

North Shore Hebrew Academy

P E S A C H D I G E S T

EMPATHY EDUCATION FOR 5780

By Rabbi Kobrin

This year in particular we have an opportunity to focus our conversations over Pesach on the need to feel empathy. We feel for those who are alone over the holiday, a time when part of the celebration is always getting together with friends and family. If we are blessed enough to be home with parents and siblings, we should not take that for granted. We feel and pray for those who are ill, many of whom are alone in hospitals with no visitors allowed and wish them a speedy recovery. And we feel the worst for those who have lost loved ones to this terrible plague. We remind ourselves that remaining in our homes is what will preserve life and keep more people healthy, which is the ultimate value in Judaism, *u-vacharta ba-chayim*, "choose life."



By focusing on such sections of the Haggadah as the numbers of makkot or asking our families if they feel bad for different characters in the Pesach story (or even for the wicked son), we call upon our reserves of empathy, a middah which is always important but which is particularly necessary during these difficult days.

CURATED PESACH MIX BY RABBI B '96 (LINKS TO SONGS)

Special Pesach edition of Curated Daily Jewish Music! As you're getting your home ready for Pesach, here's Rabbi B's suggestions for some incredible Pesach music to play in the background!

Pesach Medley - Micha Gamerman - Enjoy this fantastic animated medley of Pesach songs as we begin to prepare for the upcoming chag.

Uncle Moishy's rendition of "Kadesh Urchatz" - We're all familiar with the famous tune for the order of the Pesach Seder. Uncle Moishy treats us to a new tune to try out. Bonus: Can you spot a family member of an NSHA faculty member? Email: Rabbi Basalely: sbasalely@gmail.com with the answer.

Vehi Sheamda - Yaakov Shwekey - In every generations the enemies of the Jewish people stand up against them - but in the end Hakadosh Baruch Hu saves them.

Halev Sheli - Ishay Ribo - This beautiful stirring song from Yishai Ribo em and the splitting of thxplores the parallels between our relationship with Hashee Yam Suf

Dayenu - The Maccabeats - The Maccabeats take a modern spin on this Seder Classic

The Adele/Bieber Passover Mashup - Aish Hatorah presents the ten Makkot and Yetziat Mitzrayim - Mashup style

Mah Nishtana - The Maccabeats - The Maccabeats take a modern spin on another Seder Classic

A MODERN DAYENU

By Abigail Zausmer Weiss '96, Director of Institutional Advancement

Like most families, one of our favorite parts of the seder is Dayenu. The liturgy in the Haggadah recounts the ancient miracles that Hashem provided for Bnei Yisrael but I'd like to introduce you to a modern version of Dayenu that we recite at our seder too, in order to remind us of the modern day miracles that Hashem has created and which impact each of our lives. Every year that I recite this, I can't help but become emotional as I consider the ways in which I am privileged to live a life of freedom here in America and as a proud Zionist Jew.

This year, consider adding this modern Dayenu into your Seder and afterwards, ask your children the following questions to begin a conversation:

1. Did anybody in our family make Aliyah? Why is it considered a miracle that we have the opportunity to become an Oleh to Israel?
2. Have you ever been to Israel? If yes, what is your favorite place there? If no, where would you like to go on your first trip to Israel?
3. Why do you think it is considered a miracle that the desert bloomed? What do you know about Israel's deserts that might make you think it's a miracle to turn deserts into thriving areas?
4. A question for older children and adults: This dayenu references the miracle of saving Jews from different areas of the world - can you recount a friend or family member (or yourself!) who has benefited from this miracle of God?
5. What are some of the things we can do to be an active part of the miracle of perfecting the world - tikkun olam?

A MODERN DAYENU

by CLAL (The National Jewish Center for Learning and Leadership)

Had God upheld us throughout two thousand year of Dispersion
But not preserved our hope for return, *Dayenu*

Had God preserved our hope for return
But not sent us leaders to make the dream a reality, *Dayenu*

Had God sent us leaders to make the dream a reality
But not given us success in the U.N. vote, *Dayenu*

Had God given us success in the U.N. vote
But not defeated our attackers in 1948, *Dayenu*

Had God defeated our attackers in 1948
But not unified Jerusalem, *Dayenu*

Had God unified Jerusalem
But not led us toward peace with Egypt, *Dayenu*

Had God returned us to the Land of our ancestors
But not filled it with our children, *Dayenu*

Had God filled it with our children
But not caused the desert to bloom, *Dayenu*

Had God caused the desert to bloom
But not built for us cities and towns, *Dayenu*

Had God rescued our remnants from the Holocaust's flames
But not brought our brothers from Arab lands, *Dayenu*

Had God brought our brothers from Arab lands
But not opened the gates for Russia's Jews, *Dayenu*

Had God opened the gate for Russia's Jews
But not redeemed our people from Ethiopia, *Dayenu*

Had God redeemed our people from Ethiopia
But not planted in our hearts a covenant of One People, *Dayenu*

Had God planted in our hearts a covenant of One People
But not sustained in our souls a vision of a perfected world,
Dayenu!

A PESACH FILLED WITH MEANING & FUN

Lisa Weinstein, Director of Curriculum & Instruction, K-8

While our seders this year may be quieter and smaller than in years past, may they be filled with health, sweetness and laughter. Here are some of suggestions for family activities to help enhance your preparations for and enjoyment of Pesach.

Wishing the NSHA family a Chag Kasher V'Sameach!

IN THE DAYS LEADING UP TO THE SEDER...



A Little Fun - A Pesach Photo Scavenger Hunt:

Begin by reaching out to

another family to play this game with! Working with your family, take 10 pictures of the items below, and share your pictures with another family, and vice-versa. Teams get 1 point for each item found, and the winning team is the team with the most points.

Pesach Photo Scavenger Hunt List -

1. Pesach falls every year in Spring. Go outside and take a picture of a sign of Spring.
2. On the Seder plate, we include something bitter (the maror) to remind us of our time as slaves. Find something bitter (or sour) and take a picture. If you're brave, take a picture of you trying it!
3. Charoset symbolizes the mortar or cement the Jewish slaves in Egypt used to build the pyramids. Build a pyramid out of playdough, blocks, legos or magnetiles. Take a picture!
4. We have a shank bone on the Seder plate because it represents the lamb blood the Jewish people painted on their doorpost to show Hashem's angel that a Jewish person lived in that

house and should "Pass over" that house. What do Jewish people place on their doorposts? Ask your parents if any of your mezuzot have an interesting story and take a picture with it.

5. During Pesach, we do not eat bread. We eat Matzah instead. Take a picture of the members of your family being as flat as you can be, like matzah!

6. What is the best hiding place for the Afikomen in your house? Take a picture of your favorite stuffed animal hiding there.

7. During Pesach we are supposed to recline as royalty. Take a picture of yourself reclining.

8. We traditionally drink four cups of wine during the Seder. Take a picture of yourself holding four of the same item. (ex: 4 bananas or 4 decks of cards)

9. During the Seder, we dip parsley in saltwater to symbolize the tears the Jews cried while slaves in Egypt. Take a picture with the saddest face you can make OR find a sad excerpt from a story and take a picture of that!

10. It is a custom for Jewish people to say "Next Year in Jerusalem" during their Seder. Find Israel on a map, point to it, and take a picture!

DURING THE SEDER

Pesach Seder Bingo: Print the bingo boards for each person at your seder. (There are three different boards to play from!) Bingo Boards can be found [here](#)

Give each person a small bowl of chocolate chips.

As the person hears a word displayed on the board, they put a chocolate chip on the board.

The person to fill a row - horizontal, vertical or diagonal - first wins, everyone eats their chocolate chips and the games begin again!



TIPS FOR A GREAT ZOOM MODEL SEDER

Abigail Zausmer Weiss 96, Director of Institutional Advancement

When my family realized that we would not be able to join together for our annual Pesach sederim, we decided to utilize Zoom to create a model seder on erev pesach so that would allow us to share join together to share Divrei Torah, sing and recite the Haggadah as we always do. Here are a few tips for creating a successful Zoom model seder:



Set the tone Invite your family and friends to the model seder with an official email or text message. Consider asking participants to join in their Yom Tov clothes and if possible, to sit around a set Pesach table.

Send a supply list Remind participants of any items they might need to fully participate such as:

- Ke'ara and simanim (seder plate)
- Haggadot of their choice, or choose a standard haggadah that everybody can use for easy page identification (you can send a pdf of a haggadah from the internet like [these](#))
- Pillow for reclining
- Kiddush cups and grape juice/wine

Prep Just as we all spend some time preparing for our traditional seders, you might need to do some prep work for your model seder. Consider dividing up the texts that you will read and let your participants know ahead of time so they can prepare and be ready when they're spotlighted on Zoom.

Be Inclusive Zoom as a format is all about being able to share and interact which is why it's such a core part of our NSHA Anywhere remote learning. Make sure you give everybody a chance to participate and be a part of the experience.

Set the Scene Rabbi Kobrin shared some great tips on how to make your seder space fully experiential by decorating using props you already have in your home. Ask your participants to do the same and make part of your seder a virtual tour of your seder space. Morah Elana and Morah Adina share a great tip (see below) about creating and sending decorations to family members which can be a great way to brighten up your seder space.

Be Positive Even though we are struggling trying to make sense of a Pesach without some of our loved ones close by, it's important to turn the model seder into a positive experience for all of the participants whether young or older. Reinforce positivity and gratitude throughout the seder.

Offer a Zoom tutorial By now, you and your kids are Zoom experts. Consider offering a pre-Seder zoom tutorial for your attendees who might not be familiar with this technology. Show them about the hand raising function, screen sharing, video pinning and more!

Practice! If you're leading the seder, do a quick tryout on Zoom so you know how to use important functions like mute, video spotlight, screensharing etc. Pro tip from our teachers - Mute all is an important way to minimize background noise so you can focus on the participant who is speaking.

Send us your Pics and Videos! We would love to see how your family created model Zoom seders! Share them with us on Instagram and send to aweiss@nsha.org.



DIVREI TORAH FROM OLD MILL

One of our favorite NSHA Pesach traditions is creating a new Haggadah each year that is filled with student and faculty Divrei Torah. Here is a sampling from this incredible publication:

"עינים להם ולא יראו" Mouths they have, but they speak not. Eyes they have, but they see not. They have ears but they hear not. They have noses but they smell not. They have hands but they handle not."

This says that the idols have eyes, but they cannot see. They have mouths but cannot speak. Without Hashem, this would be what all of us would be. We may have eyes, but without G-d, they are useless. They are nothing. Hashem gives us eyes to see, but even if we have eyes, if Hashem did not want us to be able to see, we would not see. We are lucky enough to know that statues and idols are nothing. But without Hashem, we would also be nothing. We might have eyes, but Hashem is the one that let's us see. Seeing is a miracle. We know that there are visible, and obvious miracles, but there are also hidden ones, or "secret" miracles. Things we take for granted. One example is sight. Our eyes are the disguise, but the sight comes straight from Hashem. Don't take anything for granted. The whole world is a miracle.

-Elisheva Lemonik

"הודו ליי כי לעולם חסדו" There are 26 pesukim in this psalm, each ending with "for His kindness is everlasting," each indicating Hashem's unending Chesed in sustaining the world and its inhabitants. The psalm encompasses the events of Creation, followed by Exodus from Egypt, the war against Sichon and Og, and the entry of Bnei Israel to Eretz Israel, the land promised to our forefathers. According to Radak (Rabbi David Kimchi), the 26 verses in this psalm, as mentioned in gemara Pesachim 118 a, represent the 26 generations beginning from the creation of the universe to the time that Israel received the Torah. During that period, Hashem sustained the world completely from Middat Rachamim, since there was no Torah in the world to provide the Zechut to deserve Hashem's sustenance. Even though only Israel received the Torah, the entire world benefits from the merit (Zechut) of Israel and Torah.

-Ethan Monhian

GET READY FOR PESACH WITH YOUR EARLY CHILDHOOD STUDENT!

Morah Elana and Morah Adina share some of their favorite ideas for Pesach this year including ways to connect with family and friends who might not be able to join us for the Chag.

- **Create your own Model Seder!** Invite grandparents and special guests to a family model seder via zoom (check out the great tips from Abby Weiss)
- **Share your Child's Preparations!** A highlight for all family members is hearing the younger generation carry on Pesach traditions. Record your child's Ma Nishtana and send it to grandparents and special guests. Make a printed copy of your children's Haggadah and send it to grandparents via USPS mail.
- **Get Crafty!** Make Pesach decorations for grandparents to decorate their homes and send via USPS mail. Everyone still loves care packages!
- **Pesach is all about Tradition!** Zoom or FaceTime with family while cooking your favorite Pesach recipes. For example, if a grandparent has a great Charoset recipe, ask that grandparent to make it together with your children on Zoom or FaceTime.
- **Take a Nature Walk!** On erev Pesach, take a walk around your neighborhood collecting greenery, sticks, flowers and interesting stones that can be used to decorate your tables and homes. These can be used to create a beautiful Pesach tablescape of pyramids, or to represent Chag Haviv.



We are stocked with Pesach necessities for our customers who are unexpectedly making a Seder. Please reach out to us and we can figure it out together!

Call:
(516) 482-4729

Message:
(718) 510-2154

Email:
GreatNeckJudaica@gmail.com

A PESACH MESSAGE OF GRATITUDE FROM OUR PTA PRESIDENTS

These are extraordinary times. We were prepared for many things when we accepted the roles of PTA Co-Presidents, but COVID-19, lockdowns, quarantines, online learning... those weren't on the list. And yet, we cannot fully express how grateful we are. Not only were we trusted with this position, but had we not, we would not be able to see, with such clarity, how our school community has pulled together. We aren't just a school, we are truly a family.



Here's just a glimpse into what we consider ourselves lucky enough to see:

The PTA's family outreach committee contacted 365 families with children from T-8. And in what could be a true miracle: not a single person we spoke with was angry or negative in any way. Sure, there were some kinks to be resolved and some suggestions for improvement were offered, but every person started out with praise for how quickly the online learning program was pulled together.

We recently asked our NSHA community if anyone was interested in contributing to a PTA chesed project, in which we would be buying food from local restaurants to donate to healthcare workers. We anticipated, given the economic concerns, a modest response, which would translate into donating a few dozen meals. To our amazement, our NSHA family pulled together, and we purchased and donated well over 400 meals, making both the businesses and healthcare workers happy.

We've really never been more proud to be a part of this school community. Let's continue to band together to make our community stronger and more united.

Please send us your favorite family Passover recipe to be included in the cookbook in which we hope will represent this amazing community. One Table: The North Shore Hebrew Academy Cookbook.

Please also send us what you've been feeding your families over the last few weeks of quarantine. We'd like to have a "Quarantined Cooking" section in the cookbook.

We look forward to the days where our kids can see each other again, in good health. Amen

Thank you.

Sadie Hakimian & Marla Lemonik

LISA PARKER'S FAVORITE PESACH RECIPES

Did you know that at our model seders in school, **Lisa Parker, Director of Food Services**, makes enough homemade charoset for every child in the school?! That's a lot of apple chopping. You can make it too! Enjoy and send pictures!

Traditional Apple-Walnut Charoset

3 medium Gala or Fuji apples, peeled, cored, and finely diced I put them in the food processor

1 1/2 cups walnut halves, lightly toasted, cooled, and coarsely chopped

1/2 cup sweet red wine such as Manischewitz Extra Heavy Malaga

1 1/2 teaspoons ground cinnamon

1 tablespoon packed brown sugar

2 tablespoons of prune butter

Mix all together in a bowl (it's also yummy on matzah) if there are any leftovers!

Lemon Garlic Schnitzel

Leftover matza, crushed
chicken cutlets

lemon juice

4 cloves crushed garlic

1/2 cup of water

1. Take your leftover matzah and coat the schnitzel.
2. Place in an oven proof dish, add lots of lemon juice and crushed garlic
3. Add 1/2 cup of water (Enough to cover the chicken)
4. Cover well and bake 350 for about an hour

READY, SET, GET MOVING... IT'S THE SEDER!?!?

While many of us think of the seder as a time when we're sitting at a table for long periods of time as members of our family read the Haggadah from beginning to end, the Seder can also be a time for us to "do" the story of Pesach! It's important to consider everyone at the table - from the 3 year old to the 50 year old... and these tips from Rabbi Kobrin will allow you to do just that!

- ▶ **Play paper bag dramatics**
Prior to the seder, gather costumes and props from around your house and put them into a bag. At different parts of the seder, ask family members to use these costumes and props to act out or retell parts of the Pesach story. Dress up the Egyptians / slaves / the four sons or baby Moshe or maybe allow the new baby in your household to play this role :)
- ▶ **Sing, sing, move & dance!**
March around the table and sing - the Dayenu is a great marching song
Run around like a maniac - because it's hard for anyone to sit
- ▶ **Play "lean" yoga when you recline**
Sing as much as possible - the songs from the Haggadah that everyone is familiar with
Gather a bunch of household objects and throughout the seder, pull one of the box and challenge your family members to connect the item to the Pesach story or themes of Pesach

ENGAGING THE MEMORY AND EXTENDED FAMILY IN OUR PESACH EXPERIENCE

The essence of Pesach, and specifically the Seder, is of telling stories. The seder of us as a people, but also our individual stories. While this Pesach will feel different than any Pesach we've experienced, there are many powerful ways we can engage memory, our stories and our extended family.

Consider asking the following questions at your seder. Better yet, select a few of these questions to email to extended family in advance of the seder. Ask them to send you their thoughts, and share them aloud with your children during your family seder.

What's your favorite seder song and why?

What was a redemption that you experienced?

What's your favorite pesach food and why?

What are four questions that YOU have?

What's your favorite childhood seder memory?

Who would you cast as...

With what would you replace the matza?

What makes you feel scared?

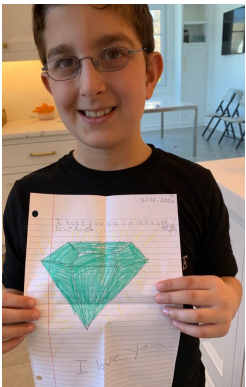
Be a reporter covering the Exodus/ frogs/ darkness...

What real life person is like Moses/Pharaoh and why?

What do you think of as a plague (timely)

Which superhero is.../ which supervillain is...

What was a journey our family took?



SHABBAT HAGADOL

Why is the Shabbat before Pesach called Shabbat HaGadol, "THE GREAT SHABBAT?" What is so great about this Shabbat? Is it simply because it comes before the great chag of Pesach?

I would like to share three reasons.

The Haftora we read this Shabbat discusses the great and awesome day for which we all yearn: "Lifnei ba yom Hashem hagadol vi-hanora" when Eliyahu HaNavi will come and we will be redeemed by the coming of Mashiach. "Be-Nissan nigalu, u'vi-Nissan atid li-gael," in Nissan we were redeemed from slavery (Pesach) and in Nissan we will be redeemed with the coming of Moshiach.

Another reason we call this Shabbat the great Shabbat is due to the fact that each Rabbi in each community gives a derasha known as the "Shabbat HaGadol Derasha." The Gadol of each community is the Rabbi: hence, Shabbat HaGadol.

However, perhaps the best reason given is by the Shibbolei HaLekket, R' Tzidkiya HaRofei of Rome (whose commentary is cited in the Artscroll Chumash). He explains that it refers to the great event that took place when B'nei Yisrael were getting ready to leave Mitzraim. They were commanded to take a seh (a lamb or kid) on the tenth day of Nissan (which fell on the Shabbat before yetziat Mitzrayim) and prepare it for the Korban Pesach. This was a "great" miracle as the seh (lamb/kid) was worshipped by the Egyptians. That B'nei Yisrael, who were essentially slaves, followed through with this request is nothing short of miraculous. To ask a slave to take the worshipped deity of his master and humiliate it, tie it up, and eventually slaughter it is miraculous. It is for this reason we refer to the Shabbat before Pesach as Shabbat HaGadol, to remember this great miracle.

Every Shabbat is special but not necessarily referred to as "great". It is our job in these trying times to make each Shabbat special and try and make this Shabbat "great." Although we cannot go to shul and hear the Rabbi's derasha in person, (in most cases) we are fortunate to be able to hear it online.

In the zechut of all the tefilot, mitzvot and acts of kindness in which we are all engaged, may we all merit to see a complete refuah shleima for all in need. Let us get back to our normal routines, take the positive lessons learned from this difficult time and continue those deeds moving forward.

Amen!

Wishing you all a Shabbat ("HaGadol") Shalom,
A Chag Kasher ViSameach,
A Zissen Pesach

Rabbi SholomJensen



Pesach Prep Around #NSHA Anywhere

