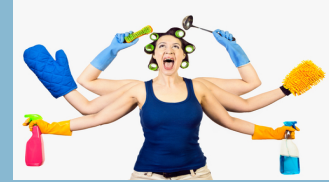


Passover Prep Kindness



At Areyvut, we are all about kindness and chesed. Here are our 4 suggestions to making your Pesach a kinder, more compassionate, more caring holiday:



- Be kind to yourself. Pesach should be looked forward to and anticipated with joy. Everyone should be well rested, relaxed and alert at the Seder table so that they can fulfill all the Torah and Rabbinic obligations and follow the Haggadah with the rest of the family. Clearly, the stress and work of pre-Passover cleaning must be balanced against the need to be able to celebrate the holiday with joy.
- Dirt may not be chametz. But let's face it, people do use the pre-Pesach time to do spring cleaning. And even leaving aside the special preparations that are necessary for Passover, preparing for hosting guests for holiday celebrations all the while providing meals for the family is stressful. Do not laugh at others' Pesach cleaning efforts even to yourself
- For those people with who have cleaning help before and during the holiday, remember to treat the person that you hire with the utmost dignity and respect. Be mindful of their needs, do not make unreasonable demands on their time, and thank them for their efforts.
- If you are going away for Pesach, invite those who are preparing for Pesach over for a meal. That chametz meal will be more appreciated than ten meals during the rest of the year.

