



5783

Guide &
Resources

PASSOVER SCHEDULE

Tuesday, April 4th

After dark (7:48 PM) perform the search for *hametz* .

Wednesday, April 5th - Erev Passover

7 a.m. Minyan & Siyyum, Zoom & In-person. Usual Daily Minyan Zoom Link.

Breakfast following services.

10:48 a.m. all *hametz* should be burned

7:02 p.m. First Seder candle lighting

Thursday, April 6th – Passover I.

8 a.m. Festival Morning Services, Zoom & In-person. Usual Daily Minyan Zoom link.

8:03 p.m. Second Seder candle lighting

Friday, April 7th - Passover II; Shabbat

8 a.m. Festival Morning Services, Zoom & In-person. Usual Daily Minyan Zoom link

7 p.m. Shabbat Festival Evening Service, Zoom & In-person. Usual Shabbat Zoom link.

7:04 p.m. Candle lighting for Shabbat.

Shabbat, April 8th – Shabbat Chol HaMoed

9:30 a.m. Shabbat Morning Services, Zoom & In-Person. Usual Shabbat Zoom link.

Sunday, April 9th - Intermediate Day

9 a.m. Morning Services, Zoom & In-person. Usual Daily Minyan Zoom link

5:30 p.m. Community Seder, In-person only. RSVP required.

Monday, April 10th and Tuesday 11th - Intermediate Days

8 a.m. Passover Morning Minyan. Zoom & In-person. Usual Daily Minyan Zoom link

Tuesday—candle lighting at 7:09 p.m. for Passover day VII

Wednesday, April 12th - Passover VII

8 a.m. Festival Morning Service, Zoom & In-person. Usual Daily Minyan Zoom link

8:10 p.m. - candle lighting for Passover VIII

Thursday, April 13th - Passover VIII, Yizkor recited.

8 a.m. Festival Morning Service, Zoom & In-person. Usual Daily Minyan Zoom link

8:12 p.m. Passover ends

SALE OF HAMETZ FORM ~ Valid only for Passover 5783/2023

By signing and returning the form below, you are authorizing Rabbi Altenburger or her agent to sell your hametz on your behalf.

The sale will be made on Wednesday, April 5th at 11 AM. Hametz will be bought back by 8:15 PM on Thursday, April 13th.

A BETTER MITZVAH: If financially feasible, any non-perishable, packaged hametz products can be donated to the Amazing Grace Food Pantry located at 16 Stack St, Middletown, CT 06457. They are available Wednesdays and Fridays between 9AM and 4PM.

CONTRACT

I(we) _____ hereby authorize Rabbi Nelly Altenburger or her agent(s) to be my (our) agent to sell all hametz that may be in my (our) possession at the locations listed below or such other locations as my (our) hametz may be. Hametz is defined as any food (at a minimum fit for a dog to eat) that contains one or more of five types of grain (wheat, barley, oats, spelt, rye), which has come in contact with water and was not baked within the amount of time prescribed by Jewish law.

I (we) further authorize Rabbi Altenburger or her agent(s) to rent the areas and/or properties designated below for purposes of storage of the hametz which is sold until such time as the buyer should come to pick up the hametz, or Thursday April 13th, 2023 at 8:15 PM, whichever comes earlier. I (we) understand that at the time the hametz is sold, it will cease to be my (our) property unless and until the hametz is bought back on my (our) behalf and that the buyer has the right to take the hametz which is sold. I (we) understand that using or consuming that hametz will not only be a violation of the laws of Passover, but of the laws of stealing as well.

Locations of hametz: (please be specific, including address and area where the hametz will be stored. Include home and business addresses as appropriate).

Continued on the next page.

Please sign and print your name(s) below: if living with a partner/spouse, both should sign this document.

Signature

Name

Signature

Name

OPTIONAL: Please accept the enclosed donation of \$_____ to:

Matzah Fund/Ma'ot Chittim Congregation Adath Israel's Synagogue Fund

Please share my donation between the two funds

PLEASE COMPLETE, SIGN, AND RETURN THIS FORM BY WEDNESDAY, April 13, 2022!

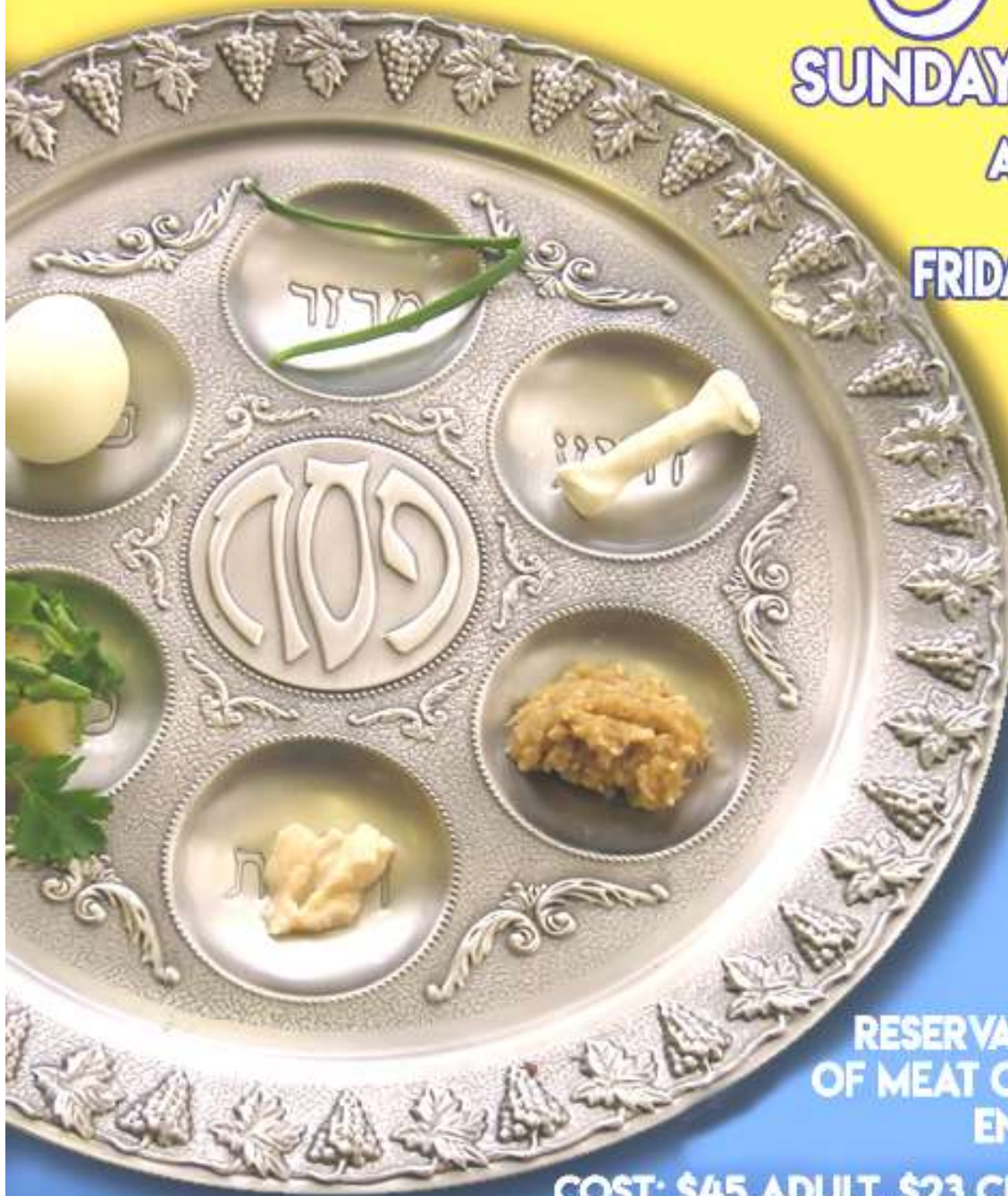
Return to
Congregation Adath Israel
Attn: Rabbi Altenburger
P.O. Box 337
Middletown, CT 06457

If you have any questions, please call Rabbi Altenburger at (203) 543-7454 or e-mail
rabbi@adathisraelct.org

KINDLY USE THIS FORM RATHER THAN YOUR OWN FORM OR A LETTER.

COMMUNITY SEDER

SUNDAY, APRIL 9
AT 5:30 PM
RSVP BY
FRIDAY, MARCH 24



**RESERVATION & CHOICE
 OF MEAT OR VEGETARIAN
 ENTRÉE REQUIRED**

**COST: \$45 ADULT, \$23 CHILD: AGES 5-12
 CHILD UNDER 5 FREE**

\$125 MAX FAMILY (PARENTS/GUARDIAN WITH MINOR CHILDREN)

**CONTACT SYNAGOGUE OFFICE AT
 OFFICE@ADATHISRAELCT.ORG OR (860)-346-4709**

PESAH FOOD GUIDE

The Torah prohibits the ownership of *hametz* (leaven) during *Pesah*. *Hametz* is anything made of the following five grains: wheat, barley, spelt, oats, rye.

Therefore, we arrange for the sale of the *hametz* to a non-Jew. The transfer, *mekhirat hametz* is accomplished by appointing an agent, usually the rabbi, to handle the sale. It is a valid and legal transfer of ownership. At the end of the holiday, the agent arranges for the reversion of ownership of the now permitted *hametz*. If ownership of the *hametz* was not transferred before the holiday, the use of this *hametz* is prohibited after the holiday as well (*hametz she-avar alav ha-Pesah*).

Since the Torah prohibits the eating of *hametz* during *Pesah*, and since many common foods contain some admixture of *hametz*, guidance is necessary when shopping and preparing for *Pesah*. During the eight days of *Pesah*, *hametz* cannot lose its identity in an admixture. Therefore, the minutest amount of *hametz* renders the whole admixture *hametz* and its use on *Pesah* is prohibited.

Kosher le-Pesah labels that do not bear the name of a rabbi or one of the recognized symbols of rabbinic supervision, or which are not integral to the package, should not be used without consulting your rabbi.

HAMETZ AND NON-PASSOVER UTENSILS: Non-Passover dishes, pots and *hametz* whose ownership has been transferred, should be separated, locked up or covered, and marked in order to prevent accidental use.

THIS IS A LIST OF THINGS THAT DO NOT REQUIRE A KOSHER LE-PESAH LABEL:

Aluminum foil and pans, paper and plastic goods, and plastic utensils
Candles
Cleansers and cleaners of all types
Detergents, regular, laundry and dishwasher
Canned fish- only if there are no other ingredients other than fish, water, and salt.
Baby ointments
Body wash
Shampoos, conditioners, hair gels, sprays, mousse
Lotions, skin creams and soaps
Hair removers & treatments, shaving cream and gels,

shaving lotions
Fabric protectors
Furniture polish
Insecticides
Isopropyl Alcohol
Jewelry and silver polish
Scouring pads & powders
All polishes are fine
All scouring pads are fine

THIS IS A LIST OF FOODS THAT DO NOT REQUIRE A KOSHER LE-PESAH LABEL IF PURCHASED BEFORE THE HOLIDAY:

All regular granulated sugar
All non-iodized salt
Tea bags only if regular (NOT decaffeinated)
All water fine, the same applies with distilled water
Ground coffee
All raw meat and poultry without other ingredients, Eggs, and fish
All extra virgin olive oils
Pepper, natural spices
Frozen fruit juices with no additives; frozen (uncooked) fruit with no additives
Frozen (uncooked) vegetables with no additives
Milk; butter; cottage cheese; cream cheese; ripened cheeses such as cheddar (hard); muenster (semi-soft) and Camembert (soft)
Baking soda

THE FOLLOWING FOODS REQUIRE KOSHER LE-PESAH LABEL IF PURCHASED BEFORE OR DURING PESAH:

All baked products (matzah, cakes, matzah flour, farfel, matzah meal, and any products containing matzah); canned or bottled fruit juices (If one holds by *kitniyot*, see below); canned tuna (since tuna, even when packed in water, has often been processed in vegetable broth and/or hydrolyzed protein - however, if it is known that the tuna is packed exclusively in water, without any additional ingredients or additives, it may be purchased without a *kosher le-Pesah* label); wine; vinegar, liquor, oils; dried fruits; candy; chocolate flavored milk; ice cream; yogurt and soda.

PROHIBITED FOODS include the following:
leavened bread, cakes, biscuits, crackers, cereal, coffees containing cereal derivatives, wheat, barley, oats, spelt, rye, and all liquids containing ingredients

or flavors made from grain alcohol.

KITNIOT - Most Ashkenazic authorities have added the following foods (*kitniyot*) to the above list: rice, corn, millet, legumes (beans and peas; however, string beans are permitted). The Committee on Jewish Law and Standards of the Conservative movement has ruled unanimously that peanuts and peanut oil are permissible, as peanuts are not actually legumes. Some Ashkenazic authorities permit, while others forbid, the use of legumes in a form other than their natural state, for example, corn sweeteners, corn oil, soy oil. Lactose intolerant and vegetarians have the permission to eat soy derivatives, such as soy milk and tofu, if no other *hametz* ingredients are found. Sephardic authorities, as well as the Conservative (Masorti) Movement in Israel permit the use of all of the above.

MEDICINE: Since *hametz* binders are used in many pills, the following guidelines should be followed: If the medicine is required for life sustaining therapy, it may be used on *Pesah*. If it is not for life sustaining therapy, some authorities permit, while others prohibit. Consult your rabbi. In all cases, capsules are preferable.

Passover Kitchen Makeover

Making the Passover Changeover – the basics

The most important thing to know when you clean for Passover is that only the necessary work has to be done. Do not make yourself crazy. There is no need for *Pesah* cleaning to make you feel like you really never left Egypt. You do have choices: a more superficial level or a thorough cleaning. But remember to pace yourself.

What are you looking for?

What is this *hametz* we have to get rid of? The verse the Torah says: "neither *hametz* nor *se'or* shall be visible to you in all your boundaries" (Exodus or Shemot 13:7) *Hametz* is defined as the result of grain (oats, rye, wheat, spelt, barley) that ferments. *Se'or* is fermented dough that is used to make another dough ferment – we call this sourdough, or starter dough, as opposed to yeast. *Hametz* is food. *Se'or* is not food, it has the function of fermenting other dough and it is truly inedible.

There's a third category: Non-edible *hametz* that is not

capable of fermenting other dough. That is neither *hametz* nor *se'or*. In Jewish law we call this "garbage" or *shmutz* - and it does not have to be gotten rid of for Passover. A good example is dust from a Cheerio on the floor.

To review the three categories:

- 1) *Hametz* is food made of fermented grain.
- 2) *Se'or* is non-edible sourdough, which has the power to ferment other dough.
- 3) Garbage is something that is either incapable of fermenting other dough, or so totally non-edible that a dog wouldn't eat it.

If you have small children, you do have to do a more thorough cleaning – all rooms have to be cleaned, including closets, if your children are pre-b'nai mitzvah age. As you finish each room, you might post a sign, such as "*Kosher l'Pesah*" or "*Hametz*busters were here!" These signs remind the family both that food is not to be taken into these rooms, and that the task of cleaning for *Pesah* is gradually being accomplished. This is also a wonderful time for going over toys and books that have been outgrown. Each person can realize that he or she has changed since last *Pesah*, and that it is time to recognize that new person by removing the "*hametz*" of the old. Once your kids are old enough that you would trust them not to forget food in their clothes and jackets, you can allow yourself not to clean the closets.

Any place in your house that you know no one takes food to eat, such as an attic or the top of the refrigerator, **does not have** to be cleaned.

The kitchen can be seen as a serious challenge. However, if you take it step by step, you can keep it from being completely overwhelming. Listed here is a suggested order for *kashering* different parts of the kitchen so that you don't lose your mind along with the *hametz*! For actual *kashering* methods see the guide provided on pages **9-10** of this supplement.

And just how long is this going to take??! It is a very good idea to have as a goal a completely *kashered* kitchen **at least one day before the morning of the Seder**. Balancing *hametz**dik* meals and a *Pesah* kitchen is NOT easy, but lends to the sense of adventure. People end up eating dinner on the porch or

even outside when the weather is warm enough. In order to manage everything, it is a good idea to start the kitchen four to five days ahead of the holiday, allowing more time if you have a very busy regular schedule. IT DOES GET FINISHED!!

But I have so much hametz! Observing Pesah is expensive, but it is not supposed to cause financial hardship. It is a good idea to try to use up as much regular, opened food as possible before the holiday. If, however, you have just too much left, by halakhah (religious law) you can sell it. This is called mehirat hametz. All of the hametz must be in a specified place, described, and paid for by a non-Jew. Because the process is complicated, it is usually conducted through a rabbi. See the sale of hametz form on pages 3-4 of this supplement.

The combination of children and cleaning Drawing children into the activities is one of the central goals of Pesah and the Seder. However, the serious cleaning of the holiday is hard for adults to enjoy, let alone youngsters! Aside from the plain hard work, there are often strong chemicals around, heavy boxes to move, and sometimes stressed people to contend with. THIS may be the time to get a sitter. Alternatively, work with the children on preparing for the Seder and get someone else to clean your kitchen! HOWEVER, if you are on your own with children demanding your attention while you are trying to make progress, get them started in one of the activities to get ready for the Seder (such as making place cards or pictures for one of the table songs) within shouting distance. You can then continue to work (although you will be interrupted) and the children will be contributing to the preparations. When a major job is almost done, the children may be able to symbolically "help" complete it. As they see it getting finished, they can get the feeling that everyone in the house is working together to "bring Pesah closer."

Of course, the children should have an active part in the culminating activities of searching for and burning the hametz (see further). They should be made aware that all hametz is now nobody's property: it is like dust, not for eating, until Pesah is over. They can be reassured, if necessary, that the change is not permanent, and they will get to enjoy Cheerios again before too long!

YOU DID IT!!

DON'T STOP THERE!
CLEAN OUT YOUR CLOSETS &
BE A GOOD NEIGHBOR

Give the gift of dignity while gaining closet space by helping the Middletown Community Clothing Program.

For every pound of clothing donated to Goodwill using a Good Neighbor Donation Card St Vincent de Paul will receive a voucher good toward the purchase of clothing at a Goodwill Store. Clients get to choose and purchase their clothing with the vouchers instead of getting a handout.

Cards are available in the hall outside the synagogue office or contact the office to have some sent to you.

Only one card is needed per visit to Goodwill.

Keep cards in your glovebox so you don't forget them on your next trip to Goodwill!

Spring cleaning never felt so good.

Passover Recipe
Best Passover Blondies (Gluten Free)

Ingredients

3/4 cup oil
3/4 cup sugar
1/4 cup brown sugar
1/4 teaspoon salt
3 eggs
3/4 cup ground almonds
1 cup Potato Starch
1 teaspoon vanilla sugar
1 teaspoon Baking Powder
3/4 cup Chocolate Chips

Process

Cream oil and sugar.
Add eggs and mix.
Add remaining ingredients.
Pour into lined 9- x 13-inch (20- x 30-centimeter) pan.
Bake at 350 degrees Fahrenheit (180 degrees Celsius) for 40 minutes.
Cut with a plastic knife while still warm.
Cool completely before eating.

[Best Pesach Blondies \(Gluten Free\) | Recipe \(kosher.com\)](#)

KASHERING GUIDE ~

The following cannot be *kashered*, so store them away:

- Decanters or baby bottles
- Colanders
- Filter/screen over drain in sink
- Graters and utensils where food can get trapped between the blade and handle
- Slotted spoons, wooden spoons, cutting boards and spatulas
- Sponges, brushes, toothbrushes
- Ceramicware — all types — including brick, china, coffee mugs and enamel
- Glass bakeware — all forms — including Corningware, Corelle, fiberglass, porcelain enamel (for example, porcelain sinks and enameled pots), Pyrex or thermoses.
- Frying pans, sandwich makers, toasters, toaster ovens, waffle irons
- George Foreman Grills, all barbeque and barbeque accessories

General rules: There are two steps in *kashering*.

1. Cleaning — removing all tangible traces of *hametz* and
2. Purging — using heat to remove all absorbed *hametz* flavor.

All methods of kashering noted in this section presuppose that the equipment was thoroughly cleaned.

Refrigerator, Freezer, Food Shelves and Pantry

These areas should be thoroughly cleaned—paying special attention to the edges where crumbs may get trapped – no need to line the shelves as long as you don't put food without a container in your fridge.

Counters

Special care must be taken to prevent Passover foods and utensils from coming in contact with your kitchen countertops. After thoroughly cleansing and scalding all surfaces with boiling hot water, new liners should be used to cover the surfaces from the time *hametz* is prohibited until after the Passover holiday. This procedure is also required for tables or countertops made of Formica. Other countertops, such as Vendura, Avonite and Corian countertops, as well as those made of granite, must be thoroughly cleaned and scalded with boiling water, but may be left uncovered unless

they have cracks or crevices; in those cases, the counter must be covered.

Oven

Kashering a Self-Cleaning Oven:

1. Remove any large pieces of food (or other items) from the oven.
2. Go through one complete self cleaning cycle with the racks in place. It is preferable that the racks be cleaned and remain unused for twenty-four hours before they and the oven are *kashered*.

Kashering a Non-Self-Cleaning Oven:

1. Clean walls, floor, door, ceiling and racks thoroughly with an abrasive cleaner (for example, Easy-Off) to remove tangible *hametz*. Pay special attention to the temperature gauge, the window in the door and the edges of the oven chamber. Black discolorations that are flush with the metal do not have to be removed.
2. Once the oven is clean, it is preferable that it remain unused for twenty-four hours.
3. Place the racks back into the oven, and turn the oven to broil for one and-a-half hours.
4. *Pesah* food or pans may be placed directly on the door or racks once the oven has been *kashered*.
5. If the oven has a separate broiler chamber, it should be *kashered* in the same manner as the oven chamber. A broiler pan that comes in direct contact with food cannot be *kashered*.

Stovetop

The grates of a gas stovetop should be *kashered* in the oven chamber in the same manner described above.

For an electric stovetop, just clean the coils and turn on high for ten minutes. For a gas or electric stove, it is preferable to replace the drip pans that are under the burners; if this isn't possible, the area should be covered with aluminum foil. The work area between the burners should be cleaned and covered with two layers of foil. The knobs and handles of the oven and stovetop should be wiped clean.

Kashering a Glass, Corning, Halogen, or Ceran electric smoothtop range: after completely cleaning and scalding the top, kasher the burner area by turning on the elements until they glow. Do not try to cover the top, as it may cause the glass to crack.

Sink

Kashering a Stainless Steel Sink:

1. Remove the filter covering the drain and put it away for Pesach with the *hametz* dishes.
2. Clean the sink, faucet and knobs, and don't use the sink for anything other than cold water for twenty-four hours.
3. Boil water up in one or more large pots (clean pots that have not been used for twenty-four hours). The pots may be *hametz* pots.
4. *Dry the sink*, then pour the boiling water over every spot on the walls and floor of the sink and on the faucet and knobs. One may *kasher* part of the sink and then boil more water for the rest of the sink. *Extreme care should be taken during this type of kashering to ensure that none of the boiling water splashes onto the person doing the kashering or others who are nearby.*
5. Place an uncovered pot of boiling water directly under the faucet so that hot steam will rise and come in contact with the entire underside of the faucet.
6. Rinse the sink and faucet with cold water.
7. Put a new filter over the drain. One should also purchase new sponges and a fresh bottle of dishwashing liquid.

Kashering a Porcelain Sink:

Since a porcelain sink cannot be *kashered*, one should *kasher* the faucet and knobs as outlined above and, for the duration of *Pesah*, place a basin (or insert) into the sink. All dishes, silverware, et cetera, should be placed and washed in the basin, and washwater can be disposed of through the sink's drain. One should be careful not to allow the sink to fill with hot water while the basin is in the sink.

Dishwasher

1. Remove the racks. Inspect the racks, the inside of the dishwasher, and especially around the drain filter for any pieces of food. Be especially careful to remove the filter, clean in and around it, and to check inside under it to be sure there is no food. Return the racks to the dishwasher. You must do this even if you are 100% sure there is no food in the dishwasher.
2. Let the dishwasher sit unused for 24 hours.
3. Run the empty dishwasher through a full cycle with soap on the highest temperature setting.

Electric Mixers, Food Processors and Blenders

If the motor area of electric appliances is exposed to *hametz*, and can be cleaned only with great difficulty,

it is recommended that a special mixer for Passover be used. However, food processors and blenders that have totally sealed units in their motor area may be used if the bowls and mixers are changed.

Silverware, Pots and Other Small Items

Small items are *kashered* with boiling water, which involves:

1. Not using the utensil for anything, including non-*hametz*, for twenty-four hours. This also applies to the (non-*Pesah*) pot in which the water will be boiled.
2. Submerging the utensil in boiling water that is over the fire. The water must be at a rolling boil before the utensil to be *kashered* is put into it, and the water must touch every surface of the utensil. Therefore, each item should be *kashered* individually, and the water should be allowed to return to a boil before the next item is placed into the pot. Large utensils may be submerged in the water one part at a time.
3. Removing the utensil from the water and rinsing it in cold water.

Microwave Oven

1. Clean the inside thoroughly and do not use the microwave for 24 complete hours.
2. Fill a large paper container with water and bring to a boil. The glass tray has to be boiled in a large pot, or have boiling water poured on it in an already *kashered* sink.

Note: *Some old microwaves have a metal grate. Since the grate cannot be lined with aluminum foil, remove the grate from the microwave for the duration of Passover. For convection microwave ovens, follow the same kashering process as conventional ovens.*

Tablecloths, Kitchen Gloves, Aprons and Other Items Made of Fabric

Any item made of fabric can be *kashered* by washing it in a washing machine set on "hot" and then checking to make sure that no pieces of food remain attached to it. Vinyl and plastic-lined tablecloths cannot be *kashered*.



Kitchen Countdown! (print out and affix to your refrigerator)

1. About a month in advance: stop buying *hametz*, and try to use what you already have at home. It's easier to change a pantry with fewer items.
2. About two weeks before: begin buying and storing *Pesahdik* foods, preferably out of the kitchen, so that they will not be confused with things that are "*hametzdik*."
3. One day before: use your dishwasher, stove, oven and microwave for the last time. They all need a 24-hour wait period before being *kashered*. Begin using your sink with cold or warm water (not hot). Put away pots and utensils that cannot be *kashered*, or that you won't use again.
4. Here we go: Select an area to be *hametzdik*, where you will still do some of the meals during those days.
5. Clean the kitchen cupboards. If you don't have special *Pesah*-only cabinets, remove the regular dishes from the cabinets you will need and get them *Pesah*-ready. The food for *Pesah* can then be put inside. If you don't need to empty all of your cabinets, DON'T!! After you clean them to make sure they are *hametz*-free, tape them shut and mark them so that they will not be used. The outside surfaces should still be cleaned.
6. *Kasher* the refrigerator and freezer. One small corner lined with foil can be used for *hametz* until the morning before the Seder. The foil is discarded at the final changeover.
7. *Kasher* the stove and oven (after a 24-hour waiting period). After this point, *hametzdik* meals should be prepared in a toaster oven or other appliance. Microwave ovens can be *kashered*, but they **have to be unused for 24 hours beforehand**. The process itself is quick, however, so the microwave can remain available longer than the oven.
8. *Kasher* the dishwasher (Alternatively you may decide to lock the dishwasher and not use it for *Pesah*, using it for *hametzdik* storage instead).
9. *Kasher* part of the counter so that you can put *Pesah* dishes and foodstuff on it.
10. *Kasher* pots, pans, and silverware (flatware). Skip this step if you have doubled your pots, pans and silverware for Passover.
11. *Kasher* the microwave.
12. *Kasher* the sink.
13. Take all remaining *hametz* out of the kitchen. Finish *kashering* all of the counters.
14. Clean the floor.
15. Bring out the *Pesah* dishes.