

Boiled Egg

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Source: Telling the Story: A Passover Haggadah Explained

It is customary to begin the Passover meal with hard-boiled eggs flavored with salt water. The egg is symbolic of new life, and of hope; the salt water, a symbol of tears. Eggs, unlike other foods, harden when they are cooked, symbolic of our faith being tempered and hardened by the forces of our history.

May we reflect on our lives this year and soften our hearts to those around us. Another year has passed since we gathered at the Seder table and we are once again reminded that life is fleeting. We are reminded to use each precious moment wisely so that no day will pass without bringing us closer to some worthy achievement as we all take a moment to be aware of how truly blessed and fortunate we are.

Our faith gives us many holidays to celebrate throughout the year and they are all times for self reflection, gently guiding us to a better path in life. We are each given a chance to reflect on our past year; to think about where we have been and how we will live our lives in the year to come. We reaffirm our commitment to lead good and meaningful lives, making peace wherever we go.