



## BACKGROUND

Pesach (known in English as Passover) is the festival of freedom, commemorating the Jewish People's redemption from slavery in Egypt. The Hebrew dates of Pesach are the 15th of Nissan through either the 21st (in Israel) or the 22nd (outside of Israel), and which this year begins at sundown on April 19 and ends at nightfall on April 27.

## SPECIAL TRADITIONS

**Seder:** the Seder ("order" in Hebrew) is an experiential, celebratory meal that takes place on the first night(s) of Pesach. Families traditionally gather together for the Seder and recount the telling of the story of the Exodus of the Jews from Egypt. In addition to eating special foods, families read from the Haggadah, an ancient text that recounts the Exodus and includes rituals, teachings, songs, and more.

**Chametz:** Chametz are leavened foods that are traditionally avoided on Pesach and include grains such as wheat, barley, rye, oats, and spelt. The commandment to avoid eating chametz on Pesach is mentioned several times in the Bible and people often clean their homes of chametz foods before the holiday begins.

**Matzah:** An unleavened cracker-like bread, matzah is eaten at the Seder and throughout Pesach. Traditionally, matzah commemorates both the haste with which the Israelites left Egypt for their freedom (having had no time to let their dough rise), as well as the poor-man's food the Jews ate during their slavery.

**Haggadah:** the Haggadah is a textual guide to the Pesach narrative, and is read at the Seder. In addition to recounting the Pesach story, the Haggadah includes songs, blessings, stories, and more. The origins of the Haggadah date back thousands of years, and many beautiful ancient copies still exist; examples can be viewed [here](#). In modern times, the Haggadah continues to be refined and adapted and contemporary examples include the Hogwarts Haggadah, the Racial Justice Haggadah, and a D.I.Y. Haggadah.

## CHAPTER PROGRAMMING

**Meme-ingful Seder:** Who doesn't like a good Meme? Gather together and challenge each other to come up with the best Pesach meme to enliven your Seder experience. Check out some funny examples [here](#).

**Matzah Pizza Party:** Go with a classic and join your chapter for a matzah pizza party! Talk about your favorite Pesach traditions as you decorate matzah with gourmet toppings. Check out [these](#) tasty recipes for some inspiration.

**Update Your Seder Plate:** There are many cool additions to a modern-day Seder Plate (the centerpiece of the Seder table that includes many of the sensory items used). Some new traditions include adding an orange to remember LGBTQ Jews and other marginalized groups, and Miriam's cup to acknowledge the female role in the story. Talk with your chapter about what Stand UP causes are near and dear to your heart and discuss how to incorporate them into a new Seder plate addition.