

# Ha Lachma

Contributed by [Muslim-Jewish Solidarity Committee](#)

Source:

**Raise the tray with Matzhas and recite:**

הָא לַחְמָא עֲנֵינָא דִּי אָכְלוּ אֲבוֹתֵינוּא בְּאַרְעָא דְּמִצְרַיִם. כָּל דְּכָפִין יֵיתִי וְיֵיחֹל, כָּל דְּצָרִיךְ יֵיתִי וְיִפְסַח. הַשְּׁתָּא הֲכָא, לְשָׁנָה הַבְּעָא  
בְּאַרְעָא דְּיִשְׂרָאֵל. הַשְּׁתָּא עַבְדִּי, לְשָׁנָה הַבְּעָא בְּנֵי חוֹרֵין

*Ha lachma anya dee achalu avhatana b'ara d'meezrayeem. Kol deechfeen yeitei v'yeichol, kol deetzreech yeitei v'yeefsach. Hashata hacha, l'shanah haba-ah b'ara d'yisra-el. Hashata avdei, l'shanah haba-ah b'nei choreen.*

This is the bread of affliction, which our ancestors ate in the land of Egypt. Let all who are hungry come and eat. Let all who are in need, come and share the Pesach meal. This year, we are here. Next year, in the land of Israel. This year, we are slaves. Next year, we will be free.

In this paragraph, we remember the oppression of our ancestors, and by that obligate ourselves to face the oppression of others. As we recline and recall our ancestors' movement from oppression to freedom, may we feel the obligation that comes with it. May we open our hearts and our homes to the need around us, and turn to create redemption in our own day.