



A Spoon of Charoses

*to the tune of "A Spoonful of Sugar"
from Mary Poppins*

At every seder every year,
There is an element of fear
When I must eat a bitter herb.
And in the moment that I dread,
The heat goes to my head,
I cough! I sneeze!
I whimper and I wheeze!
But...

(Chorus)

A spoon of charoses helps
the bitter herb go down,
The bitter herb go down,
bitter herb go down,
Yes, a spoon of charoses helps
the bitter herb go down
In the most delightful way.

So you should keep it in your mind,
If there's a moment when you find
There's something dreadful you must do.
It will be better if you add
A thing that's not so bad,
A song! A sweet!
A favorite toy or treat!
Cause...

(Repeat chorus)

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