

Create your own Amidah!

Goals:

1. Learn structure of the amidah
2. Think about personal things to pray for/ personal prayers
3. Create a physical connection to both Judaism (specifically the Amidah) and camp that can last throughout the year

Materials:

- △ Markers
- △ paper

Minute by Minute:

8:15- 8:20 Shma

8:20- 8:25 split into groups

8:25-8:45 Peulah

~~ In Groups ~~

- △ *Explain and discuss the structure of the Amidah (approx 5 min)*
- △ *come up with a way to represent the structure of the Amidah, using bodies (hand motions, etc) (Approx 5 min)*
- △ *Write and decorate page with personal Amidah to be put in our magshimim siddur (approx 10 mins)*

8:45 – 8:55 Amidah, Adon Olam, Hodaot (aleinu and kadish if time)

8:55 DONE, go to breakfast

Peulah Instructions:

- △ Explanation/ Discussion.
 - The Amidah can be broken up into three main themes/ parts- the first three paragraphs, last three paragraphs and the middle paragraphs which change for shabbos and holidays. The first three paragraphs praise G-d, the last three thank G-d and the middle ones ask G-d for stuff. You can take the VERY SHORT discussion wherever you want to go, but I have provided some food for thought questions (you do not have to and should not get to all of them):
 - Why this order? Would it make a difference if we switched the order?
 - Is this order similar to how you would talk to someone else? (ie parents when you want something from them)
 - What is our goal when talking to G-d this way? Which section seems to be highlighted?
 - Which section do you think is most important? Why?
 - Why does only the middle section switch on holy days? Why do we ask G-d for different things, but praise and thank him for the same things?
 - △ Physical representation (can be part of the discussion)
 - Basically, have them make hand/ body motions for each of the three parts (praise, ask, and thank). Have them think about what best represents each of those types of prayer. Also, have them think about how we can praise/ ask/ thank G-d with our whole body. Tell them to make sure to remember their motions because we will be

revisiting aka sharing them with the other groups the next day (Thursday!).

▲ Personal Amidah page

- Now that we know the structure of the Amidah, its time to talk about the content! Most of our *edah* does not understand/ connect to most prayers in the amidah, but I'm sure all of them have something they want to praise, ask and thank G-d for. So, they each should have one piece of paper on which they can write their own personal amidah. They should decorate it and make it pretty, and they will be able to take it home at the end of the summer in a magshimim siddur (we will re-evaluate the logistics of this in terms of people writing down personal things. The gist is they should write their prayers, no matter how personal and we will not necessarily make copies of all of them. The siddurs can just be personalized). Each person gets ONE sheet of paper.