

Requirements for the Paschal Meal.

- Table covered with a table cloth and set as if for a festive dinner
- At least one candle, I try to use 7 candles, but 3 is also a good number representing the Trinity
- Little bowls containing:-
 - Haroshes, (Tinned apple, pureed with some honey and a pinch of almonds and plenty of sugar. Purity baby apple puree will also suffice)
 - Salt water
- A platter with at least one round of unleavened bread (preferably 3), covered with a serviette (Matzos bought from the shop are also suitable)
- Drinking glasses for each person at the table, half filled with grape juice (or wine if adults)
- A large wine glass or goblet for the leading parent
- Grape juice
- A Plate for each person at the table with a leaf of lettuce (Bitter herbs) and half a hard-boiled egg on it
- Serviettes
- Printed booklet for each family/person at the paschal meal. (I have also made a version available that can easily be read on your cell-phone)
- A lamb shank bone (if available)
- Please also have a festive dinner prepared, preferably including lamb (roast or chops) or other form of meat alternative if vegetarian.

Also needed:-

- Paper roller towel stuck to the door and door frame
- Red paint or tomato sauce
- Thick paint brushes (or a leafy twig)
- A cushion to hide the unleavened bread under
- Bowl of water and towel for washing hands.

Unleavened Bread

3 cups Flour ½ teaspoon Salt 4-5 heaped Tbsps Margarine +- 1 Cup Milk	<ul style="list-style-type: none">• Sift the salt and flour together• Rub in the margarine to make a “bread-crumb”-like mixture• Slowly add the milk and knead until a soft dough is formed. (You may not need all the milk) Knead for 5 minutes• Divide the dough into 3 pieces• Roll out the dough until it is plate size. Prick the dough with a fork• Bake at 180C until golden brown.
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The Paschal Meal For Families.

PART ONE: WELCOME & INTRODUCTION.

Commentator: We all like to hear about our parent's traditions because it helps us to learn more about them. When Jesus was a child he took part in the festivals of his Jewish faith. The great feast of the Passover is still celebrated every year in Jewish homes as they remember how God saved them from slavery in Egypt. As we listen to the readings, we notice that the blood of the lamb (painted over the doors) saved the Jewish families from the angel of death. We too are saved from death by the blood of Jesus (the Lamb of God)

Reader: A reading summarized from the book of Exodus, Chapter 12: 1-13

12 The LORD said to Moses and Aaron in Egypt, ² "This month is to be for you the first month, the first month of your year. ³ Tell the whole community of Israel that on the tenth day of this month each man is to take a lamb^[a] for his family, one for each household. ⁶ Take care of them until the fourteenth day of the month, when all the members of the community of Israel must slaughter them at twilight. ⁷ Then they are to take some of the blood and put it on the sides and tops of the doorframes of the houses where they eat the lambs. ⁸ That same night they are to eat the meat roasted over the fire, along with bitter herbs, and bread made without yeast.¹² "On that same night I will pass through Egypt and strike down every firstborn of both people and animals, and I will bring judgment on all the gods of Egypt. I am the LORD. ¹³ The blood will be a sign for you on the houses where you are, and when I see the blood, I will pass over you. No destructive plague will touch you when I strike Egypt.

During the reading it would be nice (but not essential) if a child paints "blood" on a length of kitchen roller towel fastened to the door lintel. If you don't have red paint you can use tomato sauce!

PART TWO: THE LIGHTING OF THE CANDLES.

Commentator: Light is the symbol of God, He is the Light of the World. The mother of the house lights a candle. Mary, the mother of Jesus would have done this and prayed the same prayer every year.

Mother: Blessed are you, O Lord our God, King of the universe, Who has made us holy by your commandments and asked us to light the festival lights. Blessed are you O Lord our God, King of the Universe, who has kept us alive and helped us and brought us to this season. May our gathering be made holy, O God, by the light of your presence, shining upon us in blessing and bringing us peace.

Amen.

PART THREE: THE BLESSING OF THE FEAST AND CLEANSING.

Parent: Blessed are you, O Lord our God, King of the Universe. Thank you that you love us so much that you have given us times of joy and holy days. Today we celebrate the feast of unleavened bread to remember our Exodus from Egypt. For you have chosen us as your children and made us holy.

If you are able to, play the following hymn and sing along with it, or alternatively say the words below.

<https://youtu.be/FjAoFehxVIE>

Sing the first half of the hymn

All: Blest are you, Lord God of all creation,
Thanks to your goodness this bread we offer:
Fruit of the earth, work of our hands,
It will become the bread of life.

Blessed be God! Blessed be God!
Blessed be God forever! Amen! X 2

Commentator: Take up the cup of wine or juice.

The cup of Thanksgiving. *Sing the second half of the hymn.*

Parent: Blessed are you, O Lord God, King of the universe, who created the fruit of the vine.

All: Blest are you, Lord, God of all creation,
Thanks to your goodness this wine we offer:
Fruit of the earth, work of our hands,

It will become the cup of life.

Blessed be God.....

Commentator: All have a sip of the wine or juice.

Then the father rises and washes his hands.

At this point our Lord arose and washed the feet of his disciples at the Last Supper.

Reader: John 13:3-5

³ Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; ⁴ so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. ⁵ After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.

PART FOUR; Eating of Ritual Foods.

Commentator: Now we take the middle piece of unleavened bread from the plate in front of us, it is broken in two and one half is wrapped in a white cloth and hidden under a cushion on a chair to be used later.

We hold up the remaining half of unleavened bread and say:

Parent: This is the bread of suffering which our fathers ate in the land of Egypt. Let all who are hungry come and eat. Let all who are in want come and celebrate the Passover with us. May it be God's will to redeem us from all evil and from slavery.

Commentator: All eat a mouthful of bread.

The youngest child in the family now rises and asks:

Youngest Child: Why is this night different from all the other nights? On other nights we eat both leavened and unleavened bread, but on this night only unleavened bread. Why?

Parent: My child, tonight is different for this reason. You remember the Israelites had been settled in Egypt for 430 years, since Joseph was sold into slavery by his brothers. The Egyptians ill-treated them but they called on God to save them. This was a night of waiting for God to save them. They ate food that was quick to prepare so they had more time to concentrate on God.

Commentator: We now dip the bitter herbs in salt water and pass some to those near us. All dip and eat.

Second Child: On all other nights we eat herbs of any kind but on this night only bitter herbs. Why?

Parent: These bitter herbs recall the hardships of the children of Israel in Egypt and in the desert.

Commentator: All spread the Haroshes between two pieces of bread and eat it.

Third Child: Father, why do we eat Haroshes on this night?

Parent: This Haroshes is sweet like the faith of the people, pressed under the stones with which our people built the cities for Pharaoh.

Commentator: The egg is a sign of new life and also a reminder of the years of slavery and abandonment in Egypt. Now we take the egg and dip it in the salt water and eat a mouthful.

Fourth Child: Why is this night different from other nights? On other nights we do not dip in salt water even once, but on this night we have dipped twice. Why?

Parent: This is to remind us of the parting of the Red Sea which saved The children of Israel and then its coming together again which drowned the Egyptians. The Lord brought us out of Egypt to a new land. Let us therefore drink the **cup of Deliverance**.

Commentator: All take a sip.

Bring the roasted lamb or meat substitute to the table (i.e. the meat that will form part of the meal)

Parent: *(Holding up the lamb)* This is the Paschal lamb which our forefathers sacrificed to the Lord in memory of that night when the Holy One passed over the houses of our fathers in Egypt.

Fifth Child: On this night we eat roasted lamb. Why is this so?

Parent: My child, this will remind us of the lamb our Fathers ate on the night they were rescued from the land of Egypt and of the blood of the lamb which they painted on the doorposts of their houses so that they might be saved from destruction.

PART FIVE: Song of Praise.

Sing "Shout to the Lord".

<https://youtu.be/+ODIA2q7Y9I>

PART SIX: The meal.

Bring the rest of the food to the table, this is a celebration, so make it a celebratory feast!

During the supper people can chat freely and finish the food, but not the drink, which is needed for the Cup of Blessing.

The tables are cleared except for the cups of wine.

Commentator: The youngest children must look for the hidden piece of bread and when they find it, carefully bring it to the parent who unwraps the white cloth from the piece of bread, holds it up and explains:

Parent: This piece of unleavened bread was broken, wrapped in white cloth and buried under a cushion. Now we bring it forth again. Remember Jesus said he was the bread of life, He was broken on the cross, he died and was buried wrapped in a white cloth and he rose again. He is our Messiah!!

We now take the hidden piece of bread. Break it in two and keep a small piece for yourself. Pass the large portions to your left and right. Each person

breaks off a small piece and passes on to his neighbour. At this point of his Last Passover meal Our Lord gave us the Eucharist.

Reader: A reading from Matthew Chapter 26:26

While they were eating, Jesus took a piece of bread, gave a prayer of thanks, broke it and gave it to his disciples." Take it and eat," he said, "This is my Body."

Commentator: We eat the unleavened bread together.

Commentator: It was at this point - after he had supped- that the Lord took a cup (**the cup of Redemption**) and offered thanks and gave it to his disciples saying:

Reader: A Reading from Matthew 26:27.

"Drink it all of you," he said, "This is my blood which seals God's covenant, my blood poured out for many for the forgiveness of sins."

Commentator: As we sip the cup, we think of how Jesus in his resurrection brought God's kingdom to us. A kingdom of Love and Faith, of Peace, Hope and Trust in God's goodness. St Matthew's gospel tells us, "Then they sang a hymn and went out to the Mount of Olives." Let us sing together:

All: Sing "Be Not Afraid"

<https://youtu.be/MI49peWG2d0>

Final Blessing:

Parent: The Lord Bless and keep you. The Lord make His face to shine upon you and have mercy on you. May the Lord be good to you and give you peace.

All: Amen