friendseder on Instagram)!

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
בוֹרֵא פְּרֵי הַגָּפֶן.

*Baruch Atah Adonai Eloheinu Melech Ha'olam  
Borei Pri HaGafen.*

We acknowledge the Unity of All, and express  
gratitude for the fruit of the vine.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהַחַיִּינוּ  
וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה.

*Baruch Atah Adonai Eloheinu Melech Ha'olam  
Shehechyanu V'kiyemanu V'higiyanu  
La'zman Ha'zeh.*

We acknowledge the Unity of All, and express  
gratitude for being alive, for having what we need,  
and for reaching this moment in time.

**Drink Cup #1 of wine/juice.**

## Share:

What elevates moments for you? A particular food?  
Drink? Music? Scent? Clothing choice?



## 2. PURIFY

RECOGNIZE THE NEED FOR BOTH INTERNAL & EXTERNAL  
CLEANSING

### **Reflect:**

What *shmutz* (Yiddish for dirt) in your life would you like to be rid of?

**Use hand sanitizer – feel purer.**



## 3. CONNECT TO THE EARTH

OUR NATURAL WORLD IS AMAZING – AND IT GROWS EDIBLE  
DELIGHTS!

Green vegetables, while healthy and delicious, are not always so filling – and that’s sort of the point at this part of the Seder. These dips and bites are like an amuse-bouche, amusing your mouth, delighting your senses and recalling memories while making new ones!

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא  
פְּרֵי הָאֲדָמָה.

*Baruch Atah Adonai Eloheinu Melech Ha'olam Borei  
Pri Ha'adamah.*

We acknowledge the Unity of All, and express  
gratitude for the fruit of the earth.

***Dip green veggies in saltwater. Chew. Swallow. Rejoice.***

### **Discussion question:**

Saltwater represents our tears, but what kind? Do you think tears of slavery and oppression taste different from tears of freedom and joy?



# 4. AIM FOR THE MIDDLE

WE'RE UNBREAKING UP

## **Reflect:**

Our world is broken and we are often unintentionally the source of that breaking. What's something (object, relationship, habit, etc.) you intentionally or unintentionally broke this past year?

The Jewish tradition teaches that it's not up to us to finish the work of repairing all that is broken with the world, but that we still must engage and do all we can. What actions will you take this year to heal and repair?

***Break the middle matzah (of your stack of three) – the bigger half magically becomes the Afikoman (more on that later).***

## **In person?**

See if you can snag it when the leader isn't looking and hold it ransom – we can't finish our Friendseder™ without it!

## **Seder over Zoom?**

Check out [friendseder.com/afikoman](https://friendseder.com/afikoman) for how to hide and find the Afikoman to be ready for Seder Step #12!



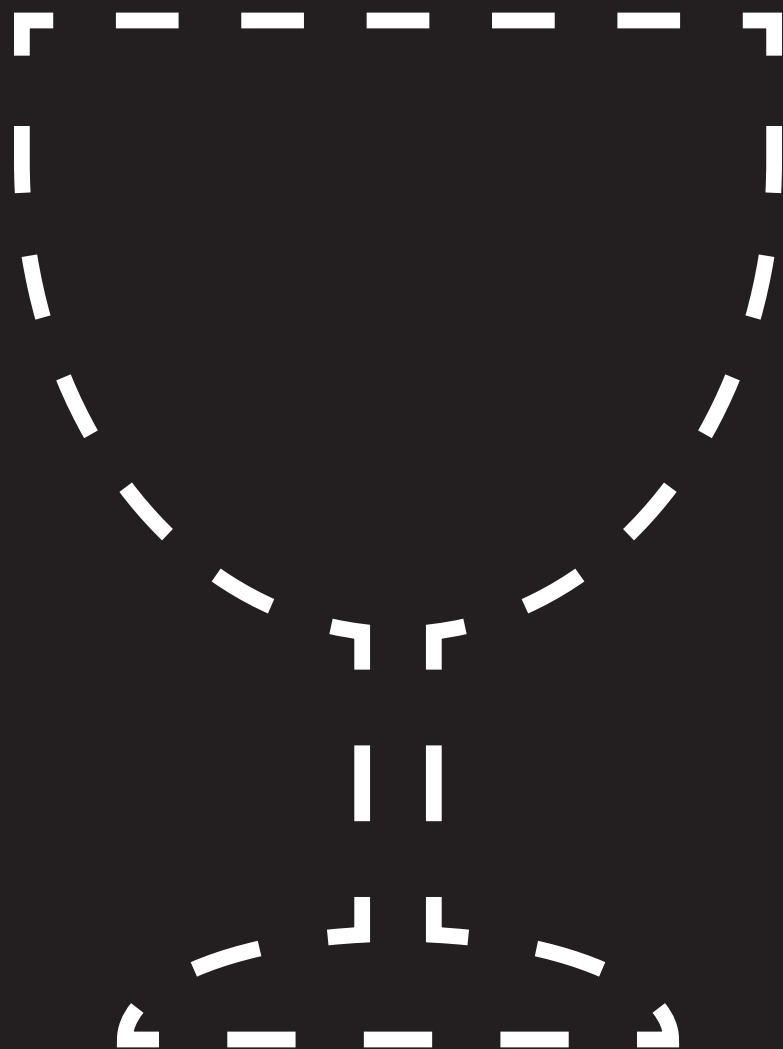


## 5. HISTORY, HERSTORY, OURSTORY: TELLING THE STORY

IT'S TOTALLY ABOUT GETTING OUT OF EGYPT, AND ALSO  
ABOUT THE FRIENDS YOU MAKE ALONG THE WAY!

This year, we invite you and your friends to discover and share your journey towards freedom. This season two years ago, the Covid-19 pandemic forced us to physically distance for the sake of public health and our collective responsibility to one another. It also prompted us to reimagine and reconnect with ourselves and each other in new ways – and we've learned a lot. This year, when you tell the collective narrative of our journey to (and towards) freedom, new beginnings, and expansive possibilities – recall how we could have only made it this far together.

Check out [friendseder.com/maggid](https://friendseder.com/maggid) to explore this section of your Friendseder™ to connect with and tell your story.



# CUP #2 OF WINE

POUR ONE OUT

*Reflect and discuss:*

Who isn't here that you're thinking about?

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
בוֹרֵא פְּרֵי הַגָּפֶן.

*Baruch Atah Adonai Eloheinu Melech Ha'olam  
Borei Pri HaGafen.*

We acknowledge the Unity of All, and express  
gratitude for the fruit of the vine.

*Drink Cup #2.*

## 6. PUT YOUR HANDS UP

We've already used hand sanitizer to symbolize purity. Now, we take the physical act of raising our hands up, acknowledging the power we possess.

The traditional blessing offered is “on the raising of the hands.”

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר  
קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת יָדַיִם.

*Baruch Atah Adonai Eloheinu Melech Ha'olam Asher  
Kideshanu B'mitzvotav V'tzivanu Al Netilat Yadayim.*

We acknowledge the Unity of All and express  
gratitude for the opportunity to connect by raising  
up our hands.

### **Suggestion:**

Crack some glow sticks, dim the lights, and have a dance  
break! Check out the Friendseder™ Spotify playlist at  
[friendseder.com/playlist](https://www.friendseder.com/playlist) for our top choices!





# 7 & 8. AN ODE TO BREAD

## APOLOGIES TO DR. ATKINS

Bread is a symbol of the partnership between humankind and the natural world – it doesn't just magically appear from the ground – it takes human partnership (and it's delicious).

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא  
לֶחֶם מִן הָאָרֶץ.

*Baruch Atah Adonai Eloheinu Melech Ha'olam  
Hamotzi Lechem Min Ha'aretz.*

We acknowledge the Unity of All and express  
gratitude for bread from the earth.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר  
קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל אֲכִילַת מַצָּה.

*Baruch Atah Adonai Eloheinu Melech Ha'olam Asher  
Kideshanu B'mitzvotav V'tzivanu Al Achilat Matzah.*

We acknowledge the Unity of All and express  
gratitude for the opportunity to connect by eating  
matzah.

***Eat matzah.***

***Discussion Question:***

We're saying the prayer for bread ... over matzah? Is matzah bread? Feel free to use Rav Google to help you out and enjoy the debate!



## 9. EMBODY THE BITTERNESS

Our enslaved ancestors cried out. We too were slaves in Egypt! People today are still enslaved! We cry too.

### **Discussion topic:**

What does contemporary slavery look like? Where do we see its manifestations at home and abroad?

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר  
קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל אֲכִילַת מָרוֹר.

*Baruch Atah Adonai Eloheinu Melech Ha'olam Asher  
Kideshanu B'mitzvotav V'tzivanu Al Achilat Maror.*

We acknowledge the Unity of All and express gratitude for the opportunity to connect by eating bitter herbs.

### **Activity:**

When life tastes bitter, the next best ingredient to add is a friend. They can provide a (virtual) shoulder to cry on and experience the bitterness with you, or help you find the light in the dark. Pause, and take a moment to text a friend who you know is facing a bitter moment, and would appreciate your company. It can be as simple as: “Hey, thinking of you and checking in – how’s it going?”

## 10. A JOKE OF A SANDWICH

Our ancestors had a sick sense of humor, and suggested that we eat a sandwich made of horseradish between matzah. Frankly, it's a bad joke. As you munch on the sandwich, take turns telling your favorite dad jokes. (For inspiration: What do you call cheese that isn't yours? Nacho cheese.)

## 11. IF IT AIN'T BROKE...

Break some bread (or matzah!) and enjoy the festive meal!

Talk about the things that matter in life: family, global refugee policies / solutions, what's happening with the Star Wars expanded universe!

When you're wrapping up, take 5 minutes to reflect on the things in life you're grateful for (go beyond health, family and friends), and try to summarize them all into a single sentence that you write down to share later.

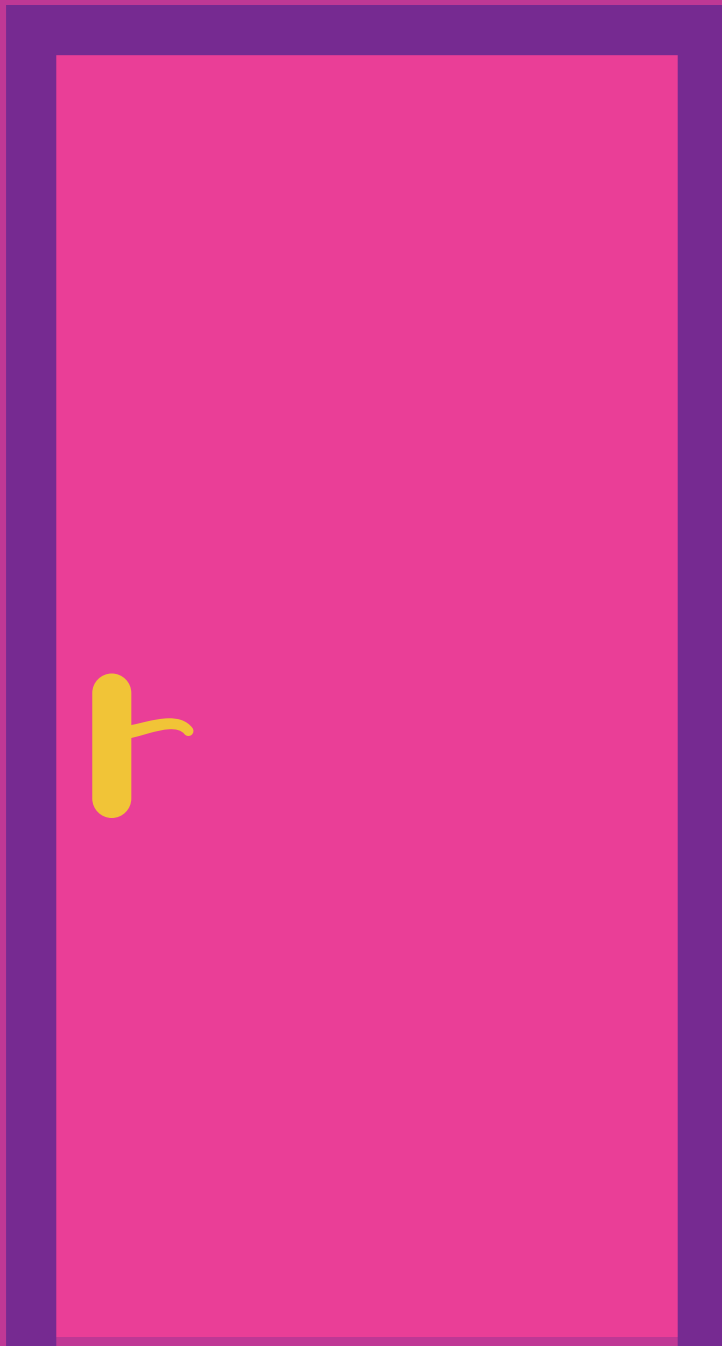
## 12. AFIKOMAN

### GREEK FOR DESSERT

Enjoy something sweet. Then, after you've eaten all you can eat, eat a small piece of the *Afikoman* (remember when we created it earlier?) – it's traditionally the last thing we eat at a Seder, and a cash prize is given to the finder of the Afikoman.\* This year, discuss among your Friendseder™ guests how much prize money you would give to the Afikoman-finder and choose a charity to donate the prize money to!

\*A prize is a slick reframe for 'ransom money.' Because the seder can't be completed until the Afikoman is returned to its partner-matzah, Afikoman-finders have the leverage to charge the Seder leader for a bigger allowance to get it back!\*\*

\*\*Though in family settings, seder-leaders usually have extra leverage to dictate bedtimes – so *watch out* you Afikoman-finders!



# 13. GRATITUDE

Go around the table and share your gratitude statements. Breathe.

Reflect on Elijah the prophet. He was worried we wouldn't keep Jewish traditions. He'd be surprised – but proud.

בְּרוּךְ אַתָּה יְיָ הַזֶּן אֶת הַכֹּל.

*Baruch Atah Adonai Eloheinu Melech Ha'olam  
Hazan Et Hakol.*

We acknowledge the Unity of All and express gratitude for there being food for each of us this evening.

## **Discussion topic:**

Discussion topic: Who are the prophets of our time? Who do you look up to, or make it a point to listen to what they have to say about the world today? Toast to them over Cup #3 of wine/juice.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
בוֹרֵא פְּרֵי הַגָּפֶן.

*Baruch Atah Adonai Eloheinu Melech Ha'olam  
Borei Pri HaGafen.*

We acknowledge the Unity of All, and express gratitude for the fruit of the vine.

**Drink Cup #3.**

# 14. THAT'S HIGH PRAISE

## *Reflect & Share*

Have each person offer a single word of praise about the world, nature, humanity, food, etc.

## *Cup #4:*

Take a moment to raise a glass and share your favorite toasts!

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
בוֹרֵא פְּרִי הַגָּפֶן.

*Baruch Atah Adonai Eloheinu Melech Ha'olam  
Borei Pri HaGafen.*

We acknowledge the Unity of All, and express  
gratitude for the fruit of the vine.

*Drink Cup #4.*





## 15. SING... SING A SONG

Your Friendseder™ is coming to a close. After four glasses of vino, we're betting you're ready to sing out! Fortunately, we're prepared for that.

Also, it might be fun to do this again next year – maybe even all together in person!

At the end of the seder, the rabbis tasked us with singing! Singing together is the best - but singing over Zoom is the worst. Connect your sound to share your music over Zoom so everyone can jam out together! Consider drawing as the music is playing or reflect on a lyric on a white board and share - or just have a dance party and take turns sharing dance moves!

### **Potential Songs:**

“One Day” by Matisyahu

“500 Miles” by The Proclaimers

“Redemption Song” by Bob Marley

“Who Knows One”

“Chad Gadya”

“We Shall Overcome” by Charles Albert Tindley

“Hallelujah” by Leonard Cohen

“Go Down Moses”

“Od Yavo Shalom Aleinu” by Mosh Ben Ari

“If I Had A Hammer” by Peter, Paul, & Mary

“Miriam’s Song” by Debbie Friedman