

The Humanistic Seder Plate 2

Contributed by [Society for Humanistic Judaism](#)

Source:

Matzah

"Matah is the bread of our freedom. Legend has it that when our ancestor fled Egypt they moved so quickly that the bread they baked did not have time to rise. Scholars tell us that in ancient Israel flat bread was baked from the unfermented grain of the spring harvest to celebrate the newness of the reborn earth. Matah is the bread of dignity, preferring liberty to luxury, avoiding pretense. It is the bread of life, rejecting the cold slavery of winter, affirming the warm vitality of spring."

Rabbi Sherwin Wine, *The Humanist Haggadah*

Haroset

"Haroset is a mixture of apples, nuts, cinnamon and wine. Tradition tells us it is a reminder of the bricks and mortar our ancestors made as slaves in Egypt. The sweetness summons us never to forget the sweet taste of freedom. As we call to mind the sweetness in the shadow of bitterness, and pleasure in the shadow of pain, may we become more aware of the experience of opposites during our lifetime. Let us appreciate that life is full only when we experience the full range of human emotion, including its opposite polarities."

Rabbi Miriam Jerra, *Passover Haggadah*, Unpublished

Karpas

"Passover heralds the arrival of spring. Ancient Israelites perceived a natural connection between the rebirth of the land and the rebirth of their people. Our seder acknowledges this link with the karpas, a green vegetable... We dip the karpas in salt water, representing the tears that the Israelites shed as slaves in Egypt. In this way we combine a token of spring with the Exodus narrative."

Rabbi Jeffrey L. Falick, *A Humanistic Seder*

Orange (Tapooz)

"The orange is on the seder plate to remind us that the Seder is always growing and new symbols can be included in our celebration with evolving messages of their own. And to remind us that all people have a legitimate place in Jewish life, no less than an orange on a seder plate, regardless of gender or sexual identity."

Rabbi Peter Schweitzer, *The Liberated Haggadah*



For more information or to get involved, please contact:

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