



A Passover Haggadah

Celebrating Passover with Superheroes from Mythical Lore to the Modern Age of Comic Book Legends along with their Jewish Connection!

*The Sisterhood of
Temple Ahavat Shalom
Northridge, CA*



Welcome! Our Sisterhood has told the story of Passover in various ways. Each year we create our own Haggadah, sing new lyrics and melodies, sample foods and pray with a new focus. We have celebrated the contributions of women in our history, explored the traditions of Chinese and African Jews and those living in Mexico, Central and South America, laughed as we celebrated Jewish humor, highlighted Jews in entertainment, honored the traditions of Sephardic and Ashkenazic Jews, extolled the virtue of chocolate and savored the evolution of the cookbook and origins of our Passover foods. **This evening we will travel down another road –engaging in the stories of imagined superheroes and their connection to Judaism!**



Sound the Shofar-- Our Call for Freedom (Janice Berlin)



"Matzah Ball Tonight "

To the tune of "Comedy Tonight"

(Lyrics by Barbara Sarshik & Andy Pike)

Something historic, something caloric,
Something for everyone, a matzah ball tonight.

Tales that are thrilling, food that is filling,
Something for everyone, a matzah ball tonight.

Waters that part, great pyramids,
Bring on the yentas, kvetchers and kids.
Something neurotic, something melodic,
Singing of Hebrews taking flight!
Matzah brei tomorrow, matzah balls tonight!

Some yadda yadda from the Haggadah,
Something for everyone, a matzah ball tonight.

So much to question, such indigestion,
Something for everyone, a matzah ball tonight.

Hide your brioche, throw out your bread,
Eat macaroons and matzah instead.
Something observant, festive and fervent,
Praise Adonai with all your might!
Matzah brie tomorrow, matzah balls tonight!

Something enduring, see Grandpa snoring,
Something for everyone, a matzah ball tonight.

Motzi and Kiddush, Hebrew and Yiddish,
Something for everyone, a matzah ball tonight.

Prayers to be prayed, songs to be sung,
Family and friends, the old and the young.
Something so Jewish, so Dayenu-ish,
Thank God it all turned out alright!
Matzah brie tomorrow, matzah balls tonight!

(Rabbi Becky) Tonight, we embark on a journey exploring the origins of imagined superheroes, while re-telling our story of the Exodus from enslavement to freedom. "Seder" means order. For centuries all around the world, Jews have celebrated Passover, holding to a similar sequence of events -- retelling the story of the Exodus, and continuing the call of hope and peace for the future. Variations on words may occur within the prayers, the songs may be not within your repertoire, the rituals enhancing the story may vary and the foods may be similar yet different. Our sages tell us any custom accepted by a community over a period of time carries great weight.

Lighting the Festival Candles

(Cantor Elizabeth) All Jewish holidays include the lighting of candles. It separates ordinary time from sacred time. We affirm that as the candles brighten our Passover table, so too, do good thoughts, words and deeds brighten our lives. Just as many of our imagined superheroes in the comics and movies have brought light to cut through darkness, we have family, friends, co-workers and community, national and international leaders who bring light to our lives. In their honor we say:

ברוך אתה יי אלהינו מלך העולם, אשר קדשנו במצותיו וצונו להדליק נר של יום טוב.

Baruch Atah Adonai, Eloheynu Melech ha'olam asher kidishanu b'mitzvotav v'tzivanu l'hadlik ner shel Yom Tov.

Blessed are You, Adonai, our God, Sovereign of the universe, who sanctifies us with laws and commands us to light the festival lights.





The Seder Plate

(Rabbi Dalia) It is time to greet the seder plate. It holds the major symbolic foods. **Karpas**, meaning a fresh raw vegetable, symbolizes that Passover is the Festival of Spring. **Charoset**, comes from the Hebrew word for clay. It is a mixture of fruit, nuts, spices and wine, representing the mortar used by our ancestors to make bricks while enslaved to Pharaoh. A roasted **lamb shank bone** reminds us of our people being told to slaughter a lamb and smear its blood on the doorposts of their homes so that the Angel of Death would pass over them. An **egg** is a reminder of the renewal of life and symbolizes hope for the future. **Maror**, meaning bitter, represents the bitter life endured under slavery. **Chazaret**, an additional bitter herb, is eaten with the maror, because we all know misery loves company. An **orange** is on the plate to remind us not to oppress others because they are different from you or me. It calls us to fight against any and all exclusion of others.

Tonight, we honor several writers and illustrators who created memorable animated superheroes to not only entertain us, but to teach us lessons in humanity. Our seder plate features Krypton Karpas Spinach, Boom! Broccolini Chazeret, Dynamite Dipping Tamari Soy Sauce representing the tears of the Israelite slaves, Herculean Wonder Radish as our Maror, a Colossus Charoset to savor, the Elektra Egg, Marvelous Mrs. Matzah and the Omega Orange slices!

In addition to the Cup for Elijah, our seder table includes a cup of Regal Spring Water. It honors Miriam, sister to Moses and Aaron, symbolizing Miriam's life-saving wells of water on the long journey of the Israelites through the desert to the Promised Land.

Sisterhood is proud to make a donation to Sisters on the Streets, a local charity affiliated with North Valley Caring Services. In 2016, two sisters took action to provide feminine hygiene products to women living in shelters, sober living homes, transitional/crisis housing and on the streets. In addition to a cash donation, thanks to your participation tonight, Sisterhood is helping with a collection drive to supplement Sisters on the Streets basic hygiene supplies for distribution. Each of us can make a difference!



Kadesh! First Sip of our Celebratory Beverage

(Cantor Elizabeth) Tonight, we celebrate Passover with sips of the Nectar of Champions – wine, and Galactic Grape Juice! Sipping wine is a ritual prompting us to socialize with one another. Wine also prompts change. Passover commands us to imagine ourselves as those who came before us and made life changes to escape oppression, maintain hope and work for a better life. No matter our country of origin, wine is a tradition of Passover. Tonight, we sip Kedem grape wine or juice. Crafted by the Herzog family in New York since 1948, Kedem wines and juices are truly enchanting.

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הַגָּפֶן

Baruch atah Adonai, Eloheinu melech ha'olam, borei p'ri hagafen.

Blessed are you, Adonai our God, Sovereign of the universe, who created the fruit of the vine.

Praised are you, Adonai our God, Sovereign of the universe. You have given us seasons for rejoicing, festivals for joy, and special times for celebration. Among them is the Festival of Passover, a sacred gathering to commemorate the Exodus from Egypt. Praised are you, Adonai, who sanctifies Israel and the Festivals



Sweet Kosher Wine

(To the tune of "Sweet Caroline", Lyrics by Barbara Sarshik)

Adonai said, "I never will forget you. I will make Pharaoh set you free."
Now here we are, drinking the wine we savor as we recall our slavery.

(Chorus)

Hands..... pouring wine, reaching out, red for me, white for you.
Sweet Kosher wine, you make seders seem so good, so good, so good, so good!
We all recline and we drink you like we should.

Adonai said, "If you can learn to trust me then in the end, you'll just be fine."
Now here we are, all of these long years later drinking our favorite wine.

(Repeat chorus)

Shehechyanu – Who has Given Us Life – The Blessing for Firsts

(Rabbi Becky & Cantor Elizabeth) The Shehechyanu blessing is recited at the beginning of holidays and to celebrate special occasions, including “first time” celebrations! How fortunate we are to be here to celebrate this Passover, honoring superheroes, both real and imagined. We are grateful to be with friends and family as well as people we are meeting for the first time.

ברוך אתה יי אלהינו מלך העולם, שְׁהַחַיְנו וְקִיַּמְנוּ וְהַגִּיעַנוּ לְזֶמֶן הַזֶּה

Baruch atah Adonai, Eloheinu melech ha-olam, she'hecheyanu v'kiy'manu v'higi-anu laz'man hazeh.

Blessed are you, Adonai our God, Sovereign of the universe, who has sustained us, maintained us and enabled us to reach this moment in life.

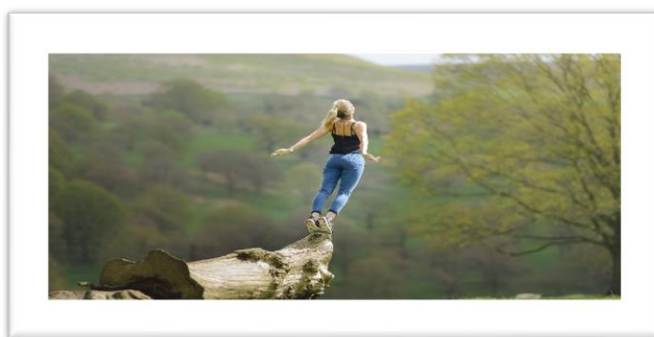
Urchatz – Cleansing of the Hands

ורחץ

(Cantor Elizabeth) At this point, we cleanse our hands without saying the blessing. One reason for this is to create a reflective moment, right now, to pause and just be. As you gently use the cleansing wipes on your hands, open your mind to new possibilities and be refreshed with tonight's seder experience.



A Nigun: a Jewish tune or melody without words to elevate our souls



Karpas - Our Ritual Vegetable

כָּרֶפֶס

(Rabbi Becky) During Passover we recognize spring has arrived. Fresh garden vegetables represent the coming of spring and the renewal of life. This year our karpas is **Krypton Spinach!** It is classified as a "Superfood" because it is loaded with tons of nutrients: vitamins A, B, C, E & K, folic acid, iron, calcium, potassium and magnesium and it's packed with water. Spinach boosts hydration and immunity, builds bones, strengthens vision and the heart, reduces inflammation and increases our ability to heal when injured. It's why many of our favorite superheroes might include a healthy helping of spinach in their diet!

We are commanded to remember our ancestors who suffered as slaves in Egypt, those who have endured persecution throughout history and those who are not free today. Dipping our greens into a strong-tasting liquid reminds us that strength can be a result of facing sorrow and pain. Tonight, our dipping liquid is **Dynamite Tamari gluten free Soy Sauce!** The ingredients are fermented soybeans, water and salt. Soybeans are a very rich source of plant-based protein, high in fiber and a good source of several vitamins and minerals.



Blessing over the Karpas

(Cantor Elizabeth) We are grateful for the people who plant and harvest our fruits, grains and vegetables. Please take a piece of spinach and dip it into the tamari soy sauce, as we recite the following blessing:

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הָאֲדָמָה.

Baruch atah Adonai, Eloheinu melech ha'olam, borei p'ri ha'adamah.

Blessed are You, Adonai our God, Sovereign of the universe, who creates the fruit of the earth.



Yachatz – Breaking the Middle Matzah

(Rabbi Dalia) The Torah tells us to eat matzah, for “we came out of the land of Egypt in haste.” We could not wait for the bread to rise and bake. We took the flat, unleavened dough, and after crossing the Red Sea and in a safer place, cooked it on an open fire. Matzah is a simple flatbread and common to all Jews. It is just flour and water, no yeast, no salt, no fat, no flavoring. We are commanded to remember the day our people fled the land of Egypt and to appreciate our freedom.

It is said the three matzot symbolize thought, speech and action. We take the middle matzah, symbolic of speech, and break it in two. One half is placed between the other two matzot as a reminder that our words are linked to our thoughts and actions. The other half is hidden away, suggesting the value of humility and living a humble and ethical life with acts of loving kindness—just like many of our superheroes!

As I raise the tray holding the Marvelous Mrs. Matzah we say:

This is the bread of affliction which our ancestors ate in the land of Egypt. Let all who are hungry come and share the Pesach meal. This year we are here. Next year may we be in our Promised Land.



That's A Matzah



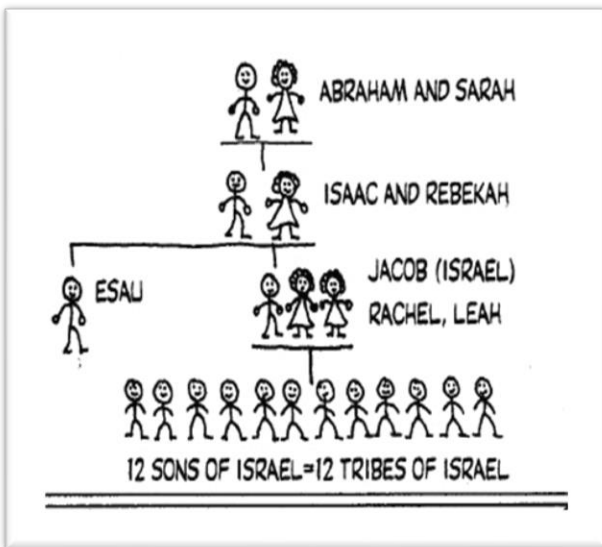
(To the tune of That's Amore, Lyrics by Barbara Sarshik)

When your bread doesn't bake and it's not a mistake,
That's a matzah!
When it breaks in your hand just like hard grains of sand,
That's a matzah!
We recline . . . and we talk about Moses.
We drink wine. . . and eat lots of charoses.
S'phardic Jews think it's nice to eat green beans and rice with their matzah,
Ashkenazi Jews say we should stay far away from those foods.
Keeping track of the rules is so crazy that you could just plotz-a!
But one food's always right on this Passover night,
That's a matzah!

Maggid – Telling the Story

(Reader 1) During Passover we are told to consider as if we were in Egypt, trying to break free from slavery. How did our people come to be in Egypt? Our ancestors, Abraham, Isaac, Jacob and their families were semi-nomadic herders, searching for fertile pastures to graze their sheep, cattle and camels, and for land to dig wells for fresh water. Abraham was commanded by God to leave his home in the Land of Ur, now a part of southern Iraq, and travel to a land that God would show him. Abraham and Sarah obeyed and found themselves in the Land of Canaan. We know it as the Promised Land, Eretz Israel. It was here that God made a covenant with Abraham and Sarah, saying "To your descendants I have given this land".

Years passed and Isaac, their son, was told by God to "Dwell in this land – for to you and your descendants I give all these lands." And he did. A generation passed. Trying to survive a severe drought, Jacob, son of Isaac, took his family and travelled south, far from The Promised Land and settled in the Land of Goshen, in northern Egypt. Rejoining with his son Joseph, who was already living in the land ruled by the Egyptian Pharaohs, Jacob and his descendants remained in Egypt for many years, living as shepherders, farmers, artisans, merchants and shop owners.



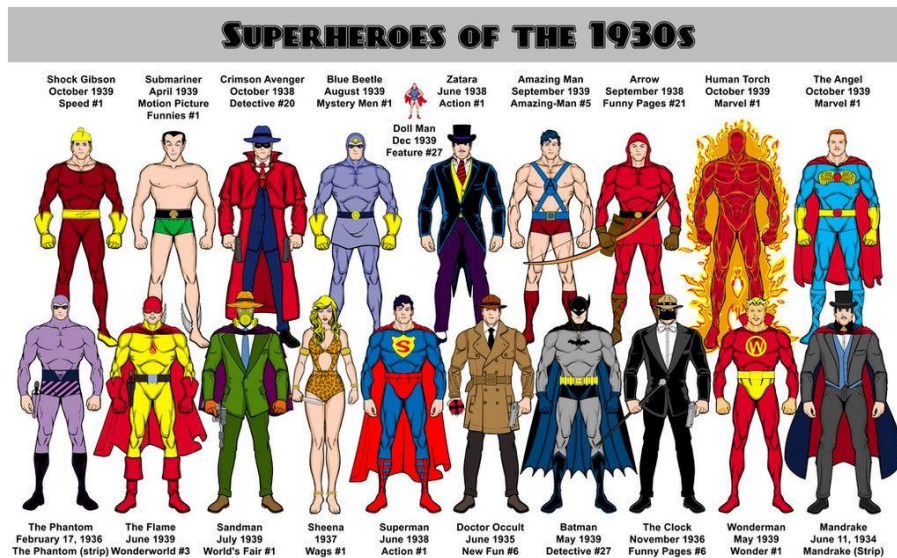
(Reader 2) The Israelites lived peacefully until a new Pharaoh arose in Egypt. Feeling threatened by the large Israelite population living in his empire, he enslaved them. For over four hundred years the Israelites served as slaves to the many Egyptian Pharaohs who ruled Egypt until God hearkened to the Israelites' pleading cries and redeemed them.

Passover was not observed during the forty years of wandering in the wilderness. When our ancestors finally reached the Promised Land and camped in the plains of Jericho, they celebrated with a Passover ritual. As it says in the Book of Joshua, "On the fourteenth day of the month at sunset, the Pesach offering was made, the manna ended and they ate from the produce of the Land of Canaan."



(Reader 3) Just as our story of Passover calls for justice, freedom and equality, many imagined superheroes were created by Jewish writers and illustrators to promote a better world and defend the righteous. Many were inspired by stories of ancient mythology, classic literature and early movies. Equally compelling are our stories of the Torah, the Talmud and the horrific truths of the Holocaust which underlies many of the storylines.



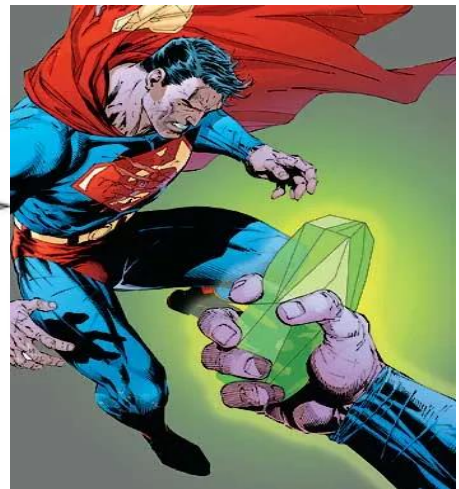


(Reader 4) A “superhero” is defined as a heroic character with an altruistic mission, who possesses superpowers, wears a defining costume and typically functions in the ‘real world’ in his or her alter ego.

Similarities can be made between ancient mythology and contemporary imagined superheroes. Many Greek myths involve beings who were half-god and half-human and were challenged with tragedy, fighting evil and protecting others. Take Hercules and Batman. Zeus, the Greek God of the Sky and supreme to all other gods, has a son, Hercules. Tragically, after being under a horrific spell cast by his jealous stepmother, Hercules succumbs to killing his beloved family. Meanwhile, Batman’s parents are murdered in his presence by a mugger as they exited a movie theater. The young Bruce Wayne is orphaned and traumatized. Both Hercules and Batman vowed to devote their lives to fight evil and protect the innocent.



(Reader 5) Other connections between Greek legends and today's comic superheroes are their power, weaknesses and origins. The mythic warrior, Achilles, and Superman have known weaknesses that render them powerless and potentially fatal. Achilles' heel, the only unprotected part of him when his mother dipped him in a magical river, is penetrated by lethal arrows. Superman experiences severe muscular weakness and pain when exposed to Kryptonite, a mineral from his home planet that was destroyed. Wonder Woman, debuting three years after Superman and the most powerful of female superheroes, strongly influences Superman's decisions, much like Hera does with her step-son, Hercules. Wonder Woman was created from clay by her mother and her powers were given by the Gods. This creation of life from clay appears not only in classical mythology, but in nearly every culture including Jewish folklore, think Golem and the Bible, as in Genesis where "Adonai formed man of the dust of the ground...".



(Reader 6) During the 16th Century, Rabbi Judah Loew ben Bezalel, created the clay-stone creature, the Golem of Prague. When brought to life through magic and prayers, the Golem protected the Jewish community from numerous anti-Semitic attacks. No doubt a Superhero of the Middle Ages!



The creators of many imagined superheroes and their superpowers may have been influenced by stories in the Torah and the Talmud. In Genesis 14, we learn that Abraham, with just 318 supporters, defeats four great kings and their large armies to bring his kinsman to safety! How did they achieve victory? The Talmud says when Abraham threw dust and straw into the air they would change into swords and arrows!

Other examples include Jacob exhibiting super strength while pushing off a large well-stone by his own might in Genesis 29, when typically, that job required a team of shepherds. Or Samson in Judges 15, crushing a thousand men with a single jawbone of an animal. In the Talmudic midrash, stories of miraculous travel abound. These stories include Eliezer and Elijah leaping or teleporting across vast distances. Or when a farmer chased his runaway ox traversing from Israel to Babylonia in a single day!



(Reader 7) Stan Lee, born Stanley Lieber, brought to life Spider-Man, the Fantastic Four, Hulk, Iron-Man, the Avengers and the X-Men. What was his inspiration? He said a good deal of it came from reading the Tanakh, citing Scripture as being perhaps his greatest literary influence. He said that the Bible was “definitely on my mind when I was writing things like Thor.”

The Talmud and Midrashim describes Shamir, one of the ten wonders created by Adonai on the eve of the first Shabbat, during the Six Days of Creation. A worm-like creature or stone-like substance, Shamir, had the power to cut through or disintegrate stone. It is said that Moses used it to engrave the stones that were inserted into the priestly breastplate. King Solomon used it to cut through the hard stones to build the First Temple. The Shamir had to be wrapped in wool and stored in a lead vessel. Otherwise, the container would burst and disintegrate under the gaze of the Shamir. Legend says Shamir lost its potency by the time of the destruction of the First Temple.



(Reader 8) Books have been written about the origins and Jewish connection of Superman. In reality, he didn't come from Krypton but rather Cleveland, Ohio – where he was thought up in 1938 by two nerdy Jewish teens, Jerry Siegal and Jo Shuster. They based his strength on Samson of the Bible! There is much Jewish symbolism with the story of Superman. He is sent in a small rocket ship by his parents to survive a complete decimation of his birth planet, like that of Moses being sent in a small basket by his mother down the river, hoping to spare Moses from death by Pharaoh's decree. Siegal and Shuster were both impacted by the Holocaust and though it wasn't within their original thought process, some believe Superman's arrival to Earth reflects the evacuation of thousands of Jewish children from Nazi occupied Europe to Britain on the Kindertransports.



(Reader 9) Batman, created in 1939 by two Jewish men, Bob Kane and Bill Finger, was inspired by a 1930 film, "The Bat Whispers". It's the story of the dark side of a detective who is a killer at night, wearing a bat mask. Kane and Finger changed their character to a masked crime fighter who has extraordinary powers. They adopted the swashbuckling theatrics that Batman displays from the 1920 film "Mark of Zorro" and the super sleuthing skills of Sherlock Holmes.



In the 1930's and 40's, many of our favorite comic superheroes were created by Jews to bring hope and compassion to the less powerful, to fight discrimination and social injustice. These creative talents were often paid meager salaries. They created enduring characters, embodying Jewish values and their own super imagination.

Stan Lee, one of many Jewish comic book creators once said, "To me you can wrap all of Judaism up in one sentence, that is, 'Do unto others.' All I tried to do in my stories was show that there's some innate goodness in the human condition. And there's always going to be evil; we should always be fighting evil."





"Miriam's Song" Music and lyrics by Debbie Friedman z"l, based on [Exodus 15: 20–21](#).

*(CHORUS) And the women dancing with their timbrels
Followed Miriam as she sang her song
Sing a song to the One whom we've exalted.
Miriam and the women danced and danced
the whole night long.*

And Miriam was a weaver of unique variety.
The tapestry she wove was one which sang our history.
With every thread and every strand
she crafted her delight.
A woman touched with spirit, she dances
toward the light.

As Miriam stood upon the shores and gazed across the sea,
The wonder of this miracle she soon came to believe.
Whoever thought the sea would part with an outstretched hand,
And we would pass to freedom, and march to the promised land.

And Miriam the Prophet took her timbrel in her hand,
And all the women followed her just as she had planned.
And Miriam raised her voice with song.
She sang with praise and might,
We've just lived through a miracle, we're going to dance tonight.



Four Questions מה ושתנה

(A conversation between Rabbis Becky & Dalia) Judaism has always encouraged questions. Arguing and offering various interpretations are part of our tradition. Why is this night different from other nights? Why is this seder different from other seders? Let's consider these four questions:

(1) As Batman's sidekick, Robin, might ask, "Holy Moses, Batman! Why are so many superheroes Jewish, whether hidden or self-described?"

Because a lot of the people who created them were Jewish! Most comic superheroes were created by Jews as the industry was just beginning and open to everyone. Whereas established newspaper and advertising agencies discriminated against Jews, the writing and drawing of comic strips weren't seen as big money makers. In time, the comic book business would provide economic security. The superheroes and their "daytime" personas reflect a yearning for inclusion, helping the powerless, and pursuing justice. Masking one's identity was prevalent, reflecting the need for Jews and immigrants to hide their minority culture and ethnicity. Some fictional superheroes are overtly Jewish, the most recent being Gotham City's Whistle, created in 2021. She is Willow Zimmerman, a sixteen-year-old social justice activist turned crusader who draws inspiration from Jewish teachings. Raised by her single mother who is a Jewish Studies Professor, one day, outside her synagogue, Willow and her pet dog, Lebowitz, collide with the evildoer Killer Croc. Willow discovers she now has supersonic hearing and smelling and the uncanny ability to speak to dogs. Together Whistle and Lebowitz pursue justice and fight crime and evil in her Lower East Side community.

(2) *What do we learn from our imagined Superheroes?*

Superheroes can be models for us. They demonstrate truths of human behavior, both positive and negative. Superheroes provide inspiration. They show us ways to cope with ourselves and each other. We can identify with their problems and the situations they face. Most superheroes hide their identity; they are one type of an individual in the day and another at night. Think Clark Kent & Superman, Bruce Wayne & Batman, Peter Parker & Spiderman and Diana Prince & Wonder Woman. There is a superhero for everyone, as they were created in all shapes and sizes, with physical and mental attributes, practicing a variety of professions and living in a variety of neighborhoods and cultures.

(3) What are some sayings attributed to Superheroes?

Just as we can quote scripture, quotes of famous people or famous movie lines, so too, there are statements attributed to superheroes. Here are just a few:

"With great power comes great responsibility." (Spiderman)

"It's not dying that you need to be afraid of, it's never having lived in the first place." (Green Hornet)

"Life doesn't give us purpose. We give life purpose." (The Flash)

"When you decide not to be afraid, you can find friends in unexpected places". (Captain Marvel)

"It's about what you believe. And I believe in love. Only love will truly save the world". (Wonder Woman)

"A hero can be anyone. Even a man doing something as simple and reassuring as putting a coat around a little boy's shoulders to let him know that the world hasn't ended". (Batman)

"I think a hero is an ordinary individual who finds strength to persevere and endure in spite of overwhelming obstacles". (Superman)

(4) Outside of this year's seder honoring Superheroes, is there a day designated to Superheroes?

YES, April 28, 2022 is National Superhero Day! Created in 1995 by Marvel Comics employees, the purpose is to honor those who serve and protect while fighting evil. No matter who is your favorite hero, honoring the real or fictional people that inspire us is a worthwhile cause.

Let's devote a few moments for us to share with each other, who or what have been our superheroes in our lives. Please raise your hand to share!



The Four Children

(Reader 10) We are told to tell the story of Passover to our children – teaching according to one's ability. The Torah speaks of four types of children: one is wise, one is defiant, one is innocent, and one does not know how to ask. They are aspects of ourselves. As adults each of us chooses how to respond to new or unfamiliar experiences, or anything that challenges our comfort zone.

(Reader 11) The Wise One asks: "What is the meaning of the laws and traditions God has commanded?" This person is eager to learn and is told all that he or she may grasp in the experience of the seder. *(Deuteronomy 6:20) You should teach this child all the traditions of Passover, even to the last detail.* Tonight, we are all the wiser as we learn about superheroes, who they are, who created them and their connection to Judaism.

(Reader 12) The Defiant One asks: "What does this ritual mean to you?" This person acts like a stranger that does not want to be included. *(Exodus 12:26) By using the expression "to you" he excludes himself from his people. Say "It is because of what Adonai did for me when I came out of Egypt..." (Exodus 13:8) "For me" and not for him. For had he been in Egypt, he would not have been freed.* Tonight, we are not defiant, but rather we embrace a seder experience different from past years and find our connection to its story.

(Reader 13) The Innocent One asks: "What is all this?" I want to understand the importance of this story. *You should tell this person: "It was with a mighty hand that Adonai took us out of Egypt, and to the Promised Land." (Deuteronomy 7:8)* Tonight, we may find ourselves asking more questions about the depth and scope of superheroes, be they imagined or real. Who in your life has offered you a hand when in need?

(Reader 14) As for The One Who Does Not Know How To Ask, *"You shall explain to this person that "It is because of what Adonai did for me when I came out of Egypt." (Exodus 13:8)* Let your imagination flourish as you listen and observe and are inspired by the words you hear and the songs you sing. Tonight, we take the time to enjoy stories, music and foods as we experience the story of our freedom.



The Ten Plagues

(Rabbi Becky) “And Adonai brought us out of Egypt with a strong hand and an outstretched arm, with great awe and with signs and wonders” (Deuteronomy 26:8). This verse alludes to the ten plagues which God brought against the Egyptians – “...with a strong hand” denotes two plagues, “and with an outstretched arm” – two more plagues; and “with great awe”—two more plagues; “and with signs” – two more plagues; “and wonders”—two more plagues. The plagues demonstrate Adonai’s unparalleled power and seem to be a necessary step in the process of redeeming the world from evil. Rather than plagues, we feature special powers and devices of Superheroes used to fight crime, combat threats against humanity and restore justice; ultimately weakening their villains into obscurity. How do they do it? **With each sign and wonder, let’s dip a drop of wine onto our plate, acknowledging the powers for goodness that Superheroes bring to us.**

(A responsa between Rabbi Becky, Rabbi Dalia & Cantor Elizabeth):

- 1. WHAM!** Super strength: Superman, essentially America’s first Superhero, is more powerful than a locomotive. His Krypton cells act as solar batteries, absorbing solar energy, providing super human strength. He is able to move large vehicles, trains, ships and has even dragged Earth out of a “dark multiverse”. Truth, Tolerance and Justice are his objectives, saving humans from their evil ways.
- 2. ZOOM!** Super speed: Struck by lightning and doused by vials of chemicals, Barry Allen, a forensic scientist, is transformed into the fastest man alive, aka The Flash. He can run at near light speed, phase through objects, time and dimensions. He gives his life to save the world, becoming like the lightning bolt that created him.
- 3. SHAZAM!** Super vision: Superman has exceptional vision, including keen night vision, the ability to see across interstellar distances, observe events occurring on a microscopic level, and scan a continent for signs of trouble.
- 4. VA-ROOM!** Ability to fly: Being able to soar through the sky and clouds alongside birds and airplanes is something human beings can only dream of today. Like her cousin, Superman, Kara Zor-El is Supergirl. She can fly, countering the forces of gravity and is able to do battle with many world-threatening forces and villains.
- 5. KA-POW!** Master of the martial arts: Unlike Superman, Wonder Woman, The Flash or Green Lantern, Batman is just a man. To fight crime, he relies heavily on his knowledge of martial arts, totaling 127 different moves! In fact, Superman once described him as the “most dangerous man on Earth.”!

6. ZAP! Ability to climb, jump and leap to unimagined heights: After Peter Parker, aka Spiderman, is bit by a radioactive spider, he discovers he has an uncanny ability to climb walls and leap onto buildings, sticking to the walls with his hands and feet with the strength, speed and agility of a spider.

7. BAM! Super breath: Superman possesses the unique power of exhaling and creating hurricane force winds that can chill an individual's breath and freeze his enemies in their tracks. Superman can also breathe in large amounts of air in order to collect and later dispose of harmful things such as clouds of poison gas.

8. BOOM! Super Hearing & Ventriloquism: Superman can hear people calling for help miles away. He has the ability to block out ambient sounds to focus on a specific source. He can "throw" his voice across great distances to communicate with others faraway without the need for special equipment. Superman can also raise his voice to a booming level and direct people off collapsing bridges or pitch his voice to police cars.

9. WOW! Gadgets Galore: Bruce Wayne, aka Batman takes center stage with a multitude of gadgets he designs and creates, including the infamous Batmobile, his Bat suit and utility belt. Tony Stark, aka Iron Man, has multiple suits that not only allow him to fly but be safe with his indestructible armor. Diana Prince, aka Wonder Woman, can brandish a Lasso of Truth to capture her enemies and force them to tell the truth. Let's not forget her Bracelets of Submission, which protect her from bullets and other weapons used against her.

10. POW! More Powerful, Magical Devices: A more recent superhero, Blue Ear, dons a hearing device that lets him hear "an ant hiccup on the other side of the country." Blue Ear is part of a top super-secret agency that fights crime by listening for cries of help. Spiderman's best invention is his web-shooters which spray a fluid that solidifies upon exposure to air and forms a "webbing". The webs can stop large vehicles or hold several criminals in place for two hours. Alan Scott and Hal Jordon, part of the Green Lantern Corps, wear a ring that enables them to fly and perform great feats from shrinking objects to turning people invisible. The rings allow the wearer to survive in any environment, removes the need to eat and sleep and provides the ability to translate any language! The ring's effectiveness is tied to the wearer's willpower and all the objects it creates are solid green.





" One Call Away "(Music & Lyrics by Charlie Puth)

I'm only one call away
I'll be there to save the day
Superman got nothing on me
I'm only one call away
Call me, baby, if you need a friend
I just wanna give you love
C'mon, c'mon, c'mon
Reaching out to you, so take a chance
No matter where you go, know you're not alone
I'm only one call away
I'll be there to save the day
Superman got nothing on me
I'm only one call away
Come along with me and don't be scared
I just wanna set you free
C'mon, c'mon, c'mon
You and me can make it up, anyway
For now, we can stay here for a while
Cause you know, I just wanna see your smile
No matter where you go, know you're not alone
I'm only one call away
I'll be there to save the day
Superman got nothing on me
I'm only one call away
When you're weak I'll be strong
I'm gonna keep holding on
Now don't you worry, it won't be long
Darling, if you feel like hope is gone
Just run into my arms
I'm only one call away
I'll be there to save the day
Superman got nothing on me
I'm only one, I'm only one call away
I'm only one call away
I'll be there to save the day
Superman got nothing on me
I'm only one call away
I'm only one call away

Dayenu (It Would Have Been Enough)

(Rabbi Becky and 11 Readers) At this time, we traditionally read the fifteen miracles that Adonai did for the Jewish people. Tonight, we honor the creative Jewish writers, illustrators and publishers of many fictional superheroes. They created enduring legends known around the world, enjoyed by children and adults, inspiring books, plays, films and television series.

- In 1934, **Max Gaines** and **Harry Wildenberg** created & published the first modern comic book, "Funnies on Parade". Born in New York City as Max Ginzburg and Harry Israel Wildenberg, born in Poland, both struggled to make ends meet during The Great Depression in New York City. They combined their talents and their joy of reading newspaper "funnies" into a new format – the comic book! Dayenu!
- **Harry Donenfeld**, born in Romania, settled in the Lower East Side of New York in 1898. After several legal and illegal business operations, in 1938 he teamed up with Russian born **Yacov (Jack) Lebovitz**. As co-owners of National Allied Publications, they distributed Action Comics and DC Comics. That year Superman debuted in the first issue of Action Comics and one year later, in 1939, Batman debuted in DC aka Detective Comics. Dayenu!
- **William Erwin Eisner** and **Bob Kane**, born Robert Kahn, both reared in New York and high school friends, loved creating cartoons. In 1936 they were given the opportunity to show their talents in the new publication, "Wow! What A Magazine!". It was published by **Samuel Maxwell "Jerry" Iger**, a key player during the Golden Age of Comics. In 1939, Bob Kane would soon go onto create the famous superhero, Batman, with **Bill Finger**. Dayenu!
- In 1938, the most famous and the first action cartoon superhero was created. Superman! High school friends in Cleveland, Ohio, **Jerome "Jerry" Siegel** the writer and **Joe Shuster** the artist, both shy and unassuming, loved science fiction, adventure and movies. They faced their own anti-Semitism as well as knowing their parents' stories of discrimination and hatred in Lithuania. They pedaled their comic strips to publishers and in 1938 they sold all rights of Superman to DC Comics for \$130. DC Comics hired Siegel and Shuster as principal writer and artist for Superman. Both were well paid due to the popularity of Superman. Dayenu!

- **Bill Finger, born Milton Finger** in Denver, Colorado, emigrated with his family from Austria-Hungary in 1907. They moved to the Bronx where Bill graduated high school with Bob Kane. They worked together for National Comics. In 1939, their editors were scrambling to create a superhero to rival Superman. Kane had drawn his initial version of Batman with wings, but Finger offered many suggestions such as a cape, added gloves and changed the colors from red to black and grey. Finger created Bruce Wayne, the science detective who was Batman. Finger also wrote many of the early Batman stories and made major contributions to the Joker character. Together, Bill Finger and Bob Kane, created Robin, Batman's sidekick, similar to the role that Watson provided to Sherlock Holmes. Dayenu!
- In 1941 Captain America was created by fellow New Yorkers, **Joe Simon, born Hymie Simon**, and **Jack Kirby, born Jacob Kurtzberg**. Captain America wore the colors of the American flag and fought the Nazi menace. Their partnership created many important characters in the 1930's and 40's Golden Age of Comic Books. Joe Simon served as the first Editor of Timely Comics, the company that would evolve into Marvel Comics. Jack Kirby would go on to co-create the Fantastic Four, the X-Men, Thor, Hulk and Iron Man, among others with Stan Lee. Jack is regarded as one of the most prolific and influential creators of comic superheroes. Dayenu!
- **Martin Goodman, born Moe Goodman** in Brooklyn, was a publisher of paperback books, adventure and science fiction magazines and comic books, launching the company known as Timely Comics that would later become Marvel Comics. As the Nazi regime in Germany began to threaten Europe and Japan began to pursue an expansionist course in Asia, Martin Goodman founded Marvel Comics with Captain America as its first Superhero to "express his feelings about what the United States stood for." Dayenu!
- The one and only **Stan Lee, born Stanley Lieber**, in 1922, hailed from New York City. His parents emigrated from Romania. Stan was influenced by books and movies, especially those with Errol Flynn playing heroic roles. He became the creative director for Marvel Comics. Collaborating with other writers and artists, Spider-Man, the X-Men, Iron Man, Thor, the Hulk, Ant-Man, the Wasp, Fantastic Four, Black Panther, Daredevil, Doctor Strange, Scarlet Witch and Black Widow were introduced and entertained for decades to the present. Dayenu!

- **Chris Claremont**, a nice Jewish boy born in London, came to the US at age 3 and during his youth lived on an Israeli kibbutz. In 1976, Chris took over Marvel Comics' X-Men series, and soon revealed that their arch foe, Magneto, is in fact a Jewish Holocaust survivor, using this as the explanation for his distrust of humanity. Dayenu!
- **Karl Kesel**, born in 1959 in New York, is a comic book writer. Most noteworthy is his 2002 story, "Remembrance of Things Past", in which it was revealed that Ben Grimm, aka The Thing, (the rock-like orange monster) is Jewish. In the story Ben recites the Shema for a storekeeper who is thought to be dead. Dayenu!
- Finally of special note is the female novelist, **Emily Jenkins Lockhart**. Born in 1967, Emily writes children's, young adult and adult fiction. In 2021, she created the female hero known as Whistle, born Willow Zimmerman. A superhero born Jewish hadn't been created since 1977. That was Seraph, an Israeli superhero who got his powers from Jewish artifacts handed down to him from historical figures. Emily developed Whistle from frequent visits to the Lower East Side with her family. Dayenu! Dayenu!



Second Sip of our Celebratory Beverage

(Cantor Elizabeth) We recall God's promise, "I will deliver you from bondage and into freedom". We are grateful that we can celebrate together.

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הַגָּפֶן

Baruch atah Adonai, Eloheinu melech ha'olam, borei p'ri hagafen.

Blessed are you, Adonai our God, Sovereign of the universe, who has created the fruit of the vine.



רחצה

Rachtzah – The Second Cleansing of our Hands

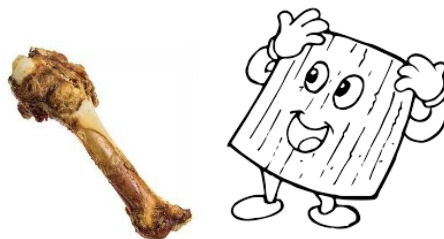
(Cantor Elizabeth) Before partaking of our matzah and Hillel sandwich, we prepare ourselves with the washing of our hands. Think about your hands and how you use them for good in this world. Think what your hands do for others, be it your family, your friends, your colleagues, your community. Think about all the hands of others who do for you here and as you go from year to year.

ברוך אתה יי אלהינו מלך העולם, אשר קדשנו במצותיו וצונו על נטילת ידים.

Baruch atah Adonai Eloheinu melech ha-olam, asher kid'shanu b'mitzvotav, v'tzivanu al n'tilat yadayim.

Blessed are you, Adonai our God, Sovereign of the universe, who has taught us the way of holiness through commandments, commanding us to wash our hands.

(Rabbi Dalia) Rabbi Gamliel, grandson to Rabbi Hillel, who lived during the First Century said "Whoever does not consider the meaning of these three things: Pesach, matzah, and maror, has not fulfilled the purpose of the seder." In Egypt, blood of a lamb marked the doors of Jewish homes to be "passed over" by the tenth plague commanded by Adonai. The shank bone is the symbol to remind us of this. As our people hurried to flee from Egypt, they took with them their half-baked bread, pulled from the ovens before it was ready. The bread was incomplete, unfinished, as is our world. We live in a world that like the matzah, is in need of wholeness and repair. Maror, the bitter herb, is the symbol of bitterness of servitude. May we have sympathy and hope for all who are enslaved because of their heredity, environment, or self-imposed limitations.



Motzi-Matzah



(Cantor Elizabeth) Let us bless this moment when we choose to eat matzah. Our ancestors, in their haste to be free, had no choice. It was matzah or nothing. Tonight, we eat matzah to remember those who came before us and their journey to liberation.

Please take a piece of matzah. Together we recite the following blessings:

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ

Baruch atah Adonai, Eloheinu melech ha-olam, hamotzi lechem min ha-aretz.

Blessed are you, Adonai our God, Sovereign of the universe, who provides sustenance from the earth.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל אֲכִילַת מַצָּה

Baruch atah Adonai, Eloheinu melech ha-olam, asher kid'shanu b'mitzvotav v'tzivanu al achilat matzah.

Blessed are you, Adonai our God, Sovereign of the universe, who has taught us the way of holiness through commandments, commanding us to eat matzah.

Maror מָרֹר

(Cantor Elizabeth) We eat the bitter herbs to remember the suffering of our ancestors in slavery. We eat bitter herbs in solidarity with anyone who suffers now under oppression, fear and unjust imprisonment, whose freedom has been taken or has never enjoyed to begin with in their lives. We honor more than just the struggle of our ancestors' journey from slavery to freedom, but also the values they passed down to us and the tools to help us survive our challenges. We thank our fellow Jewish, creative authors and illustrators for entertaining us and bringing hope to the world through their comic superheroes filled with adventure and adversity, and justice for the underdog.

Take some maror, the Herculean Wonder Radish, and together we recite:

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל אֲכִילַת מָרֹר

Baruch atah Adonai Eloheinu melech ha-olam, asher kid'shanu b'mitzvotav v'tzivanu al achilat maror.

Praised are you, Adonai our God, Sovereign of the universe, who has taught us the way of holiness through commandments, commanding us to eat the bitter herbs.

Chazaret – Our Second Bitter Herb חזרת

(Rabbi Dalia) This year's chazaret, our second bitter herb, is the Bold & Brassy Broccolini. Like the broccoli we all know and love, it is part of the brassica family, along with cabbage and Brussels sprouts, but it is not baby broccoli. It is a cross-breed of broccoli and Chinese kale, developed in Japan and first available here in 1996. Broccolini is high in vitamin C, contains a significant amount of vitamin A and dietary fiber. Broccolini also contains potassium, calcium and iron in smaller amounts

Korech – Hillel Sandwich כורֶךְ

(Rabbi Becky) The charoset is symbolic of the mortar that our ancestors used to build the cities for Pharaoh in Egypt. It is sweet to remind us that in the midst of our slavery, our misery, there is always the hope of freedom, the sweet taste of freedom. Every generation and every life have both the bitter and the sweet. Always have extra charoset at the table so everyone can have more of the sweet!

A "sandwich" is made, composed of a piece of matzah, maror (radish), the chazaret (broccolini) our second bitter herb and the charoses. It is eaten in a relaxed manner. Together we say:

"In remembrance of those who came before us, who yearned and struggled for a better life and those who currently struggle to find their place to be free."

The Shank Bone (Zeroa) זרֵאָה

(Rabbi Dalia) In the Sephardic tradition, pieces of meat from the shank bone are eaten by each participant. In the Ashkenazic tradition, the shank bone is acknowledged but not eaten.

The Torah speaks of God's outstretched arm, zeroa. The shank bone helps us remember God's might. The shank bone reminds us of the special lamb that was brought to the Temple in Jerusalem on Passover as an offering to God.



Beitzah – Rejoicing with the Eating of the Egg ביצה

(Rabbi Dalia) The egg represents rebirth, to turn our lives in a new direction or to start anew. It is a symbol of hope for each of us, for our children and for all Jewish people around the world. It's a symbol of what can be. Please enjoy the egg as we rejoice in this moment of celebrating Passover.

Tzafun צפון The Afikomen

(Rabbi Becky) Afikomen is a Greek word, meaning "dessert". Rabbi Eliezer Papo said of the afikomen: "It is eaten at the end of the meal, when one is full and satisfied. This is a hint that the good of the world-to-come will be merited by one who is satisfied and happy with what he has in this world. The afikomen is a broken piece of matzah, to symbolize that in this world we only have part of the good, the remainder being stored away for us in the world-to-come..." So, please partake of a bit of matzah!

The Third Sip of Celebratory Beverage



(Cantor Elizabeth) It is a mitzvah to say a blessing after we eat the afikomen. We are thankful and praise the Source of Life. Let us thank those who prepared our individual servings of the ritual foods and our Supertizers! We are grateful to be safe tonight, in the company with friends and family who care about one another. We pray for protection and safe keeping for those facing persecution and hatred throughout the world.

ברוך אתה יי, אלהינו מלך העולם, בורא פרי הגפן

Baruch atah Adonai, Eloheinu melech ha'olam, borei p'ri hagafen.

Praised are you, Adonai our God, Sovereign of the universe, who has created the fruit of the vine.

(Rabbi Becky) The theme of the Haggadah is the redemption of the Israelites from Egypt. In addition, the Haggadah points to the future redemption of Israel, including Jews all around the world. At this point in our Seder, the door is opened in case Elijah the Prophet makes an appearance. We are filled with hope for the future. In his day, Elijah the Prophet, confronted the King who with his wife, Jezebel, had begun to worship the pagan gods. Nearing Elijah's death, Adonai created a whirlwind which carried Elijah in a chariot of fire to everlasting life, never tasting death. The spirit of Elijah continues to create new connections, allowing us the freedom to enjoy our traditions. A chair is placed next to the seder plate for Elijah, which also represents a place for those who cannot attend the seder this year, whether through illness or otherwise prevented from participating.





Some Enchanted Seder

(To the tune of "Some Enchanted Evening. Lyrics by Steve Glickman)

Some enchanted seder, you may see a stranger,
 You may see a stranger across the crowded room.
 And somehow you know, you know even then
 The prophet Elijah has come back again.
 Some enchanted seder, when the door is open,
 You may see him lope in across the crowded room.
 And straight will he head to one special cup,
 To toast our deliverance and drink the wine up.
 When will it happen? Rabbis won't foretell.
 But it will happen, this you know full well.
 "Next Year in Jerusalem!", that is what you'll say then,
 That is what you'll say when Elijah reappears.
 Till then you will wait and save him a place.
 Each Passover seder you hope he will grace.
 Chariots of fire, one day it will come.



The Fourth Sip of Wine



(Cantor Elizabeth) The fourth cup of wine symbolizes hope. Our superheroes, both imagined and real, provide hope for better days. Superman, Wonder Woman, Batman, Spiderman, and all the rest stand for honor, integrity, and everything else many of us hope and strive to embody in our lives. Your favorite superhero can inspire you to become the best version of yourself and be a hero to others!

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הַגָּפֶן

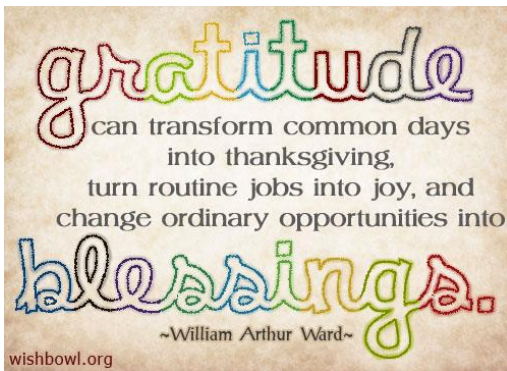
Baruch atah Adonai, Eloheinu melech ha'olam, borei p'ri hagafen.

Praised are you, Adonai our God, Sovereign of the universe, who has created the fruit of the vine.

In the Year to Come ~~~~ Enjoy the Dashing Orange Slices!

(Rabbi Dalia) Let us bless those who work for a future that brings liberation to those who suffer today. Bless those who bring us understanding and enlightenment in our daily lives. Bless those who create in words, in music, in art and dance, visions that increase our empathy and joy. Let us bless those who bring peace between people and between nations. Bless those who work to repair the world for us and generations to come.

The orange slice is a symbol of inclusion for all who have been marginalized in society. All people are created in the image of Adonai. We are commanded to love the stranger as ourselves, for we were once strangers in the land of Egypt.



"BaShana HaBa'ah" (Hebrew: בשנה הבאה, "Next Year") is a popular 1970 Israeli Hebrew song with music by Nurit Hirsch and lyrics by Ehud Manor. The song was first performed by the duo Ilan & Ilanit.

Bashana Haba'ah
Neishev al hamirpeset
V'nispor tziporim nod'dot

Y'ladim b'chufsha
Y'sachaku tofeset
Bein habayit l'vein hasadot

Od tir'eh, od tir'eh
Kama tov yihiyeh
Bashana bashana haba'ah

Od tir'eh, od tir'eh
Kama tov yihiyeh
Bashana bashana haba'ah

Next year
we will sit on the porch
and count migrating birds.

Children on vacation
will play catch
between the house and the fields.

You will yet see, you will yet see,
how good it will be
next year.

You will yet see, you will yet see,
how good it will be
next year.

Nirtzah נרצה

(Rabbi Becky) The Passover Seder is concluded, according to tradition with all its laws and customs. As we have been privileged to celebrate this Seder, so may we one day celebrate it in Jerusalem! Though next year again here at TAS in person, would be wonderful!

לְשָׁנָה הַבָּאָה בִּירוּשָׁלַיִם.

L'shana Haba'ah b'Y'rushalayim

Next Year in Jerusalem!





2022 Seder Committee

Arlene Stone, Committee Chair

Mel Birken, Becky Breuer, Maureen Fried, Sue Issler, Diane Levine, Sherry Lucks,
Rhonda Mayer, Laraine Miller, Laurie Scher, Tammy Singer
Sonia Smith, Judy Stehr

Rabbi Becky Hoffman, Cantorial Soloist Elizabeth Kerstein, Rabbi Dalia Samansky,

The Torah

TAS Sisterhood Seder Haggadots 2011-2021

Some songs borrowed from "Broadway Seder" University Synagogue, Los Angeles

Other songs borrowed from "Seder Songs –Song Parodies to Add Pizazz to Your Passover,
lyrics by Barbara Sarshik

Kaplan Arie, From Krakow to Krypton: Jews & Comic Books, Jewish Publication Society, Philadelphia, 2008

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The Deep Jewish Legacy of Comic Books and the Superhero Genre, Reform Judaism.org

Superman's Secret Identity—The Jewish Origins of our Comic Book Superheroes, Oakland University Religious
Studies, March 8, 2016.

Female Superheroes compiled by Laurie Scher

Superheroes in Judaism, www.mayimachronim.com

50 Most Powerful Superheroes, Entertainment Weekly, October 12, 2016

Whistle, Gotham City's Latest Superhero is Jewish, www.jta.org September 2021