

## Make your own Seder Plate

The symbols on a traditional Seder Plate tell the story of the Jews' exodus from Egypt. For instance, the maror (bitter herb) helps us remember the bitter struggle, the karpas (parsley) helps us remember the promise of spring, the egg reminds us of the cyclical pattern of new beginnings, the shank bone (or vegetarian alternative) prompts us to think of the sacrifices made when leaving our place of oppression...



Now imagine your own journey. Maybe it is an exodus of sorts, maybe a linear path through life, maybe something in between... If you were to have a ritual dinner commemorating your journey, what symbols would you choose to help you tell your story? How would food or other tangible objects help you to share your journey with others?

