

Four Cups For Four Promises

Contributed by [MAZON: A Jewish Response to Hunger](#)

Source: Mazon: Hunger Seder

During the traditional seder, we join together and drink four cups of wine: a cup for each of the promises of freedom God made to the Israelites as God led them out of bondage. Today we join together and make four new promises – promises not about breaking the shackles of Egyptian slavery, but about breaking the bonds of hunger. We do so standing together and calling for a better tomorrow, one in which we are all blessed to have bountiful and nutritious food for our families, our neighbors, our friends, and for all people.

ALL READ IN UNISON

1. We will work to ensure that everyone has access to enough nutritious food.
2. We will learn why—in a nation of such abundance—there are still millions of people who struggle with hunger.
3. We will urge our elected officials and community leaders to support effective public policies and prioritize ending hunger.
4. We will create a world where all Americans and all people are free from hunger.

KADESH - THE FIRST CUP

As we prepare to drink our first cup of wine and make our first promise, we acknowledge that not everyone is able to feed their bodies with affordable nutritious food. Far too many of our neighbors and friends simply do not have adequate resources to do that which we often take for granted: eat in a way that actually provides nourishment and sustenance. Our first cup of wine is our first promise:

We will work to ensure that everyone has access to enough nutritious food.

We lift our glasses and read the blessings together (drink wine after the blessings):

Baruch ata Adonai Elohenu Melech ha'olam borei p'ri hagafen.

Blessed are You, Adonai our God, Ruler of the universe, who creates the fruit of the vine.

We now say the She'hecheyanu prayer, to give thanks for having an opportunity today to reflect on the problem of hunger and commit to action.

Baruch ata Adonai Elohenu Melech ha'olam she'hecheyanu ve'kiyemanu ve'higianu la'zman ha'zeh.

Blessed are You, Adonai our God, Ruler of the universe, who has granted us life, sustained us, and enabled us to reach this season.