

With Outstretched Arms Part 2

Contributed by [Moving Traditions](#)

Source: <https://www.movingtraditions.org/with-outstretched-arms>

Part 2: The Conversation

Pose any or all of the following questions to those assembled at your seder table: (consider alternating speakers by gender).

1. What helps you speak up for what you believe in? What keeps you from speaking up?

2. How has your upbringing – particularly early messages and expectations about gender-appropriate behavior – influenced you in your decisions to speak up and act, or to hold back?

3. When you have spoken up, have you experienced resistance to your ideas and actions based on your gender or other aspects of your identity? Share a story of what that was like.

4. How have friends, allies, mentors or community made it easier for you to take action?

5. In what ways does your spiritual life and Jewish values serve as sources of strength for you in going up against external barriers?