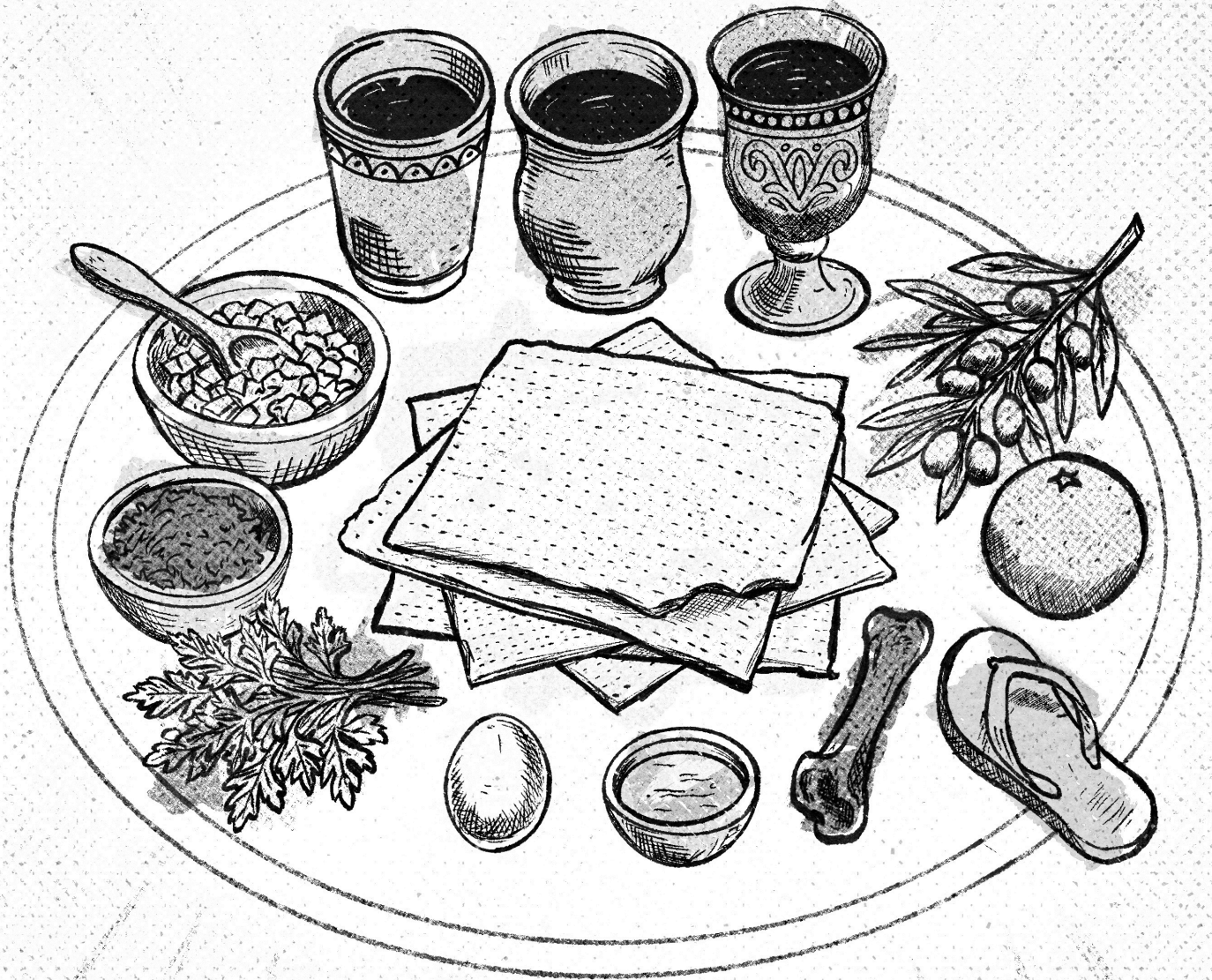
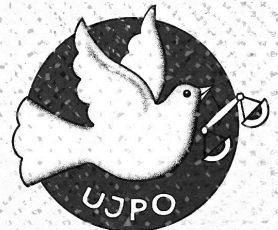
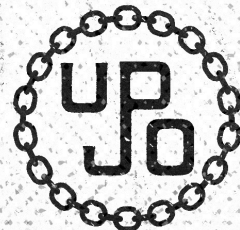


SEYDER PLATE

Saturday, April 4, 2026



Charoset, Maror, Karpas, Egg, Salt
Water, Shankbone, Matzah, Olive,
Orange, Spoon, Shoe, The Cup of Miriam,
The Cup of Ruth, The Cup of Eliyahu



A Note On Third Seyders, and an Introduction to UJPO

What is a Third Seyder?

The leftist Jewish tradition of the Third Seyder emerged in the 1920s and 1930s. The goal of the Third Seyder was to make the Passover story relevant to current struggles for justice. Thousands of guests would attend these events to celebrate a common history, a shared ideology, and a better future.

Who is The United Jewish People's Order

If you're here sharing space with us for the first time, we are happy that you found us. We are the United Jewish People's Order, a 100 year old social justice-focused, secular, cultural, political and educational Jewish organization, with branches in Toronto and Winnipeg, and membership across the country. We run all kinds of cultural programming, an experiential sunday school for children from kindergarten to B'Mitzvah, adult learning opportunities and a family-oriented, secular Jewish summer community called Camp Naivelt.

A Warm Welcome to UJPO Toronto's Third Seyder from UJPO Winnipeg

The Executive of UJPO/Jews for Social Justice Winnipeg offers you our warm greetings as you celebrate together your Third Seyder: 100 Years of Resistance, Choosing Courage.

It's an inspiring theme, and it moves us to know that together we continue to represent the values of progress and justice that the early founders of UJPO began 100 years ago.

We, too, will be honouring these shared values at our Third Seyder next week in Winnipeg, using the theme United for Social Justice.

Ours is a community that keeps growing across Canada as Jews seek out a progressive and inclusive space to come together in solidarity and activism.

Wishing you all a Happy Pesach.

In solidarity and love.

UJPO Winnipeg

GRIS BAGRIS

LEYBUSH LEHRER, LAZAR WEINER

Gris, bagris zey mit gezang,
Ven di zun fargeyt,
Shpreyt zikh undzer loyb-gezang,
Iber vayt un breyt.

*Greet them with singing
When the sun goes down
Our song of praise spreads
Far and Wide*

CHORUS

**Zingt, zingt, ale tsuzamen,
Ale, ale, kleyn un groys,
Brengt, brengt, mit freyd un lider,
Likht in undzer hoyz.**

CHORUS

***Sing, sing all together
All, all, little and big
Bring, bring, with joy and songs
Light into our house***

Shpreyt dayn varemen fligl oys,
In dem ovnt-vint,
Vayse likht in under hoyz,
Ven der tog farshvindt.

*Spread out your warm wings
In the evening wind
White candles in our house
When day disappears, sing, sing...*

CHORUS

Lomir eyn mishpokhe zayn,
Sholem in der velt.
Dort in heln zunenshayn,
Dort vu keyner felt.

CHORUS

*Let's be united as one family,
With peace in the world
There in the bright sunshine
Where no one is left out. Sing, sing.*

CHORUS

CHORUS

RICH PEOPLE

CARSIE BLANTON

Seems like bad news all of the time
We got floods and fires and wars and crime
They try to tell me who I ought to blame
But I know who it is cus it's always the same
Don't be ashamed if you get confused
When you talk to your friends or you watch the news
They try tell you where it all went wrong
Now you don't have to argue just sing this song, it was

CHORUS

Rich people, stackin the deck
Rich people with big fat checks
Rich people, they're havin a ball
Rich people been fuckin us all

Back in 1979
The western world was in decline
So, Regan, Thatcher, Mulroney too
They fixed it right up, but not for you (just for)

CHORUS

Who run the world?
It ain't the jews
Rich people don't pay no dues
Who did the crime?
It ain't the blacks
Rich people don't pay no tax
Who took your job?
It ain't immigration
It's **rich people** with corporations
Who threw the vote?
It ain't rednecks
Rich people with big fat checks

CHORUS

ZOG NIT KEYN MOL/NEVER SAY

BY DMITRI POKRASS & HIRSH GLIK

Zog nit keyn mol az du geyst dem letstn veg,
Khotsh himlen blayene farshteln bloye teg.
Kumen vet nokh undzer oysgebenkte sho
Es vet a poyk ton undzer trot — mir zaynen do!

Fun grinem palmenland biz vaysn land fun shney,
Mir kumen on mit undzer payn, mit undzer vey,
Un vu gefaln s'iz a shprits fun undzer blut,
Shprotsn vet dort undzer gvure, undzer mut.

Es vet di morgnzun bagildn undz dem haynt,
Un der nekhtn vet farshvindn mitn faynd,
Nor oyb farzamen vet di zun in dem kayor —
Vi a parol zol geyn dos lid fun dor tsu dor.

Dos lid geshrihn iz mit blut un nit mit blay,
S'iz nit keyn lidl fun a foygl af der fray,
Dos hot a folk tsvishn falndike vent
Dos lid gezungen mit naganes in di hent!

To zog nit keyn mol az du geyst dem letstn veg,
Khotsh himlen blayene farshteln bloye teg,
Kumen vet nokh undzer oysgebenkte sho —
Es vet a poyk ton undzer trot — mir zaynen do!

*Never say this is the final road for you,
Though leadened skies may cover over days of blue.
As the hour that we longed for is so near,
Our step beats out the message – we are here!*

*From lands so green with palms to lands all white with snow,
We shall be coming with our anguish and our woe,
And where a spurt of our blood fell on the earth,
There our courage and our spirit have rebirth.*

*The early morning sun will brighten our day,
And yesterday with our foe will fade away
But if the sun delays and in the east remains –
This song as password generations must maintain.*

*This song was written with our blood and not with lead,
It's not a little tune that birds sing overhead.
This song a people sang amid collapsing walls,
With grenades in hand they heeded to the call.*

IL HELWA DI (THE BEAUTIFUL ONE)

SAYYID DARWISH

Chorus

Il Helwa di amit te'gin fil badreyya
Waddeek biyyiddan – koo koo koo koo fil fagreyya
Yalla bina 'ala bab Allah, ya sanay'eya, yig'al sabaHak,
sabaHil kheyr, yasta 'Ateyya

Verse 1

SabaHi-S-SabaH, fattaH ya 'aleem
Wal geyb mafih-shi wala malleem
Min fil yomeyn dol shaf Taltim, zayyi-S-Sanay 'eyyal maZalim
ISSabri amru Tal, wesh ba'di wa'fil Hal
Yalli ma'ak il mal, bardol fa'eer loh Rabbi kareem

Verse 2

Matshiddi Heylak yabu SalaH, Iddunya Helwa gihad wa kifaH x2
Khalli tukalak 'al fattaH
Mat yalla bina il wa't ahu raH

Ishshamsi til 'it, wil Mulki-ll-allah
Igree li riz'ak, Khalleeha 'a-ll-allah
Wuhat adumak, wil 'idda wa yalla

Maqam Hijaz
Iqa' – Baladi

*The beautiful one got up to knead the bread
The rooster is crowing "koo koo koo koo" at dawn
Let's go, workers, to start our good morning
Good morning Mr. Ateyya*

*Good morning, let's get up
Our pockets have no money
Who has seen even a penny these days, poor workers
Our patience is long and we work hard
You who have money, the workers have our creator*

*Come on Mr. Salah
The world is beautiful and good
We are open to it
Let's go, time is running out*

*The sun has come out, we are in God's hands
Let's chase our dreams, God willing
Go get your tools, and let's go*

GENTLE ANGRY PEOPLE

HOLLY NEAR

We are queer and trans together
And we are singing, singing for our lives x2

We are a gentle, angry people
And we are singing, singing for our lives x2

We are a justice-seeking people
And we are singing, singing for our lives x2

We are young and old together
And we are singing, singing for our lives x2

We are a hundred years and counting
And we are singing, singing for our lives x2

We are a gentle, angry people
And we are singing, singing for our lives x2

AGAINST THE GRAIN

SARENA SAIRAN AND DAVID WALL

Passed through blood and bone
To build new memory
Faded like worn stone

Love is born and grows
Lives in tales half-told
Names the silence knows
As legacy unfolds

CHORUS

**These red lines are made of golden chains
We know to always go against the grain**

Times have changed
But the fight's the same and remains
You looked after me
From vow to now

We are the oath we take
Our red lines will never fade away
Never bow or betray
From vow to now

CHORUS

Passed through all we know
To build new memory
Faded like worn stone

Love is what we chose
It lives in tales half told
Names the silence knows
As legacy unfolds

A CHANGE IS GONNA COME

SAM COOKE

I was born by the river in a little tent
Oh, and just like the river I've been running ever since

**It's been a long, a long time coming
But I know a change gon' come, oh yes, it will**

It's been too hard living, but I'm afraid to die
'Cause I don't know what's up there beyond the sky

**It's been a long, a long time coming
But I know a change gon' come, oh yes, it will**

I go to the movie and I go downtown
Somebody keep telling me don't hang around

**It's been a long, a long time coming
But I know a change gon' come, oh yes, it will**

Then I go to my brother
And I say, "Brother, help me please"
But he winds up knockin' me
Back down on my knees

There've been times that I thought I couldn't last for long
But now I think I'm able to carry on

**It's been a long, a long time coming
But I know a change gon' come, oh yes, it will**

Why Is This Night Different From All Other Nights?

מה נשתנה הלילה הזה מכל הלילות

Ma nishtanah halaylah hazeh mikol haleylot?

פֶּאָרוואָס איז די נאַכט פֿון פֿסח אַנדערש פֿון אַלע נעכט פֿון אַ גאַנץ יאָר

*Farvos iz di nakht fun peysekh andersh
fun ale nekht fun a gants yor?*



On all other nights, we eat either bread or matze.
Why, on this night, do we eat only matze?

שבכל הלילות אנו אוכלין חמץ ומצה הלילה הזה כלו מצה

*She-b'khol ha-ley-lot a-nu okh-leen hametz u-matzah,
ha-lay-lah ha-zeh ku-lo-matzah?*

אַלע נעכט פֿון אַ גאַנץ יאָר מעגן מיר עסן סיי חמץ סיי מצה
אַבער אין דער דאָזיקער נאַכט פֿון פֿסח נאָר מצה

On all other nights, we eat all kinds of vegetables.
Why, on this night, must we eat bitter herbs?

שבכל הלילות אנו אוכלין שאר ירקות הלילה הזה מרור

*She-b'khol ha-ley-lot a-nu okh-leen sh'ar ye-ra-kot,
ha-lay-lah ha-seh maror?*

אַלע נעכט פֿון אַ גאַנץ יאָר עסן מיר אַלערליי גרינסן
אַבער אין דער דאָזיקער נאַכט פֿון פֿסח נאָר מרור

*Ale nekht fun a gants yor esn mir alerley grinsn,
ober in der doziker nakht fun peysakh nor maror?*

On all other nights, we do not usually dip vegetables even once. Why, on this night, do we do so twice?

שבכל הלילות אין אנו מטבילין אפלו פאם אהת
הלילה הזה שתי פעמם

*She-b'khol ha-ley-lot eyn a-nu mat-bee-leen afee-lu pa-am e-chat,
ha-lay-lah ha-zeh sh'tey pe-ameem?*

אַלע נעכט פון א גאַנץ יאָר טונקען מיר ניט איין אַפילו איין מאָל
אַבער אין דער דאָזיקער נאַכט פון פסח טונקען מיר איין צוויי מאָל

*Ale nekht fun a gants yor tunken mir nit ayn afile eyn mol,
ober in der doziker nakht fun peysakh tunken mir ayn tsvey mol?*

On all other nights, we eat either sitting up or reclining.
Why on this night, do we eat reclining?

שבכל הלילות אנו אוכלין בין יושבין ובין מסבין
הלילה הזה כלנו מסבין

*She-b'khol ha-ley-lot a-nu okh-leen beyn yosh-veen u-veyn m'su-
been, ha-lay-lah ha-seh ku-lah-nu me-su-been?*

אַלע נעכט פון א גאַנץ יאָר קענען מיר עסן סיי זיצנדיק גלייך סיי
אַנגעלענט אַבער אין דער דאָזיקער נאַכט פון פסח נאָר אַנגעלענט

*Ale nekht fun a gants yor kenen mir esn say zitsndik glaykh, say
ongelent, ober in der doziker nakht fun peysakh nor ongelent?*



Four New Questions From Our 2026 Virtual B'Mitzvah Class

What actions have you taken in the past year to support your own communities?

Is it important to share our knowledge/traditions with those who are interested, and why?

If you could add something to the Seder Plate that represents an important value/concept to you, what would it be?

Why is Canaan/Israel/Palestine considered the Jewish Homeland and not other places that Jewish people lived, are from, and passed through, like Ur (where Abraham is from)?

CHOSEN FAMILY

RINA SAWAYAMA & ELTON JOHN

Where do I belong?

Tell me your story and I'll tell you mine
I'm all ears, take your time, we've got all night
Show me the rivers crossed, the mountains scaled
Show me who made you walk all the way here

Ooh

Settle down, put your bags down

Ooh

You're alright now

We don't need to be related to relate
We don't need to share genes or a surname
You are, you are
My chosen, chosen family
So what if we don't look the same?
We been going through the same thing, yeah
You are, you are
My chosen, chosen family

Hand me a pen and I'll rewrite the pain
When you're ready, we'll turn the page together
Open a bottle, it's time we celebrate
Who you were, who you are
We're one and the same, yeah

I chose you
You chose me
I chose
Chosen family
I chose you
You chose me
We're alright now

EL IMNO SOCIALISTA (*THE SOCIALIST HYMN*)

LU COY, MICHEL VAN LOH

Desperta obrero i mira
La luz de la verdad
I veras a los socialistas
Komo luchan kon ardor i kon pasion

La union, la union sera nuestra salvasion
Non mas sufrir esta opresion
Esklavos del progreso
La libertad emos de proklamar,
Si non viene un muevo de retroseso
Un muevo sol, al mundo luminara:
Non mas sufrir!

Esklavos del progreso
La libertad emos de proklamar,
Si non viene un muevo de retroseso
Un muevo sol, al mundo luminara:
La libertad!

*These bourgeois, traitors, who trample us
Under the yolk of exploitation,
They will be swept away and badly so
And persecuted without compassion.*

*Wake up worker and look at
The light of truth
And you will see the socialists
How they fight with fervor and passion
The union, the union will be our salvation
No more suffering this oppression*

*Slaves of progress
Liberty we must proclaim,
If not a new regression comes
A new sun will illuminate the world:
No more suffering!*

ISSALAM

LYRICS BY EHAB LOTAYEF; MUSIC BY MARYEM & ERNIE TOLLAR

Issalam mish bassi kilmi
Mish mubadra aw munawwira
Issalam mish bassi kilmi
Mish manazir wibtisam

Issalam mish binti Helwa
Kolli min shaf-ha ghazil-ha
Bil ulub tiskon awam

Issalam mish warda na'ma
Il Habayib tit-badil-ha
Shayla aHlam il-gharam

Issalam khatwa garee'a
'Eyn tishuf koll-il-Ha'ee'a
Issalam khatwa garee'a
Albi mayy khaffi-Zalam

Issalam 'ayyil Soghayyar
Law sineen izzulm titwal raH yimut ablil awan

Zar'a nabta, lissa khadra
Li fil arD khof tikbar, mish hatitraH gheyr sumum

Issalam Dameer biyis-Ha
Mish hanisra', aw hani'til, aw niHabi, aw nikhoun

Lamma ni'tirif ghilit-na
Ah lamma tinkisir iSSuyuf
Ah lamma tit-had issugoun

Issalam ya'nil 'adala, yirga' il Ha' illi Dayi'
Tirga' il arDil wilad-ha, mahma 'addit issineen

Ya Habibti, uHduneenee
FiSSa'ab iw'eet- sibeenee
IfDalee dayman ma'aya
Khatwitik wayya khutaya mish ha-yigh-lib-nazzaman

Issalam mish bassi kilma
Issalam khatwa garee'a
Issalam ya 'nil 'adala
Mish ha-yigh-lib-nazzaman

*Peace is not just a word
Not just an initiative or a manoeuver
Peace is not just a word
Not just photo ops and smiles*

*Peace is not just a pretty girl with whom people
flirt
Who immediately captures hearts
Peace is not a beautiful rose that lovers exchange
Carrying dreams*

*Peace is a brave step
Witnessing the whole truth
Peace is a brave step
A heart that does not fear darkness*

*Peace is a young child
If the years of injustice go on too long, he will die
before his time*

*A plant, still green and small
If the fear in the soil grows, only poisonous fruits
will grow*

*Peace is an awakening conscience
We won't steal, we won't kill or favour or betray*

*It's when we admit we made a mistake
It's when the swords are broken
It's when prisons crumble to the ground*

*Peace means justice
The return of stolen rights
The land goes back to her children
No matter how many years have passed*

*My love, hold me tight
In the darkness, don't ever leave me
Stay with me always
Your step with my step, we will not be overcome
with the times (We will never lose)*

*Peace is not just a word
Peace is a brave step
Peace means justice
We will not be overcome with the times*

LO DAYENU

If we are free while others are not.

Lo Dayenu: "It would not be enough for us"

If there is peace without justice.

Lo Dayenu: "It would not be enough for us"

If antisemitism is stopped while other forms of racism flourish.

Lo Dayenu: "It would not be enough for us"

If the guns fall silent but oppression remains.

Lo Dayenu: "It would not be enough for us"

If "never again" only applies to us.

Lo Dayenu: "It would not be enough for us"

DAYENU

TRADITIONAL

**LO DAYENU, LO DAYENU,
LO DAYENU, DAYENU, DAYENU, DAYENU
(REPEAT)**

ILU HOTZI HOTZIANU
HOTZIANU MIMITZRAYIM,
HOTZIANU MIMITZRAYIM,

LO DAYENU REFRAIN

ILU NATAN NATAN LANU
NATAN LANU ET HATORAH
NATAN LANU ET HATORAH

LO DAYENU REFRAIN

ILU NATAN NATAN LANU,
NATAN LANU ET HASHABBAT,
NATAN LANU ET HASHABBAT,

LO DAYENU REFRAIN

V'AHAVTA

AURORA LEVINS MORALES

Say these words when you lie down and when you rise up,
when you go out and when you return. In times of mourning
and in times of joy. Inscribe them on your doorposts,
embroider them on your garments, tattoo them on your shoulders,
teach them to your children, your neighbors, your enemies,
recite them in your sleep, here in the cruel shadow of empire:
Another world is possible.

Thus spoke the prophet Roque Dalton:
All together they have more death than we,
but all together, we have more life than they.
There is more bloody death in their hands
than we could ever wield, unless
we lay down our souls to become them,
and then we will lose everything. So instead,

imagine winning. This is your sacred task.
This is your power. Imagine
every detail of winning, the exact smell of the summer streets
in which no one has been shot, the muscles you have never
unclenched from worry, gone soft as newborn skin,
the sparkling taste of food when we know
that no one on earth is hungry, that the beggars are fed,
that the old man under the bridge and the woman
wrapping herself in thin sheets in the back seat of a car,
and the children who suck on stones,
nest under a flock of roofs that keep multiplying their shelter.
Lean with all your being towards that day
when the poor of the world shake down a rain of good fortune
out of the heavy clouds, and justice rolls down like waters.

Defend the world in which we win as if it were your child.
It is your child.
Defend it as if it were your lover.
It is your lover.

When you inhale and when you exhale
breathe the possibility of another world
into the 37.2 trillion cells of your body
until it shines with hope.
Then imagine more.

Imagine rape is unimaginable. Imagine war is a scarcely credible rumor
That the crimes of our age, the grotesque inhumanities of greed,
the sheer and astounding shamelessness of it, the vast fortunes
made by stealing lives, the horrible normalcy it came to have,
is unimaginable to our heirs, the generations of the free.

Don't waver. Don't let despair sink its sharp teeth
Into the throat with which you sing. Escalate your dreams.
Make them burn so fiercely that you can follow them down
any dark alleyway of history and not lose your way.
Make them burn clear as a starry drinking gourd
Over the grim fog of exhaustion, and keep walking.

Hold hands. Share water. Keep imagining.
So that we, and the children of our children's children
may live

NIRTZAH

Nirtzah marks the end of the seder ritual. It expresses a hope that our retelling of the passover story has been accepted, and that redemption is possible. In religious hagaddahs, it ends with the words: "Next Year in Jerusalem."

For the last century and more, this phrase has been used as a rallying call for Jews to make aliyah, or move to Israel. But its origins date to well before the Zionist movement. Much more than a call to simply pick up and move, it is an expression of a longing for redemption, for ha'olam haba, the world to come.

Jerusalem actually translates to "city or foundation of peace". Yet the Jerusalem we know today is neither of those things. Quite the contrary. It is a place marked by profound injustice and oppression.

The Jerusalem of today is not the redemption that our ancestors dreamed of, that our tradition calls us toward.

As Jews of conscience, grounded in a rich tradition of justice, it is our collective task to help turn our people away from visions of a Jerusalem of Jewish dominance and towards a Jerusalem – both literal and figurative – of true peace and justice for all.

And so we say together:

Next year in a city of peace with justice.

Next year in a world of liberation for all.

Next year in a free Palestine.

THE FUTURE'S HERE

SARENA SAIRAN & DAVID WALL

Blood's thicker than water
Blood's thicker than the sea
There's a river between us
That wants to run free

Stomach's are empty
Heart's are heavy as stone
There's blood in the flour
Broken bread and broken bones

CHORUS

**Not in our name
We'll never be the same
The future's here-from far and near
We are the change**

They've been coming to get you
Now they're coming after me
The river it widens
Till there's nowhere left to be

I don't want to believe it
I don't want it to be true
What they're ready to justify
And what they're willing to do

CHORUS

