

The First Cup

Contributed by [Talya Finke](#)

Source:

“If to be free is the most important goal of all, then to help someone else to be or become free must be the most sublime and rewarding of human endeavours”

Eli Wiesel

This year I want us as Habonim Dror to allow for the wine to represent four different freedoms we are working towards in the world

1. Freedom from government-led oppression
2. Freedom from pressure to conform to societal norms
3. Freedom from patriarchal society
4. Freedom from indifference

Think of another freedom you believe Habonim Dror should be working towards. Turn to the person next to you and discuss.

The first cup

This year whilst drinking the first cup of wine I want you to think about those in the world who are not able to enjoy true freedom in their countries, those who are bound by government-led oppression and discriminatory laws.

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגָּפֶן

Baruch Atah Adonai, Eloheinu Melech ha-olam, borei p'ree hagafen.

We praise God, Ruler of Everything, who creates the fruit of the vine.

**בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שְׁהַחַיָּנוּ וְקִיְמָנוּ וְהִגִּיעָנוּ לְזִמְנֵי הַזֶּה**

Baruch Atah Adonai, Eloheinu Melech ha-olam,
she-hechyanu v'key'manu v'higiyanu lazman hazeh.

We praise God, Ruler of Everything,
who has kept us alive, raised us up, and brought us to this happy moment.

An alternative blessing:

We drink this cup in order to remember our ancestors who were oppressed in Egypt and all those who are oppressed today.

Drink the first cup of wine!

Take a couple of minutes to think about whether you experience any kind of oppression in your life. Feel free to share with the rest of the Seder.

