

Enough: What Constitutes Enough for You?

Contributed by [Religious Action Center](#)

Source: Earth Justice Seder

From COEJL's "Preparing for Passover: Readings for the Seder Table" Stewart Vile Tahl, COEJL

One of Passover's lessons is learned to distinguish between more and enough. Dayenu means "it would have been enough for us." Often, enjoying more wealth and comfort stimulates our desire for more – more attention, more comforts, more money, more, and more, and more. Passover and the Haggadah teach us to be mindful of what our real needs are, of what constitutes "enough."

What constitutes enough for you? What material objects or consumptive activities could you do without?

Make up your own verses to the Dayenu tune, stating what would be enough and what can be done without.

For example: If we had enough clothes for comfort and we didn't have such full closets – Dayenu If we ate meat only on special occasions and we ate vegetarian most of the time – Dayenu If we biked or walked to our daily destinations and we didn't own private automobiles – Dayenu If we purchased from bulk containers and we didn't have disposable packaging – Dayenu If our stuff was built to last and we rarely threw anything away – Dayenu And your own verses...

The Second Cup: Climate Change Adaption

Our climate is changing at an accelerating rate. As global sea levels, temperatures, and the frequency of extreme weather events rise, our national and international community must join together to help the international community adapt. Adapting means recognizing that our disrupted climate has impacts on daily life for people around the world. Our second cup of wine is our second promise: We will provide the communities most vulnerable to the effects of climate change with the information and resources necessary to adapt. Forests are natural buffers for climate change, so protecting forests are an important component of adaptation.

Together, we recite:

ברוך אתה יי אלהינו מלך העולם, בורא פרי הגפן.

Baruch atah, Adonai Eloheinu, Melech haolam, borei p'ri hagafen Blessed are You, Eternal our God, Sovereign of the universe, Creator of the fruit of the vine.

For more information on the environmental justice, please visit rac.org/enviro. For all Religious Action Center of Reform Judaism resources, please visit rac.org/Passover.