

Maror

Contributed by [Moishe House Portland](#)

Source:

Next are the bitter herbs or maror. Put some of the maror on a piece of matzah.

Together, we recite:

ברוך אתה יי אל הינו מלך העולם, א שר קדש שנו ב מ צונותיו, ו צוננו על אכילת מרוך.

Baruch atah, Adonai Eloheinu, Melech haolam, asher kid'shanu b'mitzvotav v'tzivanu al achilat maror.

Blessed are You, Eternal our God, Sovereign of the universe, who has sanctified us with Your commandments and ordained that we should eat bitter herbs.

The bitter herbs serve to remind us of how the Egyptians embittered the lives of the Israelites in servitude. When we eat the bitter herbs, we share in that bitterness of oppression. We must remember that slavery still exists all across the globe. When you go to the grocery store, where does your food come from? Who picked the sugar cane for your cookie, or the coffee bean for your morning coffee? We are reminded that people still face the bitterness of oppression, in many forms.

Now eat the maror and matzah.