

Bais Chana Online Presents

Systemic Liberation: The real Passover experience

Episode 3 - The Seder

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The Seder Plate

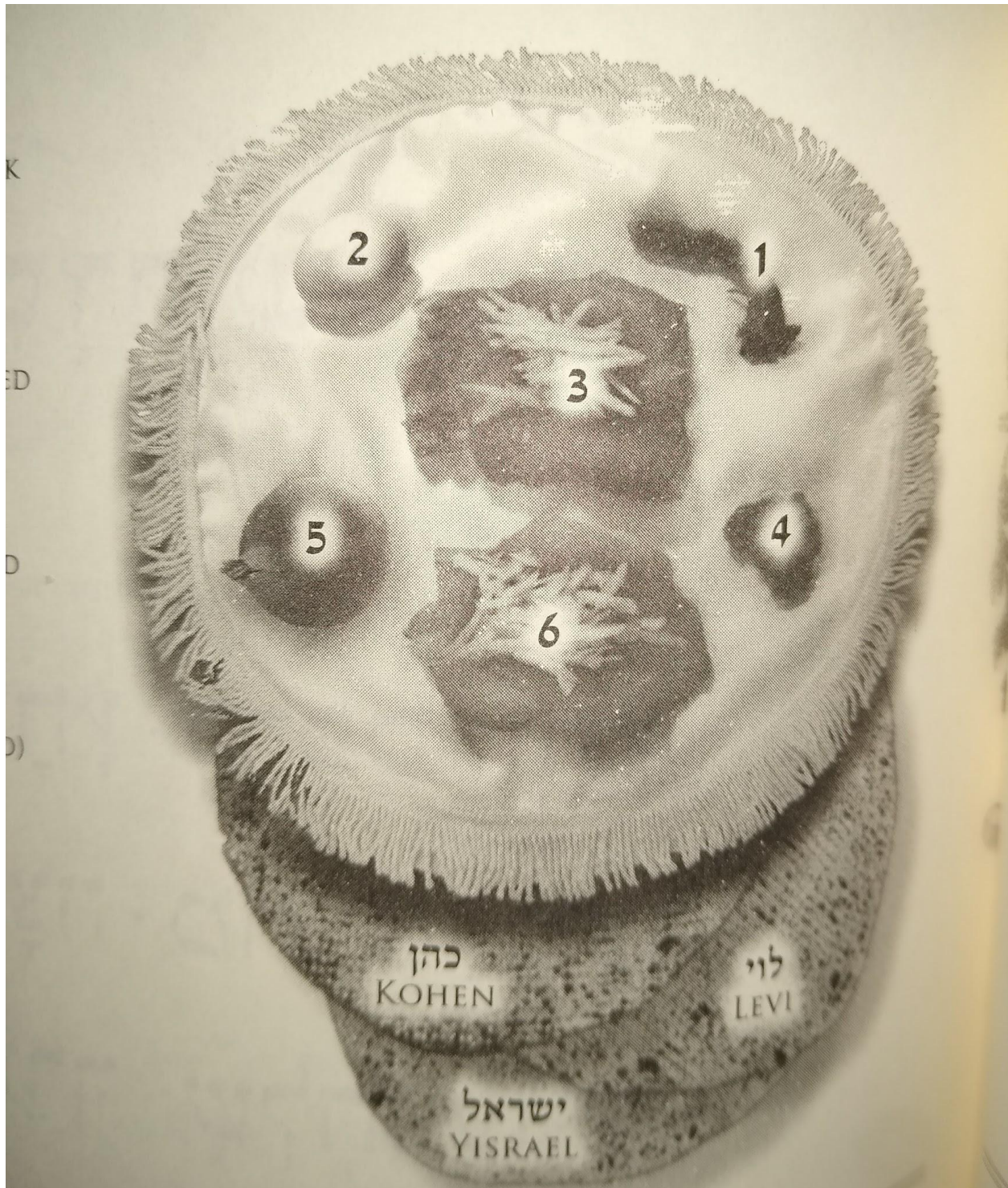
The Seder Plate (*Ka'arah- which means bowl*) includes most of the ingredients that go into the making of the Seder. Three matzot and the six other items are arranged in a formation dictated by their mystical significance and relationship vis-a-vis each other.

Here's how you set it up:

Begin your seder set up with everyone around the table. Place three whole **matzot** in a covering or cloth one on top of the other. We are trying our best to protect the matzot from breaking and certainly from becoming wet. It's best to use round, hand-baked [shmurah matzah](#).

(We'll be using middle matzah in steps [4](#), [5](#), [7](#), [8](#), and [12](#) of our 15-step Seder, the top matzah in steps [7](#) and [8](#), and the bottom matzah in steps [7](#) and [10](#).)

Above the protected matzot, position the following six items as pictured:



1) "Zeroa" - a roasted chicken or turkey neck with most of the meat removed. This will represent the Passover offering and as we cannot bring the Passover offering until we once again have the Holy Temple, it will not be eaten.

2) "Beitzah" - a hard-boiled egg, representing the festival offering.

3) "Maror" - grated fresh horseradish in a bed of romaine lettuce, for use as the "bitter herbs" ([step #9](#)).

4) "Charoset" - a paste made of apples, pears, nuts - walnuts or filberts, to keep this from getting too wet, keep the fruit component to a minimum. We will be adding wine to this and dipping the bitter herbs in this ([steps 9](#) and [10](#)).

5) "Karpas" - a piece of vegetable, such an onion or boiled potato (used in [step #3](#)).

6) "Chazeret" — more bitter herbs, for use in the matzah-maror sandwich ([step #10](#)).

We'll also need a wine cup or goblet for each participant, and plenty of wine or grape juice if someone cannot or must not drink wine (four cups each).

And a dish of salt water (in which to dip the Karpas).

Ok, we're ready to start our 15-step Seder.

The Fifteen Steps

1. **Kadesh - Sanctify the day with kiddush, just as we do on Shabbat.**
2. **Urchatz - Wash Your Hands as you would for hamotzi but don't make the handwashing blessing.**
3. **Karpas - This is the vegetable dipped in salt water, upon which we make the regular blessing for vegetables.**
4. **Yachatz - Break the Middle Matzah in two halves. A larger half and a smaller half. One of these halves will be put aside as the afikomen (afikomen is actually a Greek word which means "afters". It is the matzah we will eat at the end of our meal and will serve as dessert on the first night of Passover.**
5. **Maggid - Tell the Story of the Exodus**
6. **Rachtzah - Wash Your Hands Again, this time with the blessing we make for hand washing.**
7. **Motzi - Before eating the matzah we make two blessings. First we make the motzi blessing because we are blessing the double portion, this time two matzot, as we do every shabbat. And the second blessing...**
8. **Matzah - ...this second blessing is specifically on the mitzvah of eating matzah.**

9. Maror - Bitter Herbs This is when we use the first lettuce and horseradish serving from the upper center of our seder plate

10. Korech - The Hillel Sandwich. This is when we use the second lettuce and horseradish serving from the bottom center of our seder plate

11. Shulchan Orech - The Festive Meal

12. Tzafun - Eat the Afikomen

13. Beirach - Grace After Meals

14. Hallel - Psalms of Praise

15. Nirtzah - Embraced by G-d