

Personal Process Questions for PESACH

Karpas: The Green Vegetable:

Karpas represents hope, and the physical/spiritual supports that help us hold on to hope. It is important to remember the need for support in our lives. What physical and/or spiritual support do I need right now?

Yachatz: Dividing the matzot

What aspects of my behavior and thought processes would I like to do "Yachatz" upon, separating out those parts that keep me enslaved (the "Lechem Onee") from those which are symbolic to me of my liberation (the Afikomen).

Ha-lachma: Let all who are hungry come eat.

For what do I hunger, and for what do I have need (ditzrich) ?

The Four Questions...Lead to more!

What are some of the questions I rarely allow myself

- to ask myself?
- to be asked?
- to think about?

Ma Nishtana: why is it different...?

How do allow my own curiosity, my creativity, and my sense of child-sourced wonder manifest?

The Four Questioners: Scornful, Innocent, Wise and Not Even Knowing How to Ask.

How do each of these four questioners manifest in me? Have I held back from acknowledging and loving any of these parts of myself?

Avadim Havinu: We were slaves. What is the unfinished business that keeps me enslaved in my own, self-created "mitzrayim"(constricted, limited or tight place in my life)?

Maggid: Telling the Story. If I were telling my own life-story for this past year what event stands out with which I would start, and why?

Maggid continued: Moshe argues with God that he'd be an unfit leader because of his speech impediment. What have I defined as the impediment that holds me back?

Faith: What part of my life needs the light of Faith, Renewal, or Loving-kindness shed on it right now?

Miracles: What occurrences in my life have felt like miracles?

Dayenu: It would have been enough.

What are the areas of enough-ness in my life now?

Dayenu: It would have been enough.

In what areas of my life has there not been enough? Where am I just making do and can feel justified in asking for more?

HALLEL: Songs of Praise.

What is my connection to the Source-of-all-Blessings? How can I intensify that connection or enhance a feeling of connection?

HALLEL: Songs of Praise.

Am I better at giving praise or criticism? Is there anyone, starting with myself, to whom I ought to make amends, either because of having withheld praise or for having extended criticism?

Rachtzah: Washing the hands.

Washing our hand uses the bracha (blessing) “al nitilat yadayim,” that literally means “elevating our hands.” Towards what goals do I wish to elevate my hands? What belief systems, or must attitudes must I let go of, or wash away, in order to do this?

Matzah versus leaven: Motzi.

Matzah is different from the usual leavened bread. When have I taken the risk of doing something differently from usual way?. When have I taken the risk of seeing if “doing it differently” changes the way I feel?

Maror: bitterness.

Maror reminds us of the bitterness of slavery. In what ways have I helped lighten my own or someone else’s load?

Shulchan Aruch: The table lies set before us.

Is my “shulchan aruch?” Is my table set? This can mean: do I eat with conscious awareness of what I put into body? What does it/might it /mean to me to eat as a form of Divine Service?

Elijah's Cup: A yearning for Moshiach (messianic time). What does “messianic time” really mean to me? What do I do to make this happen?

Elijah's Cup

Malachi the prophet said: “Look, I will send you Eliyahu Ha-Navi (Elijah the Prophet) before the awe-inspiring days, and he will turn the hearts of the parents toward the children, and the hearts of the children toward the parents.”

How shall we understand this teaching?

Birkat HaMazon: Giving thanks.

Our tradition urges us to maintain an “attitude of gratitude.” Do I feel and acknowledge my gratitude? Do I give thanks from a centered place?

Nirtzah : Closure - What else do I need to feel “nirtzah,” complete in what I’ve done at this Seder so that I can ask that my prayers and observance be found acceptable and be accepted?

*These questions were chosen and adapted from the **Santa Cruz Hagadah** by Karen Roekard.*