

**This Passover**, as we commemorate Moses' strength and courage to stand up to Pharaoh, we also note the 33,000 Jewish teens who have made a commitment to stand up against bullying in our community. Just as Moses helped make life better for the Israelites and helped to free them from their slavery, the BBYO movement is focused on making life better, now, for teens across the globe who suffer from exclusion, bullying, and injustice.

At each Seder, we come to a place where we hold up the Seder plate and we identify each item on the plate. We look at each item's unique story and the role it plays in creating the Passover experience. Each piece is integral to the whole and the story would be incomplete if any item were missing.

This year, as you hold up your Seder plate, think about the role each person at your table plays in creating the community that is around your table. How are you all connected? How have you supported each other this year? How have your individual natures created your greater whole?



**1** The **shankbone** can be seen, quite literally, as the backbone of the Passover story. It was the symbol to the Angel of Death that these particular houses were not to be attacked, that the Israelites were to be spared. Today, when we speak of having backbone, we think of standing up for ourselves, for our friends and families, for what we believe is right. **When have you stood up for someone? What injustice or unkindness did you prevent or respond to?**

**2** We often liken the **charoset** to the mortar that the Israelites used to build the famous Egyptian houses and Temples. The mortar is used to bind two bricks together, forming a new whole that is stronger and less likely to fall. We build relationships with each other through respect and support. **How have you shown respect for another? When have you supported someone?**

**3** The **green vegetable(s)** on the seder plate can represent not only springtime, but the renewal and rejuvenation that come about at this time of year. **How do you renew your commitment to the community? What do you do to encourage positive growth and a strong support structure?**

**4** The **egg** is usually understood as a symbol of the circle of life. But it also symbolizes a hidden potential. From the outside, the egg looks white and smooth. But inside there is a yolk that has a different consistency and color from the rest of the egg. That hidden potential is inside each of us as well. **What potentials are inside you? What would you like to explore this coming year?**

**5** The **maror** is the bitter, harsh taste of slavery that reminds us of our toughest times as a Jewish people. We overcome the bitter taste of maror by combining it with the charoset, the reminder that we are bound together when we support each other. A major source of bitterness is many of our communities is bullying. **Have you seen someone bullied or taken advantage of? Have you been able to stand up for them?**