

TRADITIONAL

THE MEAL

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Now we eat and enjoy a tasty meal. After you have eaten, dance to some music – or move around the table and talk to people whom you don't know.

The Haggadah says, "Let all who are hungry come and eat." Traditionally, this is understood to mean not only literally feeding the hungry, but also offering spiritual sustenance to those in need. Both must go hand in hand. We live in a society of unprecedented wealth, yet we turn our backs on the hungry. Even the supposedly liberal and progressive political leaders are unwilling to champion any program to seriously address world hunger and homelessness.

There is also a deep spiritual hunger that must be fed. Though the cynical proclaim that those who accumulate the most toys win, our tradition teaches that money, power, and fame cannot sustain us. Our spiritual tradition teaches us to be present to each moment; to rejoice in all that we are and all that we have been given; to experience the world with awe, wonder, and radical amazement; and to recognize that we already have enough and are enough.

Not just during the Seder, but also at every meal, it is incumbent upon us – the Jewish tradition teaches – to speak words of Torah, to study some section of our holy books, or to in other ways make God feel present at our table. Try this every night as you eat: bring God and God's message of love, generosity, peace, social justice, ecological sanity, and caring for others into every meal that you eat.

SHULCHAN ORECH

Enjoy the meal. Following the meal, say a blessing expressing thanks to God for the food and by expressing a commitment to do what you can to redistribute food on this planet so that everyone will have enough.

Of course, as you know, the Seder is only half finished – the second half begins after we find the afikomen and begin the after-dinner section of the Haggadah. Meanwhile, have a very good meal, be'tey'avon!