

This Pesach

be free
to be
your best



CLAL

THE FOUR CUPS at the Passover Seder recall the four words in *Exodus 6:6-7* that describe how the Jewish people leave Egypt and begin their journey to freedom. But the wine within those cups holds the meaning of that freedom. For the journey from vine to wine, like the ongoing journey to genuine freedom, is defined by creativity, partnership, joy and the opportunity to reach our full potential both as people and as a people.

After all, wine does not grow on trees. Without human ingenuity and a sense of partnership with God and nature, our cups would be filled with juice alone. Each cup at the Seder provides the chance to celebrate that which makes us truly happy and to unlock the secrets within ourselves which hold the keys to our being our very best. As the Talmud teaches “the wine goes in, and the secrets come out.”
(*Eruvin 65a*)

TO HELP YOU on your way, ask one of these four questions with each of the Seder’s four cups:

What skill or interest

would you like to develop or deepen in the coming year?

What relationship

would you like to nurture in the coming year?

What do you really enjoy doing

and how can you pursue doing it more fully?

What secret strength

can you begin to unlock between this Seder and the next?

WE ARE FREED to create, relate, enjoy, and become all that we wish for. That is what it means to be truly free. So, this Pesach, raise a glass not only to the great moments of liberation past, but also to those moments of liberation which each of us has within ourselves to create both now and in the future.



*“Wine makes
the heart happy...”*

Psalms 104:15

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