

LOSS MOURNING

The Afikoman

Contributed by [Kalsman Institute](#)

Source: National Center for Jewish Healing, A Personal Passover Journal for memory and Contemplation

Finding and Eating the Afikoman

In hiding and seeking the afikoman, we reunite the two parts separated at the beginning of the seder. At this moment, we have the opportunity to discover lost parts of ourselves, to become reconciled with relatives who have become distant and to find wholeness in aspects of Judaism which may not have been part of our lives. Finding that which is hidden is a powerful message when we feel loss and lost. Within our loss, we find ways of healing the broken part of our lives.