



# AND WE



# CRY OUT



EX 2:23



**JEWS UNITED FOR JUSTICE  
2020 LABOR SEDER**

*original art by Ellen Weinstein*

## SEDER PLATE

Each food on the seder plate represents an aspect of the ancient Exodus story.



**Matzah** is an iconic Passover symbol and something of a paradox. This bread of affliction — that we ate as slaves — is also the bread of liberation — eaten by people entering freedom. The bread is unleavened, because the Israelites fleeing Pharaoh had no time for their bread to rise.



The **maror**, or bitter herb, represents the bitterness of the enslaved Jewish people's lives.



The **karpas**, or green vegetable, symbolizes the arrival of spring and hope for the future.



The **charoset**, a sticky mixture of fruits and nuts, recalls the mortar the Israelite slaves used to make and hold together the bricks they used in their work. Jews around the world use a dazzling variety of fruit and flavors to make *charoset*. The deliciousness of the *charoset* reminds us that all work — even hard labor — should have meaning, dignity, and value.



A **roasted shank bone** or **beet** symbolizes the Passover sacrifice, a lamb whose blood served as a sign to spare the Israelites during the final plague. The Hebrew word for this bone, *zeroa*, is the same word the haggadah uses to describe God's outstretched arm (*zeroa netuya*) that delivered us into freedom. Tonight we vow to extend our own arms and commit ourselves to ending injustices.



The origins of the hard-boiled **egg** are mysterious. Over time the egg has come to symbolize springtime — the continuous cycle of life and fertility.



The **orange** is a modern addition, by Susannah Heschel, symbolizing the fruitfulness of including all the “segments” of our community — women, queer and trans Jews, Jews of Color, Jews with disabilities, and others who were historically marginalized. May we repudiate oppression and exclusion as if we are spitting out bitter seeds.