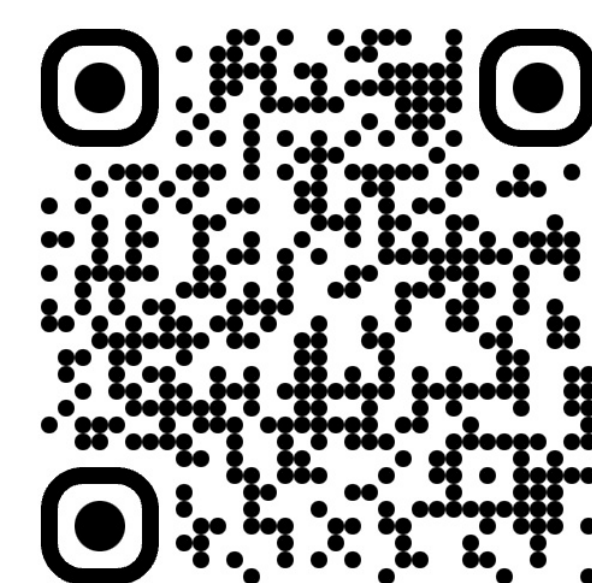
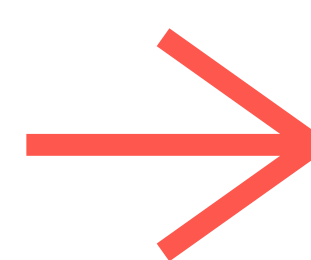


# HOLIDAY HELLOS

Learning about our neighbors one tradition at a time!

Spiritual Life  
at DU



**HELLO**  
my name is

## Passover

[Tradition: Judaism]

### 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)

### 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.

### Possible accommodations

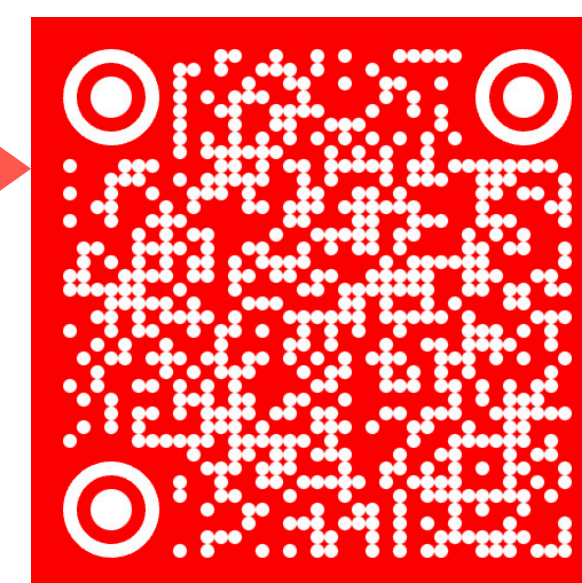
- Community members may have busier than average schedules with pre-holiday preparations
- Community members may be traveling to spend time with friends and family
- Work restrictions for some on 4.23-4 & 4.29-30

### Some tips:

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

### SPIRITUAL STORYTELLING

Share YOUR  
favorite holiday  
memories/insights!



See what others  
shared!

