

Revenge of Dinah: Maror & Charoset

Contributed by [JUF Chicago / DePaul - Research Training Internship](#)

Source: Revenge of Dinah: A Feminist Seder on Rape Culture in the Jewish Community

Maror are bitter herbs eaten during a seder. There is no longer a biblical command to eat maror but we still do to remember our times as slaves in Egypt, the maror can also be used to remind everyone of the bitter reality of daily experiences living in a rape culture. Maror represents the bitterness of bondage. Why do we eat charoset (the sweet mixture of apples, nuts, and wine)? It symbolizes the mortar for the bricks our ancestors laid in Egypt. Though it represents slave labor, charoset is sweet, reminding us that sometimes constriction or enslavement can be masked in familiar sweetness. Eating the two together, we take the opportunity to be mindful of the sweetness of community that supports our emotional labor in healing from a culture of sexual violence.

Eat the bitter herbs together on a piece of matzah

ברוך אתה יי אלהינו מלך העולם, אשר קדשנו במצוותיו וצונו על אכילת מרור

Baruch Atah Adonai, Eloheinu Melech ha-olam, asher kid'shanu b'mitzvotav v'tzivanu al achilat maror.

We praise God, Ruler of Everything, who made us holy through obligations, commanding us to eat bitter herbs.