

Camp Ramah in New England 2016

Personal Amidah

Created by Machon, Bogrim and Shoafim

Source Sheet by Joshua Kulp

Based on a sheet by Rebecca Blady

WISDOM

You graciously bestow knowledge upon man and teach mortals understanding. Graciously bestow upon us from You, wisdom, understanding and knowledge. Blessed are You L-rd, who graciously bestows knowledge.

אַתָּה חוֹנֵן לְאָדָם דַּעַת. וּמְלַמֵּד לְאָנוּשׁ בִּינָה: הַנְּנוּ
מֵאַתָּה דַּעַת בִּינָה וְהַשְׁפֵּל בְּרוּךְ אַתָּה ה', חוֹנֵן
הַדַּעַת:

Thank you God for planting seeds of knowledge into my brain so they may grow into vines as I grow older. Please continue to provide sun and water so that my vines will continue to grow and expand into other vineyards. Blessed are you, Adonai, who grants us wisdom.

[Shoafim, 2016]

REPENTANCE

Cause us to return, our Father, to Your Torah; draw us near, our King, to Your service; and bring us back to You in whole-hearted repentance. Blessed are You L-rd, who desires penitence.

הַשִּׁיבֵנו אֲבוּנוּ לְתוֹרָתְךָ. וְקַרְבֵנוּ מִלְּפָנֶיךָ לְעִבּוּדְךָ
וְהַחְזִירֵנוּ בְּתַשׁוּבָה שְׁלֵמָה לְפָנֶיךָ. בְּרוּךְ אַתָּה ה',
הַרוֹצֵה בְּתַשׁוּבָה:

Oh Lord, who forgives all on the face of the earth. Please forgive me of my sins, and give me the ability to learn from them. Help me forgive myself as well as others who have done wrong in this world. Blessed are you, Adonai, who wants repentance.

[Shoafim, 2016]

FORGIVENESS

Pardon us, our Father, for we have sinned; forgive us, our King, for we have transgressed; for You are a good and forgiving G-d. Blessed are You L-rd, gracious One who pardons abundantly.

סֵלַח לָנוּ אֲבִינוּ כִּי חָטָאנוּ. מְחַל לָנוּ מִלְּכִנּוּ כִּי
פָשַׁעְנוּ. כִּי מוֹחֵל וְסוֹלֵחַ אַתָּה. בְּרוּךְ אַתָּה ה', חַנוּן
הַמְרַבֵּה לְסִלַּח:

Thank you God for forgiving me when I have done something wrong and have sinned. I ask of you to please allow me to forgive myself when I have made a mistake. Help me to forgive and accept others, and be able to start afresh.

Blessed are you Adonai, who is gracious and full of forgiveness.

[Bogrim, 2016]

REDEMPTION

O behold our affliction and wage our battle; redeem us speedily for the sake of Your Name, for You G-d are the mighty redeemer. Blessed are You L-rd, Redeemer of Israel.

רְאֵה בְּעֵינֵינוּ. וְרִיבָה רִיבָנוּ. וּגְאֹלֵנוּ מִהֲרָה לְמַעַן
שְׁמֶךָ. כִּי גּוֹאֵל חַזֵּק אַתָּה. בְּרוּךְ אַתָּה ה', גּוֹאֵל
יִשְׂרָאֵל:

God, thank you for creating us with flaws; for it has given us the chance to learn from our mistakes and become better versions of ourselves.

You have given us the ability to forgive and to be forgiven and for that we are grateful. Please help us to see the room for personal growth and allow us to forgive ourselves.

Blessed are you, Adonai, who redeems his people Israel.

[Machon, 2016]

HEALING

Heal us, O L-rd, and we will be healed; help us and we will be saved; for You are our praise. Grant complete cure and healing to all our wounds; for You, Almighty King, are a faithful and merciful healer. Blessed are You L-rd, who heals the sick of His people Israel.

רְפָאנוּ ה' וְנִרְפָא. הוֹשִׁיעֵנו וְנִשְׁעָה כִּי תִהְיֶה לָנוּ
אַתָּה. וְהַעֲלֵה רְפוּאָה שְׁלֵמָה לְכֹל מַכּוֹתֵינוּ. כִּי אֵל
מְלֹךְ רּוּפֵא נְאֻמָּן וְרַחֲמָן אַתָּה. בְּרוּךְ אַתָּה ה', רוּפֵא
חוּלֵי עַמּוֹ יִשְׂרָאֵל:

Dear Lord our God, King of the Universe, who is praised around the world for miraculous acts of healing, please heal us and the people around us, mentally as well as physically.

Please help us think of other people's health and well-being, instead of just ours. Please also help us to be thankful for our health.

Blessed are you, Adonai, who heals the sick.

[Shoafim 2016]

SUSTENANCE

Bless for us, L-rd our G-d, this year and all the varieties of its produce for good; and bestow dew and rain for blessing upon the face of the earth. Satisfy us from Your bounty and bless our year like other good years, for blessing; for You are a generous G-d who bestows goodness and blesses the years. Blessed are You L-rd, who blesses the years.

בָּרַךְ עֲלֵינוּ ה' אֱלֹהֵינוּ אֶת הַשָּׁנָה הַזֹּאת וְאֶת כָּל מִינֵי
תְּבוּאָתָהּ לְטוֹבָה. וְתֵן טַל וּמָטָר לְבִרְכָה עַל פְּנֵי
הָאָדָמָה וְשַׁבְעֵנוּ מִטוֹבָהּ. וּבָרַךְ שָׁנֵתָנוּ כְּשָׁנִים
הַטּוֹבוֹת. בְּרוּךְ אַתָּה ה', מְבָרַךְ הַשָּׁנִים:

Thank you God for helping us provide for our families every day and every year of our lives. Please continue to help us prosper financially. Thank you for giving us our education to help us thrive financially in the future. Please let us know and be able to share. Give us the vision to let us help others as well.

[Bogrim, 2016]

GATHERING OF EXILES

Sound the great shofar for our freedom;
raise a banner to gather our exiles, and bring us
together from the four corners of the earth into our
land. Blessed are You L-rd, who gathers the
dispersed of His people Israel.

תִּקַּע בְּשׁוֹפָר גָּדוֹל לְחֵירוּתָנוּ. וְשֵׂא נֵס לְקַבֵּץ
גְּלוּיֹתֵינוּ. וְקַבְּצֵנוּ יַחַד מֵאַרְבַּע כַּנְפוֹת הָאָרֶץ. בְּרוּךְ
אַתָּה ה', מְקַבֵּץ נִדְחֵי עַמּוֹ יִשְׂרָאֵל:

Thank you God for giving us a homeland and a place we can consider ours. Dear God, please continue to protect Israel and ensure that we are not exiled. We ask of you, Lord our God, to make it possible for all Jews to visit or move to Israel. Allow us to feel at home and have a sense of belonging. Blessed are You, Adonai, who gathers the dispersed of his people Israel.

[Bogrim 2016]

JUSTICE

Restore our judges as in former times, and our counsellors as of yore; remove from us sorrow and sighing, and reign over us, You alone, O L-rd, with kindness and compassion, with righteousness and justice. Blessed are You L-rd, King who loves righteousness and justice.

הַשִּׁיבָה שׁוֹפְטֵינוּ כְּבָרְאֲשׁוֹנָה וְיִוְעָצֵינוּ כְּבַתְחִלָּה.
וְהִסֵּר מִמֶּנּוּ יָגוֹן וְאַנְחָה. וּמֶלֶךְ עָלֵינוּ אַתָּה ה' לְבַדְךָ
בְּחֶסֶד וּבְרַחֲמִים. וְצִדְקָנוּ בְּמִשְׁפָּט. בְּרוּךְ אַתָּה ה',
מֶלֶךְ אוֹהֵב צְדָקָה וּמִשְׁפָּט:

Justice.

I wish it was more common in our world.

We are so focused on judging people at first glance.

But we need to step back

We need awareness of the feelings of others

So we can thrive and see others thrive too

You have the ability to judge us with fairness and with understanding.

And you teach us how to live with justice.

Blessed are you, Adonai, who loves justice and righteousness.

[Machon 2016]

AGAINST OUR ENEMIES

Let there be no hope for informers, and may all the heretics and all the wicked instantly perish; may all the enemies of Your people be speedily extirpated; and may You swiftly uproot, break, crush and subdue the reign of wickedness speedily in our days. Blessed are You L-rd, who crushes enemies and subdues the wicked.

וְלִמְלֹאֲשִׁינִים אֵל תְּהִי תַקְוָה. וְכָל הַרְשָׁעָה כָּרְגַע
תֵּאבֵד. וְכָל אוֹיְבֵי עַמְּךָ מְהֵרָה יִכְרְתוּ. וְהַיְזִידִים מְהֵרָה
תִּזְעַקְר וּתִשְׁפָּר וּתִמָּגֵר וּתִכְנִיעַ בְּמִהֲרָה בְּיָמֵינוּ. בְּרוּךְ
אַתָּה ה', שׁוֹבֵר אוֹיְבִים וּמְכַנִּיעַ יְזִידִים:

Dear God, please rid us of our evil inclinations and urges. Remove our bad qualities while teaching us to learn from our mistakes. Let our differences unite us rather than pit us against each other. God, thank you for creating goodness in people, please let it prevail and strengthen our community. Blessed are you, Adonai, who humbles the arrogant.

[Written by Machon, 2016]

THE RIGHTEOUS

May Your mercies be aroused, L-rd our G-d, upon the righteous, upon the pious, upon the elders of Your people, the House of Israel, upon the remnant of their sages, upon the righteous proselytes and upon us. Grant ample reward to all who truly trust in Your Name, and place our lot among them; may we never be disgraced, for we have put our trust in You. Blessed are You L-rd, the support and security of the righteous.

על הצדיקים ועל החסידים. ועל זקני עמך בית ישראל. ועל פליטת סופריהם. ועל גרי הצדק. ועלינו. ייחמו רחמיך ה' אלהינו. ותן שכר טוב לכל הבוטחים בשמך באמת. ושים חלקנו עמם לעולם ולא נבוש כי בך בטחנו. ברוך אתה ה', משען ומבטח לצדיקים:

May you our God, bringer of the righteous, bring forth the good in your people and all who surround us in the world. May you make a home in Judaism for all converts and may they be content in their choices. And may the righteous be recognized in their acts for good. May you give a full life to all the good people and give a blessing to the wise and elderly of Israel. Blessed are you, Adonai, who supports the righteous.

[Shoafim 2016]

JERUSALEM

Return in mercy to Jerusalem Your city and dwell therein as You have promised; speedily establish therein the throne of David Your servant, and rebuild it, soon in our days, as an everlasting edifice. Blessed are You Lord, who rebuilds Jerusalem.

ולירושלים עירך ברחמים תשוב. ותשכן בתוכה באשר דברת. ובנה אותה בקרוב בימינו בגן עולם. וכסא דוד מהרה לתוכה תכין: ברוך אתה ה', בונה ירושלים:

God, thank you for giving us the holy city of Jerusalem. Please protect the city that brings our people together. Save it from the violence of the world around it. Protect not only the people but the history and traditions that our ancestors worked so hard to create and maintain. Continue to lift up B'nei Yisrael whether they're in Jerusalem or not. Thank you, God, for allowing all Jews to have a homeland. Blessed are you, Adonai, who builds Jerusalem.

[Written by Machon, 2016]

MESSIAH

Speedily cause the scion of David Your servant to flourish, and increase his power by Your salvation, for we hope for Your salvation all day. Blessed are You L-rd, who causes the power of salvation to flourish.

את צמח דוד עבדך מהרה תצמיח. וקרנו תרום
בישועתך. כי לישועתך קוינו כל היום. ברוך אתה
ה', מצמיח קרן ישועה:

Bless you for keeping my home country in safe hands. Please shield it from harm's way and may it be protected from evil from within and without. In the future may there be an era of peace where issues such as hunger, greed, tyrannical governments, hatred and oppression do not exist and where people do good things for the sake of others and not on a self-centered basis. Blessed are you Adonai, who saves us.

[Bogrim, 2016]

WHO HEARS PRAYER

Hear our voice, L-rd our G-d; merciful Father, have compassion upon us and accept our prayers in mercy and favor, for You are G-d who hears prayers and supplications; do not turn us away empty-handed from You, our King, for You hear the prayer of everyone. Blessed are You L-rd, who hears prayer.

שמע קולנו. ה' אלהינו חוס ורחם עלינו. וקבל
ברחמים וברצון את תפלתנו. כי אל שומע תפלות
ותחנונים אתה. ומקפיד מלכנו. ריקם אל תשיבנו:
כי אתה שומע תפלת עמך ישראל ברחמים. ברוך
אתה ה', שומע תפלה:

God, how can you hear me?
To know you, I need to feel your life.
This earth is ours. The breeze, the wind and rain are not the only ways I can feel your presence. I see it on the inside.
You're always with me wherever my footsteps take me on my journey.
You answer me with your actions.
My presence on this earth.
Life.
Blessed are you Adonai, who hears prayer.

[Written by Machon, 2016]



Made with the Sefaria Source Sheet Builder
www.sefaria.org/sheets