



**Edgware & Hendon Reform Synagogue**

# **Finding Freedom at Home**

## **Pesach Booklet 2021/5781**



**Your guide to EHRS's Pesach online.  
Enhancing your at home experience.**

118 Stonegrove, Edgware, Middlesex, HA8 8AB  
Telephone: 020 8238 1000  
Email: [admin@ehrs.uk](mailto:admin@ehrs.uk) Web: [www.ehrs.uk](http://www.ehrs.uk)  
Charity:1172458 Company:10622971



Edgware & Hendon  
Reform Synagogue  
ק"ק לדור ודור

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## A message from our Chairman

My father had the most beautiful Haggadah. When I think of Pesach, I think of him and of this wonderful book. It was presented to him as a Barmitzvah present, the dedication saying that it was ‘from the pupils of the Talmud Thora public school in Vienna, February 2 1935’. As my father was born and bred in Cricklewood, and his Barmitzvah took place at Walm Lane Synagogue, I can only assume that the Talmud Thora school must have been twinned with his Hebrew classes in London. As a little girl I remember looking through this Haggadah with its exquisite illustrations, with my father explaining what everything meant. In our family we would go to my aunt for the first Seder night. There would be about twenty of us around the table with my grandpa sitting at the end, leading the service. The men would sit around him and the women and children lower down the table. As I was the youngest, and the only girl, I would be at the bottom, and as my brother and cousins grew older, they moved up the table nearer my grandpa – as the only girl, my place remained where it was, at the bottom. But it was ok, and I felt special, because my father sat with me. When his father and the others said his place was with the men, he would always reply that I needed to see the pictures in his Haggadah, and he needed to explain them to me.

Pesach has a very special place in my heart, it is my favourite festival of the year. Until recent years I have always looked at my father’s Haggadah and remembered the family gathering. Sadly, many of those who sat around our table are no longer with us, so the Haggadah means more to me now than it did, even as a child. Unfortunately, it is not in a good state of repair, so if anyone knows of somebody who can restore books, I would love to hear from you. In the meantime, I wish all of you a wonderful Pesach, and may we all have large family gatherings for the festivals in the not too distant future.

**Janet Brand, Chair**

## A message from our Rabbis

This Pesach we had hoped we would all be able to join together again, but we have found so many wonderful ways of being together this year and will continue to gather and care for one another as a community online, while protecting one another’s physical health.

Pesach is our festival of freedom, and is an opportunity for us to remember the role freedom plays in Judaism. While our freedoms have been curtailed this year, we hope this coming year we will, together, be walking out of the ‘narrow place’ (in Hebrew Egypt is *Mitzrayim* - a narrow or constricted place). We will need to continue to support one another in the aftermath of Covid 19, so that our freedoms are truly shared and enjoyed.

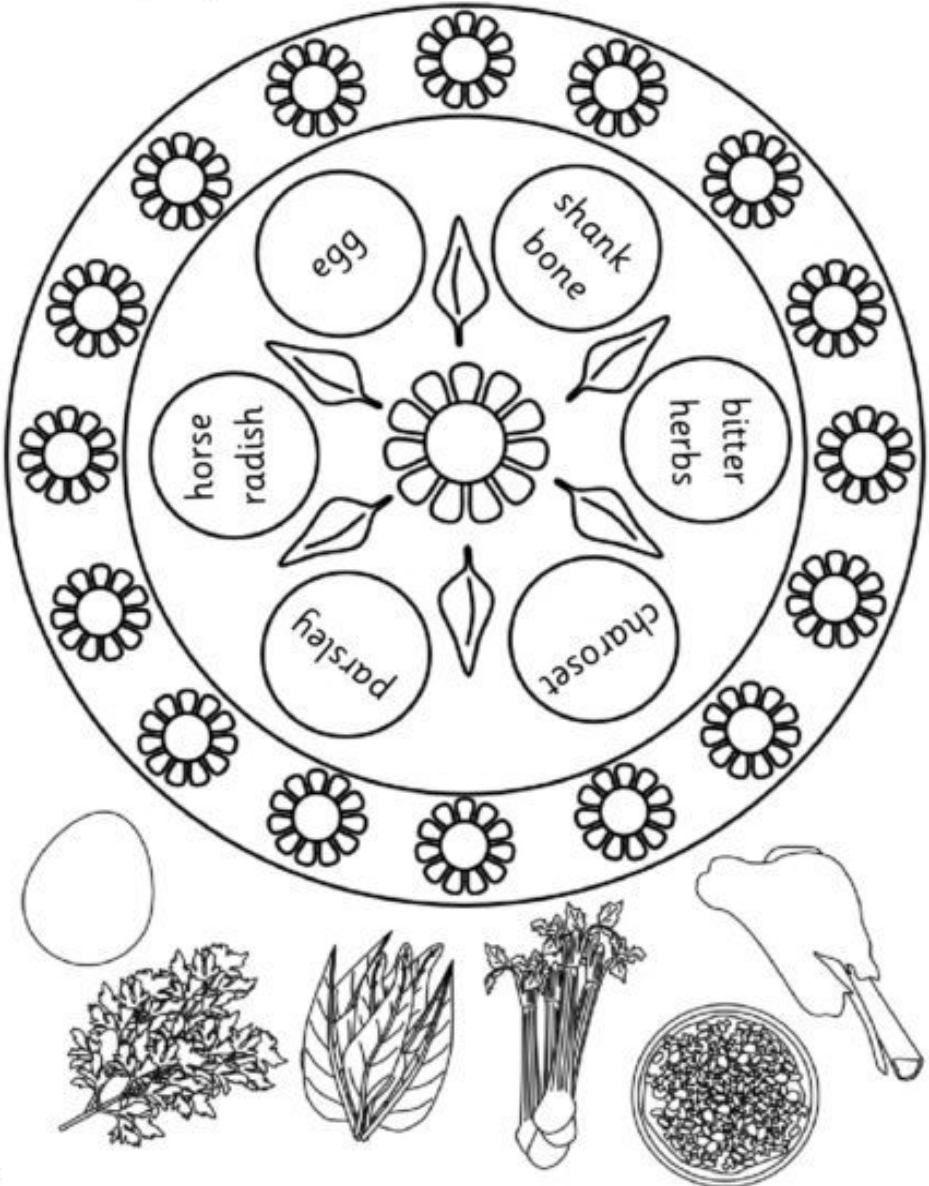
We hope this booklet will provide you with a guide to the many activities going on at EHRS over Pesach, as well as resources to enliven and deepen your festival celebrations and observance, however you are celebrating. We reflect on some of the themes of Pesach, introduce some modern seder innovations, and have activities, games and seder ideas for young families, teens and beyond! Please know you don’t need to feel alone on Seder - you are warmly invited to our communal second night seder, and we are delighted to help match make those who would like to join others in a Zoom seder for first night.

**Rabbis Mark, Debbie and Roberta**

# Seder Plate Cut & Stick

Colour in the plate and foods too

Cut out the special foods and stick them onto their place on the Passover Seder Plate.



# The Seder Plate - What and Why?

It can be a real surprise to discover that not every seder plate is the same! The medieval Rabbis present different models of what is on the plate and the layout of them. And of course each symbol is layered with multiple meanings. Let's start with the first thing we come to in the Seder:

**Karpas** is a vegetable - often celery, parsley, or potato. It must be a vegetable on which we make the blessing, Borei Pri Ha'Adamah (Blessed are you Eternal, sovereign of the universe, who creates fruit from the earth). These vegetables are a symbol of spring, rebirth and rejuvenation. When parsley is used it is also a symbol of the herb brushes that the slaves in Egypt used to apply the blood of the Passover lambs to their doorways. It is dipped twice (in salt water by Ashkenazim, or lemon juice or vinegar by Sephardim) before being eaten.

**Maror and Chazeret** are the bitter herbs which symbolize the lot of the Hebrew slaves whose lives were embittered by hard labour. Many people use horseradish for Maror and Romaine lettuce or chicory for Chazeret. Not every seder plate has Chazeret but they all have Maror, which is one of the three biblically commanded ingredients of the Seder (Exodus 12:8).

**Charoset** is sticky like mortar and reminds us of the bricks and mortar the Hebrew slaves built with. Charoset is a mix of nuts, dates, apples, wine and cinnamon in Ashkenazi homes, a fruit compote in Sephardi homes, and a sticky date syrup with nuts in some Mizrahi homes. The Talmud says this serves as an "antiseptic" to dilute the harsh effects of the Maror. Another Talmudic opinion suggests Charoset includes apples in honour of the Hebrew women who went into the orchards to give birth alone and undetected to protect their babies from Pharaoh's genocidal decree against them.

**Zeroah.** When the Temple stood in Jerusalem, the sacrificial lamb was brought to there on the eve of Passover. It was roasted, and was the last thing eaten at the Seder meal. To remember this offering, we place a roasted chicken bone, or a roasted lamb's shank-bone (which can also be a reminder of the lamb's blood used by the Israelites to protect their homes from the angel of death) on the plate. Zero'ah is also said to symbolise God's outstretched arm (U'vize'ah Netuyah) with which the Children of Israel were brought out of Egypt. You can also keep your bone wrapped up in the freezer to reuse next year!

**Chagigah** - this was the festival offering. Today, instead of a second piece of meat, we use a roasted egg, which is traditionally a symbol of mourning, to remind us of the destruction of the Temple. The roasting symbolizes the burning of the offering. An egg can also be a symbol of new life, and therefore can also symbolise our new lives of freedom, and the new life of spring.

## What else is on the table?

**Matzah** was the food the Israelites hurriedly took with them as they left Egypt, plunging into liberty without delaying.

However, matzah carries a more complex message than just freedom. Made only of flour and water, with no yeast, or enriching ingredients—matzah recreates the hard "bread of affliction" (Deuteronomy 16:3) and meagre food given to the Hebrews in Egypt (though you might not notice that at 2021 prices!)



**Wine** is a symbol of joy in Judaism. Four cups are drunk by each participant to symbolise four expressions of redemption found in Exodus 6:6-7.

'I will bring you out from under their burdens.'

'I will deliver you out of bondage.'

'I will redeem you with great judgments.' and

'I will take you to myself and I will be your God.'

**The Cup of Elijah** is an ornamental goblet set out at some seder tables, and which is filled at the end of the Seder in the hope that the Messiah will come. There was some Rabbinic disagreement over whether there should be 4 or 5 cups! It is suggested that since Elijah and the messiah will solve all unanswered religious questions, the use of this cup awaits his decision; hence 'Elijah's cup'.

**Something to dip in:** Ashkenazim dip karpas in salt water, and also begin the meal by eating a boiled egg in it, remembering the tears that were shed by the slaves in Egypt. The water could also symbolise the Red (or Reed) Sea, reminding us of the suffering of the Egyptians who drowned, and who also suffered with the plagues. Sephardim and Mizrachim tend to use vinegar or lemon juice instead, and tend to eat a warmed up boiled egg rather than one in salt water.

### What if we are Vegetarian or Vegan?

Rashi in 11th Century France already provided an alternative to the shank bone for those not wishing to use one; a beetroot - because it bleeds. Other suggestions include two mushrooms on either end of a tooth pick to look like a bone. You could also use a cuddly sheep toy and a toy egg if you are vegan. The point of the seder plate is to spark discussion, and alternatives, additions and variations are nothing new!



## Something new to add

For many years it has been common in Reform homes and synagogues to add an orange to the seder plate, but many other additions have been used to spark discussion. Rabbi Debbie offers her guests an entire plate of alternative seder symbols at the start of the meal, asking them to guess what they symbolize and acting as an ice breaker while the food is served. There are LOTS more options but here are a few you could use at your seder.

**The Orange:** Susannah Heschel introduced the ritual of having and orange on the Seder plate in her home in the 1980s as a sign of the fruitfulness the community enjoys when those who have traditionally been sidelined because of gender or sexuality are accepted into it. Over the years, as Heschel's custom spread throughout the Jewish community, a myth developed around it. The story went that she had added the orange to the seder plate after a man shouted at her that a woman belongs on the bimah (pulpit) as much as an orange on a seder plate!



**A Miriam's Cup** serves as a symbol of Miriam's Well, which was, according to Midrash, the source of water for the Israelites in the desert. Miriam's Cup draws attention to the importance of Miriam and the other women of the Exodus story - women who have sometimes been overlooked but about whom tradition says, "If it wasn't for the righteousness of the women of that generation we would not have been redeemed from Egypt" (Babylonian Talmud, Sotah 9b).

Miriam's Cup is a symbol of all that sustains us through our own journeys, while Elijah's Cup is a symbol of a future Messianic time. There is a picture of a Miriam's cup in a 15th Century Haggadah so it may not be a totally modern innovation!

**Chocolate and Coffee beans** are used on some seder plates as part of a campaign by Fair Trade Judaica to highlight concern for forced child labour, and poorly paid labour, in those industries, particularly as we celebrate our own freedom on Pesach.

Rabbi Geela Rayzel Raphael suggests an **artichoke** for the interfaith-families seder plate: "Like the artichoke, which has thistles protecting its heart, the Jewish people have been thorny about this question of interfaith marriage. Let this artichoke on the seder plate tonight stand for the wisdom of God's creation in making the Jewish people a population able to absorb many elements and cultures throughout the centuries - yet still remain Jewish"

**Potato Peel** is suggested to represent the dearth of food available to victims in the Shoah, some of whom made matza from potato peels.

**What might you add as an appropriate Covid 19 addition? Something represents our enslavement to zoom? Or hand gel or a vaccine card as a key to our freedom!**

# Pesach fun for all ages

Are you looking for a seder that young kids can enjoy and engage in? Look no further! Our fantastic Young Families coordinator Sarah Koster has created a seder just for you! [You can download it from our website, \*\*www.ehrs.uk/pesach\*\*](http://www.ehrs.uk/pesach)

## EXODOPOLY

A Pesach game for the whole family! You can print this brilliant offering designed by our very own EHRS member, student rabbi Eleanor Davis  
[www.reformjudaism.org.uk/festivals/pesach/exodopoly](http://www.reformjudaism.org.uk/festivals/pesach/exodopoly)

Pesach offers so many opportunities for being creative! Rabbi Debbie has compiled some of her favourite, achievable craft projects on pinterest to keep you busy! From lego scenes to pesach chit-chats!  
[www.pinterest.co.uk/debbieyoungsome/pesach-projects](http://www.pinterest.co.uk/debbieyoungsome/pesach-projects)

The night before Passover, there's a traditional Jewish ceremony called Bedikat Chametz. This means "checking for chametz" and it has to do with making a last check for all the chametz or leaven in the house. That is all the products of the five grains we are not supposed to eat during Pesach: wheat, barley, oats, spelt, and rye. This lovely video shows how to make bedikat chametz a fun ritual with your children:  
<https://bit.ly/3cGw4WF>

## Discussions for the Seder Table

Discuss what would you have taken with you out of Egypt?

Imagine packing a bag of the most meaningful and important things in the world to you.

- ◆ What will you pack for comfort, something you like to snuggle up to that makes you feel safe?
- ◆ What will you pack for nourishment, to eat – if food was limited, what would you really want the most and how good is it for you?
- ◆ What will you pack for pleasure – what do you enjoy doing – what will be the first thing that you will do when we can all go out again?
- ◆ What will you pack for joy? What makes you smile or laugh?
- ◆ What will you pack for memories? What things or people do you want to remember most – who are you missing most now?

**Pesach Sameach from our Education team!**



# Pesach fun for all ages

## Make 18-minute matzah (messy but fun!)

This is a great pre-Pesach activity to help you think about the exodus and what the original matza was like. Commercial wheat grains in the UK are usually tempered (with water) so regular flour wouldn't be considered strictly kosher for Pesach.

Notes: this matza probably won't be cracker thin like the kind you buy on Passover. It has to be rolled really, really thinly for that. So it's a little chewy, but still worth the effort at least once. Start by preheating the oven all the way up, like 260C. The goal is to bake it quickly so it doesn't have time to rise, so make it hot and be sure the oven is ready before you get anything going.



## RECIPE

(makes about 2 baking sheets worth of matza):

## INGREDIENTS

3 Cups flour (a cup is equivalent to 4ozs of flour)

1.25 – 1.5 cups of water (a cup is equivalent to 8ozs of liquid)

sprinkle of salt (optional, but makes the matza taste much better!)

## METHOD

Lay out everything you'll need: timer, bowl, mixing spoon, ingredients, lightly greased or floured baking sheets (or aluminium foil), rolling pin, and forks.

Be sure your oven is preheated to 260C (or hotter).

Put the flour into the bowl, start the timer, and then add the water. Mix and knead until the dough is soft, adding a little more flour or water if needed. Then quickly break up the dough and form balls.

Flatten the balls into discs and then with the rolling pin or your hands, roll it out as thinly as possible. (Do this on the foil or pan—we learned this the hard way!)

Prick all over with the fork. (This minimizes the air bubbles.)

Sprinkle with salt, if desired, and bake 7-10 minutes (depending on size) until golden brown and crispy. Cool on a rack. Serve with soup, hummus, or make into matza pizza – whatever you like to do with matza.

**For information on joining a very special Chocolate Seder see page 23**

# Happy Pesach from the Youth Centre

## Pesach Play Scheme and Pesach Pro Scheme

We in the EHRS Youth Centre are hoping to be able to run our in person Pesach Play Scheme for ages 5-9, and our in person Pesach Pro Scheme for ages 10-13.

To book for Pesach Play Scheme please go to  
[www.ehrs.uk/event/playscheme2021/](http://www.ehrs.uk/event/playscheme2021/)

To book for our NEW Pesach Pro Scheme please go to  
[www.ehrs.uk/event/proscheme2021/](http://www.ehrs.uk/event/proscheme2021/)

Our schemes offer a wide variety of fun activities (from time travel to performances, crafts and cooking, to sporty games) in a proudly Jewish space, all in a Covid safe way.

### The comments from our parents after our previous scheme were awesome:

*"He asked if they were coming tomorrow and when I said yes he literally jumped for joy and exclaimed 'yay!'"*

*"Just wanted to say thank you for putting on a tremendous play scheme, not easy in these circumstances."*

*"She had an awesome time. She looks forward to the next one!"*

*"Thank you so much for providing such an excellent scheme. I know he really enjoyed it"*



### Pesach Play Scheme 2021

Tuesday 6 – Thursday 8 April, 9:15-16:00

Calling all 5-9 year olds! Join us for socially distanced, fun, games and getting creative!

£20 per child per day (EHRS Members)	£25 per child per day (Non EHRS Members)
£50 per child for all 3 days (EHRS Members)	£60 per child for all 3 days (Non EHRS Members)

Please bring your own non meat packed lunch in a disposable plastic bag.  
\*If the government guidance changes and we are not permitted to run scheme, you will receive a full monetary refund\*  
Strict regulations will be adhered to by all staff and volunteers with regards to health and safety.

Please email [youth@ehrs.uk](mailto:youth@ehrs.uk) or go to [www.ehrs.uk/event/playscheme2021](http://www.ehrs.uk/event/playscheme2021) for more details and to book your place.

Looking forward to seeing you soon. From your YouthWorker Murray, Madrachim and volunteers!

118 Stonegrove, Edgware, Middlesex, HA8 8AB Telephone: 020  
Charity:1172458 Company: 10622971



**NEW FOR 2021!**

### Pesach Pro Scheme 2021

For all those aged 10-13!

Tuesday 6 – Thursday 8 April, 9:15-16:00

Join us for socially distanced, fun, games and getting creative!

£20 per child per day (EHRS Members)	£25 per child per day (Non EHRS Members)
£50 per child for all 3 days (EHRS Members)	£60 per child for all 3 days (Non EHRS Members)

Please bring your own non-meat packed lunch in a disposable plastic bag.  
\*If the government guidance changes and we are not permitted to run camp, you will receive a full monetary refund\*  
Strict regulations will be adhered to by all staff and volunteers with regards to health and safety.

Please email [youth@ehrs.uk](mailto:youth@ehrs.uk) or go to [www.ehrs.uk/event/proscheme2021](http://www.ehrs.uk/event/proscheme2021) for more details and to book your place.

Looking forward to seeing you soon. From your Youth Worker Murray, our Madrachim and volunteers!

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# A Passover Quiz for the whole family

## A Pesach Game from the Youth Centre

**1) How many times is Moses of משה mentioned in the hagaddah?**

- a) Once
- b) Fifty seven times
- c) 350 times

**2) How many plagues did the Egyptians suffer?**

- a) 11
- b) 10
- c) 13

**3) How were Miriam and Arron related to Moses?**

- a) Mum and Dad
- b) Brother and sister
- c) Aunt and Uncle

**4) Why did Moses need an interpreter?**

- a) He had a lisp
- b) He needed someone to translate Egyptian for him
- c) He could not speak at all

**5) Why do we eat matzah?**

- a) The holes in the Matzah were to remind us of God's promise to Abraham
- b) The unleavened bread was an Egyptian custom
- c) The Jews fled in such a hurry that their bread did not have enough time to rise

**6) After Moses ran away from Egypt what did he become?**

- a) A carpenter
- b) A rabbi
- c) A shepherd

**7) Moses was startled by a bush, what was happening to the bush?**

- a) It was freezing
- b) It was burning
- c) It was giving sheep insurance advice

**8) What happened to Moses Staff?**

- a) It became a snake
- b) It became gold
- c) It became wine

**9) What happened to the Red Sea?**

- a) It split
- b) It evaporated due to global warming
- c) A massive wave came from it and destroyed all of Egypt

**If you wonder what the answers really are, send an email to [youth@ehrs.uk](mailto:youth@ehrs.uk) to receive the answers and find out how you did**

# Delving into our Pesach Activities

**Wednesday 10 March, 20:00**

## **Young Adults Beer and Shiur**

You may think you know about the Orange on the Seder plate, but tonight we will unpack a range of modern seder additions to bring something fresh to your seder.

**Tuesday 16 March, 20:00**

## **Cornerstone Class**

Join Rabbis Debbie and Roberta and our Cornerstone class. There will be 2 class options to help prepare for Pesach. You can join our **Back to Basics** introduction to Pesach exploring what is the structure of the seder? What are all the symbols about? How do we observe the laws of Pesach as Reform Jews? OR you can join our **Going Deeper** session, taking a look at how we might take our knowledge and observance of Pesach further.

**Wednesday 17 March, 20:00**

## **How to do a Zoom Seder**

Helping the child that does not know how to unmute! Rabbi Mark will help you with hints and tips gained over this extraordinary year to make your family's virtual Seder work as well as possible.

**Tuesday 23 March, 20:00**

## **Cornerstone Mock Seder**

Whether you are an absolute beginner or looking to add new ideas and depth to your seder, all are welcome.

**Wednesday 24 March, 20:00**

## **Pesach Cook-a-long**

We had so many members wanting to join our Young Adult Cook-a-longs that they are **now open to ALL ADULTS!** We will be making a Mina D'Pesach: a Pesach Pie that can be meaty or veggie, and the easiest Florentines ever! Please email [rabbi.debbie@ehrs.uk](mailto:rabbi.debbie@ehrs.uk) for the ingredients list or see page 21!

**Wednesday 31 March, 20:00**

## **Freedom in the 21st Century - Will we hear the oppression of the Uyghurs?**

As we celebrate our freedom at Pesach, how can we ensure others have the same freedom granted to them in the modern world. Rahima Mahmut, will be speaking with us on Zoom, hosted by Rabbi Mark. Rahima is an Uyghur singer, human rights activist, and award-winning translator. Her latest work includes working as a consultant and translator for the ITV documentary 'Undercover: Inside China's Digital Gulag.' Currently, she is the UK representative for the World Uyghur Congress. We will hear her testimony, challengingly reminiscent of 1930's Germany but concerning 21st century China, and she is very willing to answer your questions.

# Communal Seder

## **EHRS Communal Seder - Interactive!**

**Sunday 28 March, 19:00-22:00**

We regret that due to the government guidelines on holding gatherings we are again unable to hold the EHRS Communal Seder in the Synagogue building this year.

Last year nearly 250 members of the Synagogue joined us for a warm and lovely online Seder and we look forward to repeating and enhancing the experience this year, led by Rabbi Mark and Rabbi Debbie from their respective homes.

**We invite the whole community to join us from the safety of your homes from 19:00-22:00 on Sunday 28 March.**

On the evening you will find our EHRS Haggadah on the front page of our EHRS website so that can you follow the Seder easily. If you have Seder supplies at home then do make up a Seder plate but please do not put yourself in danger to obtain them.

Please keep reading to see how you can join us from any computer, laptop, tablet or smartphone.

- 1) Open your pc, laptop, tablet or smartphone. If possible keep your device charged as video can be heavy and drain the battery.
- 2) Please email [admin@ehrs.uk](mailto:admin@ehrs.uk) for the Zoom link
- 3) That should be enough to connect you.

The audio microphone should be on mute, but please check to make sure that yours is muted or we will hear you. Currently Zoom is set to keep your microphone off.

If you are speaking then Rabbi Mark will invite you to do so and then turn your microphone on by touching the screen and pressing on the microphone icon. Once you have finished speaking please remember to turn the mic off. Just touch the screen and click on the mic icon so it has a line through it.



**Wednesday 10 March**  
**Young Adults Beer & Shiur,**  
**20:00**

You may think you know about the Orange on the Seder plate, but tonight we will unpack a range of modern seder additions to bring something fresh to your seder.



**Tuesday 16 March**  
**Cornerstone Class: Pesach -**  
**with 2 class options, 20:00**

**Back to Basics**

An introduction to Pesach, and exploring what is the structure of the seder?

**OR**

**Going Deeper**

Delving into Pesach to enhance yours for 2021



**Wednesday 17**  
**How to do a Z**  
**20:00**

For the child that how to unmute. Rabbi Mark.

**Wednesday 24 March**  
**Pesach Cook-a-Long, 20:00**

Sephardi Pesach Pie and the easiest Florentines ever! See page 21 for the recipes. with Rabbi Debbie.



**Friday 26 March**  
**Kuddle Up Seder, 16:15**

All the fun of our weekly Kuddle Up, singing, dancing and cuddling! With a bit of seder spice!



**Saturday 27 M**  
**First Night Sec**

Please let Rabbi M Debbie know if yo be matched up w or a Zoom host to

**Wednesday 31 March**  
**Uigher Evening, 20:00**  
**Freedom in the 21st Century - Will we**  
**hear the oppression of the Uyghurs?**  
Testimony From Rachima Mahmut,  
Director of The World Uighur Congress



**Friday 2 April**  
**Kuddle Up Pesach, 16:15**  
All the fun of our weekly Kuddle up, singing, dancing and cuddling! With extra Pesadich fun,.

**Erev Shabbat and 7th night**

**Pesach service, 18:30**

A special study service accompanied by the story of Serach Bat Asher



**Saturday 3 Ap**  
**First Shabbat S**  
**10:00**

Demons on the L with Student Rab

**EHR Service f**  
**Sanctuary, 10:3**  
Channel

**Pesach BaBayi**  
Zoom and Facebo

**Family Service**  
on Zoom and the  
Ledor Vador Char



<p><b>March</b> <b>Room Seder,</b></p> <p>does not know Hints &amp; tips with</p> 	<p><b>Sunday 21 March</b> <b>Pesach Family Fun,</b> <b>10:00-11:00</b></p> <p>With Reform Judaism - Join communities up and down the country in a chocolate seder!</p> 	<p><b>Tuesday 23 March</b> <b>Cornerstone Mock Seder, 20:00</b></p> <p>Whether you are an absolute beginner or looking to add new ideas and depth to your seder, all are welcome.</p> 
<p><b>March</b> <b>der</b></p> <p>Mark or Rabbi you would like to with a Zoom guest to celebrate!</p> 	<p><b>Sunday 28 March</b> <b>First Day Pesach Services</b> <b>EHRs Service from the</b> <b>Sanctuary, 10:30</b> on the Classic Channel</p> <p><b>Clearing out the Chametz</b> <b>from our lives, 10:30</b> on Zoom</p> <p><b>Family Service, 11:30</b> on Zoom and the Ledor Vador Channel</p> 	<p><b>Sunday 28 March</b> <b>Communal Second Night Seder,</b> <b>18:00</b></p> <p>Bring your own dinner, and join us on Zoom this year! Haggadot can be borrowed from EHRs. Please see page 12 for more details on how to join us.</p> 
<p><b>ril</b> <b>Shiur, 9:15 -</b></p> <p>ast Day of Pesach bi Lev Taylor <b>from the</b> <b>30</b> on the Classic</p> <p><b>t, 10:30</b> on ook Live</p> <p><b>e, 11:30</b></p> <p>nnel</p> 	<p><b>Tuesday 6 - Thursday 8 April</b> <b>Pesach Youth Schemes</b></p> <p>Our schemes are running online and in person for all those aged 5-13! Please see page 10 for more information and how to book!</p> 	<p><b>*SAVE THE DATES*</b> <b>Wednesday 7 April</b> <b>EHRs Yom HaShoah</b> <b>Commemoration, 20:00</b></p> <p>Our special service of remembrance.</p> <p><b>Wednesday 14 April, 19:00-21:00</b> EHRs joins Reform Judaism around the UK for a special <b>Yom Ha'Atzmaut celebration.</b></p> <p><b>Thursday 29 April</b> <b>Lag Ba'Omer Celebrations</b></p> <p>More details of all the above in LeDor VaDor</p>

# Pesach Services

## Friday 26 March

### Kuddle Up Seder, 16:15

All the fun of our weekly Kuddle up, singing, dancing and cuddling! With a bit of seder spice! Join us on Zoom or on the LeDor VeDor channel.

## First Day Pesach - Sunday 28 March

### Main Service, 10:30

On the first morning of Pesach our service can be enjoyed on the EHRS Classic Channel. It includes the Psalms of the Hallel and the Torah portion where the Israelites come out of slavery in Egypt. Led by Rabbis Mark Goldsmith and Rabbi Roberta Harris-Eckstein.

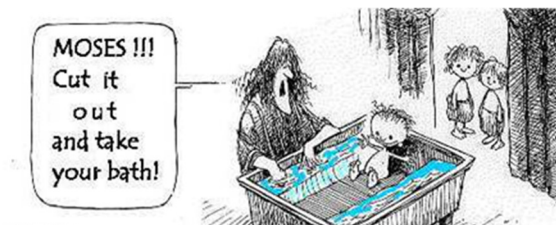
### Pesach B'Bayit, 10:30-11:15

#### Clearing out the Chametz from our lives

Join Rabbi Debbie on Zoom (this will not be livestreamed to allow people to share) to reflect on what clearing out the chametz means for our spiritual and personal growth, having thrown our sins away in the form of bread at Tashlich over Rosh Hashanah, this week we burned bread. We are invited to reflect on what else needs burning out of our lives, and are offered a check in space between one Rosh Hashanah and another.

### Pesach for Kids, 11:30-12:15

Join Rabbi Debbie LIVE on zoom or on the Learning and Soul Channel for Pesach for Kids, a Pesach morning family service to make our festival come alive with a true charoset of song, prayer, Torah tales and interaction.



## Friday 2 April

### **Kuddle Up Pesach. 16:15**

All the fun of our weekly Kuddle up, singing, dancing and cuddling! With extra Pesadich fun, taking us into the last day of Pesach as we prepare to cross the Red Sea together! Join us on zoom or on the LeDor VeDor channel.

### **Erev Shabbat and 7th night Pesach Service, 18:30**

A special study service accompanied by the story of Serach Bat Asher - one of the only women mentioned as going down to Egypt with Jacob, and also counted among those who left Egypt. Serach's role as a teller of our story will emerge through the service, and we will hear what she saw on crossing the Red Sea as we mark that journey on the last day of Pesach. Join Rabbi Debbie on Zoom or watch on the Classic Channel livestream.

## Seventh Day Pesach - Saturday 3 April

### **First Shabbat Shiur, 9:15 - 10:00**

**Demons on the Last Day of Pesach** - What is the difference between superstition and religion? Pesachim, the tractate of the Talmud dealing with the Passover festival, blurs those boundaries. Join Student Rabbi Lev Taylor to read this fascinating text about demons and how to avoid them.

### **Main Service, 10:30**

Our seventh and final morning of Pesach service can be enjoyed on the EHRS Classic Channel. It includes the Psalms of the Hallel and the Torah portion where the Israelites walk on dry land through the Red Sea. Led by Rabbi Debbie Young-Somers and Rabbi Roberta Harris-Eckstein.

### **Pesach B'Bayit, 10:30-11:15**

Join Rabbi Mark LIVE on the EHRS Facebook page for a Pesach B'Bayit, a Pesach morning service with songs, stories, and reflections to give you un-leavened Passover flavour without the formality.

### **Pesach for Kids, 11:30-12:15**

Join Rabbi Mark LIVE on Zoom or on the Learning and Soul Channel for Pesach for Kids, a Pesach morning family service to make our festival come alive as we set out on the Exodus journey with song, prayer, Torah tales and interaction.

# Haroset Around the World!

## India - with wine vinegar this haroset becomes more like a chutney

2 ripe mangos, cut into medium cubes  
¼ cup raisins  
¼ cup pitted dates  
¼ cup slivered almonds  
¼ cup sugar  
2 tablespoons red wine vinegar  
Pinch of kosher salt

Pulse mangos, raisins, dates, almonds, sugar, vinegar and salt in a food processor until they are a paste. Alternatively, you can chop the ingredients very finely with a sharp knife.

The charoset can be made 3 days before serving and can be stored, covered in the refrigerator.

## Syria

3 lbs large pitted dates  
1 teaspoon ground cinnamon  
1/2 cup sweet wine  
1 cup chopped walnuts  
1 to 2 tablespoon matzah meal,  
as needed to bind

Place the dates in a saucepan. Add water to cover. Bring to a boil, the lower heat and simmer until the dates are soft. Pass the dates through a strainer or use a food processor. Add remaining ingredients.

## Ashkenaz

(we await all the corrections)

2 medium sized apples  
50g (2oz) walnuts  
1/2 to 1 teaspoon cinnamon  
2-3 tablespoons sweet red wine  
1 tablespoon sugar or honey or to taste

Peel, core and finely chop apples, mix with the rest of the ingredients

## Iraq

(Possibly the easiest recipe there is!)

Silan/Date Honey (called Halek in the Iraqi Jewish community)

Chopped or ground walnuts

Pour date honey into a bowl. Sprinkle roughly even quantities of the walnuts on top, mix.



# Why not create a haroset bar at your Seder table?

**Italy** - each region has it's own approach to haroset.

This is a raw version from Acqui Piemonte

100g (3-1/2 oz) blanched almonds  
100g (3-1/2 oz) or about 12 pitted dates  
2 pieces of matzah, crumbled (about 50g)  
200 ml (1 cup) or so Marsala or other sweet wine  
2 tablespoon sugar  
Ground Cinnamon, to taste

Add the dates and (if whole) the almonds to a food processor and roughly chop. Then add the matzoh. Process again, using the pulse function, until you have a rough, granola-like mixture.

Transfer the mixture to a bowl, and combine with the sugar and a pinch of cinnamon. Then add the Marsala slowly, mixing it with the mixture until it reaches a mortar-like consistency. Rest for at least 30 minutes. Spoon the charoset into serving bowl and, if you like, sprinkle some more cinnamon on top.

## Turkey

250g sweet apples, peeled, cut into small pieces  
250g pitted dates  
150g raisins  
Juice and grated zest of 1 orange  
250ml sweet red wine  
2-4 tablespoons sugar (or to taste)  
60g coarsely chopped walnuts

Put all the ingredients except the sugar and walnuts in a pan and cook on a very low heat until the mixture is soft and mushy and the liquid has reduced, stirring occasionally. Add sugar to taste. The amount will depend on the sweetness of the other ingredients. Blend to a paste in the food processor. Pour into a bowl and sprinkle with walnuts.

In **Cuba**, Jews have had difficulty practicing their religion. Apples and nuts and dried fruit were impossible to find. So Cuban Jews created a recipe called "Charoset of the Oppressed." The mixture includes only matzah, honey, cinnamon and wine. Using this charoset at your Seder table can serve as a reminder of the plight of Cuban Jews and all oppressed people around the world.

**What are your favourite Pesach recipes?**

**We would love to share them on the Pesach page of the EHRS website for everyone to enjoy! Please email [communications@ehrs.uk](mailto:communications@ehrs.uk)**

# Cooking up a storm at Pesach

Rabbi Debbie's Zoom Cook-a-Longs are rapidly becoming a popular feature of the EHRs monthly calendar. Here are some bonus Pesach recipes.

## Pesach Clementine Cake

This simple, moist cake can be iced, but it doesn't need it, why make life more complicated at Pesach! We double the recipe and freeze cakes for the end of Pesach.

4-5 Clementines (aprox. 375g)

6 eggs

225g sugar

250g ground almonds

1 heaped teaspoon baking powder



Put whole clementines in a pan with cold water, bring to the boil and simmer for 2 hours. Drain and cool. Cut each clementine in 1/2 and remove pips. Pulp everything (including skin) - easy to do by hand or with a blender.

Preheat the oven to 190 degrees and grease and line a 21cm spring form tin

Beat eggs and add sugar, almonds and baking powder. Mix well, adding the fruit

Pour the mix into the prepared tin and bake for an hour or until a skewer comes out clean. After around 40 mins you may need to cover it with foil to prevent it from burning. Cool in the tin on a rack. Put in a cake tin - the taste improves after a day!

## Matza Toffee

This delicious treat is like a daim bar wrapped around matza

6 Whole Matzo

1 Cup salted butter

1 Cup dark brown sugar

20 Ounces semisweet chocolate chips

½ cup chopped pecans (also works with pistachio, almonds or without nuts!)

Preheat the oven to 165 degrees C. Line baking sheets with foil and pinch the edges into a lip to contain drips, or lay baking paper on baking tins with sides. Grease the foil/paper well with butter. Place the matzot onto the baking sheets, breaking them in half if needed.



Melt the butter in a saucepan with the brown sugar over medium heat; bring to a boil and reduce heat. Simmer the mixture until thickened, about 5 minutes. Ladle the hot sugar mixture over the matzot, spreading the mixture over the matzot with a rubber spatula. Bake in the preheated oven until the sugar mixture is bubbling and thick, about 20 minutes. Set aside to cool until the toffee coating is firm, about 15 minutes. In a glass bowl over boiling water melt chocolate chips (do not let the chocolate overheat or scorch). Spread the melted chocolate over the toffee-coated matzot; sprinkle chopped pecans on top. Place the baking sheets into the refrigerator until the treats are cold, about 30 mins. Remove the matzot from the foil, break up into pieces, and store in an airtight container or plastic bags in the fridge or freezer.



# Cooking up a storm at Pesach

## Mina De Pesach

Join us for the March Cook-a-Long to make this (and super simple Florentines below). This is a Sephardi Pesach Pie! It's great for using up leftovers and chicken can be substituted with sauteed Aubergine and/or Mushrooms and/or Leeks, serves 6-8

*6 to 7 tablespoons vegetable oil*  
*2 cups of chopped onion*  
*2 tablespoons minced garlic*  
*1.5 cups thinly sliced mushrooms (about 1/3 pound)*  
*3 cups bite-sized pieces cooked chicken (about 14 ounces)*  
*Salt & black pepper*  
*1 cup chopped parsley*  
*5 eggs lightly beaten*  
*5 to 6 Matzot*  
*1 cup chicken stock (or veg stock if you are making a vegetarian version)*



Heat 5 tablespoons of oil in a large pan and slowly sauté the onion and garlic until soft and translucent- about 10 mins. Add mushrooms and sauté until soft, about 5 mins. Allow to cool and then stir in the chicken, salt, pepper, parsley and eggs. Pre-heat the oven to 190 degrees C. and lightly oil a deep baking dish. Now the tricky bit: Dip 2 of the matzot into the stock until well moistened but not falling apart. Lay them in the baking dish, breaking pieces to fit. Spoon half the chicken/veg mixture on top, and cover with one more moistened matzah, the remaining chicken, and the remaining matzot on top. Pour 2 teaspoons of oil over the top and bake for 15 mins. Sprinkle with the remaining oil and bake an additional 15 mins or until the top is a rich, crisp brown. Let it cool for 10 minutes then serve!

## Almond and Orange Florentines

A crisp and light non traditional Florentine for Pesach

*Vegetable oil for brushing*  
*2 free-range egg whites*  
*3/4 cup plus 1 tablespoon / 100 g confectioners' sugar*  
*2 3/4 cups / 260 g sliced almonds*  
*Grated zest of 1 orange*



Preheat the oven to 300°F / 150°C. Line a baking tray with parchment paper and brush lightly with vegetable oil. Next to you have a small bowl of cold water. Put the egg whites, sugar, sliced almonds, and orange zest in a bowl and gently mix them together. Dip your hand in the bowl of water and pick up portions of the mix to make little mounds on the tray, well spaced apart. Dip a fork in the water and flatten each mound very thinly, about 8 cm in diameter. Bake for about 12 minutes, until the cookies are golden brown. Check underneath one cookie to make sure they are cooked through.

# Frogs here, frogs there, frogs jumping everywhere

## Pharaoh's Frogs

one morning when Pharaoh woke in  
his bed,  
there were frogs in his bed,  
and...

frogs on his head,  
frogs on his nose,  
and frogs on his toes,  
frogs HERE ↓ frogs THERE →

frogs were jumping EVERYWHERE!

When our daughters were young, one of favourite parts of the Seder was to hear the ten plagues recited. Out would come our bag of plague toys: a plastic cow whose eyes bulged out when you squeezed it to represent cattle disease, plastic sunglasses for all to wear for darkness, ping pong balls to throw at each other for hail, a magic trick, that I can genuinely do, to turn water into blood which I will be performing at the EHRS Communal Seder this year, and of course the frog song with the chorus that is the title of this piece. All good fun?

The Rabbis who compiled the Haggadah two millennia ago were in two minds, and challenge us to be too. On the one hand they celebrated the wonders that finally brought us out of slavery, and the bravery and extraordinary feats that are always needed to cast off oppressors. They did this, in a tradition preserved in Orthodox Haggadot, by finding ways through numerological interpretative traditions to multiply the plagues to up to 250!

But at the same time they recognised that we cannot and must not rejoice in the suffering of our enemies. Hence the tradition of dropping a dipped fingertip's amount of wine at the mention of each plague onto the page of the Haggadah or onto a plate beside. I would say don't hold back from staining the pages of the Haggadah. Centuries old Haggadot in the libraries of the world still carry the wine stains of Seder participants of past generations on the plague page, which bring to life our ancestors at Sederim.

Our current EHRS Haggadah LeDor VaDor, copies of which you can borrow from the Shul this year, reminds us that 'when human beings suffer, even evil human beings, our joy cannot be complete.' If you share the 'fun' side of plagues with your children when you are telling the story of our liberation do make sure that this essential Jewish value is always shared alongside: Where anyone suffers it lessens our cup of joy.

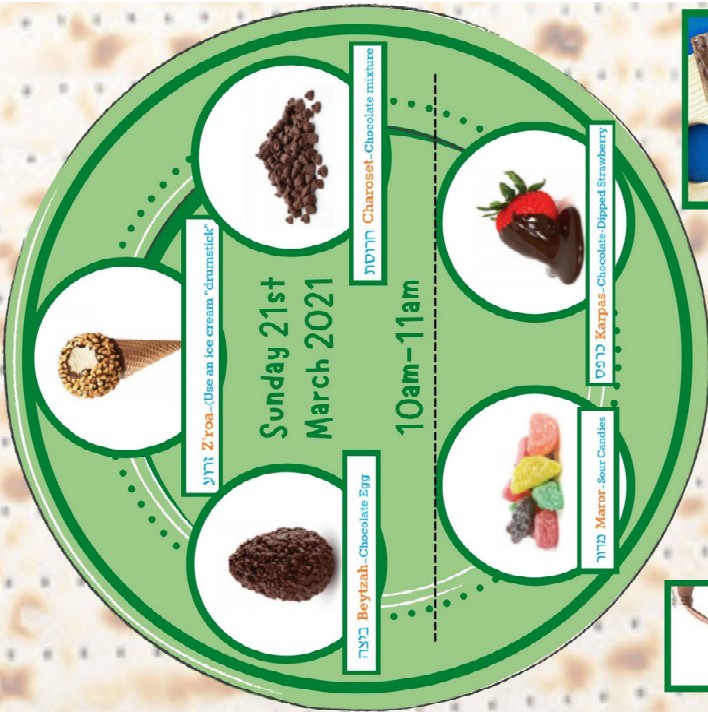
**Rabbi Mark Goldsmith**



Illustration from a 13<sup>th</sup>  
Century Spanish  
Haggadah – wine on  
the Haggadah page

# Special Chocolate Seder with Reform Judaism

For the chocolate Seder, you will need:

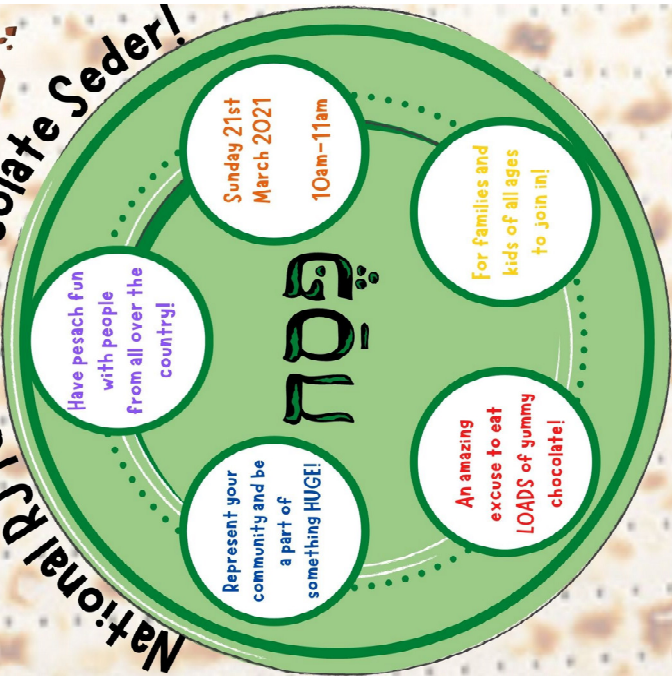


4 cups of  
chocolate milk!

Matzah with  
chocolate spread



National RJ Family Chocolate Seder!



If you want to get involved, contact your community education organisers or cheder headteachers for more information.

For any other questions contact [nraan@rjuk.org](mailto:nraan@rjuk.org)



# The Extra Chair at the Table

I'm not sure when the tradition started, or even who started it, but at some time during the Refusenik times, it became the custom to leave an empty chair at our seder table.

At EDRS (as it then was) my family left a chair for Evgeny Lein, who had been adopted by our Synagogue with the help of Exodus, the Reform Movement's campaign for Jews who wished to leave the USSR and go to Israel. Other families would be given the name of a Russian Jewish family by Exodus so they could be remembered at their Seder.

Why was the Passover so important for Jews in the Soviet Union? It seems pretty obvious that this is because the Passover represents the escape from slavery to freedom, and this is what was burning in the hearts of the Soviet Jews, as it did in the hearts of our ancestors in Egypt.

Many thousands were eventually able to leave the USSR. But many chose to stay in what is now known as the Former Soviet Union and decided to help rebuild Jewish life there. Which is why in the early 2000s, I visited Kiev with Lana Young (Rabbi Debbie's mother) who was very involved in the new Exodus 2000 campaign aimed at helping to educate community leaders and enable new Jewish communities to grow and flourish. We took part in a seminar attended by old and young Jewish leaders of the newly emerging communities in Russia, Ukraine and Belarus. We helped them to prepare a communal Seder – I will never forget chopping up hundreds of dried walnuts for the charoset – and then participating in what was a wonderful and moving Seder.

Now, thank God, we no longer have to keep an empty chair at the Seder for the Jews of the USSR, but we still celebrate the escape from slavery and remember those who over the years have had the same struggle, and indeed, are having that struggle even today.

**Linda Kann**





# The Empty Chair at the Table

We have lost so many loved ones this year. Every year at seder someone faces the prospect of sitting down at a table filled with memories of a family member or cherished friend who would normally be there with them, and isn't this year. When we are unable to do things as we normally would this loss may well be felt even more keenly.

This absence is impossible to ignore. And festivals can serve to magnify our loss. But they are also an opportunity to hold our memories out in the open and share them with one another. We can remember how someone endlessly messed up the same tune, or discover the spot in their haggadah that they always spilt their wine.

The Pesach after my dad passed away we had saved a bottle of wine he had bought us, and used it at the first cup to toast and remember him as part of the seder meal. His absence loomed throughout, but creating a moment just to feel that absence and remember him helped us move through the rest of the seder and gave us permission to remember happy memories of sederim gone by.

Sometimes it is a recipe that brings a person back to us, or a piece of Judaica they used. We know we must go on, but we don't have to ignore the empty chair that is literally or figuratively at our table. This year it may be even more poignant that there is a gaping hole, as the bustle of visitors remains reduced. It is important that we still have space to remember with others. If you can't be with others physically, try to create a space before or during seder to remember the good that was, and remember that the absence hurts. The journalist Claire Rayner is quoted in our funeral book: "Only the unloved and unloving escape grief. It is the price we all have to pay, eventually for the love that makes our lives worth living. Whether it be the loss of parent, spouse, child, brother, sister or friend, the pain lies in wait for us. And when it comes it has to be experienced before it can be eased."

Judaism creates spaces for our loss to bubble up - yahrzeit, and times when we say yizkor (the memorial service) through the year. On 7th day Pesach we recite yizkor together, but that doesn't mean we have to put away our grief when it hits us on seder night. We are invited to mourn and remember, and not to suppress our grief, so that we might be able to live better in the moments in between.

**Rabbi Debbie Young-Somers**



# Dayenu - Enoughness



**Dayenu in the Birds Head Haggadah,  
South Germany c.1300, held at Beit  
Hatefusot - the Museum of the  
Diaspora in Israel.**

Dayenu is one of those songs that almost everyone can join in with - even if you've never been to a seder before, the chorus of Dayenu is easy to pick up and may well remain as an ear-worm long after you have finished dinner!

The verses take us through parts of early Jewish history reminding us of the incredible blessings of coming through so much, and God's continuing to give us more - freedom would have been enough, but God also sustained us with manna in the desert. The mana would have been enough, but God also gave us Torah and so on.

At times this year it has felt hard to be grateful for the blessings we have. But Dayenu in many ways is a call to acknowledge a radical idea of enoughness. We live lives that often ask us to focus on more. What is the next goal, what is the next thing to save for, what new pesadich product can we encourage people to buy this year. Pesach is a festival remembering our poverty and celebrating our freedom, and taking time to appreciate that, on the whole, we have enough, and that we are enough.

In the Mishnah, Pirkei Avot 4:1 Ben Zoma teaches: "Who is rich? The one who is content with what one has." Judaism gives us opportunities to enjoy the blessings of life, Shabbat and festivals and joyous moments in the lifecycle. But balance is always key in Judaism, and as we feast at Pesach we are also asked to remember what it is to be satisfied, and what enoughness really means to us in the world today.

Pesach also reminds us to share what we can. 'Let all who are hungry come and eat' commands the haggadah. While inviting others over may still be tricky this year, we have the opportunity to donate chametz to food banks, to use up flour by baking for isolated neighbours or lonely grandparents.

It could be easy to focus this year on all the things we are missing out on, but Dayenu encourages us to be mindful of what blessings we have, and that the majority of us are blessed with enough. As it says in Deuteronomy: 'You shall eat, and be satisfied, and bless'. May we all be able to give blessings for the enoughness we enjoy this year.

**Rabbi Debbie Young-Somers**





## Honouring Rabbi Kraft z”l

Over the years, I’ve been privileged to have worked for a number of Jewish charities. My main task at these charities was to fundraise. Each charity had its own unique selling point, and thankfully many donors appreciated the need to contribute to these worthy causes. At Pesach, donors were always keen to donate. Along with Rosh Hashanah, Pesach is the time when many Jews choose to financially contribute to worthy causes, and I’m delighted that the charities I worked for benefitted greatly from the generosity of their donors.

**I may not be working for a specific charity at this time, (though EHRS is a registered charity) but we are fundraising for an exceptionally worthy cause. We are hoping to commission the writing of a new Torah Scroll in the name of Rabbi Neil Kraft z”l.**

In the past year, many words of love, respect and admiration have been uttered as we have mourned Rabbi Kraft and the writing of a new Torah Scroll in his name would be a perfect tribute to this wonderful man. As Neil did, we hope this will draw us together as a community, in learning and in joy, as we remember our loss.

It will cost approximately £35,000 (including a mantle, bells, yad etc) before we can formally give the go-ahead for the Scroll to be commissioned. If we raise more than that amount, the surplus will go towards other items that can be purchased in Neil’s name.

It will cost £1 to sponsor a letter within the Scroll, a word will cost £5, a verse £30 (or a specific verse of your choosing £50), to sponsor a chapter will cost £100, a portion (sedrah) will cost £600, whilst the sponsoring of one of the Five Books of Moses contained within the Torah will cost £6000. Obviously, any other donations will be very greatly appreciated. At this time, you can either pledge an amount or you may choose to donate now.

Pesach remains such a special Festival for all the family. For the second year running, it is most unlikely that we’re going to be able to spend our seder with family and friends but that should not diminish our joy and I know that we will be able to celebrate the Festival in many other ways. Equally, I very much hope that you will still feel the need to donate, at this time of giving, towards the commissioning of a new Torah Scroll, especially written in the name of Rabbi Neil Kraft who deepened the Judaism of so many in the community.

**Please do contact me by email at [scroll@ehrs.uk](mailto:scroll@ehrs.uk), informing me whether you wish to pledge an amount or donate immediately. Please let me know the amount you wish to donate, include your telephone number, and I will contact you very soon after your email has been received.**

In conclusion, may I wish you and your family, chag Pesach kasher ve’sameach- a kosher and joyous Pesach.

**Laurence Stein**

# Counting the Omer

From the second night of Pesach we begin 'counting the omer' - literally counting our barley sheafs! As we probably don't have a lot of sheafs being harvested in our gardens, we instead count the days that take us from the freedom of Pesach, to the responsibility of receiving Torah at Mount Sinai on Shavuot.

It can act as an excellent maths test, but is also used by many as a spiritual journey. If you want to have fun with counting the omer, you can count along with Homer from the Simpsons here: <https://homercalendar.net/Welcome.html>. In the Pilgrim Festival Machzor from Reform Judaism you can find a series of daily readings to accompany you through the omer (from p.655). The Mussar institute who Rabbi Mark has done lots of work with, offer an Omer guide here: <https://mussarinstitute.org/omer-2020/>

**On 17 April look out for our special Shabbat morning service for Counting the Omer.**

Blessed are You, our Living God,  
Sovereign of the universe, whose  
commandments make us holy and who  
commands us to count the Omer.  
Baruch attah Adonai eloheinu melech  
haolam, asher kidd'shanu b'mitsvotav  
v'tsivanu al s'firat haomer.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו  
וְצִוָּנוּ עַל סְפִירַת הָעֹמֶר:

This is the - day of the Omer.

Hayom \_\_\_\_\_ yamim laomer.

הַיּוֹם \_\_\_\_\_ יָמִים לְעֹמֶר:

## After the first week:

This is the - day, making - week(s)  
and - days of the Omer.

Hayom \_\_\_\_\_ yamim laomer,  
shehem \_\_\_\_\_ shavuot v' \_\_\_\_\_

הַיּוֹם \_\_\_\_\_ יָמִים  
שָׁהֵם \_\_\_\_\_ שָׁבוּעוֹת  
וְ \_\_\_\_\_ יָמִים לְעֹמֶר:

## From the eleventh night:

This is the - day, making - week(s)  
and - days of the Omer.

Hayom \_\_\_\_\_ yom laomer,  
shehem \_\_\_\_\_ shavuot  
v' \_\_\_\_\_ yamim laomer.

הַיּוֹם \_\_\_\_\_ יוֹם  
שָׁהֵם \_\_\_\_\_ שָׁבוּעוֹת  
וְ \_\_\_\_\_ יָמִים לְעֹמֶר:

More Pesach resources can be found on the Pesach page of our website,  
[www.ehrs.uk/pesach](http://www.ehrs.uk/pesach). Whether you are looking for a shorter seder for young  
children, or some music to learn the seder tunes, please come and explore.