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JACS

# The Anonymous Haggadah

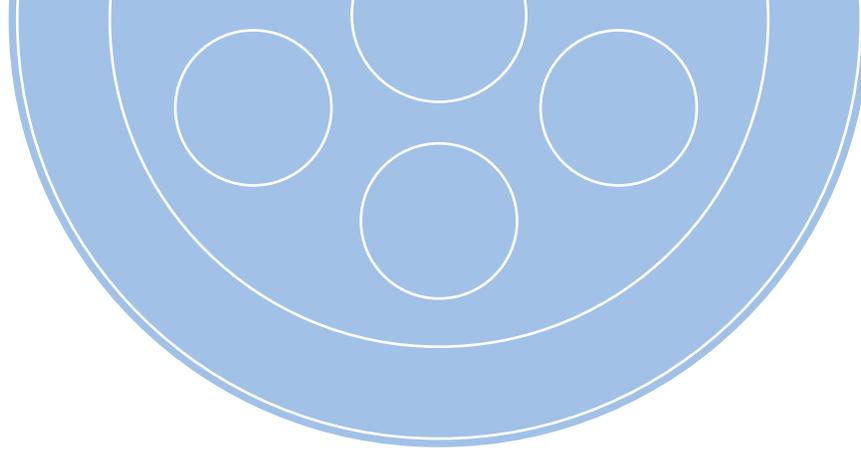
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## Companion Activity Book



PROUD PARTNER

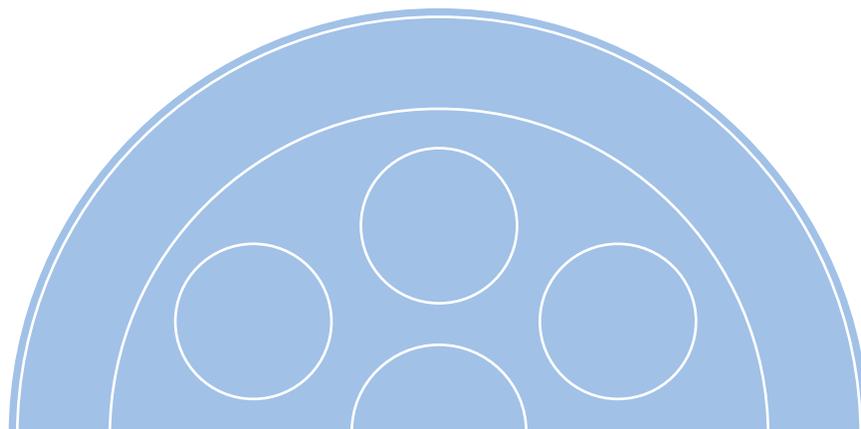




## Introduction to the Companion Activity Book

**This activity book is yours to use in whatever way feels most meaningful to you.** Write in it, draw in it, skip around, or linger where you need to. You might use it in the days leading up to Passover to set intentions for the holiday, as a tool for reflection, or during your Seder to open conversation and connection.

Passover and the Haggadah tell a story of liberation: of leaving what binds us, moving through uncertainty, and stepping toward freedom, one moment at a time. May this activity book support you in noticing your own path, claiming what nourishes you, and finding meaning in the telling of the story, both ancient and personal.



# The Seder

Page 5 in the Anonymous Haggadah

Preparing for the Seder asks us to do more than clean our homes, it invites us to look inward. As you read this passage, consider how the work of clearing chometz mirrors inner work many of us know well. Denial, procrastination, powerlessness, and perfectionism can show up quietly in our lives, often without our noticing.

Recovery, like Passover, begins with awareness and small, honest steps.

Take a moment to reflect or write about what you are being asked to “clean out” this season. You might explore:

*Where do I notice denial or avoidance in my life right now?*

*What is one small action I can take, even imperfectly?*

*Where might surrender bring relief instead of fear?*

*What would it look like to release perfection and accept my limits with compassion?*

There is no right way to do this. Write, draw, list, or simply notice. This notebook is a place to begin—one step, one breath, one clearing at a time.

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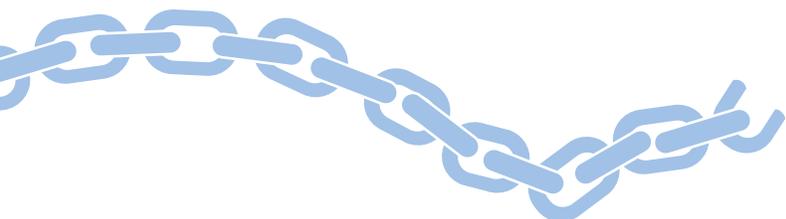
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# Kaddesh

Page 9 in the Anonymous Haggadah

*Write about a way that you have felt enslaved, trapped or stressed by time over the past year.*

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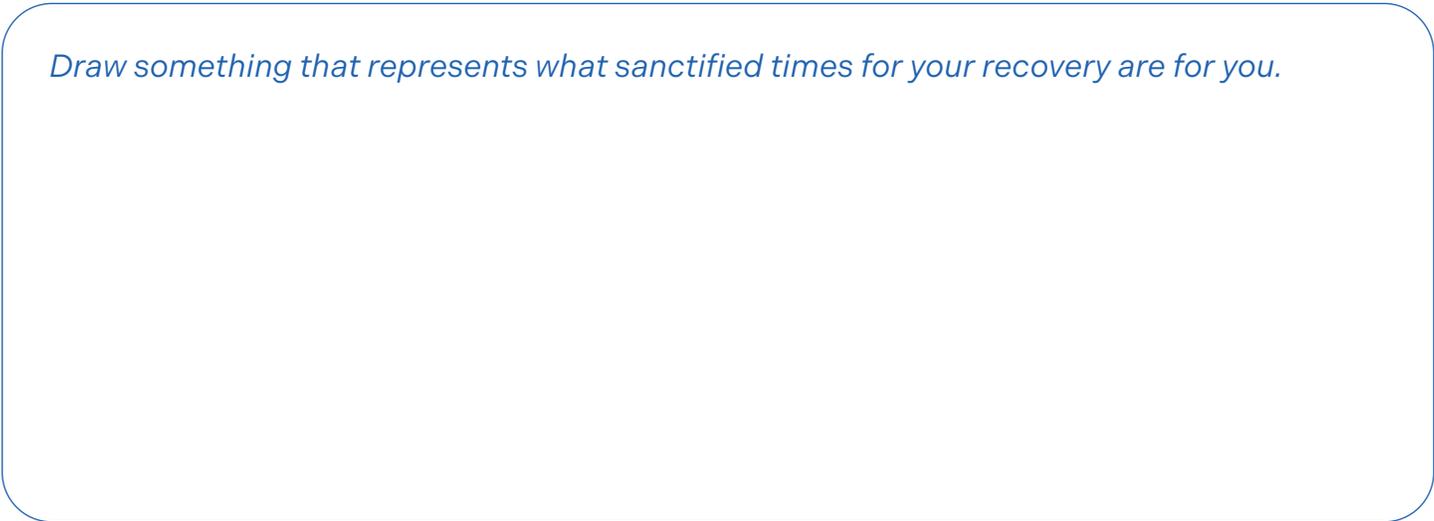
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*Draw something that represents what sanctified times for your recovery are for you.*



*Make a list of rituals you use to sanctify time for your recovery and/or Judaism.*

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# Karpas

Page 12 in the Anonymous Haggadah

In recovery, we are always striving to continue to see ourselves as newcomers.

*What are ways you “keep it green” in your recovery?*

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*What are ways you make sure to remember the hardship and pain your addiction caused you?*

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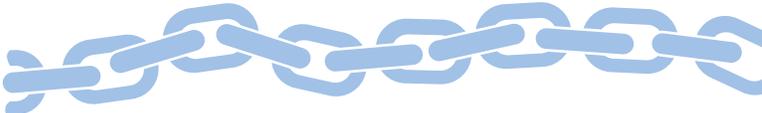
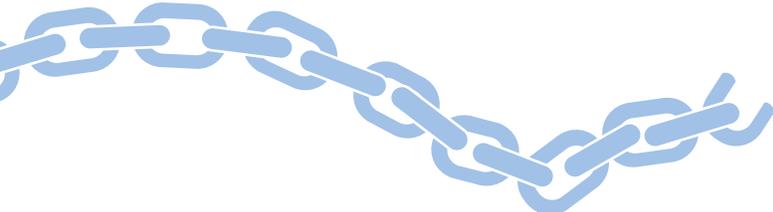
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# Karpas

Page 12 in the Anonymous Haggadah

Karpas symbolizes new growth, renewal, and the willingness to begin again. Recovery asks this of us, too, again and again.

*What are other symbols of rebirth and renewal for you in recovery and in Judaism? What do they represent or say about where you are today?*

Use the space below to write, sketch, or create. You might draw your symbols within the circles provided, imagining them as parts of a Seder plate. Let each space hold something meaningful: an image, a word, a color, or a reminder of how you continue to begin anew.

There is no right way to do this. Curiosity itself is a form of renewal.

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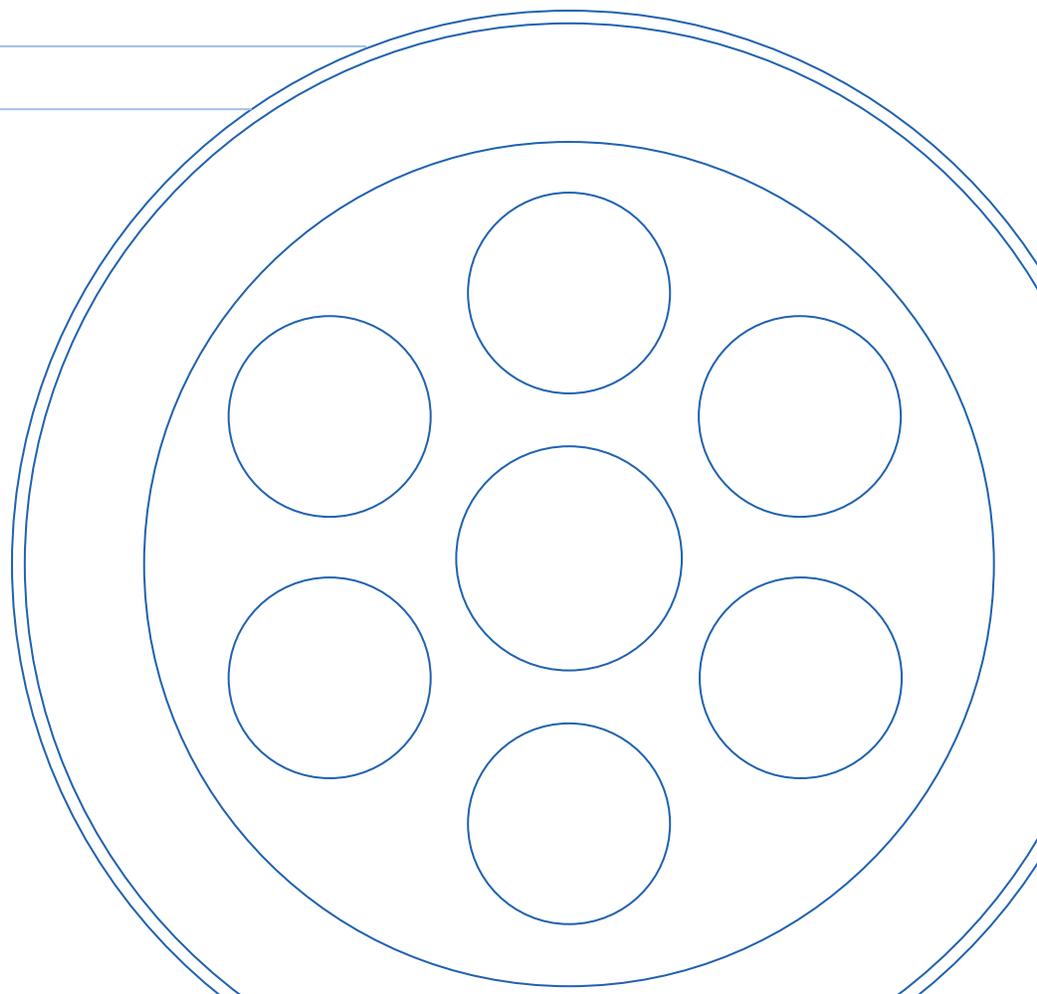
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# Yachatz

Page 14 in the Anonymous Haggadah

Reflection: The middle matzah is broken at the beginning of the Seder into two pieces to be used later on in the service of the Seder at two different times. Only by being broken is it able to fulfill these two different functions.

*In what ways did the breaking that came through your addiction enable you to become useful to yourself, and in service of God and others?*

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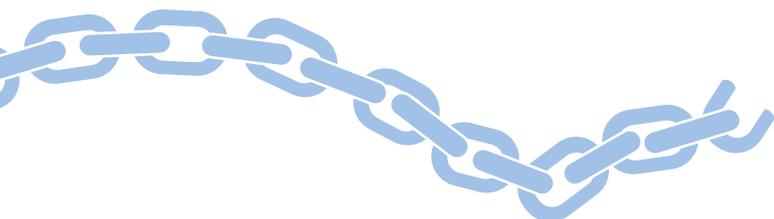
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# Maggid

Page 15 in the Anonymous Haggadah

*In what ways do I look to give back and help those who are still suffering?*

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*How do I use my own affliction and suffering to help other people?*

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*What am I still hungry for?*

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*What are positive and negative ways that I fill my hunger for spirituality?*

**POSITIVE**

**NEGATIVE**

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# Darkness — The Worst Plague of All

*Page 36 in the Anonymous Haggadah*

Reflect:

*Similar to the Jewish first born being spared from the plague of the first born, what was I spared from by finding recovery?*

*What freedoms have I found in recovery?*

*What do I still seek to find more freedom from? What tools could I use to help with this?*

Draw what the freedoms you have found in recovery look like to you. Use this space to create symbols, images, words, or colors that represent your experience of freedom.





# Reflections

As we come to the end of this activity book, take a moment to pause and notice where you are right now—emotionally, spiritually, and in your recovery.

Reflect or respond in writing or drawing:

*What is one insight, feeling, or discovery from these pages that I want to carry forward?*

*How has my relationship to freedom, surrender, or renewal shown up for me during this Haggadah?*

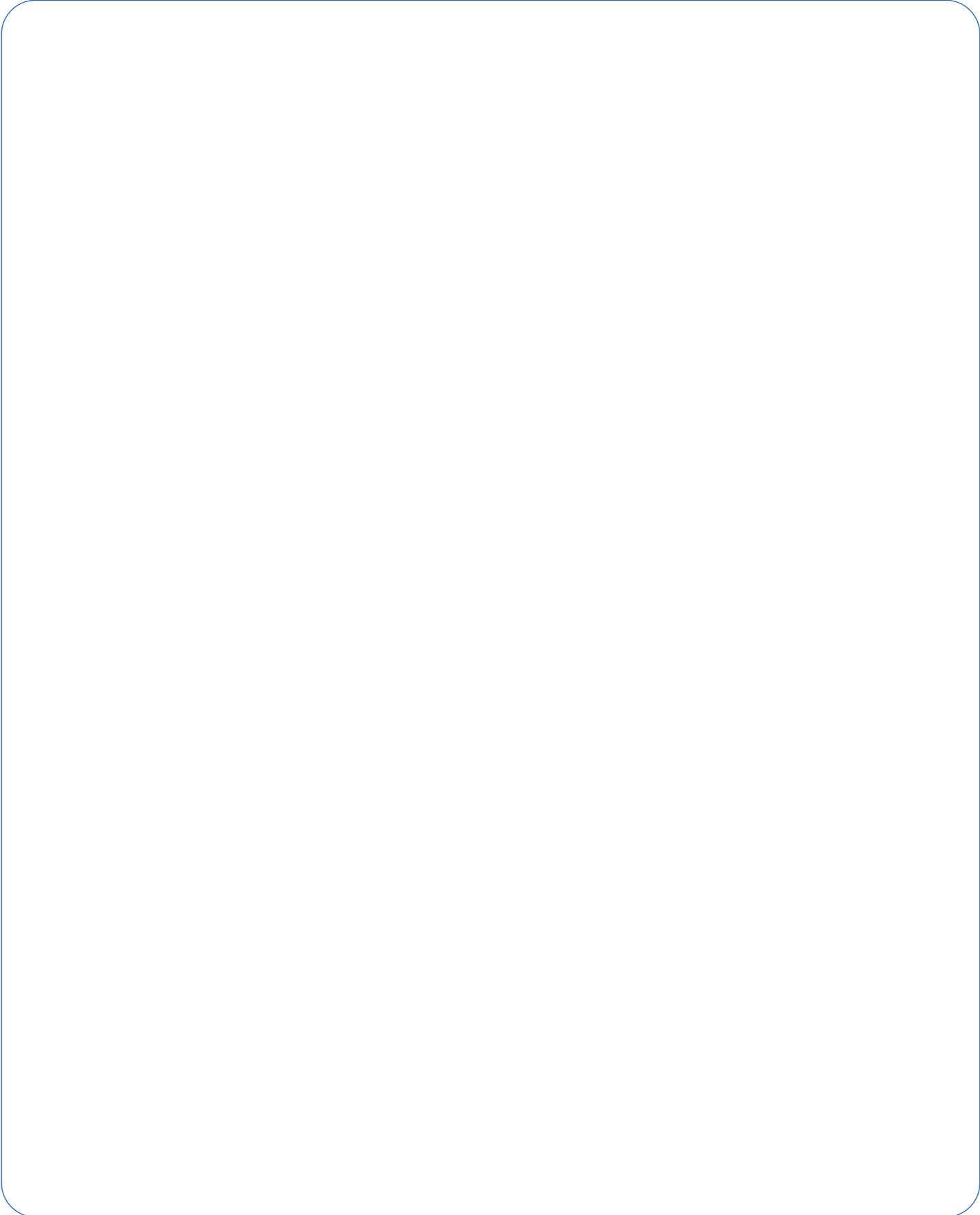
*What is one small step I can take in the coming days to honor my growth, my story, and my recovery?*

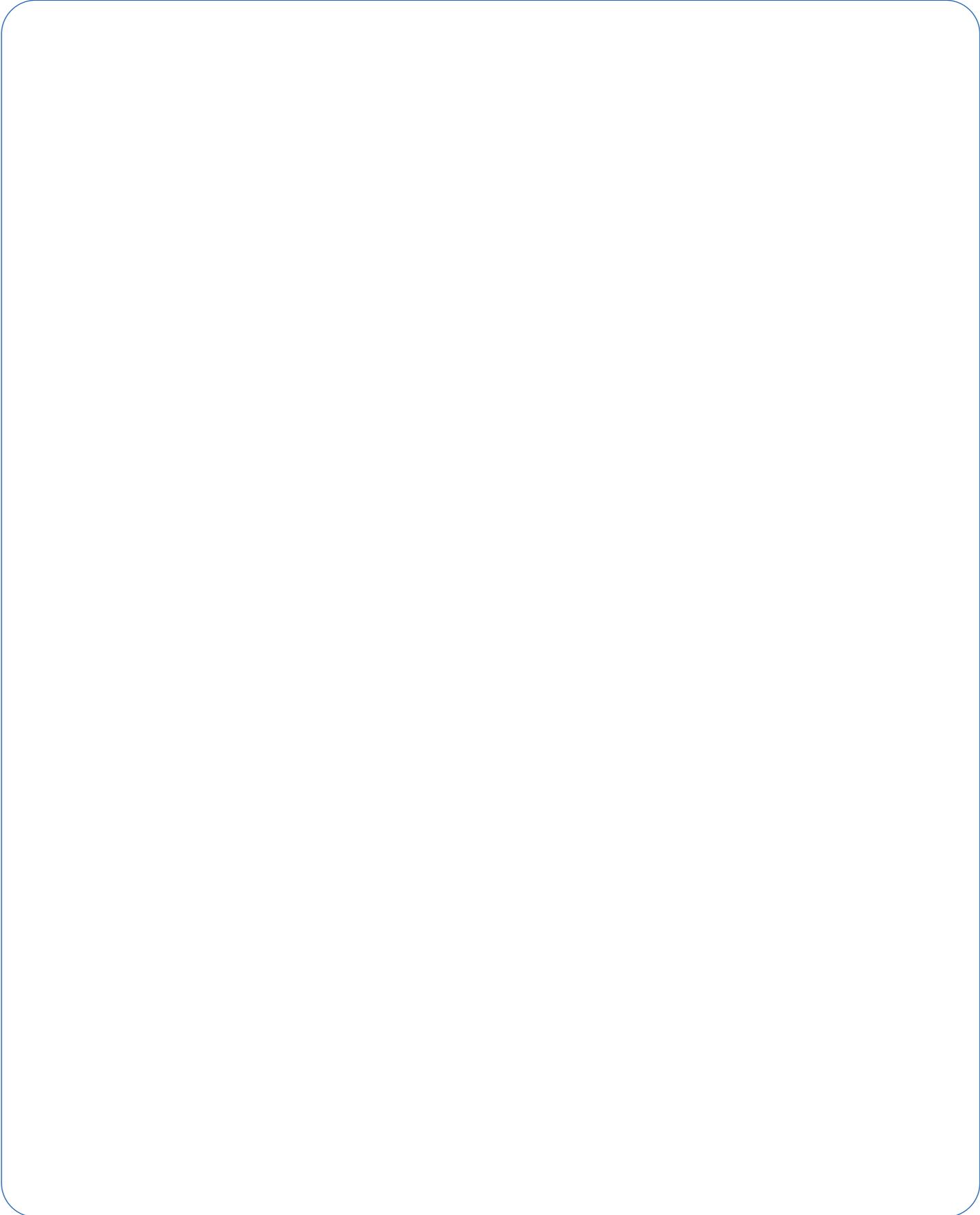
There is no right or wrong way to respond. Let this page be a space to honor yourself, your journey, and the new beginnings that lie ahead.

**Keep this book safe and return to it next year. Each Passover is an opportunity to reflect again, notice how far you've come, and discover new insights in your journey of recovery and renewal.**









## About Us

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**Jewish Alcoholics, Chemically Dependent Persons and Significant Others (JACS)** is a Jewish Community Service program of the Jewish Board of Family and Children's Services (The Jewish Board). JACS is a volunteer, mutual-help organization dedicated to encouraging and assisting Jewish alcoholics, chemically dependent persons and their families, friends and associates to explore recovery in a nurturing Jewish environment; promoting knowledge and understanding of the disease of alcoholism, chemical dependency, and addiction as it involves the Jewish community; and acting as a resource center and information clearinghouse on the effects of alcoholism and drug dependency on Jewish family life.

To learn more, contact [JCSrecovery@jbfcs.org](mailto:JCSrecovery@jbfcs.org).

