

HOLIDAY HELLOS

Learning about our neighbors one tradition at a time!

Spiritual Life
at DU



HELLO
my name is

Passover

[Tradition: Judaism]

2024

4.22-4.30

A bit about me!

Passover is a spring festival that celebrates hope & freedom. During the weeklong holiday, many attend two (or more!) Passover "seders" which include food, fellowship, and storytelling.

During Passover, it is traditional to avoid bread and other leavened grains, and depending on the region of origin, some families also avoid rice, beans, corn, and certain nuts and seeds.

Passover is also a time for family, friends, and community.

Some tips:

Matzah is a crunchy treat made of unleavened grains; try some!

Mood?

Festive, Celebration,
Community

Some greetings

Happy Passover!
Chag Sameach!

Some foods (may differ by denomination or region)

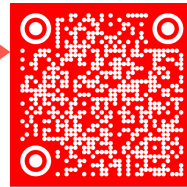
Matzah (a flat unleavened bread)
Charoset (a sweet dish with nuts and fruit)
Quajado (an egg-veggie loaf)

Possible accommodations

- Community members may have busier than average schedules with pre-holiday preparations
- Community members may be traveling to spend time with friends and family
- Work restrictions for some on 4.23-4 & 4.29-30

SPIRITUAL STORYTELLING

Share YOUR favorite holiday memories/insights!



See what others shared!

