

(CNS/Tennessee Register/Rick Musacchio)



by Brenna Davis

View Author Profile

Join the Conversation

Send your thoughts to *Letters to the Editor*. Learn more

April 8, 2020

Share on BlueskyShare on FacebookShare on TwitterEmail to a friendPrint

PAUSE

REFLECT

"And the children of Israel that were present kept the Passover at that time, and the feast of unleavened bread seven days." **2 Chronicles 35:17**

"Clean out the old yeast so that you may be a new batch, as you really are unleavened. For our paschal lamb, Christ, has been sacrificed." **1 Corinthians 5: 6-8**

> "The Exodus from Egypt occurs in every human being, in every era, in every year, and in every day."

Rabbi Nachman of Breslov

Passover begins today and marks the flight of the Israelites from Egypt, through the isolation of the desert, and is an opportunity to ponder what still limits our spiritual freedom as we enter into the Triduum. The seder meal tells the story of the Exodus and the context of this meal can be a space to recognize people who are still oppressed today.

PRAY

Pray at your evening meal today for any people experiencing oppression, especially those who do not have the space or privilege to practice social distancing.

Learn more about the symbolism of the Passover seder and consider baking a simple matzoh recipe as you reflect on what meaning the Exodus holds in your life right now.

For more information on people most vulnerable during the pandemic, please read our Education for Justice resource on Catholic Social Teaching and COVID-19.

Lenten Daily Food Reflections

pause | reflect | act

Editor's note: *These daily reflections on food, faith, climate and our lives will provide spiritual sustenance for the Lenten journey. They are inspired by the Lenten Food Waste Fast at the Ignatian Solidarity Network.*

Advertisement

This story appears in the **Lenten Daily Food Reflections** feature series. View the full series.