

# Everything Emanuel

*Passover Guide*

April 2025 • Nisan 5785



# HAPPY PASSOVER!

Join us for the Second Seder!

חג פסח שמח !

# GET READY FOR PASSOVER!

Dear Friends:

*Shalom.* Pesach begins with the **First Seder, Saturday night, April 12, 2025.** It is time to get ready! We not only prepare our homes, we prepare ourselves. In the spirit of *Pesach* preparation, here is a helpful “to do” list:

**1. Passover Fund:** Make a donation to aid the hungry prior to Pesach. There is a beautiful Jewish tradition of giving *Maot Hittin* to provide food and assistance to those in need. Please join us in this important mitzvah **to support the hungry even if you are not selling your hametz.** Your contribution is needed and appreciated. Please use the form on page 8, or you may also make a donation online.

**2. Selling of Hametz (leaven):** To empower me to sell your hametz, detach and mail the form (on page 8) to the Emanuel office by Friday, April 11 at 12:00 noon or see me or Hazzan Moshe Pinchover after *minyan*.

**3. House cleaning and searching out Hametz:** It is appropriate to complete this process by Thursday, April 10. Search for *Hametz* Kits are available in the Synagogue Main Office. While you are cleaning out your cupboards, please think of donating non-perishable food items to the needy. Bring your contributions to the synagogue lobby by Wednesday, April 9. The B’Yadeynu Committee will distribute the donations.

**4. Burning of Hametz:** This symbolic burning of a few bits of *hametz* may be done (with precautions) at home, but please be aware that a small fire will be maintained for this

purpose in the Emanuel parking lot on Friday, April 11 from 8:00 a.m. to 9:15 a.m.

**5. Siyum B’Chor:** Firstborn Jews fast on the day before Pesach or attend a *siyyum*, a celebration of the completion of a unit of Torah study. A *siyyum* will be held on Thursday, April 10 at the conclusion of morning *Minyan*. *Minyan* begins at 7:00 am. The *Siyyum* ends at 8:00 a.m. and is followed by breakfast.

**6. Seder Guests:** Welcoming guests to the seder is a great mitzvah. If you have room at your seder table for a guest/ guests or if you need an invitation for a seder/sedarim, please contact Ken Malley at [malleyks@gmail.com](mailto:malleyks@gmail.com). We will do our best to match hosts and guests.

**7. Consider attending** our Emanuel Community Seder the second night of Passover, Sunday, April 13. See page 5 for information.

**8. Please note: Evening minyan will not meet on April 12 and April 13.** A special Mincha service will meet at **12:00 noon** on Saturday, April 12 and **12:00 noon** on Sunday, April 13. We encourage you to hold minyan at your seders. If you need to borrow siddurim, please contact Hazzan Moshe Pinchover at [mpinch@emanuelsynagogue.org](mailto:mpinch@emanuelsynagogue.org).

Look for the schedule of Passover services below and on our website, [www.emanuelsynagogue.org](http://www.emanuelsynagogue.org). Best wishes for a happy and healthy Pesach holiday! *Chag Pesach Kasher V’sameach!*

Warm regards,  
— David J. Small, Rabbi

PASSOVER YOM TOV SERVICE SCHEDULE								
SATURDAY APRIL 12	SUNDAY APRIL 13	MONDAY APRIL 14	TUESDAY APRIL 15	WEDNESDAY APRIL 16	THURSDAY APRIL 17	FRIDAY APRIL 18	SATURDAY APRIL 19	SUNDAY APRIL 20
EREV PESACH	SECOND SEDER		7 AM SHAHARIT	7 AM SHAHARIT	7 AM SHAHARIT	7 AM SHAHARIT		
9 AM SHAHARIT	9 AM SHAHARIT	9 AM SHAHARIT					9 AM SHAHARIT	9 AM SHAHARIT
12 PM MINCHA	12 PM MINCHA							
	5:30 PM SEDER @ EMANUEL	7:25 PM MINCHA/ MAARIV	7 PM MINCHA/ MAARIV	7 PM MINCHA/ MAARIV	7 PM MINCHA/ MAARIV	6 PM MINCHA/ MAARIV	6 PM MINCHA/ MAARIV	8 PM MINCHA/ MAARIV
8:10 PM CANDLES	8:11 PM CANDLES	8:10 PM HAVDALAH				7:17 PM CANDLES	8:18 PM CANDLES	8:17 PM HAVDALAH
APRIL RELIGIOUS SCHOOL DATES: NO SCHOOL APRIL 13, 16, & 20								

# 10 WAYS TO MAKE YOUR SEDER ENGAGING FOR KIDS OF ALL AGES!

From Barbara Fink, Director of Youth and Family Learning

1. Have a bingo card with different things for kids to listen for throughout the activity. Encourage them to place a sticker on it when they hear that part!
2. After *karpas*, where you say the *bracha* over the vegetables and dip it in salt water, provide crudité and dips for munching during the *magid*- story-telling section.
3. Have kids act out the story. Provide costumes or puppets!
4. Use blue towels to create the Red Sea for them to cross. Blow bubbles and hand out fish toys as the crossing begins and give kids “timbrels” (toy tambourines) to play on the other side.
5. Have a charoset taste test.
6. Use different types of *matzah* and see who likes which kind better.
7. Use mini kosher marshmallows = instant seder magic. Tell the kids that you’ll toss them out as rewards for asking great questions. Watch their curiosity take flight as you honor the central premise of the seder: asking questions.
8. There is the thrill of the *Afikoman* hunt, but it can be hard for little kids to accept that there’s only one winner. Have the kids hide it and the adults look for it! The seder can’t continue until they have found it - after a little while offer to trade a prize to all the kids for the *Afikoman*.
9. Incorporate what Jews around the world do:
  - Romanian Jewish families make Passover interactive in a similar way to Syrian Jewish families. At the part of the Haggadah that says, *Avadim Hayinu* - “We were slaves to Pharaoh in Egypt,” fill a pillowcase with heavy objects and carry it around the table, with each person at the seder taking a turn.
  - When it comes time for “Dayenu,” the song that lists God’s miracles, stating that each one would have been enough, some Sephardi Jews conjure images of the enslaved Israelites being whipped by actually slapping huge scallions or green onions at each other.
  - Indian Jews add a symbolic cup, called “Pharaoh’s Cup,” which wine is then poured out of for all the other glasses. In this way, the power and stubbornness of cold-hearted Pharaoh is diminished.
10. During *Dayenu*, have each person share their own personal Dayenu - see example below.



## THE LABENDZ DAYEINU

written by Marianne Labendz (Barbara's Grandmother)

Had the SS soldier recognized my father and not  
given us time to get out of Germany  
*It would have been enough for us!*  
Had we had to get out of Germany and not get on  
the boat to Bolivia  
*It would have been enough for us!*  
Had I got on the boat to Bolivia and not met  
Martin  
*It would have been enough for us!*

Had I met Martin and not been able to have a son  
*It would have been enough for us!*  
Had I been able to have 1 son and not 2 sons  
*It would have been enough for us!*  
Had I had 2 sons and not went to NY and start a business  
*It would have been enough for us!*  
Had I started a business and not had 5 grandchildren  
*It would have been enough for us!*  
Had I had 5 grandchildren and not 2 great-grandchildren  
*It would have been enough for us!*  
What a life we've had!



## FROM THE RABBI

***Kol dichfin yetei v'yeikhul/kol ditzrich yetei v'yifsakh***

*“All who are hungry, come and eat/All who need, sit and fulfill the mitzvah of Pesach.”*



These words echo across our history and define the guiding spirit of the Passover Seder — all are welcome! Everyone is invited to have a place at the table to share the meal and to recount the story of our people's journey from slavery to freedom. The Seder offers us the opportunity to connect with each other with our ancestors and all people who yearn for freedom.

Cantor Risman and I invite you and your family and friends to join us for our Emanuel Pesach Seder the Second Night of Passover, at Emanuel Synagogue.

Our Seder ceremony is for all ages. There will be singing and readings in English, Hebrew and Aramaic. The Seder will begin at 6:00 p.m. and end by 8:30 p.m. Steve Shuman Kosher Catering will provide the meal. Children's menu will be offered and will be served earlier than the adult meal. (See Page 5)

Wishing you and your families a happy, healthy and meaningful Pesach! *Chag Pesach Kasher v'Samayach!*

— Rabbi David J. Small

### **KITNIYOT — LEGUMES, RICE AND CORN ARE PERMITTED ON PASSOVER**

*by Rabbi David Small*



*Kitniyot* are legumes such as beans and lentils, rice and corn. These items never were part of the Torah's prohibition on Hametz (Wheat, Barley, Rye, Oats and Spelt when allowed to rise); the rabbis of the Mishna and the Talmud said it was a "mistaken custom." Rabbi David Golinkin established this position in the Masorti Law Committee in Israel in 1989 and as of 2015, this retirement of the *kitniyot* prohibition is now recommended to all Conservative/Masorti communities worldwide. The aim is to clarify Halachic practice and reduce social barriers between Sephardic Jews who never adopted the stringency and Ashkenazic Jews. Therefore, the custom should be retired in the name of *Klal Yisrael*, unity of the Jewish people.

In my view, due to concerns about exorbitant costs of buying Passover food, the rising number of people who eat plant-based diets and need legume protein, and concerns about the tendency of Passover diets to include excessive amounts of potato starch, low-fiber foods and added sugar, the consumption of legumes and plentiful fresh fruits and vegetables should be encouraged during Passover (as well as at all times). Permitting legumes, rice and corn also allows for clearer focus on the core observance of avoiding Hametz.

In the name of "Shalom Bayit" (Peace in Families) and "Hachnasat Orchim" (Hospitality to Guests): If you have family members or guests coming to the seder who remain attached to the custom of not eating kitniyot, be prepared to specify which dishes that will be served at the Seder meal or during Pesach are kitniyot-free. This way a person who wishes to maintain the custom will be able to happily eat at your home.

**SUNDAY, APRIL 13**

# SECOND SEDER AT THE EMANUEL

**5:30 PM - Doors Open**

**6:00 PM - Seder Begins**

Co-led by Rabbi David Small and Hazzan Daniella Risman, Catered by Steve Shuman  
Reservations are appreciated as soon as possible; we will not be able to accept reservations after  
12 pm, on Thursday, April 10<sup>th</sup> Register online or submit this form with payment.

## CHICKEN MENU

**EACH TABLE:** Seder plate, Kosher  
Wine, Grape Juice, &  
Matzoh

**FIRST COURSE:** Gefilte Fish w/  
Horseradish

**SECOND COURSE:** Chicken Soup w/  
Matzoh Ball

**THIRD COURSE:** Stuffed Chicken  
Breast, Potato Kugel &  
Roasted Vegetables

**FOURTH COURSE:** Chocolate Decadence  
Cake, Coffee & Tea

## VEGETARIAN MENU

**EACH TABLE:** Seder plate, Kosher  
Wine, Grape Juice, &  
Matzoh

**FIRST COURSE:** Salad

**SECOND COURSE:** Vegetable Soup

**THIRD COURSE:** Grilled Eggplant,  
Zucchini, Yellow  
Squash & Red Peppers  
on a Potato Cake

**FOURTH COURSE:** Chocolate Decadence  
Cake, Coffee & Tea

**Name** \_\_\_\_\_

**Email** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Select the total # of each entrée below:**

**# of Chicken:** \_\_\_\_\_ **# of Vegetarian:** \_\_\_\_\_

Scan Here to Register Online



### Current & Prospective Members

Ages 13 & Over: # \_\_\_\_\_ X \$60 = \_\_\_\_\_

Ages 5 - 12 years: # \_\_\_\_\_ X \$25 = \_\_\_\_\_

Ages 4 & Under: # \_\_\_\_\_ X \$0 = \_\_\_\_\_

### Community Guests

Ages 13 & Over: # \_\_\_\_\_ X \$70 = \_\_\_\_\_

Ages 5 - 12 years: # \_\_\_\_\_ X \$30 = \_\_\_\_\_

Ages 4 & Under: # \_\_\_\_\_ X \$0 = \_\_\_\_\_

**Total Amount Enclosed: = \$ \_\_\_\_\_**



Please return this form with a check payable to **The Emanuel Synagogue Seder 2025** to:  
The Emanuel Synagogue 160 Mohegan Drive, West Hartford CT, 06117 | (860) 236-1275,  
or register & pay online at: <https://emanuelsynagogue.org/events/second-seder/>

If you have a financial hardship, please contact Jacob Schreiber, Executive Director at [jacob@emanuelsynagogue.org](mailto:jacob@emanuelsynagogue.org).

# PASSOVER GUIDE: A FRESH APPROACH TO THE FESTIVAL AND THE SEDER

by Rabbi David J. Small

## What is Hametz?

Passover nudges us to simplify and de-clutter our daily lives and in doing so, clarify and elevate our consciousness. Wheat oats barley, rye and spelt when the grains or their flour comes in contact with moisture for 18 minutes or more become *Hametz*. This combination of moisture and grain in the presence of airborne or added leavening agents like yeast or sourdough causes fermentation.

Matzah is bread baked from dough made in less than 18 minutes from mixing to baking.

The same grains that would be *Hametz* if allowed to rise become matzah when baked before rising can take place.

## Spring Cleaning and Removing Hametz

When we look through our homes to remove *Hametz*, we also have the opportunity to de-clutter and clean the home. Provided this task is shared fairly, it can be a liberating experience. In addition to *Hametz*, we can remove items we are no longer using, that are broken or could be better shared with someone else or recycled or discarded. Papers, books, toys, clothes, office supplies, electronics and mementos accumulate over time. A good pre-Pesach de-clutter can help us free ourselves from the material “hametz” that fills our space and creates a drag on our energy. Who knows, our junk may become someone else’s treasure.

## Matzah and Simplicity

The flat and crispy wafers produced by this process express humility and simplicity. The *Haggadah* refers to this bread as “*lechem oni*” the “bread of poverty” or “bread of hardship.” Matzah reminds of suffering and slavery; Matzah also reminds us of liberation and freedom. The transition from one to the other provides the narrative arc of the Passover story. The bread of enslaved people transforms into the bread of liberated, free and covenanted people.

## Moderation and Measures

A modest amount of matzah fulfills the traditional *mitzvah* (imperative) to eat unleavened bread. A *kezayit* (volume of a large olive) or about two-fifths of one sheet of machine made matzah or less than one fifth of a hand-made matzah. This basic measure follows Moses Maimondes’ (a.k.a. RaMbAM) definition. Many later authorities expand their requirement; in my view, Maimonides’ position shows good sense, moderation and perhaps reflects his practice as a physician concerned with peoples’ physical health as well as their spiritual health. *Eat a bit less than half of one sheet of matzah and you have fulfilled the mitzvah!*



The Seder meal reenacts the “night of watching” that preceded the Exodus, when the Children of Israel sheltered in their homes in Goshen ate the Passover offering of roast lamb with bitter herbs and unleavened bread and awaited their departure to freedom. Scholars teach that the Seder expanded to reflect the Greco-Roman *symposium*, a leisurely meal served to reclining guests and accompanied by wine and meaningful conversation. Sometimes in the spirit of the feast, we can go too far. Take it easy. Have seconds of soup instead of other heavy dishes. Serve fresh, low-processed foods whenever possible.

## Karpas/Greens

Fresh leafy green vegetables feature on the Seder plate and can enhance our Passover experience. Eating green vegetables helps us welcome spring, new growth, and the miracle of new life. Filling our plate with fresh vegetables promotes good health and digestion. A Passover menu filled with fresh greens and crunchy vegetables, hearty soups, fresh fruit and roasted and steamed vegetables of all kinds fulfills the spirit of Passover and promotes our well-being. The Passover season presents an opportunity to prioritize fresh and healthy food. The Torah states that the commandments are given to live by them: “*You shall keep My laws and My rules, by the pursuit of which [people] shall live; I am the YHWH*” (*Vayikra* 18:5) Our Sages infer: “By which man shall live’ — and not die” (*Yoma* 85b). The mitzvot were given to promote life, not to cause death (*Peninei Halakha: Shabbat* 27:1 n.1). Enjoy healthy, delicious meals!



## Four Cups

The Seder calls for four cups “*kosot*” of wine to be poured and drunk. Authorities vary on how much is enough. Most opinions vary from 1.7 ounces to 3 ounces per cup. If you do not drink alcohol, kosher grape juice is fine. If you need to limit your sugar intake, choose a low-sugar type of wine or juice, or add water as needed.

## Paschal Yam

In many homes, serving and eating meat or chicken or fish is a part of the family tradition on Pesach. Today, a plant-based menu can fulfill the Passover Seder mitzvah. At our Seder, we use a sweet potato in lieu of a shank bone or chicken neck and call it the “Paschal Yam.”

## Hospitality and food choices at the Seder

The imperative of hospitality (*Hachnasat Orchim*) guides hosts to discover and accommodate various dietary needs and restrictions of people at our table. In that spirit, find out if someone follows gluten-free, low-salt/sugar or other restrictions. Make sure there are ample choices for everyone at the table. If you have guests who still avoid eating legumes (*kitniyot*) make sure the dishes that contain legumes are clearly identified so these guests may make other choices.

## Welcoming Guests

My parents always welcomed people to our Seder table who might not have another place to celebrate. In addition to elderly aunts and uncles who did not have children, we welcomed single folks and people who were interested but did not have the ability to make their own Seder. Many of our children today are in diverse relationships and are bringing their partners or spouses of different backgrounds to the table. Give thought to explain what is happening during the Seder and offer parts that someone of a different background might comfortably fulfill.

## Gratitude

Passover opens doors for us to feel and express gratitude for life itself and all the blessings and abundance we enjoy. Remembering affliction prompts us to avoid a sense of entitlement and to share of our abundance with others. At the same time, Passover prompts us to rejoice and give thanks for our freedoms and the abundance and blessings we enjoy. Lifting the cup to our Creator and Liberator for granting us life and freedom and lifting us from privation to plenty. Gratitude enlivens our soul and helps us attune ourselves to the needs of others as well as appreciating what we have.

## Dor L’Dor-From Generation to Generation

The Seder often brings generations together around the table. We share our *memories* of our loved ones who came before us: their traditions, struggles and triumphs. Some families have dishes, cups or other items from generations past. We engage the children at the Seder. We envision our *dreams* for the younger generation and the world they will live in and whom they will become. We *reflect* on the meaning of life and our place in the great chain of being that connects us all.

## Questions

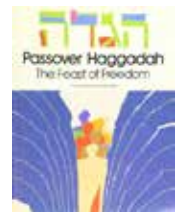
The Seder is a night of questions. The Four Questions kick off a discussion of our liberation that can be most engaging when we raise and discuss questions. If you are leading a Seder, compile some questions that will engage people of different ages and interests around the table. Some can be specific, like: “how many cups do we raise?” Others more open-ended, such as “What does it mean to you to be free?” or “What are you feeling joyful about tonight?” Or, “What fills your cup?”

## Resources

Here are some Passover Haggadot I enjoy:

**A Different Night: the Family Participation Haggadah**, by Noam Zion and David Dishon, the Shalom Hartman Institute, 1997.

**Passover Haggadah: The Feast of Freedom, The Rabbinical Assembly**, 1982.



**Passover Haggadah**, Edited by Rabbi Morris Silverman, Media Judaica, 1979. A classic edited by Emanuel’s own Rabbi Morris Silverman z”l.

**The Santa Cruz Haggadah**, Edited by Karen G.R. Roekard, 1991 presents spiritual and healing-oriented commentary.

**The Animated Haggadah**, by Rony Oren, 2009. A visually engaging version illustrated with Claymation figures.

**The Moss Haggadah**, Illuminations and calligraphy distinguish this exquisite Haggadah with an insightful commentary by the artist-scholar David Moss.

**For more detailed preparing for Passover information, visit the Rabbinical Assembly’s website:** [rabbinicalassembly.org/pesah-guide](http://rabbinicalassembly.org/pesah-guide)

# Everything Emanuel

160 Mohegan Drive  
West Hartford, CT 06117

**IT IS A MITZVAH TO GIVE FUNDS TO HELP THOSE WHO DO NOT HAVE  
ENOUGH FOOD AND SELL ONE'S HAMETZ BEFORE PESACH!  
YOU CAN DO ONE OR BOTH!**

☐ **ENCLOSED IS MY CONTRIBUTION TO THE PASSOVER FUND FOR  
PEOPLE EXPERIENCING FOOD INSECURITY**

Enclosed is my contribution of \$ \_\_\_\_\_, to feed the hungry and help the needy at Passover time.

*Please make checks payable to Emanuel Synagogue, memo line: Passover Fund. Thank you!*

☐ Cash ☐ Check # \_\_\_\_\_

☐ Credit Card ☐ Visa ☐ Mastercard

Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name as it appears on card \_\_\_\_\_ Zip Code \_\_\_\_\_

I hereby authorize Emanuel Synagogue to charge my credit card.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

☐ **HAMETZ DECLARATION**

I, \_\_\_\_\_ empower and permit Rabbi David J. Small to act in my  
stead and in my behalf to sell all hametz (leaven) possessed by me, knowingly or unknowingly, and  
to lease all places wherein the above products may be found, especially at the premises located at

\_\_\_\_\_.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Contribute online at <https://emanuelsynagogue.org/passover-contributions/> or **scan here**

***Thank you for supporting our efforts to feed the hungry!***

