

# Storytelling Our Way to Reality

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Source: various

Contrary to what we may have been taught to think,  
unnecessary and unchosen suffering wounds us but need not  
scar us for life. It does mark us. What we allow the mark of our  
suffering to become is in our own hands.”—bell hooks

The Hebrew word "Haggadah" means "The Telling." It is through the stories that we tell that we build our understanding of the world, of who we are, of the nature of Truth. The very identities that each of us hold as "ourselves" are really a collection of personal stories that we believe about ourselves. Through the experience of Pesach, we add to our personal narrative, the story of the redemption of our people. We hold in our deepest heart of hearts the Truth that the miracle of Redemption from suffering is possible for each and every one of us, because it happened to us—to "me"—in Egypt all those years ago.