



# Freedom in Action

## A Passover Reflection for Jewish Mothers

Passover is the story of moving from constraint to possibility. It teaches that freedom is not a single moment, but a practice shaped by memory, courage, and responsibility. **This year, as Israel faces ongoing war and the Jewish people navigate uncertainty and rising pressure, the story of Passover feels especially present. It reminds us that even in difficult moments, we are not only shaped by what we face, but by how we respond.**

In this light, we choose to honor the Jewish mother as a maker of freedom in herself, her home, and her community. Start at the Seder, and carry it forward with a Haggadah supplement to deepen your Seder, and eight simple practices to bring meaning to each day of Passover.



Take a look at these [Momentum resources](#) for inspiration!

### **As you prepare for the holiday, turn your attention to the Seder itself.**

Think about the atmosphere you want to create, the voices you want to raise up, and the moments that will help your family move from routine into meaning. Choose one element to prepare with intention. It might be a question you want to ask, a ritual you want to highlight, or a short teaching that anchors the night in hope.

Once you set the tone at the Seder, carry that same intention into the days that follow by taking **one small action** that strengthens hope, dignity, and connection. For more inspiration, explore Momentum's publications: [The Art and Practice of Living Wondrously](#) and [Soul Full: Gateways to Jewish Prayer](#).

## Ha Lachma Anya An Enduring Invitation

At the very beginning of the Seder, we say:  
*“Let all who are hungry come and eat. Let all who are in need come and join.”*

This year, these words carry new weight. Jewish communities around the world are navigating fear, isolation, and uncertainty. Israelis are in and out of shelters. Jews in the diaspora are facing hostility, protest, and rising antisemitism. And still, we begin our story with an open invitation. Not because it is easy, but because it is who we are. Even in moments of contraction, Jewish tradition calls us toward connection, generosity, toward seeing ourselves as responsible for one another and for others. The invitation is not a reflection of perfect safety, it is a declaration of our values. We open the door, even if only slightly wider than feels comfortable.



### CONVERSATION QUESTIONS

- What does it mean to extend this invitation when safety, trust, and belonging feel fragile?
- Where have we closed ourselves off, out of fear or exhaustion, and what might it look like to open even slightly?
- What does it mean that our story begins with generosity?

## A HAGGADAH SUPPLEMENT: DEEPEN YOUR SEDER



## Vehi She'amda Resilience and Responsibility Under Pressure

*“Vehi she'amda... In every generation, forces rise up against us to destroy us. And the Holy One saves us from their grasp.”*

This line reminds us that challenge is not new to the Jewish story. But neither is survival, resilience, or the ability to rebuild. This year, those words land differently. We are living in a moment where threats feel real, where war is unfolding, and where vulnerability is not abstract. This is not only a story of what happens to us, it is also a story of who we choose to be in response. The promise is not only protection, it is the enduring strength of a people who carry both memory and possibility.

### CONVERSATION QUESTIONS

- When you hear this line today, does it create fear, comfort, or something more complex?
- What does Jewish resilience look like in our generation, how does it inspire how we live and lead?
- How do we hold both vigilance and hopeful humanity at the same time?

## DAY 1

# Begin with Liberation



The Exodus starts with a call to notice what restricts us. **Name one place in your life that feels tight or draining.** Take one step today that loosens its grip.

# 8 WAYS TO ELEVATE YOUR PASSOVER WEEK



## DAY 2

# Elevate the Everyday



The Seder teaches that meaning is created through conscious action. **Choose one ordinary moment today and claim it intentionally.** It might be pausing before a conversation to listen more carefully, approaching a routine task with clarity about why it matters, or taking a brief pause between one role and the next to name how you want to show up. Say it aloud: *This is part of my freedom.*

## DAY 3

# Pass Over Indifference



Freedom is lived through connection. It grows when people notice one another and take responsibility for care beyond themselves. **Reach out to someone you know who might feel overlooked or alone.** Check in. Ask how they are holding up.

## DAY 4

# Make Justice Personal



Tzedakah, the Jewish practice of generous giving, is one of the clearest ways to shape the world with intention. Giving can take many forms: money, time, skills, attention, or showing up for someone who needs support. **Choose one concrete step you can take now, whether that is donating, volunteering, or committing to a small, steady act of care.** Let intentional giving, in whatever form fits your life, become part of how you live throughout the year.

## DAY 5

# Choose Hope Over Habit



Hope is not passive. It is something we create through what we notice and what we share. **Look for one piece of good news, strength, or resilience in your community today.** Tell someone about it and become an agent of hope.

DAY 6

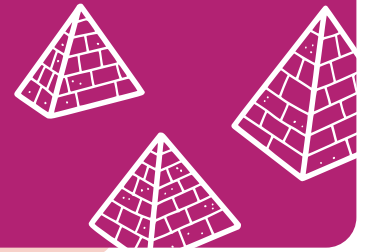
## Tell the Story

If our children do not hear our stories, the meaning of the Exodus fades. Give them something real to hold on to. **Share a piece of the Passover story in a way that feels organic in your home.** You might share which moment has always moved you, explain a ritual you love and why it matters, or connect a teaching from the Haggadah to something they face in their own lives. For a simple, child-friendly retelling, explore PJ Library's short, adapted version of [the Passover story](#), and add your words as a source of strength they can return to.

DAY 7

## Step Into the Unknown

On the seventh day of Passover, we recall the crossing of the Sea of Reeds, when a path opened only after the people stepped toward it. Ask yourself where you need to walk toward growth this year. **Write down the first step and commit to it today.**



DAY 8

## Build a Future of Freedom

The last day of Passover leads into *Mimouna*, a North African Jewish tradition of opening one's home after the holiday with sweetness, hospitality, and blessing. Take this spirit into your own life by **doing one concrete act of welcoming**, such as inviting someone new to your community for a coffee date in the weeks ahead.

