

TAKE THE PASSOVER PLEDGE



The celebration of Passover is a magical ritual. Each part of the seder helps us actually experience the struggle and joy of liberation from slavery in Egypt. This year we are asking that all of us at Temple Beth El push ourselves to get more out of this festival. Passover is more than the celebration of a seder and a meal with family. It is a week-long celebration in which we are asked, during this short period, to rid our lives of Chametz – flour and bread.

Take the Passover Pledge! Make a promise to yourself that you will forego bread and flour products for the entire week of Passover. Sure it's inconvenient. Sure it's a bit uncomfortable. Sure it might be hard to bring matzah and cream-cheese sandwiches to school, and to give up pasta, pizza, and bread for a week.

But a week in which we deny ourselves some of our normal comfort foods will help us better appreciate the blessings we take for granted – our freedom, our tradition, our values, and our people.

TAKE THE PASSOVER PLEDGE! It will change your life!

I _____ hereby commit myself to keeping the week of Passover. In giving up bread, and foods made from flour, I relinquish the hold my normal comforts claim on me, and share in my people's struggle for freedom and goodness. I commit myself to insuring that all people have bread to eat, and the freedom to live life in pursuit of the right and the good. May my commitment this Passover inspire me to feel closer to my people and to the values God has taught us through the generations.

Signed: _____

WHAT CAN'T I EAT?

Chametz is flour or anything that is derived from flour or from five grains: wheat, barley, spelt, rye, or oats. Many also include rice and corn and other grains or legumes. Examples: bread, pasta, cereals, beer, tortillas and wraps, etc.

WHAT CAN I EAT?

Normal foods that contain no flour, and of course, Matzah! Matzah is a mix of flour and water that contains no leavening agent and is baked for no more than 18 minutes. Matzah may be crushed and ground into Matzah meal, which is then used like flour to prepare other kinds of foods.