



Suggested home items for the EET Sisterhood Lilith Seder

As we recognize that your abilities to shop for groceries and supplies has become limited, the items below are only suggestions.

Candles and matches

A Seder plate with ritual items (a standard dinner plate is fine). Here is a description:

<https://reformjudaism.org/jewish-holidays/passover/learn-about-passover-seder-plate>

In addition to these standard items, we include an orange on the seder plate, to recognize our marginalized populations.

Wine or grape juice—a cup or glass for each seder guest, plus an extra cup of wine or juice for the Prophet Elijah

Water—for each seder guest.

Miriam's Cup –a plain water glass or attractive goblet which will be filled with water during the Seder.

Tambourine or other noisemaker – It is our tradition, that when we sing Miriam's Song, we dance around our tables. Please feel free to do this at home, with a tambourine or other noisemaker, if you have one.

For hand washing: pouring water on the hands over a basin is traditional, but hand wipes will do.

Karpas—a non-bitter vegetable such as parsley, celery, or cooked potato

A roasted lamb shank bone or chicken leg bone (or a roasted beet), and a roasted egg

Maror—a bitter vegetable, such as a radish, romaine, or horseradish

Charoset—chopped fruit, (or applesauce), with chopped nuts, sweetened with a little wine or juice. If you are interested, there are thousands of recipe variations online.

A dish of salt water

Matzah—3 boards of matzah for the blessing is traditional. Cover them with a napkin or matzah cover.

If you follow the Afikoman tradition, you might have on hand reward(s) for the child/children who find the piece of matzah that you've hidden earlier in the seder.

Appetizer - In lieu of the “festive meal” which normally occurs during the Seder, we will be taking a five-minute break before we go on to second part of the Seder. You might plan to have an easy appetizer, such as a hard-boiled egg or piece of potato or gefilte fish at hand for the break. After the Seder concludes, we will each resume our dinners.