

FEMINISM

A Feminist Seder Ma Nishtana

Contributed by [Alexandra Benjamin](#)

Source: Jane Jacobs

At all other סדרים, our minds can be full of stressful anticipation for the night different from all other nights, whether we are surrounded by our nearest and dearest, our friends, or complete strangers. Tonight, may we enjoy a calming and empowering evening surrounded by our "sisters".

At all other סדרים, we can be concerned about food- whether we have eaten too much or too little, whether people find what we've prepared tasty, how we're going to survive the sheer quantities of matzot and our overall appearance. Tonight, may we all be free of food and body consciousness, anxieties and insecurities.

At all other סדרים, we read of the heroic struggles and soul-searching of our forebears as they left Egypt. Tonight, we will consider our personal acts of heroism as we struggle to break free from the shackles which imprison our respective souls, and celebrate the many Heroines in our daily lives.