

Spice Up Your Seder!



A Jewish Study Center Passover Workshop
presented by Lisa Baydush
April 7, 2008

Crafting a Seder is an art. It requires thoughtful planning, from the food to the tables to the Seder itself. Just as you wouldn't try to whip together a holiday meal for your entire extended family an hour before they arrive, don't make the mistake of opening your haggadah for the first time at the Seder itself. Sit down and read through it in advance, planning what readings you will include and how you will integrate songs and activities that will engage and involve your family and guests. You don't have to be a Jewish gourmet to spice up your Seder... it just takes a little planning and the right ingredients!

The purpose of the Seder is to retell the story of the Exodus from Egypt, to transmit the values, the history and the meaning of the holiday to your children. The purpose of this workshop is to offer ideas for how to do so in a way that is both meaningful and fun! In this hand-out, I have provided tips, ideas, song suggestions, and sites to visit on the Internet to help you develop your own unique Seder. Please feel free to contact me by email, and do let me know how it goes! ☺

Chag Sameach!

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Creative Seder Ideas...

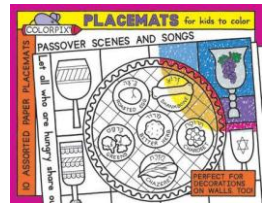
1. Name that Plague

- Give out plague bags... buy them or MAKE your own.
- Challenge everyone to name a plague... use plague cards (see next page)
- Invite children to draw pictures of the plagues to decorate the room.
- Provide coloring-book haggadot or placemats for children decorate.
- Sing and dance to Ten Plagues in Egypt Land (www.peterandellen.com)... give each child a plague mask to wear.



2. Passover Games

- Word finds and mazes.
- Jewish Jeopardy... <http://kosher4passover.com/jewparady.htm>
- Who Knows Why? – instead of explaining the traditions or reading the story, challenge guests to answer questions.



3. And You Were There – Bibliodrama

- Provide props and costumes so children can act out the story.
- Sing and dance as you build cities for Pharaoh, cross the sea, etc.
- Transform your room into a tent, sit on the floor on cushions, do a dramatic telling (rather than reading) of the story.
- Use puppets to help the story come to life.



4. Percussion and Musical Participation

- Provide tambourines and other percussion instruments.
- Encourage budding musicians to prepare to lead a song at seder.



Seder Planning Tips:

1. Outline your Seder...include readings, prayers, and songs.
2. Make song-sheets.
3. Organize participation in advance.
4. Make notes in leader's Haggadah.
5. Involve your children/guests in advance so they feel ownership and anticipation.

Internet Sites:

1. www.torahtots.com
2. www.chaikids.com
3. www.judaism.com
4. www.allthingsjewish.com
5. www.torahtots.com
6. www.aish.com

What did the Israelites eat in the desert?

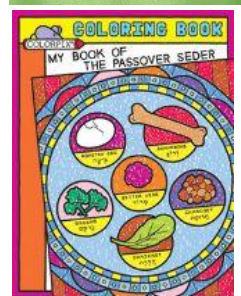
What is the Hebrew word for Passover?

What was the name of Moses' wife?













I am hidden, then I am found. You cannot finish the Seder without me. Who am I?

Name the Four Sons.

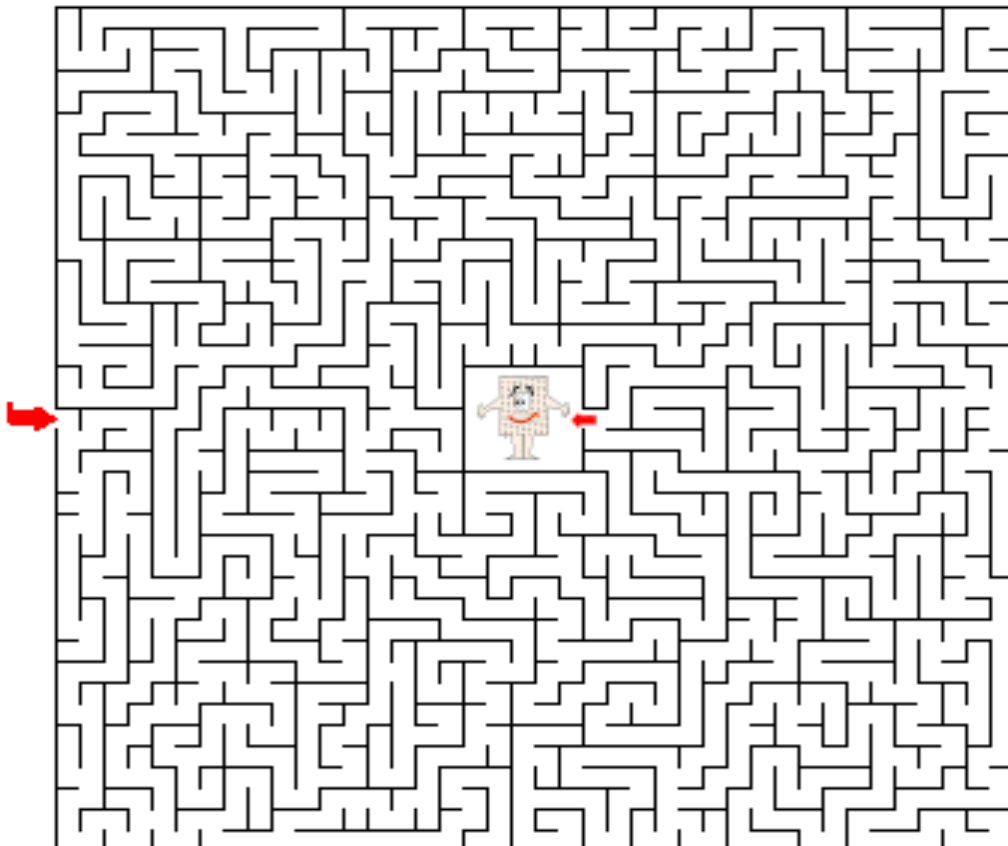
Why do we eat matzah on Passover?



Plague Cards accompany the song Ten Plagues in Egypt Land

 <p>#1 Blood in the water made the river run red...</p>	 <p>#2 Frogs were jumping in Pharaoh's hair...</p> 	 <p>#3 Creepy, crawly, itchy lice...</p> 
<p>#4 Filthy flies so dirty and vile...</p>  	<p>#5 The cattle and the horses and the oxen died...</p> 	<p>#6 Boils and blisters on his skin...</p> 
 <p>#7 The hail rained down from the heavens on high...</p>	<p>#8 Swarms of locusts ate the crops...</p> 	<p>#9 Dark descended in the light of the day...</p>
<p>#10 First-born, the final blow...</p> 		

Can you find the Afikomen?!!



Sing, Sing, Sing...

Traditional Seder Songs:

1. Four Questions... *a wonderful learning track that allows children to echo each phrase is available at www.carolboydleon.com on the Dayeinu Haggadah page... if you have older kids, give it a little extra flavor by singing Scott Leader's rockin' melody, available at www.itunes.com.*
2. Dayeinu... *this is a joyful song, so play a recording and sing along!*
3. Eliyahu Hanavi... *spice things up by segueing from the traditional melody to Tracy Friend's rhythmic version, available at <http://cdbaby.com/cd/tracyfriend>.*
4. Avadim Hayinu... *add percussion to this classic... drums, shakers, bells... purchase an assortment at www.4lyons.com, www.musictreasures.com, www.orientaltrading.com*
5. L'Shana Haba-a... *another great song just begging for percussion!*
6. Chad Gadya... *sing it or read it, but only one breath per passage!*

Seder Songs for Teens and Adults:

1. L'chi Lach by Debbie Friedman (The Journey Continues CD available at www.Amazon.com and www.itunes.com)... *from Genesis, when God tells Abraham to go forth to a new land.*
2. Miriam's Song by Debbie Friedman (The Journey Continues CD)... *sing and dance like Miriam, who led the Israelites in joyful celebration of their freedom from Egyptian bondage.*
3. One Small Step by Peri Smilow... *the midrash about Nachshon, and our personal responsibility to take that first step to making miracles happen... www.freedommusicproject.com.*
4. Make Those Waters Part by Doug Mishkin... *compares our Jewish story of slavery to the African American story, Moses to Martin Luther King, and reminds us to do our part in our time to make the waters of injustice and intolerance part... www.oysongs.com.*
5. Let My People Go... *American slaves took heart from our story of freedom from slavery.*
6. Children of Freedom by Beth Schafer... *both an American and a Jewish song about freedom... www.cdbaby.com/cd/bethschafer.*

Recommended Passover CDs for Children:

1. Pesaschtick, A Collection of Family Passover Songs & Parodies by Stephanie Shore, Susan Shane-Linder & Deborah Silver, www.singinwithsusan.com
2. ShirLaLa Pesach, Outrageously Hip Jewish Kiddie Rock by Shira Kline, www.shirlala.com
3. It's Seder Time by Andi Joseph, www.JewishMusic.com
4. Dayenu! The Passover Story in Song by Carol Boyd Leon, www.carolboydleon.com
5. Bring The Sabbath Home and Sing Shalom by Peter and Ellen Allard... www.peterandellen.com

Fun Parodies – On-Line Song Clips:

1. Pharaoh Pharaoh by Mah Tov... <http://cdbaby.com/mp3lofi/mahtovu3-01.m3u>
2. Who Led the Slaves Out by Rabbi Joe Black... <http://www.soundswrite.com/audio/black/sabbatical/WhoLed.ram>
3. My Haggadah by The Pesaschticks... <http://www.singinwithsusan.com/clips/d203.mp3>
4. Matzarena by The Pesaschticks... <http://www.singinwithsusan.com/clips/d204.mp3>
5. Ain't No Pyramid by The Pesaschticks... <http://www.singinwithsusan.com/clips/d207.mp3>
6. We are Finally Free by The Pesaschticks... <http://www.singinwithsusan.com/clips/d210.mp3>
7. Pesach Bamba by Shira Kline... http://www.shirlala.com/sounds/pesach/01_Track_01.mp3

♪ Visit www.soundswrite.com and www.oysongs.com to find lots of other wonderful Jewish music!

C'mon, let's all sing a song together...

Miriam's Song by Debbie Friedman

Chorus:

And the women dancing with their timbrels followed Miriam as she sang her song.
Sing a song to One whom we've exalted, Miriam and the women danced and danced the whole night long.

And Miriam was a weaver of unique variety.
The tapestry she wove was one which sang our history.
With every thread and every strand she crafted her delight.
A woman touched with spirit, she dances toward the light. (chorus)

As Miriam stood upon the shores and gazed across the sea.
The wonder of this miracle she soon came to believe.
Whoever thought the sea would part with an outstretched hand,
And we would pass to freedom, and march to the Promised Land. (chorus)

And Miriam the Prophet took her timbrel in her hand.
And all the women followed her just as she had planned.
And Miriam raised her voice with song, she sang with praise and might,
We've just lived through a miracle; we're going to dance tonight! (chorus)



One Small Step by Peri Smilow

Nachshon ben Aminidav was just one face in the crowd
He was tired and he was hungry, he was scared but he was proud;
He had walked across the desert to escape slavery
But now he's caught between his taskmasters and the waters of the Red Sea

Pharaoh and his armies were comin' up fast from behind
And the Israelites were arguing, they were of two minds:
Some said we should turn around, go back to what we know,
Slavery can't be half as bad as drowning.

Chorus:

You gotta take one small step, one small step, You gotta take one small step for freedom (2x)

The other side, well, they were very few, said, "No, this cannot be.
We can't go back, we've come so far in fleeing slavery.
If we just stay put, we think you'll find that God will make a move
And a miracle will save us all – just wait." (chorus)

No one noticed Nachshon over by the rippling tide
He had one foot in the water, his shoes at his side
He took one step, then another, until he barely could breathe—
And just when the world went dark, the waters parted, and we were free—! (chorus)

Let My People Go

When Israel was in Egypt land, let my people go.
Oppressed so hard they could not stand, let my people go.

Chorus:

Go down, Moses, way down in Egypt land, tell ol' Pharaoh, let my people go.

Thus saith the Lord, bold Moses said... If not I'll smite your people dead... (chorus)
As Israel stood by the water side... By God's command it did divide... (chorus)

Pharaoh, Pharaoh by Mah Tovv to the tune of Louie Louie



Chorus:

Pharaoh, Pharaoh, ooh baby, let my people go! No! Yeah Yeah Yeah, Yeah!
Pharaoh, Pharaoh, ooh baby, let my people go!

A burnin' bush told me just the other day that I should go to Egypt and say:
It's time to let my people be free, listen to God if you won't listen to me! I said... (chorus)

Well me and my people goin' to the Red Sea with Pharaoh's army comin' after me.
I took my staff, put it in the sand, and all of God's people walked on dry land singin'... (chorus)

Well Pharaoh's army was a-comin' too, so what'd'ya think that God did do?
Had me take my staff and clear my throat, and all of Pharaoh's army did the dead man's float! (chorus)

Well that's the story of the stubborn goat, Pharaoh should have known that chariots don't float!
The answer is simple, it's easy to find, when God says, "GO!" you had better mind! (chorus)

Avadim Hayinu

Avadim hayinu, ha-yi-nu, Atah b'nei chorin, b'nei chorin
A-va-dim—ha—yi-nu, Atah (clap, clap) Atah (clap, clap) b'nei chorin,
A-va-dim—ha—yi-nu, Atah, Atah, b'nei chorin, b'nei chorin, Atah, Atah, b'nei chorin, b'nei chorin

Ten Plagues in Egypt Land by Peter and Ellen Allard

Chorus:

One, two, three, four, five, six, seven, eight, nine ten plagues in Egypt land. (2x)

1. Blood in the water made the river run red, ten plagues in Egypt land,
Pharaoh shoulda listened to what God said, ten plagues in Egypt land!
2. Frogs were jumping in Pharaoh's hair... Pharaoh didn't like it but the frogs didn't care...
3. Creepy, crawly, itchy lice... Mess with the Holy One, better think twice...
4. Filthy flies so dirty and vile... Not exactly Pharaoh's style...
5. The cattle and the horses and the oxen died... I won't give up old Pharaoh cried...
6. Boils and blisters on his skin... Give it up Pharaoh you're never gonna win...
7. The hail rained down from the heavens on high... Hurt so much made Pharaoh cry...
8. Swarms of locusts ate the crops... Hard-hearted Pharaoh just wouldn't stop...
9. Dark descended in the light of the day... Pharaoh was lost, couldn't find his way...
10. First-born, the final blow... Finally Pharaoh let the people go...

Standing at the Sea by Peter and Ellen Allard

Standing at the sea, mi chamocha (3x) freedom's on our way.
Singing and dancing, mi chamocha (3x) freedom's on our way.
They're coming up behind, mi chamocha (3x) freedom's on our way.
Bound no more, mi chamocha (3x) freedom's on our way.

Chorus:

Freedom (6x), freedom's on our way.

The sea she parts, mi chamocha (3x) freedom's on our way.
Walking through the water, mi chamocha (3x) freedom's on our way.
On the other side, mi chamocha (3x) freedom's on our way.
One God, mi chamocha (3x) freedom's on our way. (chorus)

Lotsa, Lotsa Matza by Peter and Ellen Allard

On Pesach we eat matza, lotsa, lotsa matza. It's yummy in the tummy, Lotsa, lotsa matza.
Doot doot doot doot doot doot doot... (end: Yay, Pesach!)

On Pesach we eat chicken, finger lickin' chicken, it's yummy in the tummy, finger lickin' chicken,
and lotsa, lotsa matzah, doot doot's...

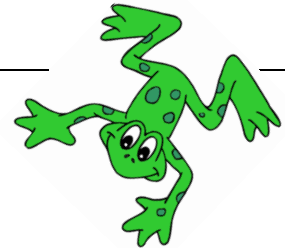
On Pesach, gefilte fish, smelly in the belly gefilte fish...
On Pesach, we eat matza balls, rolla (4x) matza balls...
On Pesach, we eat horseradish, hot (4x) horse radish...
On Pesach, charoset, chop chop charoset...

Let My People Go by Sally Heckleman to the tune of **I've Been Working on the Railroad**

The Jews were busy building cities all the live-long day
The Jews were busy building cities and they did it Pharaoh's way
Moses tried to get them out of Egypt; he said, "Let my people go,"
But stubborn Pharaoh wouldn't listen; he kept on saying, "No!"
"Let my people go" - "No!" "Let my people go" - "No!" "Please let my people go-go-go!" No!
"Let my people go" - "No!" "Let my people go" - "No!" "Please let my people go!"

Things are Bad in Egypt to the tune of **If You're Happy and You Know It**

There were frogs jumping everywhere! Jumpity-jump!
There were frogs leaping here and there! Jumpity-Jump!
They hopped through Pharaoh's door, now they're hopping on his floor.
There were frogs jumping everywhere! Jumpity-Jump!



There were lice crawling everywhere! Itchity-itch!
There were lice clinging to Pharaoh's hair! Itchity-itch!
He scratched 'til he was sore, then he scratched and scratched some more
There were lice crawling everywhere! Itchity-itch!

There were locusts swarming everywhere! Munchity-munch!
There were locusts flying here and there! Munchity-munch!
They ate all of Pharaoh's wheat, there was nothing left to eat!
There were locusts swarming everywhere! Munchity-munch!

There was inky darkness everywhere! Blinkity-blink!
They could barely see from here to there! Blinkity-blink!
Ouch! Pharaoh stubbed his toe, Oops! Now he bumped his nose.
There was inky darkness everywhere! Blinkity-blink!

Fill the Seder Plate to the tune of **London Bridge**

It's time to fill the seder plate, seder plate, seder plate; It's time to fill the seder plate, now let's CELEBRATE!
Put charosets/shankbone, maror, some parsley, an egg on the plate...

Where, Oh Where is the Afikomen? to the tune of **Ten Little Indians**

Where, oh where is the Afikomen? (3x) Half a matzah from the matzah plate!
Daddy hid it, let's go find it... Find the matzah, get a little present...

Matzarena to the tune of **Macarena** by Stephanie Shore, Deborah Silver, Susan Shane-Linder

I am so glad that it's time to eat Matzah, It's so crunchy, it's so good, and it comes in a boxa;
I am so glad that it's time to eat Matzah, Hey, Matzarena!

Pesach Bamba by Shira Kline, parody to **La Bamba** by Richie Valens

Pesach, Pesach (4x)

We're gonna eat lots of matzah, Crunchy, crunchy, crunchy matza on Pe—sach!
A full week of matzah, Lotsa, lotsa, lotsa matzah on Pesach! **Pesach, Pesach...**

We're gonna ask the Four Questions, We got a whole lot of questions on Pe—sach!
1-2-3-4 questions, Ma-ma-ma-ma-ma nishtana on Pesach! **Pesach, Pesach...**

Before the seder's over, we gotta find the afikomen on Pesach!
Where, where, where's that Afikomen? Afiki-ki-ki komen on Pesach! **Pesach, Pesach...**

One Morning

One morning when Pharaoh woke up in his bed, there were frogs in his bed, and frogs on his head,
Frogs on his nose and frogs on his toes, frogs here, frogs there, frogs were jumping everywhere!

Oh, Listen by Shirley Cohen

Oh listen (3x) King Pharaoh; Oh listen, oh listen, please let my people go!
They want to go away! They work too hard all day! King Pharaoh, King Pharaoh, What do you say?
No, no, no, I will not let them go! (2x)

Building Cities by Shirley Cohen

Bang, bang, bang, hold your hammer low, Bang, bang, bang, give a heavy blow!

For it's work, work, work, every day and every night,

For it's work, work, work, when it's dark and when it's light.

Dig, dig, dig, get your shovel deep, Dig, dig, dig, there's no time to sleep...

Lift, lift, lift, lift that boulder high; lift, lift, lift 'til you reach the sky...



Where is Baby Moses, Moses, Moses?

Where is baby Moses, Moses, Moses? Where is baby Moses? He's in the River Nile.
He's floating in a basket, a basket, a basket. He's floating in a basket—in the River Nile.
The princess she is swimming, swimming, swimming. The princess she is swimming, in the River Nile.
She finds the baby Moses, Moses, Moses. She finds the baby Moses, in the River Nile.
She takes him to the palace, the palace, the palace. She takes him to the palace, along the River Nile.
And there our Moses grows up, grows up, grows up. And there our Moses grows up, along the River Nile.

Moses, Moses, Take Off Your Shoes by Emily Friedman

Moses was a shepherd tending his sheep (3x) when he heard a voice that said...

Moses, Moses, take off your shoes (3x), for this is holy ground.

A bush was burning, but it was not consumed (3x), when he heard a voice that said...

The voice told Moses, You must go back (3x), and set your people free...

Workshop materials prepared by Lisa Baydush © 2008

Lisa Baydush is a Jewish music educator who teaches at The Jewish Community Center of Greater Washington and leads family services and programs at Sixth & I Historic Synagogue.

Lisa is also a song-writer who has released a CD of original songs with her Jewish music trio, Shir Synergy.

For more information, please visit www.ShirSynergy.com.