



Use this **Virtual Seder Guide** to navigate our offerings. Use as many videos as you want to inject some extra teaching and discussion into your seder. Chag sameach!

Seder Preparations/Opening

[Seder Prep](#) - What do we need to do to be truly ready for the seder to begin? In preparing the seder, we can set our intentions as we think about how “getting ready” puts us into a different frame of mind. You can use the process of preparing for the seder to discuss how this year might be different and to consider how you could interpret the symbols in a meaningful way for you. (*Rabbi Fredi Cooper, Board of Governors, Reconstructing Judaism*)
ADULTS

[The Seder Melody \(Singing the Seder\)](#) - Not only does the order of the Passover Seder reveal an action plan for a person trying to breakout of narrowness, the Seder melody itself tells a story of strength as we approach the major and minor steps and the highs and lows on our own individual and collective journey on this long road to freedom. (*Rabbi Isaiah Rothstein, Rabbinic Scholar and Public Affairs Advisor, Jewish Federations of North America*)
FAMILIES, ADULTS

[Calling our Seder to Order](#) - This video questions why we seemingly get the order wrong on the night of getting things in order! (*Shalom Orzach, Senior Educator and Consultant for The iCenter and Faculty for Foundation for Jewish Camp*)
FAMILIES, YOUNG ADULTS

[Pre-Seder Reminder and Intention](#) - Before you go on a journey it is good to set your course and set your intention. Here is a gentle reminder to be present with whatever step of the ceremony you find yourself. There is literally no where else to go and literally nothing else to do! Freedom! (*Rabbi Pesach Stadlin*)
ADULTS, FAMILIES, YOUNG ADULTS

Creativity and Catastrophe - Times of constraint and great troubles can often spark great creativity. How can the Seder be understood as a creative response to challenges that Jewish life has faced throughout history, and how can we continue that creativity in our own time? ([Rabbi Dalia Marx \(PhD\)](#), [Rabbi Aaron Panken Professor of Liturgy and Midrash, HUC-JIR, Jerusalem](#))

ADULTS, YOUNG ADULTS, TEENS

Opening Meditation - You're ready to begin the Seder. Bring your whole being to the experience with the simple and profound practice. ([Natalie Goldfein](#), [Coach, Consultant, Qigong/TaiChi Instructor](#))

ADULTS, YOUNG PEOPLE, FAMILIES

Kadesh

Kadesh (First Cup of Wine) - Expressing gratitude is an act of freedom and it is even more important right now to sanctify this moment and enable ourselves to recognize the freedoms we still enjoy. ([Allie Conn Kanter](#), [Director of Engagement, Hadar Institute](#))

FAMILIES, YOUNG PEOPLE, ADULTS

Kadesh (First Cup of Wine) - How will we uniquely "sanctify" our seder this year? ([Dr. Shuly Rubin Schwartz](#), [Provost, Jewish Theological Seminary of America](#))

YOUNG PEOPLE, FAMILIES, ADULTS

Why We Recline - An exploration into the commandment to recline at the seder as a model of interdependence. ([Rabbi Avi Katz Orlow](#), [Vice President, Innovation and Education, Foundation for Jewish Camp](#))

ADULTS

Urchatz

Urchatz (First Hand Washing) - This short video both puts *urchatz* (hand washing) into context and reframes it as a consciousness-raising practice. ([Blair Nosanwisch](#), [Rabbinical Student, Jewish Theological Seminary of America](#))

FAMILIES, ADULTS

The Washing Song - Jon Adam Ross picks on the banjo and leads us in a fun song about the first hand-washing of the evening. ([Jon Adam Ross](#), [Managing Director & Founding Artist, The In\[heir\]itance Project](#))

YOUNG PEOPLE, FAMILIES

Urchatz - A chance to wash away or immerse in exactly the way that you need ([Rebecca Sykes](#), [Experiential Educator of Yoga and Mussar](#))

FAMILIES, ADULTS

Karpas

[Karpas \(Dipping Greens\)](#) - In a time of uncertainty, remember that the seasons continue to change at their own pace. Spring has arrived! What is newly emerging in your life right now? (*Amanda Herring, Manager of Jewish Life and Learning Edlavitch DC JCC and co-creator of [The Jewish Planner](#)*)

ADULTS, FAMILIES

[Karpas \(Dipping Greens\)](#) - This video raises the idea that almost all of the ritual foods we eat at the seder actually have two or more meanings, and asks you to consider: how does the eating of Karpas resonate for you - as a way to celebrate our freedom, or as a way to commemorate how hard it was to be a slave? (*Aviva Lauer Golbert, Director, Pardes Center for Jewish Educators, Pardes Institute of Jewish Studies*)

ADULTS, YOUNG ADULTS

[Passover's Agricultural Roots](#) - Tie yourself to nature, explore how the agricultural roots of the holiday can reawaken our connection to the physical world. The historical and ideological meanings of the holiday have since muted the agricultural significance, but it is important to remember that we are still connected to the land. (*Josh Lake, Jewish Nature Educator*) FAMILIES, YOUNG ADULTS

Yachatz

[Yachatz \(Breaking the Middle Matzah\)](#) - As we break the middle of the 3 matzot, we think of the brokenness in our own lives and in our community. We take some comfort that part of that brokenness will be returned by the children for dessert, while the other part will be protected between the other 2 matzot. (*Rabbi Jason Miller*)

FAMILIES, ADULTS

[Yachatz \(Breaking the Middle Matzah\)](#) - An interpretation of Yachatz (breaking the middle matzo) seen as the breaking of our societies as a result of the coronavirus. (*Professor Stanislaw Krajewski, University of Warsaw, Poland*)

ADULTS

Maggid

[Maggid \(Telling the Story\)](#)- A teaching about a dog-related Torah verse and the Exodus from Egypt. (*Aaron Friedman, Co-founder and Artistic Director of [The Bible Players](#)*)

FAMILIES

[Maggid \(Telling the Story\)](#) - Why does Magid start with the future? (*Eli Reiter, Writer and Educator*)

ADULTS, FAMILIES

[Maggid](#) - Maggid is about more than the telling of the story. It's about personally embracing the obligation to be a storyteller. What are some of the questions to ask ourselves when we tell the story? ([Katka Reszke](#), *Writer, Filmmaker, Director of the Boston ReelAbilities Film Festival*)

ADULTS, YOUNG PEOPLE, FAMILIES

[Maggid \(Telling the Story\)](#) - An intention to guide us as we tell the story of the Israelites fleeing slavery in Egypt. ([Josh Jacobs](#), *Director of Camper Magic, Eden Village Camp*)

ADULTS, FAMILIES, YOUNG PEOPLE

[Maggid \(Telling the Story\)](#) - A quick overview of how to use the [Virtual Seder Play](#), a dramatic retelling of the Passover Story that includes [cast possibilities](#) for seders big and small. ([Gabe Miner](#), *Educator, Virtual Seder Founder*)

FAMILIES, ADULTS

[What Would You Do](#) - Moshe grows up in the palace and he discovered that the Jews are slaves and that they are being treated really badly by Pharaoh. Was this fair? What to do? What would you do? Join Ms. Eve and Moshe as they stand up to Pharaoh to say "Let my people go!" ([Evelyn "Ms. Eve" Goldfinger](#))

FAMILIES, YOUNG PEOPLE

[Ha Lachma Anya](#) - Viewing Ha Lachma Anya as a purposefully disorienting start to the magid portion of our seder. ([Max Edwards](#), *Rabbinical Student, Hebrew College*)

FAMILY, ADULTS

[Ha Lachma Anya](#) - Explore the opening of the Maggid section and the two questions it poses to us about slavery and freedom. ([Dr. Arnold Eisen](#), *Chancellor, [Jewish Theological Seminary of America](#)*)

ADULTS, FAMILIES

[The Four Questions](#) - A quick exploration of the purpose behind the Four Questions and an exercise everyone can do to celebrate noticing all of the ways this night is different from all other nights. ([Rabbi Ariella Rosen](#), *Director of Rabbinical and Cantorial School Admissions, Jewish Theological Seminary of America*)

FAMILIES, EVERYONE

[Questioning the Questions](#) - An exploration of the reason for asking questions on Passover and the celebration of freedom. ([Gabe Goldman](#), *Director, Outdoor Jewish Classroom*)

TEENS, ADULTS

[Avadim Hayinu; Wealth and Reparations](#) - How might our ancestral story of slavery and liberation help inform and inspire contemporary efforts for reparations to African Americans in the US? (*Nati Passow, Writer, Educator, Co-Founder, Jewish Farm School*)

ADULTS, TEENS

[Five Rabbis Sitting in Bnei Brak](#) - From the largest seder on record to the smallest recounted in the haggadah. It's up to you to decide: what are the questions you will discuss tonight? (*Rabbi Gabi Weinberg, Director of High School Programs, The Tikvah Fund*)

ADULTS, MIDDLE SCHOOL, HIGH SCHOOL

[Four Children](#) - How are the four children arriving at our seder tables this year and how do we encounter each child within ourselves? (*Rabbi Megan GoldMarche, [Rabbi Silverstein Base Hillel: Lincoln Park](#)*)

YOUNG ADULTS, ADULTS

[The Four Children](#) - The time has come to change the way we talk about the four children. In this video, we will transcend their outdated labels and take a closer look at their learning styles and the unique contributions they bring to the seder table. (*Micol Zimmerman Burkeman, Leadership Coach, Recruitment and Leadership Development Associate at Hebrew Union College-Jewish Institute of Religion*)

FAMILIES, ADULTS, TEENS

[The Wicked Child](#) - Is the wicked child really so wicked, or maybe perhaps alienated, or bored, or angry? What is the wicked child really asking, and how will you answer? (*Saul Kaiserman, RJE, Director of Lifelong Learning, Congregation Emanu-El of the City of New York*)

FAMILIES, YOUNG PEOPLE, ADULTS

[Vehi Sh'amda](#) - What is God's promise to us and what can we promise to coming generations? (*Rabbi Stas Wojciechowicz, [Ec Chaim, Warsaw](#)*)

FAMILIES, ADULTS

[Wandering Arameans and Jewish Gender](#) - If my father was a Wandering Aramean, then what about my mother? Grandmother? Sisters, brothers, non-binary siblings, or ancestors? A drash on how our Jewish Genders are also a part of our ancient inheritance, revealed to us just like the Torah. (*Rena Yehuda Newman, Editor in Chief, [New Voices](#)*)

ADULTS, TEENS

[My Father Was A Wandering Aramean](#) - The Haggadah's midrash on "My father was a wandering Aramean" makes Jewish history about persecution. It's time to recover the simple meaning of the verse. (*Rav Shai Cherry, Congregation Adath Jeshurun, Elkins Park*)
ADULTS

[Hard-Hearted Pharaoh](#) - Learn an improv comedy game for your seder called, Hard-Hearted Pharaoh, then discuss when your heart becomes hard, and how your family can help lighten the load. (*Andrew Davies, Co-Founder of [The Bible Players](#)*)
YOUNG PEOPLE, FAMILIES, ADULTS

[The Ten Plagues](#) - The problem with cute plagues is they are actually not very cute. Take a moment to think seriously about the loss in each plague, and ruminate on your own plagues (personal or communal) in the past year. (*Sara Beth Berman, Senior Education Consultant, Innovation & Inclusion at The Jewish Education Project*)
ADULTS, FAMILIES

[Ten Plagues](#) - In the year of the coronavirus, the plagues have more resonance than usual. Perhaps our direct experience of a plague, of fear, and of the hope that the angel of death will pass over our homes can help us accomplish the most basic goal of Passover: feeling like we experienced the story firsthand. How would that change us, and how would it change our values and actions when the plague ends? (*Dan Libenson, Co-founder, [jewishLIVE](#), Co-host, [Judaism Unbound podcast](#)*)
ADULTS

[Dayeinu](#) - Dayeinu is a favorite part of the Seder, with a one-word chorus that everyone can sing. It's also an opportunity to appreciate the blessings in our lives. What are you grateful for this year? (*Rabbi Jay Michaelson*)
ADULTS, FAMILIES

[Dayeinu](#) - *Dayeinu* means "it would have been enough," but was it really? And how can we write a new Dayeinu? (*Ayala Wasser, Assistant Director of Ramah Sports Academy*)
FAMILIES, ADULTS

[Dayeinu](#) - Exploring the power of enoughness in times of uncertainty. (*Jonah Canner, Educator*)
ADULTS, TEENS

[Dayeinu](#) - Dayeinu is among the most joyous moments of the seder, when we extoll praise for all the miracles provided to our ancestors. Use Dayenu as an opportunity to express gratitude for what we have on this Passover. (*Mark S. Young, Director of JResponse, JCC Association of North America*)
FAMILIES, ADULTS

[As If](#) - A powerful word as the essence of the Passover seder. "As If" you went out of Egypt is not an obligation to remember the hardship of Egypt as much as it is to imagine the possibilities open to us as we become free from the slavery. (*David Bryfman, Ph.D., CEO, [The Jewish Education Project](#)*)

ADULTS, FAMILIES

[B'chol Dor Vador](#) - In every generation we must see ourselves as if we've left Egypt. How do we actualize these words? In the Sephardic tradition, the wording changes to "we must show ourselves." How do we make this change and show ourselves and those around us what it means to be free, and the responsibility that entails? (*Rabbi Josh Warshawsky*)

YOUNG PEOPLE, FAMILIES, AND ADULTS

[In Each Generation](#) - How does the life experience of each person in every generation change the way it feels to be brought out of Egypt? What generational and current experiences inform the way you experience the Exodus? (*Akiko Yonekawa, Associate Dean of Jewish Education for Jewish Life, Gann Academy*)

TEENS, ADULTS

[In Each Generation](#) - Why do we try to re-experience the Exodus? Includes Rap activity. (*Matt Bar, CEO, [Bible Raps](#)*)

FAMILIES, YOUNG PEOPLE

[The Second Cup of Wine](#) - The second cup is all about redemption, but before we can be redeemed we first have to know what it is that enslaves us. In that vein, the Koznitzer Rebbe has something to teach us about identifying our spiritual chametz, and subsequently redeeming ourselves from it. (*Rabbi Myra Meskin*)

ADULTS, FAMILIES

Rochtzah

[Rochtzah \(Second Hand Washing\)](#) - The second hand washing uses abundant water. Though we usually dry off the extra droplets left on our hands, raise them up and allow them to air dry as recognition of our gratitude for waters of purification. (*Sarah Chandler, Romemu Yeshiva Program Director*)

ADULTS, FAMILIES

Motzi Matzah

[Motzi Matzah \(Blessing the Matzah\)](#) - A playful reflection on the symbolism of matzo using a Yiddish poem (in translation) and an invitation to consider how the food at our seder can open a conversation about the world around us (*Dr. Jessica Kirzane, Assistant Instructional Professor in Yiddish, The University of Chicago*)

ADULTS, FAMILIES

Marror

[Maror \(Bitter Herbs\)](#) - Why are we obligated to remember and re-experience our pain during the Festival of Freedom? (*Joshua Schwartz, Spiritual Leader of Beth Lida Forest Hill Synagogue*)

ADULTS, FAMILIES

[Bitterness and Sweetness](#) - Wasn't this past year bitter enough? A thought on how a small instruction from the Haggadah might make our lives a little sweeter. (*Rabbi Brandon Bernstein, Director of Jewish Learning, Moishe House*)

ADULTS, FAMILIES

Korech

[Hillel Sandwich](#) - It seems every ritual food at the Passover seder gets an "origin story"...but not the Hillel sandwich. Sure, some of its components get explained, but in this video, Lex makes an argument for the symbolic meaning behind combining those components together. (*Lex Rofeberg, Co-host and Producer of the [Judaism Unbound](#)*)

ADULTS, TEENS

[Korech and Emotions](#) - How can we deal with painful emotions? Some sages say we should suppress them. Others say we should share them with a friend. Korech (also known as Hillel's Sandwich) offers a third answer. (*Rabbi Loren Berman, NYC Area & Mountain West Regional Jewish Educator*)

ADULTS, TEENS, FAMILIES

[Korech \(Hillel Sandwich\)](#) - The Hillel Sandwich is a challenge. We can look at it together while we groove during these very interesting times. (*Chana Rothman, Singer/Songwriter/Educator*)

FAMILIES, ADULTS

Shulchan Oreich

[Shulchan Oreich \(Enjoying the Meal\)](#) - The seder meal is often a time of great joy, but this year, it may bring feelings of sadness and longing. While of course we would rather be festive, those very feelings of sorrow and grief may help us to connect more deeply with our ancestral longing for the ancient temple and the vision of unity and of communal celebration that it stands for. (*Rabbi Rory Katz, Chevrei Tzedek Congregation*)

ADULTS

Tzafun

[Tzafun \(Afikoman\)](#) - What does the word "Afikoman" really mean? And what might it mean to you? (*Rabbi Louis Polisson, Congregation Or Atid Wayland*)

ADULTS, YOUNG ADULTS

Bareich

[Bareich \(Blessing After the Meal\)](#) - Discover how the Bareich section is about showing our gratitude, and praying for our needs. (*Rabbi Roy Feldman, Congregation Beth Abraham-Jacob, Albany*)

ADULTS

[Third Cup of Wine](#) - It's the third cup! Let's take a moment and think about who we're talking to when we make a blessing. Includes recitation of the blessing over the wine. (*Eliana Light, Educator, Musician, and Consultant*)

TEENS, ADULTS

[Miriam's Cup](#) - Miriam the prophetess is honored at our Passover seder with a cup of water for her part in redemption from Egypt. (*Rabbi Ariel Root Wolpe, Rabbi Ariel Root Wolpe, Rising Song Jewish Music Resident & Rabbi Artist in Residence at Temple Adath Israel*)

YOUNG PEOPLE, FAMILIES, ADULTS

[Elijah's Cup](#) - Eliyahu (or Elijah) is a revered prophet in our tradition who we welcome in as an honored guest to our seder table, but what does it mean to welcome him into our homes in this time of social distancing? (*Rabbi Ariel Root Wolpe, Rabbi Ariel Root Wolpe, Rising Song Jewish Music Resident & Rabbi Artist in Residence at Temple Adath Israel*)

YOUNG PEOPLE, FAMILIES, ADULTS

Hallel

[Hallel \(Praise\)](#) - The recitation of *Hallel* at the Passover seder different from all other times. Includes singing of *Hallel* (*Cantor Shayna Postman, [Town and Village Synagogue](#)*)

ADULTS, FAMILIES, YOUNG PEOPLE

[The Fourth Cup of Wine](#) - It's time for our Fourth Cup of Wine! What does it mean to you to see yourself as a nation? (*Jake Goodman, Educator*)

ADULTS, FAMILIES

[The Fifth Cup of Wine](#) - A teaching about the Cup of Elijah and the need for sustenance after the redemption from Egypt. (*Dr. Barry Mesch, Stone Teplow Professor of Jewish Thought Hebrew College*)

ADULTS

Nirtzah

[Nirtzah \(Concluding the Seder\)](#) - The final step of the seder is *Nirtzah*, in which we bring the seder to its conclusion. But *Nirtzah* is not really an ending, but a call-to-action as we are sent back into the world with a sense of hope. (*Todd Shotz, Founder/Executive Director, Hebrew Helpers*)

FAMILIES, ADULTS, TEENS

[How Fast Can You Sing 'Echad Mi Yodea?'](#) - Who really does know one anymore, connecting with Jewish life across your city and community during the pandemic has been challenging. 'Echad Mi Yodea' is a list of things we all know, or so we thought! After a year with so many uncertainties, at least there is always a place to find Jewish life virtually. In 2021, making Jewish life accessible online is now the first step to connecting during Passover and beyond. At ChiTribe, we are working to be the Echad you always know about and can find your tribe through one central place. Next year in Person! (*Rebecca Joey Schwab, Executive Director at ChiTribe*)

YOUNG ADULTS, TWENTIES, THIRTIES

[Had Gadya](#) - How "*Had Gadya*" explains the terrifying significance of our Haggadah's most radical midrash. (*Aharon N. Varady, M.A.J.Ed., Founding Director, The Open Siddur Project*)

ADULTS, FAMILIES

[Doikayt \(Hereness\) in Jerusalem](#) - How can we bring Jerusalem to where we are? A brief foray into the Yiddish term: *Doikayt* (Hereness). (*Cameron Bernstein*)

ADULTS, FAMILIES

Passover Themes

[The Inevitability of the Unexpected Challenges to Freedom](#) - The Haggadah says "This year we are slaves, next year may we be free." How is that possible at the moment we celebrate The Season of Our Freedom? (*Rabbi Seymour Rosenbloom, Distinguished Service Rabbi, Congregation Adath Jeshurun, Elkins Park*)

ADULTS

[Freedom](#) - How can we tap into the hidden energy of Passover so that we experience true freedom? (*Marcus J Freed, Actor, teacher and award-winning author*)

YOUNG PEOPLE, FAMILIES, ADULTS

[Meditation on "Narrow Space"](#) - During Passover, we imagine ourselves journeying from *mitzrayim* - the narrow space - into freedom. The Tibetan meditation practice of Tonglen invites us to do this in our breath, opening our hearts both to the suffering in our world, and inviting us to be part of the antidote. (*Shawn Shafner, Artist, Educator, Holy Fool*)

ADULTS, FAMILIES

Narrowness and Building a More Just Society - Historian Dani Holtz explores the tension between *mitzrayim* (the narrow place) and *midbar* (the wilderness) in the Exodus story, reflecting on the impulse to return to narrowness when confronting trauma and the role of discourse in building a more just society. ([Dr. Dani Holtz](#), *Postdoctoral Fellow, Center for the Humanities, Oregon State University*)

FAMILIES, ADULTS

Narrow Places - Beyond the physical and social narrow spaces we find ourselves in this year, where are the opportunities for freedom. ([Jay Rapoport](#), *Director of Lifelong Learning, Temple Shalom of Chicago*)

ADULTS

Freedom and the Ten Commandments - How can you etch your way to freedom? Come learn a rabbinic text about the relationship between these two words. If you would like, [you can find an art project to go along with it here](#). (*Mollie Andron, Senior Program Director, M² The Institute for Experiential Jewish Education*)

FAMILIES, ADULTS