

You are Not Alone
Pesach Seder in the times of coronavirus

A different Pesach filled with unknowns...

Before Pesach

1. Cleaning
2. Simchas Yom Tov and food

Communicate Together

1. Exchange of (real!) letters to loved ones to be read on Seder night
2. Do a right-before Yom Tov family/ friend call/ Zoom
3. If appropriate, do a mini-Seder before Yom Tov, with:
your favorite songs, divrei Torah (Halacha: repeat or not)

Solo Seder

1. Set up pictures to place on your Seder table
2. Simplify your meal / cook your family dish (the power of senses)
3. Use a couch!
4. Minimal Haggadah readings (listen to podcast on Spotify/ iTunes (Rabbi Yisrael motzen, #NT Together 4/1))
5. Self - Get an appropriate book/ sefer to read at the Seder
6. Small groups - Each person should prepare one short article ahead of time to discuss
7. Children - Candy 4 Questions/ Lights! Camera! Action!
8. Personal freedom

Share Together

1. Be a giver! Prepare food for someone else's Seder and drop it off (leave the food at the door)
2. Be a giver! Sponsor a family's Pesach through your local communal charity
3. On Seder night, at a prearranged time, "visit" a neighbor on your block, by joining them at their window and from a safe distance of 6 ft., sing some Pesach songs and/ or just shmooze

"Sit" Together

Whether you are all alone or at a table filled with family, set one setting for those who are not there with you. Seeing this empty chair during the Seder, we will all be reminded of one another.

Pray Together

At 9:30 PM EST, take a short break from your Seder, and recite/ sing the 23rd chapter of Tehillim (Mizmod l'Dovid, Hashem ro'i) and Acheinu

Extra Thought/ Discussion Prompts

Kadesh - what does kedusha mean? To you?

Urechatz - have there been any positive messages for you in this year of hand-washing?

Karpas - as you eat the vegetable dipped into salt-water, allow yourself to taste the tears that the water symbolizes. Are you sad this Pesach? Why? Speak it out. Don't run away from your sadness.

Kol dichfin - when this is all over, who will you invite into your home? Into your life?

Maggid - what's your story? Who are you named after? Why? In what way do you possess their qualities? Tell your children who they're named after and why

Shulchan Aruch - Food is so much more than just what we eat. Recall/ share a pleasant food memory from your childhood

Hallel - what's your favorite Jewish song? Sing it! Loud!

Nirtzah - Hashem has accepted our seder. Sit with that thought. Hashem loves you.

The Ish Iti during the Yom Kippur War

Spread the Campaign: Click here for [campaign flier](#)

Sources: A Different Seder: Ideas for solo and small sedarim, The Quarantine Seder: a companion, crowd-sourcing, and other places I do not recall - thank you!