

FROM ENSLAVEMENT TOWARD FREEDOM: SELF-CHANGE AND SOCIAL CHANGE  
WITHIN A SPIRITUAL CONTEXT

A Pre-Passover Discussion  
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PSYCHOLOGICAL/SPIRITUAL RELEVANCE

Pesach is the story of freedom. A time to assess areas where we in our own lives are not as free as we would like to be; and a time to assess areas of the world which are not as free as we feel they should be.

This Assessment can be a call to action on our parts. Perhaps not great, dramatic actions to start with, but some action; a place where we are willing to start to put our goals and values into practice with one more step of intensity.

Could go into a discussion here of concept of self-control: areas where you are doing something you'd like to do less of; or not doing something you'd like to do more of.

A discussion of being willing to share yourself (with yourself); that sharing a vulnerability is not a sign of weakness, Lazarus's inner circle, etc.

List: \_\_\_\_\_  
\_\_\_\_\_

We could also list here what are the two or three most pressing social/spiritual problems you see in the world today: AND again please list two or three, giving the year and the date.

This is where you are today. On this year and this date. The manual can be a guide. Just like you take physical check ups regularly to ensure that your blood pressure, cholesterol, are staying healthy, the Jewish holidays provide a guide to assess certain topics each year in other areas of your life. Each year, Pesach can be an opportunity to write in this journal, or manual, the progress you are making in improving your, and other's freedom.

Again, we cannot overemphaize the importance of starting small, with something you feel you can truly succeed it, and will make the effort to follow through with.

4.4 Self-control: what you aren't doing that you would like to do more of: what you are doing that you would like to do less of.

4.5 Hametz:

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5. Social Change

5.1 IF I AM NOT FOR MYSELF, THEN WHO SHALL BE FOR ME:  
IF I AM ONLY FOR MYSELF, THEN WHO AM I

5.2 Areas of concern that touch you: seeking a place to begin: both within and without the Jewish community.

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VOW VERSUS EXPERIMENT

To honor each of our individual differences. and styles. it is not up to us to be Moses, but to be the best xxxx we can.

and it is not up to us to complete the task, but it is up to us to start it.

## REFERENCES

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### FROM THE PASSOVER SEDER SUPPLEMENT:

#### Let My People Go

- 1 We have dedicated this festival tonight to the dream and the hope of freedom, the dream and the hope that have filled our hearts from the time our Israelite ancestors went forth out of Egypt. People have suffered, nations have struggled to make this dream come true. Now we dedicate ourselves to the struggle for freedom. Though the sacrifice be great and the hardships many, we shall not rest until the chains that enslave all people be broken.
  - 2 But the freedom we strive for means more than chains. It means liberation from all those enslavements that warp the spirit and blight the mind, that destroy the soul even though they leave the flesh alive. For people can be enslaved in more ways than one.
  - 3 People can be enslaved to themselves. When they let emotion sway them to their hurt, when they permit harmful habits to tyrannize over them -- they are slaves. When laziness or cowardice keeps them from doing what they know to be the right, when ignorance blinds them so that, like Samson, they can only turn round and round in meaningless drudgery -- they are slaves. When envy, bitterness and jealousy sour their joys and darken the brightness of their contentment -- they are slaves to themselves and shackled by the chains of their own forging.
  - 4 People can be enslaved by poverty and inequality. When the fear of need drives them to dishonesty and violence, to defending the guilty and accusing the innocent -- they are slaves. When the work they do enriches others, but leaves them in want of strong houses for shelter, nourishing food for themselves and for their children, and warm clothes to keep out the cold -- they are slaves.
  - 5 People can be enslaved by intolerance. When Jews are forced to give up their Jewish way of life, to abandon their Torah, to neglect their sacred festivals, to leave off the rebuilding of their ancient homeland -- they are slaves. When they must deny that they are Jews in order to get work -- they are slaves. When they must live in constant fear of unwarranted hate and prejudice -- they are slaves.
  - 5 How deeply these enslavements have scarred the world! The wars, the destruction, the suffering, the waste! Pesach calls us to be free, free from the tyranny of our own selves, free from the enslavement of poverty and inequality, free from the corroding hate that eats away the ties which unite humankind.
- Pesach calls upon us to put an end to all slavery! Pesach cries out in the name of God: "Let my people go." Pesach summons us to freedom.