

FAMILY & EDUCATION

# Fill Second Cup

Contributed by [Alon Ferency](#)

Source:

Reading:

Jill Hammer, *Sisters at Sinai*, "The Least of the Handmaids"

(Courtesy of Jenifer Ohriner)

Guided reflection:

Begin the experience by imagining they you are each crossing the Sea of Reeds.

(Courtesy of Nancy Becker)