Miriam, who first appears in the Torah as the unnamed sister of Moses, led the Israelites in song and dance as they crossed the Red Sea. “And Miriam the prophetess... took a timbrel in her hand, and all the women followed her, in dance, with timbrels. And Miriam sang...” (Exodus 15:20–21).

Miriam is the first woman to be called “prophet” in the Torah. In the Midrash, the Rabbis attribute this honor to her insistence that the Israelites, including her own parents, Jifry Pharaoh’s decree forbidding marital relations between Israelite slaves.

Miriam, with her brothers, Moses and Aaron, led the Israelites on their desert journey. According to rabbinic tradition, Miriam’s ability to locate sources of fresh water preserved spirits and lives. When she died, the people were afraid that they too, would perish. But when their period of mourning was over, they discovered fresh springs that revived them. Miriam’s Well accompanied our people on our forty-year journey through the wilderness.

Throughout their desert wanderings, the Israelites were refreshed by miraculous springs that bubbled out of deep crevices in the rocky landscape.

When Miriam died, the waters dried up. The people mourned the slave child who waited by a river, the woman who danced across a sea, the leader who sang a nation to freedom.

When the springs flowed once more, they named them Miriam’s Well.

When fear blocks our path, when our travels deplete us, we seek sources of healing and wells of hope. May our questions and our stories nourish us as Miriam’s Well renewed our people’s spirits.

Pour water from the kos Miryam into every guest’s cup.
Sing this list now, and then, if you wish, repeat the list as you reach each new section in the seder.

אֶלֶף בָּאָלָה אֶלֶף בָּאָלָה
Kadeish
Sanctify: blessing over the first cup of wine

עֵרְךַז
Ur'chatz
Wash the hands

כִּפֶּס
Karpas
Recite the blessing over a green vegetable

יַחַת
Yachatz
Break the middle matzah

מָגִיד
Magid
Tell the Exodus story

רוֹכְצָה
Rochtzah
Wash the hands

מ֤וֹצָא / מַצָה
Motzi/Matzah
Recite the blessings over matzah

מָרָה
Maror
Recite the blessing over bitter herbs

קַוָּר
Koreich
Eat the Hillel sandwich

שֻׁלְחָן אוּרְיָה
Shulchan Oreich
The meal is served

טָפָע
Tzafun
The Afikoman is found and shared

בָּרִי
cBareich
Recite the blessing after meals

חַלְלֵל
Hallel
Recite poems and songs of praise

ניֵרְזָה
Nirtzah
The seder is complete