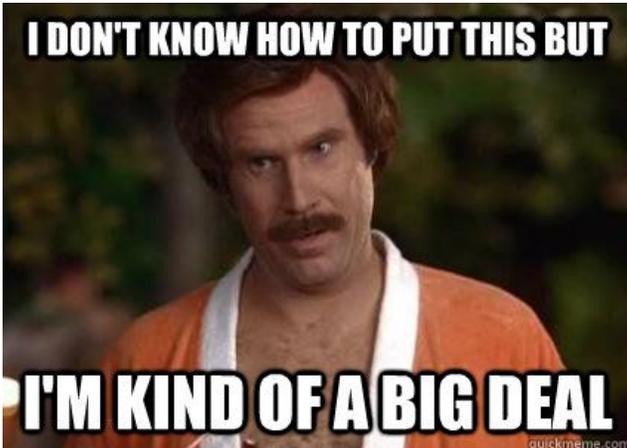


BRINGING SEDER to CHAOS



Freedom in Quarantine

DAY 5 - YACHATZ



“Hey, that’s my matzah--be careful with that!” For anyone who enjoys the pristine round (or square) matzah, this part of the Seder can be horrifying. We take the middle matzah and break it in half. The Talmud (Pesachim 115b) explains that just as someone in poverty only has crumbs, on Passover, we eat the bread of paupers.

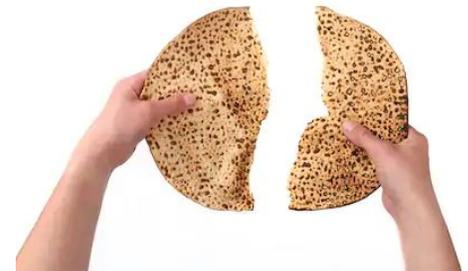
There’s a very simple and important message here. Broken matzah is not exactly a luxurious meal. **Eating the food of poverty is an exercise in humility.** This is an appropriate time to reflect on cultivating humility.

And recently that has become harder.

In 2010, the late comedian Harry Wittels noticed a trend, people bragging in a humble way. He called it a humble brag. “Ugh, keep getting pulled over in my new red lambo #struggleisreal.” In our attempt to stay humble or share, we’ve found a way to brag at the same time. **Yachatz reminds us that wholeness emerges through vulnerability.** As the great Rebbe of Kotzk said, “there is nothing more whole than a broken heart.”

David Brooks, in his New York Times column (April 2015) developed a concept called **a moral bucket list**, the great values we should strive to achieve over the course of our lives. **At the top of his list was humility.** This is what he wrote:

“The humility shift: We live in a culture of the Big Me. The meritocracy wants you to promote yourself. Social media wants you to broadcast a highlight reel of your life...But all the people I’ve ever deeply admired are profoundly honest about their own weaknesses..They have achieved a profound humility, what has been defined as an intense self-awareness from a position of other-centeredness.”



It’s great to have whole matza in your life, but make sure you share your broken pieces as well.

Join the Conversation

Give us your best Jewish #humblebrag

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