

The Passover Meal

The Passover asks of each person that they see themselves as having personally come forth out of Egypt. During the meal, as the story is remembered, it is possible to see, smell, feel, and taste the story.

What is on the table?

Karpas: A green vegetable, eg parsley

Parsley represents the first successful years in Egypt, when Joseph was Pharaoh's second in command. Eventually the Israelites are enslaved and Pharaoh commands that all boy babies are killed. During the Passover meal, the greens are dipped in salt water or vinegar and participants taste both the hope of new birth and the tears of the Israelite slaves.

Haroset: a sweet fruit paste

This is a sticky mix of fruit, nuts and honey and reminds the eater of the mortar which the Israelites used to build the Pharaohs building.

Maror: bitter herb, often horseradish

This bitter herbs remind participants of the bitterness of slavery. They are dipped in haroset, linking slavery with the labour of the slaves.

Zeroa: a lamb shank bone

This serves as a visual reminder of the sacrifice that the Israelites offered immediately before leaving Egypt. (Vegetarians may use beetroot because the red resembles the blood of the sacrifice).

Beitzah: egg

The hard-boiled egg represents the cycle of life — even in the most painful of times, there is always hope for a new beginning.

The table should also have **unleavened bread** (crackers can substitute) and **salt water** (or vinegar) in which to dip the greens.

You may add items to the meal. For example an orange can symbolize the fruitfulness that these previously marginalised communities bring to our lives. An olive may signal the desire for peace between Israelis and Palestinians.

Washing feet? Read John Chapter 13

Take some time to look at your own feet and think about how these feet have helped you on your life's journey (Did you ever run away from someone, or escape a situation on foot?) Remember the joy of being able to run, play sport and dance (even if you are not able to do it now).

Now imagine Jesus is bending down and gently washing your feet and wiping them with a towel. What would you like to say to him? What might he say to you?

Allow this time to lead into prayer – recall Jesus words during the Last Supper. What did he say to the disciples? What does he say to you?

The Mount of Olives: Read the story of Jesus' betrayal. **John 18:1-11**

After eating and praying, imagine going to the Mount of Olives – maybe change your position or walk around the house as if you were accompanying Jesus. When you get to the garden (a plant on the window ledge will do just as well) recall or read the story of Jesus betrayal.

Conclude by saying the **Lord's Prayer**.