



TU B'SHEVAT
SANGRIA SEDER

January 16, 2022
5:30 PM



An ONLINE event for everyone interested in Jewish culture and spirituality.

Building a Jewish community of inclusion, compassion and strength for our children.

5:30 PM - Welcome to the ZOOM ROOM

5:35 PM - 4 worlds with Rabbi Cohen:

Sangria Sojourn & Fruit Enjoyment

6:15PM - Tu B'Shevat Trivia with Cantor Paula

6:30 PM - Closing words TAS President



Sangria Sojourn

Like the Kabbalists of old, we are using wine to explore and travel through the four worlds of creation, four states of being, four seasons of growth.

Traditionally Tu B'Shevat Seders focus on different fruits and different colours of wine. SANGRIA is a wonderful way to join these elements together.

You'll need to prepare the following:

1. WHITE Sangria

<https://www.thespruceeats.com/simple-white-wine-sangria-recipe-3511043>

2. RED Sangria

<https://minimalistbaker.com/easy-traditional-red-sangria/>

Just our favourite recipes...feel free to choose your own!



4 Worlds: Fruits & Seeds

For this part of the Seder we explore the 4 Worlds of creation.

You'll need to prepare one or two from each of the following 4 groups and arrange on a plate.

1. World of ASIYAH

This is the world of physical objects we can see and touch. Holiness is hidden as sparks in all of creation.

FRUITS & NUTS with INEDIBLE shells or skins on the outside, but yummy on the inside

2. World of YETZIRA

This is the world of formation and birth. So much happening beneath the surface.

FRUITS that are yummy on the outside with INEDIBLE pits on the inside.

Brainstorm with your family what foods could be in each category!



4 Worlds: Fruits & Seeds

3. World of BERIYAH

This is the world of ideas that leads to creation. What can you imagine into being?

FRUITS that are completely EDIBLE both outside and inside.

4. World of ATZILUT

This is the world of spirit that is beyond the understanding of humans.

We use EDIBLE SEEDS to represent the unknowable beginnings of creation.

How many possibilities can you find for your Four World's Seder Plate?



SEDER SHOPPING LIST

- White Wine of your choice
- Red Wine of your choice
- **Sangria Fruits** – citrus, grapes, apple, peach, berries
- **Seder Plate Fruits, Nuts & Seeds** – sunflower seeds, pumpkin seeds, sesame seeds, almonds, pecans, strawberries, plums, grapes, apples, bananas, pineapple, watermelon

You won't need ALL these...choose your favourites!



INSTRUCTIONS

- **Make a pitcher of WHITE SANGRIA**
- **Make a pitcher of RED SANGRIA**
- **Create a SEDER PLATE or TRAY with 4 sections and place the appropriate fruits, nuts or seeds in each quarter of the plate**

You've got this! Have fun!