

*“Miriam, the prophetess,  
took a tambourine  
in her hand  
and all the women  
went after her  
to dance  
with tambourines.”*

Exodus 15:20

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*Many Voices.  
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# Getting out of EGYPT

*This year especially, it's an issue  
with which we are all struggling,  
whether we know it or not.  
In Hebrew, Egypt is **Mitzrayim**,  
which means a tight spot.  
And who among us isn't  
wrestling with that feeling,  
at least a little?*



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**T**HE ANCIENT ISRAELITES left Egypt three thousand years ago. How did they do it? How does a people, or a single person for that matter, get out of whatever *Mitzrayim* in which they find themselves?

**It may be economic, or political.** It may be events in Israel or the Jewish community. Perhaps it is personal relationships affected by all of that and more. But Miriam and the women of Israel knew that we can help liberate ourselves by expecting the best, even when things seem to be at their worst.

**After crossing the Red Sea** they sang with tambourines. But where did they come from? Why did these women pack musical instruments in the midst of an exodus so quick that even the bread didn't have time to rise?



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**T**HEY KNEW there would be a time to sing, and that packing for that time would bring them all closer to it. What worked then, can work now.

**What *Mitzrayim*** are you trying to leave?

**What object** would you carry with you to invite hope and inspire your ability to liberate yourself?

**T**HIS PASSOVER, ask those gathered at your table to bring any object which they would pack for just that purpose, and invite them to explain their choice.

**Together, you will see yourselves** as those leaving Egypt and will help each other create your own personal exodus stories as well.