

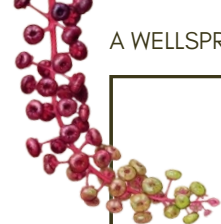
A WELLSPRING OF HOPE

MAYANTIKVAH.ORG



MA'YAN TIKVAH  
PASSEOVER  
NATURE  
HAGGADAH

**For a Passover experience inspired by  
the more-than-human world beyond the  
walls of our homes**



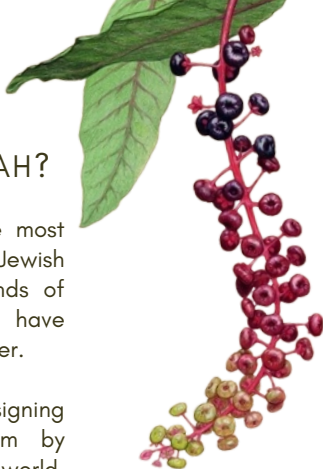
## Ma'yan Tikvah

### WHAT IS THIS HAGGADAH?

The Passover *seder* is one of the most repeated and reimagined rituals in Jewish practice. Hundreds if not thousands of *Haggadot* (plural of *Haggadah*) have been designed for the Passover seder.

At Ma'yan Tikvah we are also redesigning how Jews engage with Judaism by attuning ourselves to the natural world. This Hagaddah invites you to take the Ma'yan Tikvah approach to this year's Passover celebration.

This may be your complete seder, or you can bring your recordings and reflections with you to your more traditional Seder to share with others.



## HOW TO USE THIS HAGGADAH

Take a walk in nature with your family or friends or by yourself and observe the natural world through the lens of the Passover seder. Find things to symbolize each step. You can record what you find in this Haggadah, take photos, draw pictures, or bring bits of nature home with you – being careful not to damage or destroy any plants or the landscape. You may also choose to record why you chose each item.

On each page you'll find examples of native pollinators. Most are not in bloom when we celebrate Passover, but perhaps you can still locate one or more of these species where you are.





0. BIDIKAT HAMETZ • בְּדִיקַת חֶמֶץ  
SEARCHING FOR BREAD

Find something that reminds you of the things in your life from which you want to be free, or want to get rid of in your life

1. KADESH • קִדְּשׁ  
SANCTIFY

Find something unique and special to symbolize welcoming everyone, no matter what their various identities, to the Seder and your community





2. URCHATZ • וּרְחָץ  
WASH YOUR HANDS

Can you find a natural cup that holds water?



3. KARPAS • כֶּרֶפֶס  
SPRING VEGETABLE

Search for a delicious wild edible or something that symbolizes spring like dandelion greens or Japanese knotweed



4. YACHATZ • יָחַץ  
BREAK THE MIDDLE MATZAH

Find something that breaks down to fertilize the soil

5. MAGGID • מַגִּיד  
STORYTELLING

What can you find that symbolizes a modern day plague or freedom?



6. RACHTZAH • רַחֲצָה  
WASH YOUR HANDS

Where in nature do you see water?



7. MOTZI • מוֹצֵה  
BLESSING OVER BREAD

Find something that brings you comfort either by taste or smell



8. MATZAH • מַצָּה  
UNLEAVENED BREAD

Find something that shows the passage of time

9. MAROR • מָרֹר  
BITTER HERBS

What can you find in nature that looks or feels bitter to you?

10. KORECH • כּוֹרֵךְ  
HILLEL SANDWICH

Search for two things that combine to create something different and greater



11. SHULCHAN ORECH • שֻׁלְחַן עֹרֵךְ  
THE FESTIVE MEAL

Find something wild animals enjoy eating



12. TZAFUN • צִפּוּן  
AFIKOMEN

Identify something you want to share with  
friends and loved ones

13. BARUCH • בָּרַךְ  
BLESSING AFTER MEAL

What do you see around you in nature for which  
you are grateful?



## 14. HALLEL • הַלֵּל

### SONGS OF PRAISE

Find something you want to sing about



## 15. NIRTZAH • נִרְצָה

### ENDING

What's something you want to learn more about or remember from your outdoor Seder?



## SHARE YOUR FINDINGS WITH US



VISIT US AT [MAYANTIKVAH.ORG](https://www.mayantikvah.org)

When you finish your nature seder, perhaps you want to create a collage of all the items you collected or pictures you took.

You can find an online fillable version of this seder at  
<https://www.mayantikvah.org/holidays>.

If you enjoyed this *haggadah* please consider  
making a donation.

