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Eating Our Ancient Trauma

Matza, “Bread of affliction”—
meager food our ancestors ate while slaves in Egypt.

Maror, bitter herbs —
the tears our ancestors’ shed in slavery.

Charoset, sweet paste of fruit, nuts, and wine —
the clay our ancestors molded into bricks.

We dine on remnants of our ancestors’ ancient trauma,
consume them with blessings,
their suffering is internalized,
metabolized in our cells—
we become both free and full of it.