

# Ha Lachma Anya - This is the Bread of Affliction

Contributed by [Milken School Global Beit Midrash](#)

Source: Global Beit Midrash

As much as we'd like to, perhaps the idea that we are enslaved to objects like our facebook pages and iPhones belittles the inconceivable maltreatment and backbreaking labor to which the Israelites were subjected. Though not as extreme an instance as slavery, perhaps we also cannot relate to poverty and hunger for the same reason.

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