

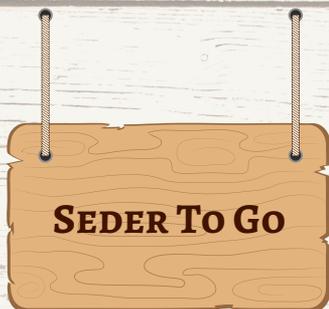
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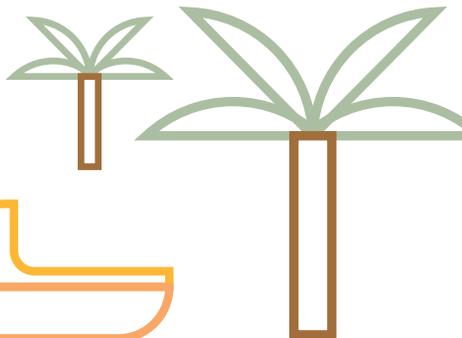
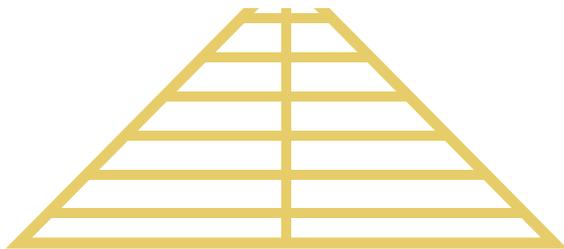


Chabad of El Cerrito

# COMPLETE PASSOVER GUIDE

2021





# Dear Friend,

You are the next link in the chain.

Passover has been passed down in an unbroken chain of tradition for over 3300 years, or more than 100 generations.

That means that every one of your ancestors sat at a Seder and shared the meaning, mystery and magic of Passover—and you are the next link in the chain!

Take the time this year to fully engage in this dynamic and moving experience. Feel the passion of the Exodus, taste the beauty of freedom, hear the message of personal growth all brought to life through the tastes, the sounds and sights of Jewish continuity that make the events of the Seder meaningful.

We hope this guide will help you in making the Passover experience an enjoyable and inspiring one for you and your family.

For more information about our Passover activities and Seder to Go packages, please call us at (510) 455- 2770 or visit the website at [www.chabadelcerrito.com](http://www.chabadelcerrito.com).

May G-d bless you and your family with a Passover filled with overflowing good health and happiness!

Sincerely,

**Rabbi Yanky & Shternie Bell**

*Chabad of El Cerrito*



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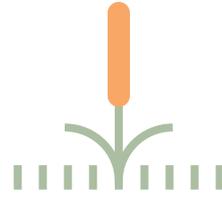
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# Springtime for the soul



Passover, the Festival of Freedom, is when we commemorate our ancestors' redemption from Egyptian slavery. Also known as Chag Ha'Aviv, the Festival that occurs in the Spring, the connection between season and festival is not merely an "accident" of the calendar, but must surely contain a vital and relevant message for us, today.

Spring brings to the surface the forces which were hidden during winter. New shoots and crops sprout from seeds that have rotted away. This change is not a gradual transition, but an extraordinary change, bearing no relation to the previous stage. From decay into growth, we observe a change that creates a new entity. This change is inevitable, as the cycle of seasons were set into motion by G-d, and have been so since the time of creation.

At Passover, the season of liberation, we are tasked with this: In every aspect of life, whether physical or spiritual, we aim to transform and take all things out of their limitations and "elevate" them to spirituality, to reveal something alive and growing.

To be sure, there can be a "winter" of apparent unproductivity in a person's life, when a long time of fruitlessness has elapsed. There may be very real obstacles and limitations, whether physical handicap or social circumstance that we cannot change. And yet, we know that the state of spiritual winter can easily and suddenly be changed into a season of growth.

This was true for the Jews in Egypt. For hundreds of years they suffered through the harshest of slaveries, and then in almost an instant, they were freed. Within 49 days they were at the foot of Mt. Sinai, receiving the Torah.

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**We can bring to  
light our inner  
strengths and  
talents, and liberate  
ourselves from our  
personal slaveries.**

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It is precisely in the season that nature asserts itself as an unchangeable force, that we celebrate Passover, when we were liberated in a most supernatural way. Even something as immutable as the calendar's march of time can be elevated to a higher purpose: we use it to observe Passover in the spring months.

It can come in a moment. We can reveal the blossoms of spring, which lay dormant through the tough winter months. We can bring to light our inner strengths and talents, and liberate ourselves from our personal slaveries.

May G-d help every Jew to make full use of the powers which He has given them to overcome all difficulties and hindrances—to achieve a personal exodus and attain true freedom, by attaching to G-d through Torah and mitzvot.

**Next Year in Jerusalem!**

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Cereals\*

Pasta\*

Yehuda

Candles

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Matzo Choc Covered

Gluten Free Matzo \*

Matzo Farfel Canister

Matzah and Seder Plate

GF Cakes

Matzah Meal

Absolutely Potato Chips\*

Bartenura Balsamic Vinegar

Elite Chocolate Bar

Elite Candy\*

Glicks Chocolate Chips

Glicks Ketchup

Glicks Cookies

H & E Chips

Holyland Shmura Matzah

Haddar Spices \*

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Lay's Potato Chips

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Lipton Matzo Ball/Soup Mix

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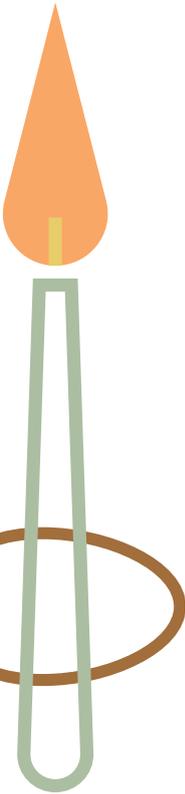
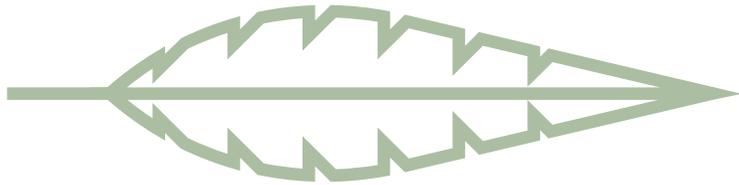
Tonelli Marinara Sauce

Tonelli Ranch Dressing

Tuscanini Chips\*

Wissotzky Tea

Please check products for Kosher for Passover certification



# prep

Passover is a holiday that mandates our complete involvement, not just during its eight days but for weeks before.

**A**side from the regular holiday obligations, we are also commanded: No leaven shall be eaten... *For seven days you shall eat unleavened bread... and no leaven shall be seen of yours [in your possession]* —Exodus 13:3-7. We accomplish this by cleaning our homes well and inspecting them before Passover, and gradually eliminating Chametz from every room and crevice. This intensive cleaning takes place in Jewish homes throughout the world. The following will help you tackle the process in your own home.

## What is Chametz?

Any leavened product containing wheat, barley, oats, rye or spelt is considered Chametz and is forbidden on Passover. Clear your home of all Chametz. Empty pockets and vacuum cleaner bags, and even replace pet food if necessary. You'll use separate sets of dishes for Passover, so gather all

your dishes and store them in a closet which will be sealed off for Passover.

## Passover Shopping

Any processed food you eat on Passover (and year-round) needs kosher supervision. Today, that's no big deal—the supermarkets are filled with “Kosher for Passover” products. Fruits, vegetables and most things raw and unprocessed are kosher for Passover. (Ask your Rabbi about beans and legumes).

One way to do this is to go healthy for eight days and cook everything from scratch. For a complete guide to making your house kosher for Passover, along with a storehouse of knock-out recipes, get your hands

on *The Spice and Spirit of Kosher for Passover Cooking* (LWO, 2003), available at most Jewish bookstores. For good links to Passover foods, check out [passover.net](http://passover.net). You can also contact us with any questions you may have.

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**Any leavened product containing wheat, barley, oats, rye or spelt is considered Chametz and is forbidden on Passover...**

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This year 5781 (2021) is one of the relatively rare years when the day before Passover falls on Shabbat, and many details are different than other years.

### Fast of the Firstborn

When G-d slew the firstborn sons of Egypt, he spared the Jewish firstborns. In commemoration and thanks, firstborn sons fast on the day before Passover begins. Since one is prohibited to fast on Shabbat (this year, the day before Passover), the fast is held on Thursday, March 25, 2021. It is said that “joy breaks all boundaries.” Since the joy of a mitzvah—such as the completion of studying a Talmudic tractate—transcends the obligation to fast, many firstborn sons break their fast early with a seudat mitzvah (mitzvah meal of joy), by completing the study of a tractate on this day.

### Selling your Chametz

Since it is prohibited to eat or even own Chametz during the eight days of Passover, we sell our Chametz to a non-Jew. This is a legally binding sale in both Jewish and civil law, and we let the experts handle it. Fill out the form called *Mechirat Chametz* (Sale of Chametz), a legal document that authorizes your rabbi to transfer the ownership of your Chametz for the duration of Passover. He will buy it back for you after the holiday is over. The form can be completed online at [www.chabadelcerrito.com](http://www.chabadelcerrito.com).

### The Search for Chametz

We tightly roll ten pieces of Chametz into paper wrappings and hide them around the house (make sure you keep a list). Traditionally, a candle is used to light the way, and a spoon (as a shovel), a feather (as a broom) and a paper bag (as a paper bag) are used to collect any Chametz found. Recite the blessing and appropriate prayer (see side-bar).

### The Burning of Chametz

All Chametz found during the formal search is burned the following morning. This Year we recite the appropriate prayer to disown any Chametz that has been overlooked on Shabbat morning (see side-bar). On Shabbat morning, Chametz consumption should be concluded as well, bringing your interaction with Chametz down to nil. The sale of Chametz also goes into effect at this time. Check page 11 for correct times.

### It's time for the Seder of a lifetime.

It is customary not to eat any Seder Plate foods today, especially matzah. If you're a lover of bitter herbs or salt water, this may be a tough day.

## B L E S S I N G S

### THURSDAY NIGHT, 3/25/21:

Before searching for the Chametz,  
recite the following blessing:

ברוך אתה ה', אלקינו מֶלֶךְ  
העולם, אשר קדשנו במצוותיו,  
ויצונו על בעור חמץ.

*Baruch Atah Ado-noi Elo-hei-nu Melech  
Ha-Olam, Asher Kid'shanu B'mitzvotav  
V'tzivanu Al Biur Chametz.*

Blessed are You, Lord our G-d,  
King of the Universe, Who has  
sanctified us with His mitzvahs  
and commanded us concerning the  
elimination of Chametz.

After the search, place all found  
Chametz in a conspicuous spot  
until morning and say:

*All leaven or anything leavened  
which is in my possession, which I  
have neither seen nor removed, and  
about which I am unaware, shall be  
considered naught and ownerless as  
the dust of the earth.*

### SATURDAY MORNING, 3/27/21:

After flushing/discarding the Chametz,  
disown any overlooked chametz  
by saying:

*All leaven or anything leavened  
which is in my possession, whether  
I have seen it or not, whether I  
have observed it or not, whether  
I have removed it or not, shall be  
considered naught and ownerless as  
the dust of the earth.*

# THE Passover Seder

Join our Seder or lead one at home. Either way, let it be the most memorable and meaningful Passover ever.



**M**illennia before the Wii, an ancient desert tribe of mystics enacted the first multimedia educational experience. Beyond anything we have today, it reached deep into the human psyche in every way possible and all at once: Rich audio, dynamic visuals, spoken language and written text, even the visceral senses of taste, smell and touch.

It was intergenerational — involving all the family with something special for each one. It was customizable, adjustable to a spectrum of personalities. It was interactive, with role-playing and creative manipulation of materials. It was a whole-person experience, developing a sense of inner freedom within all who participated.

But its most fascinating aspect was that every detail was firmly grounded in the mystical teachings of an esoteric tradition. Each step had not just a body, but a soul as well — a simple meaning as well as a deep lesson towards higher consciousness.

Its success has been awe-inspiring. No ritual has survived so long and so true to its original form. No lesson has affected humankind with such impact, propagating the values of human dignity, liberty and the search for higher meaning to every society it has reached. To this day, in every corner of the world, Jewish families come together to reconstruct that original Passover Seder, again and again, year after year. And every year, there is more to learn. Join us or try it at home, either way, make this the most memorable and meaningful Passover ever.

## The Haggadah:

### *Your Friendly Guide*

The Seder is a time to retell the story of the Exodus and the history of our nation's birth, but also much more. The observances at the Seder table allow one to actually re-experience a modern day Exodus; facilitating one's own spiritual rebirth and empowering each man, woman and child with a renewed sense of inner freedom and spiritual resolve.

The Passover Haggadah, which records the Seder's narrative, says that in each generation man must see himself as if he had personally gone out of Egypt. Judaism teaches that Egypt and the nefarious Pharaoh symbolize the negative forces that constrict man. The slavery in Egypt represents the emotional and psychological shackles that confine and enslave the human spirit, constraining one's ability to live up to his or her fullest spiritual potential. If there was ever a paradox it is this: that on Passover eve, the night that freedom was born, we experience freedom by following a sequence of fifteen defined and ordered steps. We call it the Seder or "Order." As you relive slavery and liberation, the Haggadah will tell you exactly where you are, when, and why. Whether you're a true believer, a diehard skeptic, an innocent bystander or the guy who doesn't even notice anything out of the ordinary, the Haggadah speaks to you. It even speaks to kids (especially your inner child), filled with customs that make the Seder stimulating.

You can download a copy at [passover.net/haggadah](http://passover.net/haggadah) or buy one at [kehotonline.com](http://kehotonline.com)

# THE SEDER PLATE

## 2. Beitzah

**EGG** The egg represents the Festival Offering made on a holiday in the ancient Holy Temple.

## 5. Karpas

**VEGETABLE** Egypt crushed our ancestors' spirits with senseless, back-breaking drudgery. A vegetable, usually an onion, potato or parsley is dipped in saltwater and eaten so we may taste their tears of anguish.

## 6. Chazeret

**ROMAINE LETTUCE** The initial stages of exile were pleasant, yet soon the injustices of slavery became overwhelming. So too, the first taste of Chazeret is mild, but soon the taste of its bitter root becomes dominant.

## 1. Zeroah

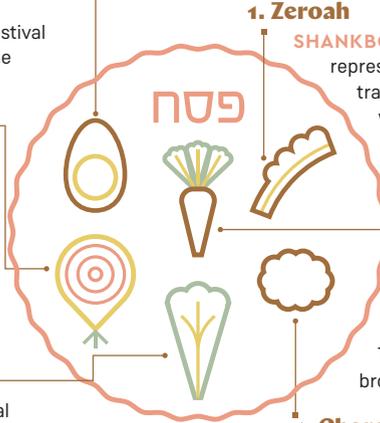
**SHANKBONE** The Paschal Lamb is represented by the Zeroah. Mystical tradition replaces the shank bone with a roasted chicken neck that is not eaten, as a reminder that although we approach freedom during the Seder, our ultimate freedom is soon to come with the Final Redemption.

## 3. Maror

**BITTER HERBS/HORSERADISH** The bitterness of suffering in Egypt is brought to the table with Maror.

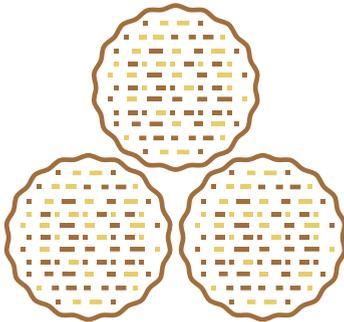
## 4. Charoset

**MIXTURE OF FRUITS & NUTS** As slaves we used mortar – symbolized by Charoset – to make bricks that formed structures which we erected.



# ELEMENTS OF THE SEDER

## The Three Matzot



### THE BREAD OF FAITH

Our ancestors displayed the deepest levels of faith when they followed G-d into the desert with such haste that there wasn't even time for the dough to rise. The three matzot represent the entire Jewish people — the priests, the tribe of Levi, and the rest of Israel. In keeping with the mystical tradition, "Shmurah Matzah" is used. Shmurah Matzah is made of flour that has been carefully isolated from any contact with water, from harvest through grinding and kneading, at controlled facilities, making it very kosher for Passover.

## The Four Cups of Wine

The cups represent the four expressions of redemption (*Exodus 6:6-7*):

**FIRST CUP**—physical removal from the land of Egypt ("I will release you");

**SECOND CUP**—liberation from intellectual and spiritual slavery ("I will save you");

**THIRD CUP**—creation of a people forever immune to permanent slavery ("I will liberate you");

**FOURTH CUP**—G-d's acceptance of Israel as His chosen people and the granting of the Torah at Sinai ("I will take you unto me as a nation").

**ALSO**, the Children of Israel had four great merits even while in exile: (1) They did not change their Hebrew names; (2) they continued to speak their own language, Hebrew; (3) they remained highly moral; (4) they remained loyal to one another.

**A FIFTH CUP**, the Cup of Elijah, is filled after the Grace After Meal. It corresponds to a fifth expression of redemption, "I will bring you to the Land..." an allusion to the future messianic redemption, which will be announced by Elijah, whose soul visits every Jewish home on the Seder night.



"I will **release** you..."



"I will **save** you..."



"I will **liberate** you..."



"I will **take** you unto me as a nation"

# 15 Seder steps

A quick overview of the Passover Seder order:



## 1 **KADESH** The Benediction

The Seder service begins with the recitation of Kiddush, proclaiming the holiness of the holiday. This is done over a cup of wine, the first of the four cups we will drink at the Seder.



## 2 **URCHATZ** Purification

We wash our hands in the usual, ritually prescribed manner as is done before a meal, but without the customary blessing. The next step in the Seder, Karpas, requires dipping food into water, which in turn mandates, according to Jewish law, that either the food be eaten with a utensil or that one's hands be purified by washing. On the Seder eve we choose the less common observance to arouse the child's curiosity.



## 3 **KARPAS** The "Appetizer"

A small piece of onion, potato or parsley is dipped into saltwater and eaten (after reciting the blessing over vegetables). By dipping the Karpas in saltwater, symbolizing the tears the Jews shed during their servitude, we further arouse the child's curiosity.

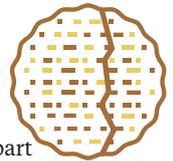


**GENERAL NOTE:** When drinking the four cups and eating the matzah, we lean on our left side to accentuate the fact that we are free people. In ancient times only free people had the luxury of reclining while eating.

Content from the Judaism website - Chabad.org. For engaging Passover videos and activities, or to find a Seder near you visit [Passover.net](http://Passover.net)

## 4 **YACHATZ** The "Break"

The middle matzah on the Seder plate is broken in two. The larger part is put aside for later use as the Afikoman. This unusual action not only attracts the child's attention once again, but also recalls G-d's splitting of the Sea of Reeds to allow the Children of Israel to cross on dry land. The smaller part of the middle matzah is returned to the Seder plate. This broken middle matzah symbolizes humility, and will be eaten later as the "bread of poverty."



## 5 **MAGGID** The Haggadah

At this point, the poor are invited to join the Seder. The Seder tray is moved aside, a second cup of wine is poured, and the child, who by now is bursting with curiosity, asks the time-honored question: "*Mah nishtanah ha-lailah hazeh mikol ha-leilot?* Why is this night different from all other nights?" Why the dipping? Why only matzah? Why the bitter herbs? Why are we relaxing and leaning on cushions as if we were kings? The child's questioning triggers one of the most significant Mitzvot of Passover, which is the highlight of the Seder ceremony: the Haggadah, telling the story of the Exodus from Egypt. The answer includes a brief review of history, a description of the suffering imposed upon the Israelites, a listing of the plagues visited on the Egyptians, and an enumeration of the miracles performed by the Almighty for the redemption of His people.



**ROCHTZAH**  
**6 Washing Before the Meal**

After concluding the first part of the Haggadah with a blessing and drinking the second cup of wine, the hands are washed again, this time with the customary blessings, as is usually done before eating bread.



**7-8 MOTZI-MATZAH**  
**We Eat the Matzah**

Taking hold of the three matzot (with the broken one between the two whole ones), recite the customary blessing before bread. Then, letting the bottom matzah drop back onto the plate, and holding the top whole matzah with the broken middle one, recite the special blessing “*al achilat matzah*”. Then break at least one ounce from each matzah and eat the two pieces together, while reclining.



**9 MAROR**  
**The Bitter Herbs**



Take at least one ounce of the bitter herbs. Dip it in the Charoset, then shake the latter off and make the blessing “*al achilat maror*.” Eat without reclining.

**10 KORECH**  
**The Sandwich**

In keeping with the custom instituted by Hillel, the great Talmudic sage, a sandwich of matzah and maror is eaten. Break off two pieces of the bottom matzah, which together should be at least one ounce. Again, take at least one ounce of bitter herbs and dip them in the Charoset. Place this between the two pieces of matzah, say “*kein asah Hillel...*” and eat the sandwich while reclining.



**11 SHULCHAN ORECH**  
**The Feast**

The holiday meal is now served. We begin the meal with a hard-boiled egg dipped into saltwater.



**12 TZAFUN**  
**Out of Hiding**

After the meal, the half-matzah which had been “hidden,” set aside for the Afikoman (“dessert”), is taken out and eaten. It symbolizes the Paschal lamb, which was eaten at the end of the meal.

Everyone should eat at least 1½ ounces of matzah, reclining, before midnight. After eating the Afikoman, we do not eat or drink anything except for the two remaining cups of wine.



**13 BERACH**  
**Blessings After the Meal**

A third cup of wine is filled and Grace is recited. After the Grace we recite the blessing over wine and drink the third cup. We now fill the cup of Elijah and our own cups with wine. We open the door and recite the passage which is an invitation to the Prophet Elijah, the harbinger of the coming of Moshiach, our righteous Messiah.



**14 HALLEL**  
**Songs of Praise**

At this point, having recognized the Almighty and His unique guidance of the Jewish people, we go still further and sing His praises as L-rd of the entire universe. After reciting the Hallel, we again recite the blessing over wine and drink the fourth cup, reclining.



**15 NIRTZAH**  
**Acceptance**

Having carried out the Seder service properly, we are sure that it has been well received by the Almighty. We then say “*Leshanah haba'ah be-rushalayim*—Next year in Jerusalem.”





## Seder To Go Kits

By popular demand, we are once again offering a "Seder To Go" - everything you need to have your own Seder at home. The Kit includes Matzah, Wine or Grape Juice, Seder Plate items, Kiddush cup, and an easy to read Seder Guide!

Fully catered Passover dinners available as well.

## Shmurah Matzah

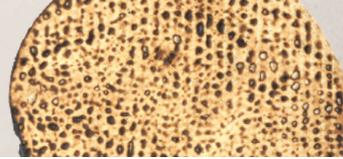
Sign up online to receive your complimentary box of Shmurah Matzah. Sponsorship options available.

## Sale of Chametz

Transfer the ownership of your Chametz for the duration of Passover by filling out the sale of Chametz form online. Chametz includes any leavened product containing wheat, barley, oats, rye or spelt.

## Visit

[www.Chabadecerrito.com/Passover](http://www.Chabadecerrito.com/Passover)  
or call 510 - 455 - 2770



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