



Passover & The Feast of Unleavened Bread

Apostle Dr. "Mama" Emma Jean

Revised Version as of April 12, 2014

"This will be a day for you to remember and celebrate as a festival to ADONAI; from generation to generation you are to celebrate it by a perpetual regulation... You are to observe the festival of matzah, for on this very day I brought your divisions out of the land of Egypt. Therefore, you are to observe this day from generation to generation by a perpetual regulation."

(Exodus 12:14, 17 Complete Jewish Bible)

"ADONAI said to Moshe... 6 On the fifteenth day of the same month is the festival of matzah; for seven days you are to eat matzah. 7 On the first day you are to have a holy convocation; don't do any kind of ordinary work. 8 Bring an offering made by fire to ADONAI for seven days. On the seventh day is a holy convocation; do not do any kind of ordinary work."

(Leviticus 23: 1, 6-8 Complete Jewish Bible)

PLEASE NOTE:

We follow Adonai through Mom, Apostle Dr. Emma Jean's, leading. Under Mom's permission, a team of us has compiled research regarding Passover and the Feast of Unleavened Bread. Some of the research that we found was "commanded by Adonai" (as evidenced by documentation in the Holy Bible). However, some items we found have been passed down through tradition—they are not mandated by the Holy Scriptures. With things of this nature (that Adonai has not specifically commanded), we submit to Apostle "Mama" Emma Jean's direction as Mom leads us by the Ruach HaKodesh (the Holy Spirit).

Our Passover Service will be held Monday, April 14 – 6:30 pm in our Sanctuary for Integrity Church members ONLY

Each member should bring a pillow and a clean pillow case; this will be used for reclining during the meal. Also have an offering prepared. And come early and excited!

What is Leaven?

- Leaven

- (Noun)

- A substance (such as yeast) used to produce fermentation in dough or a liquid; especially: SOURDOUGH)
- A material (such as baking powder) used to produce a gas that lightens dough or batter.

- (Verb)

- To add a rising agent to.
- To cause to rise, especially by fermentation.
- To pervade with a lightening, enlivening, or modifying influence.

- Synonyms

- Yeast - ferment - leavening - sourdough - barm

What are products that Leaven?

- Yeast, baking powder, baking soda, sodium bicarbonate, autolyzed yeast, or yeast extract.
- Egg Whites: While eggs are not considered leavening agents, the egg whites, when beaten, can leaven by expansion of the air and by steam when heated. They are the only leavening in many angel food cakes.

What is Yeast?

Yeast is a yellowish surface froth or sediment that occurs especially in saccharine liquids (such as fruit juices) in which it promotes alcoholic fermentation, consists largely of cells of a fungus (as the saccharomyces, *Saccharomyces cerevisiae*), and is used especially in the making of alcoholic liquors and as a leaven in baking.

Preparing for Passover and the Feast of Unleavened Bread

LET'S GET THE LEAVEN OUT!

We can eat leavened products up until **1:44PM** (6 hours before sundown) before the Passover Seder on Monday, April 14, 2014. This allows time for the leavened products to be cleansed out of your system by the time the Seder starts. All leavened items that need to be removed from your home **MUST** be completed by **1:44PM**. On the evening of Sunday, April 13, 2014, it is recommended to do a final inspection in your house for any leavened products.

You may purchase leavened products again beginning Tuesday, April 22, 2014 after sundown.

Please remember to clear your home, car, and office (desk or workspace) of all leavened items. If there is leaven in the building you work in, it is okay as long as the leaven is not in your possession, on your desk, or in your personal workspace.

- Passover begins sundown on Monday, April 14, 2014.
- The Feast of Unleavened Bread begins sundown on Tuesday, April 15, 2014 and ends sundown on Tuesday, April 22, 2014.

What Do I Do with the Leavened Food I am Removing?

You can give your leavened food away to someone who does not observe the Feast of Unleavened Bread. You can also give it to a Food Bank, homeless shelter, or any other place that (as long as they do not observe the Feast). You can also sell your items. If you sell your item, you may store them in your home or take them somewhere else. In order for the items to be considered "sold" there must be a transaction made prior to the being of the Feast. If stored in your home, all items must be locked or sealed up in a secure area. You may not reopen this area until after the Feast is completed; however the person you sold it to may come to retrieve it at any time.

Chametz-Free (Leaven-Free) Clothing for Passover

Traditionally, it is required to have your clothing leaven-free for Passover dinner. This means that leaven should not have touched the clothes you wear to the Passover table. You can ensure that leaven has not touched your clothes by washing them, wearing new clothes, or having them dry-cleaned before coming to dinner.

What if some members in my home do not observe Passover and the Feast of Unleavened Bread?

If you live with someone who does not observe Passover and the Feast of Unleavened Bread, you can ensure that all of the items in your possession do not have leaven (your bedroom/your side of the room, your purse, etc.) You would also need to set aside clean, unopened plates and

cutlery and appliances. (Plastic ware is acceptable as long as it has not been open or used before.)

Can I keep products that leaven? (Baking soda, yeast, etc.)

Products that leaven such as baking powder, baking soda, yeast, and *egg whites* are not considered “active” until a liquid such as water, milk, or an acid is added to them. Therefore, having these items in your house is allowed when they are inactive – nothing has been added to it.

The Five Forbidden Grains

The grains that are forbidden during Passover and the Feast of Unleavened Bread are as follows: wheat, rye, barley, oat, and spelt flour (and their derivatives which include durum, semolina, bread wheat, emmer, einkorn, etc.). Yeast should be removed if it's derived from one of these grains.

1. **Wheat** - a cereal grain that yields a fine white flour used chiefly in breads, baked goods (as cakes and crackers), and pastas (as macaroni or spaghetti)
2. **Barley** - a cereal grass; its seeds are used especially in malt beverages, breakfast foods, soups, and stock feeds
3. **Rye** - a cereal grain that looks like wheat but is longer, more slender and varies in color from yellowish brown to grayish green. It is generally available in its whole or cracked grain form or as flour or flakes that look similar to old-fashioned oats.
4. **Oats** - a species of cereal grain grown for its seed, usually consumed as oatmeal and rolled oats
5. **Spelt** (*triticum spelta*) - a delicious, ancient grain introduced from the Middle East about 9000 years ago. It is a hybrid of Emmer Wheat (*triticum dicoccoides*) and Goat Grass (*Aegilops geniculata*) and has a distinctive, nutty flavour.

Why are these grains forbidden?

These grains are forbidden because when they come into contact with water, they become chametz ("leaven"), which is not allowed to be touched or consumed during the Passover (Pesach) festival.

The exception to this is the unleavened bread known as Matzo in Hebrew. Matzo represents the unleavened bread the Hebrews made when fleeing Egypt. It must be made with one of the aforementioned ingredients in order to duplicate the recipe that was used during the time of the Exodus.

Leavened Food Items

Remember to check the labels on all of the food items in your home for leavening agents, including:

- Cereals, Cereal Bars, Granola Bars
- Frozen Vegetables, Canned fruits, canned vegetables
- Deep-Fried Chicken, Anything battered, i.e., Onion Rings or Fish
- Canned Goods (check packaging for leavening agents)
- Crackers, Bread, Bagels, Sour Dough, Biscuits, Pretzels, etc.
- Pastry Products - muffins, cakes, pies, cookies, cones, wafers, etc.
- Seasoning
- Sauces & Condiments (including vinegar)
- Candy

(Please note, all of these items may not be leavened. It is important to check the packaging to verify if the product is leavened or unleavened.)

Here are a few examples of how you can tell what items are leavened.

- Apple juice may contain VINEGAR, ENZYMES, or CLARIFYING AGENTS.
- Applesauce may contain CORN SYRUP, corn SUGAR, or corn DEXTROSE.
- ASCORBIC ACID is usually fermented CORN STARCH.
- BEER is leavened BARLEY HOPS and BREWER'S YEAST.
- Cheeses can contain STABILIZERS, corn SUGAR, COAGULATING AGENTS, MICROBIAL RENNIN from real chametz, and corn DEXTROSE and CULTURES.
- Dried fruits may be iodized with FLOUR, corn DEXTROSE (dietetic may contain grape juice), or CORN SYRUP. May be dried in chametz ovens using CORN or PEANUT OIL.
- Honey can contain CORN SYRUP and COLORING.
- Ketchup may have STABILIZERS, OIL, corn DEXTROSE, VINEGAR (real chametz) or FLAVORINGS.
- Lactaid, in both caplets and drop form, contains a LACTASE ENZYME that should be considered chametz.
- Milk chocolate may contain MALT (chametz) and GLUCOSE.
- Mayonnaise may contain MSG from HYDROLYZED PROTEIN, OIL, FLAVORINGS, SWEETENERS and VINEGAR.
- Play Dough is considered EDIBLE WHEAT (chametz).
- Roach Poison (Combat brand) contains edible chametz BAIT.
- Salads (in bags) may contain CITRIC ACID.
- Salt often contains corn DEXTROSE and POLYSORBATE, especially when IODIZED.
- Soaps or detergents may contain ACETYL ALCOHOL or GRAIN ALCOHOL.
- Sugar can contain CORN STARCH, WHEAT STARCH, CULTURES or YEAST.
- Tonic Water can contain CORN SYRUP.
- Vanilla Extract may contain CORN SYRUP and ALCOHOL.
- Vegetables (frozen) may be processed on the SAME EQUIPMENT as PASTA.

- Vinegar may contain YEAST that is chametz.
- Vitamins may contain YEAST, STARCH, corn DEXTROSE, or WHEAT.
- YOGURT and KEFIR contain live CULTURES.

(Remember, to check the ingredients on the label because it may not apply to all items)

These items usually have leaven, but you can always check the labels to be sure:

- Chocolate
- Buttermilk
- Canned and frozen fruit juices
- Ketchup, Mustard, Relish, BBQ Sauce & Soy Sauce
- Cider
- Citric Acid
- Coffee (the coffee is okay to stay in your home if it is not mixed with water)
- Cream Cheese, Cheese Straws
- Dates
- Engevita
- Figs
- Grapes and Grape Juice
- Horseradish
- Malt beverages
- Mincemeat
- MSG (often extracted from autolyzed yeast extract or from wheat)
- Olives
- Pickles
- Powdered Milk
- Prunes
- Raisins
- Salad Dressing
- Sour Cream
- Steak Sauce
- Tea (as with coffee, if water has not been added to it, it is okay)
- Vinegar
- Vitamin B supplements (depending on the source of the vitamin B)
- Worcestershire sauce
- Yeast Extract (Bovril, Cenovis, Marmite, Oxo, Promite, Vegemite)
- Corn Dogs; Cheese Puffs;
- Pies; Cookies;
- Ice Cream Cones and Wafers; (some)
- Ice Cream with added Cookies;
- Pancakes; Waffles; Puff Pastry; Graham Crackers;
- Bread Crumbs; Croutons; Flour Tortillas; Burritos; Soft Tacos;
- Kit Kat; Wafer Biscuits; (some) Candy; (some) Candy Bars;
- Chinese Orange Chicken, Breaded Chicken

While these foods may be leavened there are occasions when their preparation may make them unleavened. Again, it all boils down to the ingredients and how the product is made. Please always check the labels to be certain. You can search the gluten-free and kosher aisles for approved foods for the Feast of Unleavened Bread.

***Any food whether *frozen, canned, or packaged* that contains leavening agents or the 5 forbidden grains should be out of the home.

EXCEPTIONS AND EXEMPTIONS:

If babies, the ill, or the elderly need to eat food or medications that contain leaven in them, they may do so. However, the utensils (plates and cutlery) that are used for the leavened food and medications are not to touch the unleavened items in the home. This way, the unleavened items stay kosher (clean) and untouched by leaven.

Unleavened Food

Definition of Unleavened:

Unleavened is anything that is made without leavening. It has not had anything added to it to produce fermentation in any way.

What foods are unleavened?

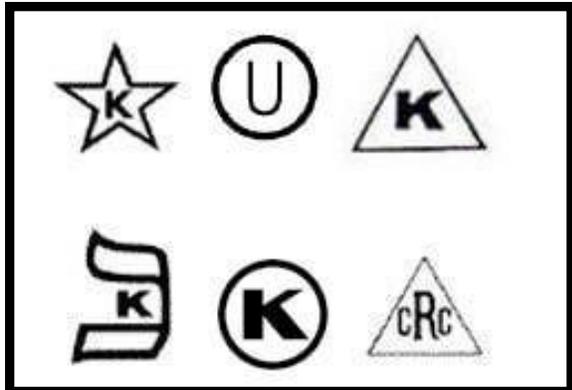
Fresh, unprocessed fruits and vegetables are good, as are most meats, chocolate, and other grains such as corn, potatoes, soy, rice, etc. Some observers do not use any types of grain, to avoid confusion or the possibility of cross-contamination, just to be safe. Pectin is a fruit-based food agent that is also okay – it's found a lot in yogurt and candy

If a product is gluten-free, then it should not have any chametz (leaven) in it. People who have to live on a gluten-free diet can't eat those 5 grains as well. It's important to look at the ingredient label, as sometimes one of these grains may be used as an agent in food that normally wouldn't have it (such as ice cream).

Nuts are okay if they don't contain BHA, BHT or other ADDITIVES.

Most observers of the Feasts of the Lord won't eat anything that hasn't been certified as 'kosher for Passover' because of cross-contamination fears. Although the food itself may be fine, it could have minute amounts of chametz (leavened foods) in it or been processed in a plant that has chametz.

Although it is not required, should you desire to purchase kosher food ensure that your food has not been contaminated or made unclean.. You can identify kosher foods by one of these symbols on food labels. (Some labels will simply say "*Kosher*" on them).



Examples of “OU” (Kosher) Symbols

Also, most grocery stores have a "Kosher" section. Any unleavened food from this section is acceptable for the Feast of Unleavened Bread.

Non-Food items are permitted to keep during the Passover and the Feast of Unleavened Bread (For example: Deodorants, Detergent, Aluminum Foil, etc). You may keep things that are not put in the body.

Unleavened Foods / Foods we **CAN keep and eat**

Category	Food Items
Fresh Fruits	Apples, oranges, tomatoes, watermelon, strawberries and pineapple.
Baked Items	Gluten-free and flourless baked items that do not use yeast or other leavening products.
Meats	Chicken and beef are unleavened as well as seafood items like fish (sauces that accompany these meats or seafood can be where leavening is hidden)
Fresh Vegetables	Broccoli, asparagus, celery, etc.

Category	Food Items
Dairy	Butter, cream, cheese, milk (lower fats are better), yogurt (Plain)
Packaged Food	Packaged foods with the symbol "OU Kosher for Passover"
Miscellaneous	100% fruit juices, eggs, unflavored nuts, quinoa

Questions to ask when we are unsure if an item is leavened or unleavened:

1. Does this item contain any of the 5 forbidden grains?
2. Does this item contain any leavening agents?
3. Does this item contain an "OU" symbol indicating its Kosher for Passover?
4. Is this item in its "inactive" state (such as baking soda/powder with nothing added to it)?

If the first two answers (1 and 2) are "no" and the second two answers (3 and 4) are "yes," then the food is most likely unleavened and appropriate to eat during the Feast of Unleavened Bread!

How To Clean Your Home For Passover

- Cleaning all possible locations where chametz might have been eaten or might be found in the house. This means searching for crumbs under the cushions of your sofa or stuffed chairs, in the pockets of your coats and pants, on closet floors, and so on. After a room is entirely cleaned and declared chametz-free, it is called "Pesachdik" and no further eating in that room is allowed until after Passover.
- Emptying and scrubbing down the entire refrigerator to remove all traces of chametz. This includes washing out the freezer as well.
- "Kashering" your stove and oven. This involves a thorough scrubbing of the entire oven, stove top, and racks and then turning on the self-cleaning feature at the highest temperature. If you do not have a self-cleaning oven, clean the inside of your oven and turn the oven up to its highest setting for 60 minutes.
- A microwave oven can be kashered by boiling a bowl of water inside it for more than 20 minutes. Once kashered it should not be used for 24 hours.

- Putting away all dishes, silverware, pots, utensils, etc. that are normally used during the year. Only dishes, silverware, pots, utensils, etc. that are dedicated for Passover may be used during Passover Week. (You may use new plastic/paper goods). Metal & wood utensils may be put in boiling water (with a little soap) then put in cool water. Glassware, china, pottery may be thoroughly cleaned w/hot soapy water. Don't forget to include the blades and other parts of your blender, mixer, and the like.
- "Kashering" your dining room and kitchen tables by pouring boiling water over them and then thoroughly scrubbing them down with soap and water. After kashering, the tables are covered until Passover.
- Scouring the sink, counters, and all other appliances with boiling water.
- Scrubbing down the floors, windows, and all other parts of the house.

The Nullification Declaration

Even as we ask Adonai for forgiveness of sins known and unknown, we also want to ask Adonai to forgive us for any leavened items that are in our home or possession that we do not know of. The following nullification declaration is normally stated after removing all leavened items from the home. It is said to denounce any ties to any leavened items that were not found.

Declare the following: **“In the Name of Yeshua, the Messiah, all things leaven in my possession that I know of have been removed, and for those leaven items unknown to me or not seen, we ask you Adonai to cause it to be null and void in my life and my household in Yeshua’s Holy Name, Amen.”**

Fast of the Firstborn (Ta'anit Bechorot):

What is it?

- The Fast of the Firstborn (Ta'anit Bechorot) is a fast done in commemoration of how Adonai spared the lives of the firstborn of the Israelites, while the firstborns of the Egyptians were killed. **It lasts from Sunrise on Monday, April 14 to Sundown (the start of Seder) on Monday, April 14.**

Who fasts?

- Every firstborn child 13 years or older, whether they are male or female and whether the firstborn is that of the mother or of the father, must fast. If the firstborn child is younger than 13 years of age, the child is not required to fast, but they can if they would like. However, if they are not capable to do so, the father must fast for the child. In addition, if the father himself is the firstborn, then the mother would fast for their firstborn child. Nursing mothers and pregnant women can fast in some way that is appropriate to their condition. The fast only applies to the first living child, therefore if a mother was pregnant with a child, but it was lost, that would not be considered her/their firstborn child. The objective is that each household has a minimum of one person fasting, therefore if there is not a firstborn child within the household, the oldest person of age in the house would fast.

Questions and Answers

My dog food has gluten corn in it. My cat food may have something in it as well. Do they (my pets) have to participate?

- Any foods that contain chametz are not allowed - that includes pet food. The other allowed grains (such as corn, rice, potatoes, almonds, soy, etc.) are fine. If you are unable to find pet food that qualifies, you may ask someone who does not observe the feast to take care of your pet during this time. However, you would need to either take your pet to that person or limit the areas your pet can move about so it won't contaminate the other areas of your home.

Other options include: you may purchase Kosher dog food, as well as feed your dog human food such as cooked rice with hamburger or chicken (unseasoned). Canned Tuna in water, for aquarium pets you can purchase dried worms etc from pet store. (Some flake foods do contain wheat etc)

If the oldest is 17 and he/she doesn't want to do the first born fast, do they have to?

- If you are the oldest it is strongly recommended that you observe the Fast of the Firstborn, which holds great significance. The fast represents us giving Adonai praise for sparing the firstborn of the Israelites, therefore it is suggested that you pray and seek the Lord and ask him to speak to your heart as to what you should do. Also, under the leadership and direction of Apostle Dr. Emma Jean, it was shared that this fast is not as strict as other fasts; however you are to fast in a way that shows sacrifice and commitment to the Lord. Some examples would be fasting some of your favorite foods or beverages, etc.

Can we put Leavened Food items in a storage unit or in a non-observers' home during the Feast of Unleavened Bread and retrieve the items after the feasts?

- You may give your food items to a non-observer or sell them. After the Feast, you may purchase them back from the non-observer, but they are under no obligation to sell them back to you. You can also sell the items to a non-observer but keep them in a locked cabinet or seal the area w/tape if you do not have a lock. The non-observer can come to get the items at any time (because it no longer belongs to you, but them). They are also under no obligation to give back or sell your items back to you. Just remember that we are not to *own* or *possess* any chametz during this time

What is the best way for children in boarding school or college to celebrate unleavened bread feast?

- Those away in school would celebrate similarly to those who share a home with non-observers (i.e. having separate plates, utensils, appliances, etc.). They are also welcome to get

out any leaven in their section of the dorm room as well. There may also be groups celebrating the Passover and Feast that will have suitable food.

Should children take lunches to school?

- Yes, otherwise there is no way to ensure that the lunch served to them at school is chametz-free. Adults should take their lunch too -- including their own silverware, dishes, and cups.

If we have a lunch bag that has had leaven in it, would it be good for us to purchase a new lunch bag?

- Yes, or take lunch in a paper bag or plastic container

What plates and cutlery can I use?

- Paper (towels, cups, napkins, plates), plastic (bags, containers, silverware, cups & plates), & Styrofoam (cup & plates) are allowed. China, glass, and aluminum foil are also permitted. It's recommended that you purchase these new - unless you have the items in an unopened pack at home

Do I have to make my kitchen kosher (to prepare my food)? How do I do that?

- Yes, your kitchen would need to be kosher to prepare your food for Passover. See the "How To Clean Your Home For Passover" section above for instructions.

Can we keep the forbidden grains in the house if it's not activated?

- Yes, as coffee, tea, and yeast are allowed in the home as long as no water has been added (additionally baking soda & baking powder are allowed). They should be in a separate area though, away from the kitchen to avoid contamination.

Should toothpaste with baking soda be thrown out?

- There are not clear guidelines on toothpaste (or mouthwash) as they are typically not meant to be edible. However, it does not hurt to get rid of it and purchase something without baking soda. The best rule of thumb is - if you have a check - get rid of it.

Do we need to get a new toothbrush?

- Yes, it would be safest to purchase a new toothbrush