

TRADITIONAL

Marror- A Blessing for the Bitter Herb

Contributed by [Barry Louis Polisar](#)

Source: Telling the Story: A Passover Haggadah Explained

We now dip our food for a second time. Each of us will take a bit of the maror, the bitter herb, and dip it into the haroset – a mixture of chopped apples, nuts, wines and spices. We acknowledge that life is bittersweet. The sweet taste of haroset symbolizes that no matter how bitter and dark the present appears, we should look forward to better days. As we remember our ancestors, this is a time to be appreciative of everything we have; a time to be grateful for all the gifts we have been given.

All recite the following together:

Baruch Atah Adonai, Eloheinu Melech ha-olam, asher kidshanu b'mitzvo-tav, v'tzivanu al a-chilat maror.

We praise God who hallows our lives with commandments, and enjoins us to eat the bitter herbs.

Each participant eats the bitter herbs along with the sweet haroset