THE a-ME-dah: Mind, Body and Soul

1. Mind
Think about it: when you want something REALLY badly, how do you ask for it? Whether it’s a good grade, a basketball victory, being able to go visit a friend over vacation or a positive encounter with a boy or girl you like, how do you express asking for something?

Role Plays
1. Ask for volunteers to act out a three year old in the toy aisle at Target. He/she sees a toy and gets flustered that he/she can’t take it home. A tantrum follows. Now, ask for volunteers to act out how THEY would ask their teachers, friends, parents for something they want.

Explain: As we grow, we learn a system for asking, how to ask for what we desire and need. There’s a Rolling Stones song called “You Can’t Always Get What You Want.” The chorus is the song title and continues with “but if you try sometimes, you get what you need” The Amidah is the Jewish attempt at trying to get what we want and need through asking in the right way. Through a system of 18 blessings, divided into 3 categories of praise, petition and thanksgiving, the Amidah gives us the chance for our wishes, hopes, wants and needs to be fulfilled. Some people are hesitant to pray because they feel that no one is really listening. When you demand something, does it always work? What does knowing we don’t always get what we demand or ask for teach us regarding prayer?

No, you can’t always get what you want, but if you try, you may get what you need- a chance to let it all out. How can you score the point, if you don’t take the shot? The Amidah gives us the opportunity to let out our feelings when we don’t necessarily know the words we want to say.

Explain the weekday Amidah ( includes petition blessings, on Shabbat there are no brachot of petition):

The Amidah can be summarized the way a (smart, polite) child asks for a cookie:

“You’re such a nice mom, you’re the best!. Can I have a cookie please? Thanks Mommy!”

Emotions, physical, words, feelings – mind, body, soul Amidah or “THE Tefillah,” the meat of the prayer services, gives us a chance to fulfill our basic spiritual needs through a 3 part asking process:

Shevach/Praise: You “suck up” to the person you’re asking something from, get them ready to want to give to you (first 3 brachot)
Bakasha/Petition: You state what it is you want/need, you let it all out (13 intermediate)
**Hodayah/Thanksgiving:** acknowledge receipt, in hopes that you’ll get what it is you’ve asked for, show appreciation (last 3)

We use our minds, bodies and souls in this essential Jewish prayer. We used our minds to figure out HOW we ask and now our bodies to get ourselves prepared to ask.

**Step 2: Body**
Now that we’ve figured out how we go about asking for our prayers to be fulfilled, next we have to prove ourselves present. Ask USYers to respond to the following without using words (physical responses):
- you got an A on a math test
- your volleyball team won the state championship
- you didn’t pass your driving test
- your sister stole your favorite shirt
- you got into a fight with your best friend

How do Jews typically tell a story? What’s a Jewish stereotype for how we talk? (using our hands)
We describe emotions often using our bodies. How does a mime tell you a story without using words? How do our bodies help us express emotion? Excitement, fear, sadness, laughter?

**Body- movin’ and groovin’ to the prayer beat – body language**
**The Amidah Mambo**

Do you stretch as you get out of bed? Do you warm up before you exercise? Do you raise your hand in class if you want to speak? Some people find it easiest to demonstrate their intentions through movement. For example, how does a mime tell a story? How do Jews (stereotypically) talk? With their bodies! How do we demonstrate where we are emotionally and spiritually- by being present physically! Jews talk with their hands to express themselves…we can also pray with our feet and bodies to express ourselves!

Have USYers stand up. Call out the brachot of the Amidah that involve movement in Hebrew and English (attached). Ask them to respond first how they would naturally and then teach the actual choreography. Go through each bracha in order so they can put it all together in one “dance”

**Step 3: Soul**

**Soul- the visual summary of the Amidah- how do I connect with the a-ME-dah?**
**Soul Slogans/bumper stickers: hand out a-ME-dah blessings chart**
Read each blessing on the Amidah chart and corresponding picture. As a group (or in chevruta depending on size of the group), use the markers and poster board to create a “Soul Slogan.” Choose which blessing resonates with you at this point in your life? Which one relates to your present situation? Select it and think of a “Soul Slogan” or
bumber sticker— a advertisement or slogan that represents that blessing and what it means
to you.

Which blessing/image do your wishes, hopes, fears or prayers RIGHT NOW relate to?
(either with what you ask for, what you’re proud of or what you’re thankful, etc. all
themes of the AMIDAH): Eg. of slogan: Oseh Shalom: Give Peace a Chance, Peace by
Piece
Refuah/Physical health: EveryBODY Move your Body, Free to Move and Groove

Conclusion: Have them present their slogans. Remind them to think about these
questions, ideas, images and values when they feel they aren’t necessarily connecting to
the brachot in the Amidah and to create their own moments of kavanah and meaning
based on these concepts and themes. You may not get what you’re asking for, but you’re
taking the opportunity to ask.

The a-ME-dah: Finding Meaning in the Big 18 (really, it’s 19)

<table>
<thead>
<tr>
<th>Amidah Blessing:</th>
<th>Thinking about it</th>
<th>Idea or value from my life</th>
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<td>How are you different from your parents generation? How are they different from THEIR parents? What do we take from them? What have we created for ourselves? Do you have special family traditions? Is God mentioned 3 separate times because each of our ancestors saw God in a different way? How do you relate to God differently from your parents?</td>
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<td>Does it scare you that you don’t have power or control over everything in your life? Do you leave some decisions up to faith or hope, knowing that God has the ultimate power?</td>
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<td>What makes God holy? Have you ever experienced the holiness of God in some shape or form?</td>
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<td>Did you do or say something you regret recently? Have you hurt someone or wanted to take something back that you did or said? Have you fought with someone you really cared about?</td>
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<td>#6 Slicha: Asking for forgiveness (spiritual request)</td>
<td>When you are truly sorry for what you have done and you apologize for your actions, you should be granted forgiveness, if you truly express regret, right? Can you think of examples of actions that DON’T deserve forgiveness?</td>
<td>Have you apologized to someone you’ve admit to hurting? Do you ask your parents (often the people we are most critical of) for forgiveness for disrespectful behavior? Something you’ve had to ask forgiveness for is…</td>
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<td>#7 Geula/Redemption (Spiritual request)</td>
<td>Why would redemption be a spiritual request? What kinds of things would redeem us as a people? The end of poverty? Unity between denominations? Peace in Israel?</td>
<td>A clean slate -we no longer feel remorse or guilt and we wish to start anew, we are now redeemed. A new beginning for you or a change you wish to make in yourself</td>
</tr>
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<td>#8 Refuah/Physical health</td>
<td>Could you imagine if something in your body wasn’t working as it should? If you pulled a muscle or suddenly couldn’t see? How much does your physical well being effect everything else about you? Eg. How does a cold effect your mood?</td>
<td>A physical feat you’ve accomplished that you are proud of, a physical improvement for YOURSELF</td>
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<td>#9 Birkat Hashanim- earning a livelihood so we may be able to provide for our physical needs</td>
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<td>Do the Jewish people need one common ground, both a physical space and unity as a people? Are all Jews really responsible for each other? Why is this value so important</td>
<td>Think about your own family and community. How does your family look out for one another? What does it mean to be part of a community? Has your relationship with Israel recently changed? When something happens in Israel or to someone Jewish, I feel…</td>
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<td>#11 Tzedaka and Mishpat- justice and self rule, self determination in our own space</td>
<td>Does justice and democracy play a specific role in Judaism? How so? Why do you think we pursue justice and demand the need for self rule? What was life like for us when we couldn’t make our own choices as a people?</td>
<td>Something you do for other people in your community that ensures justice, a way you fight to “repair the world.” Something you do for you own independence</td>
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<td>#12 Minim- because we self rule, we can punish wrong do-ers and protect ourselves</td>
<td>Can you relate this at all to Israel’s defense against terrorists?</td>
<td>A rule in your house or at school you consistently don’t follow for which you face consequences…</td>
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<td>#13 Tzadikim- acknowledging righteous people and acts</td>
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<td>Something you’ve done that you are really proud of… Someone you know that you truly admire or see as a role model Something you would give up if it would make a significant difference</td>
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<td>#14 Jerusalem- eternal Jewish connection to Israel and Jerusalem as its capital</td>
<td>What does it mean to have a homeland? How is Jerusalem holy for Jews? Why do Jews feel at home in Jerusalem? Why do we include a foreign city in our prayers? What significance does it have for a Jew in Morocco and a Jew in Miami to pray for the same place?</td>
<td>A memory you have of Jerusalem… A special place you have that’s not your home A holy place that connects you to your childhood or your family</td>
</tr>
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<td>#15 David - When we as a people, get our national requests filled, redemption will come to us as a people, associated with David</td>
<td>What happens to one Jew, happens to us all…is this true? Why do we ask for national requests, why is it important to speak as a people in asking for help?</td>
<td>Its more than just about you…a wish, hope or dream you have for the Jewish people, what is the magic answer to all of our problems as a people? If only ___ could change, the Jewish people would be okay.</td>
</tr>
<tr>
<td>#16 Shome’ah Tefillah- please hear our prayers</td>
<td>A final plea for God to hear our prayers- the “pretty please” part of the Amidah, a time to add your own personal thoughts and prayers</td>
<td>What’s plaguing your mind and keeping you up at night, what are you stressed or worried about, what scares you? What change would you like to see in yourself?</td>
</tr>
<tr>
<td>#17 Avodah – worship (blessing of thanksgiving)</td>
<td>Why would we conclude this prayer with a ‘thank you?’ What power does expressing gratitude do to ensure we get what we’ve asked for?</td>
<td>A way you express gratitude or appreciation without the actual words “thank you”</td>
</tr>
<tr>
<td>#18 Modim anachnu- thanksgiving (Blessing of thanksgiving)</td>
<td>Why is it so important to express gratitude and show you are thankful? Do you think we are at times spoiled as we don’t necessarily acknowledge how fortunate we are and kvetch so easily about what we DON’T have? Why is it so much easier to express what we lack than what we can be thankful for?</td>
<td>Anachnu – us- speak on behalf of the Jewish people, express something for which you are grateful as member of a group, thankful or feel lucky to have</td>
</tr>
<tr>
<td>Sim Shalom (peace upon us)</td>
<td>Why does Jewish prayer always include a blessing for peace? Do you think our tumultuous history has influenced the ending of our most important prayer? Do you think we are a peaceful nation? How?</td>
<td>Something that brings you peace and completeness, something that makes you feel safe and secure</td>
</tr>
</tbody>
</table>
**Body Movin’**: The Amidah Mambo

**Improvisation**: Allow your body to respond to the following

--How do you prepare for something very important? How do you show you are ready to appear serious and focused?
-- How does your body respond to your emotions? Eg. excitement, sadness, laughter
--what do you do when you greet someone famous, important or even intimidating?
--How do you show remorse or regret, or that you feel badly about something?
--How do you exit from an important person? Eg. How do you walk away from the Kotel? How do you show that you are through with someone who is important?

<table>
<thead>
<tr>
<th>Tefillah text</th>
<th>Movement</th>
<th>Explanation</th>
</tr>
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<tbody>
<tr>
<td>אֶדְרָךְ יִשְׁמָעֵאלָתָה וּפָרָי יִזְגִּיד הַחַלֻּךְ,ְךָ.</td>
<td>3 forward steps, 3 backward</td>
<td>We are preparing to greet the king. We are often in a small space between chairs so we take 3 steps back to make sure we have room to pray after we’ve gone forward</td>
</tr>
<tr>
<td>בָּרוּךְ אֶלָּה יָאָה <em>יִנְחָרָם</em> בְּפָרָי אַלֶּה יָאָה <em>יִנְחָרָם</em></td>
<td>Bend at baruch, bow at ata, stand straight at the name of God</td>
<td>Just as we bow to greet a king, we bow out of reverence and respect for God</td>
</tr>
<tr>
<td>סְלָתָה לְנָא אַבֶּר נָא כִּי תַעֲזָרָה מֵחַלָּתָה לְנָא מֵחַלָּתָה בְּרֹכֶר אֶלָּה יָאָה <em>יִנְחָרָם</em></td>
<td>We beat our chest with our right hand</td>
<td>Expressing regret at the mistakes we’ve made, wishing to repent and be better people, asking God to forgive us</td>
</tr>
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For Modim anachnu lach-bend at waist only
Now, put it all together so body and soul can work together and dance the Amidah Mambo!

#1 Avot – generations, tradition, ancestors

We end the prayer by gracefully backing away from the king.

3 steps back, bow at waist,
3 steps forward

Blessing

Think about it

Value or idea in my life

| #1 Avot: Your ties to your past, generations before | How are you different from your parents generation? | Something you are proud of about your family |
you…your parents and grandparents and ancestors…TRADITION!

How are they different from THEIR parents? What do we take from them? What have we created for ourselves? Do you have special family traditions? Is God mentioned 3 separate times because each of our ancestors saw God in a different way? How do you relate to God differently from your parents?

#2 Gevurot – God’s power

אתה גבר עלולו צד, ומדיה מתים אתה, רב ל חוש, יש.

בחרות:

משיב הרוח והוריד ה', אם.
מככל חיים בת', מדיה מתים בהכђים רכיב, סופק נפלים, רופא חולים,
ומתר אסורים, ומקים ה' מוהר שלט עפר, מים כמצור, של גברות עם דינה כל, מ, כל מדרי חמידהمجتمع, י' ישיבה.

בעשיה:

מ, המברא בא הכהרים, זוכר יצוריו לחיים בהכђים.
נאמנ אמת להחיית מתים. ברוך אתה ו, מדיה מתים.
#2 Gvurot – God’s strength and power, God providing for our needs and our hopes to benefit from God’s powers.

| Does it scare you that you don’t have power or control over everything in your life? Do you leave some decisions up to faith or hope, knowing that God has the ultimate power? |

Something you know you have no control over

#3 Kedusha: Holiness, God’s uniqueness

כְּדוּשׁ, כְּדוּשׁ, כְּדוּשׁ, יִהְיֶה יִבְיֵשׁ, זַרְעֵי צְדָקָה, יִזְכַּר אָדָם כָּל אָדָם אֱלֹהִים.

לעָמַת בְּרוֹר יִאֵם רֶם,

ברֹכֶךָ בְּרֹכֶךָ יִמְכַּרְוָה.
What depicts God’s Uniqueness for you?
Describe it

#3 Kedusha – sanctification- God’s uniqueness, God is like no other, gives us a chance to reflect on God’s holiness before we ask for something.

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<td>form?</td>
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#4 Spiritual Need: Knowledge
We ask for knowledge. Is knowledge, power? How does knowledge give you strength? Something you’ve learned recently that you didn’t know before, something you would love to know more about, be better at, etc.
#5 Spiritual Need: Repentance

Why do we feel remorse or regret? What is Jewish about guilt? How does repentance or admitting to our mistakes make us better people?

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<th>Why do we feel remorse or regret? What is Jewish about guilt? How does repentance or admitting to our mistakes make us better people?</th>
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שׁוּפָה נָא אֱלֹהִים לְכָל הָאָדָם, וּמֶגֶבֶר, וּמֶמֶלֶךְ, וּלְעֵבִרְתָּה, וּהָעָנִיָּה נָא בְּמַשׁוֹבָה שֶלֹּהֵם לְפָנֶיךָ. בְּרוֹחַ אָנַּהּ נָי, הֵרֵזָה בְּמַשׁוֹבָה.
#6 Spiritual Need 3: Forgiveness (this is where you would beat you fist over your heart)

סלח לנו, أبي, כי חט_AESstitial, محل לנו, כי פשע עון, כי מوثائقouston, אתה. ברוך אתה והברוך לשלח

| #6 Slichah: Asking for forgiveness (spiritual request) | When you are truly sorry for what you have done and you apologize for your actions, you should be granted forgiveness, if you truly express regret, right? Can you think of | Have you apologized to someone you’ve admit to hurting? Do you ask your parents (often the people we are most critical of) for forgiveness for disrespectful behavior? |
examples of actions that DON'T deserve forgiveness?  

Something you’ve had to ask forgiveness for is…

#7 Spiritual Need: Redemption

ראות באש. זה, יבר סיס. נגזר, נגזר, נגזר, ונגזר. אנו

שומרים, כי גואל חכם אוחז בברך אוחז, גואל אוחז

#7 Geula/Redemption (Spiritual request)

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A clean slate - we no longer feel remorse or guilt and we wish to start anew, we are now...
Could you imagine if something in your body wasn’t working as it should? If you pulled a physical feat you’ve accomplished that you are proud of, a physical improvement for...
#9 Physical Need personal: Birkat Hashanim: material needs and wants

בכר על ינו, יי אל ה ינו, את השביה וה אשת אשת כל מני
הבראתה טובנה.

(בכף) והן ברכות (בע. רכ) והן על ימי ילדות לברכה
על פניו האדמת, ושבע ימי מתיב, ר, ובכר שמח, וני כשנימ
הבראת. ביכר אתיה יי, הברך השכינים
| #9 Birkat Hashanim- earning a livelihood so we may be able to provide for our physical needs | Enjoying life’s pleasures- what is different about a need and a want? Is it okay to want things? Do you work to earn money for your “wants”? How else do you get them? Should you have to earn what you need and want? | Something you are proud of that you’ve worked to attain, something you want that you hope to earn The most special or important thing you OWN |

#10 Physical Needs national: Ingathering of exiles, unity
#10 Kibbutz Galuyot/Zionism, Jews all responsible for one another (physical needs as a people)

Do the Jewish people need one common ground, both a physical space and unity as a people? Are all Jews really responsible for each other? Why is this value so important

Think about your own family and community. How does your family look out for one another? What does it mean to be part of a community? Has your relationship with Israel recently changed? When something happens in Israel or to someone Jewish, I...
#11 Physical needs national: Justice and law

Does justice and democracy play a specific role in Judaism? How so? Why do you think we pursue justice and demand the need for self rule? What was life like for us when we couldn’t make something you do for other people in your community that ensures justice, a way you fight to “repair the world.” Something you do for you own independence.

| #11 Tzedaka and Mishpat- justice and self rule, self determination in our own space | Does justice and democracy play a specific role in Judaism? How so? Why do you think we pursue justice and demand the need for self rule? What was life like for us when we couldn’t make something you do for other people in your community that ensures justice, a way you fight to “repair the world.” Something you do for you own independence. |
#12 Physical Needs national: punishing wrong do-ers

If each member of the nation is punished for his wrongs and helps protect the nation, does this relate to Israel’s defense against terrorists?

A rule in your house or at school you consistently don’t follow for which you face consequences…
Who do you consider a righteous person today?
| #13 Tzadikim- acknowledging righteous people and acts | Who is a hero? Who is a leader to you? What kinds of acts do you consider “heroic” or righteous? What type of person/kinds of acts do you look up to? | Something you’ve done that you are really proud of… Someone you know that you truly admire or see as a role model Something you would give up if it would make a significant difference |

#14 Physical Needs national: Building Jerusalem as the eternal Jewish capital

ולירושלים יְמִיער בְּרָכָהּ מְשוֹב, וְまして בֵתוֹכֶיהָ כְּשֶׁר
דֶּבֶשׁ, וּבֶתֶהוּ אֵזֵיה בְּכַרְוֶה בְּבִין נְהֹלָה, וּכְסֶא כַּדָּד
מַהְרָה לַתְּנוֹכֶה חִכֶּי. בְּרוֹךְ אֵזֵיה יִבְנֶה יְרוּשָׁלָיִם
| **#14 Jerusalem**永恒的犹太与以色列的联系 | **What does it mean to have a homeland? How is Jerusalem holy for Jews? Why do Jews feel at home in Jerusalem? Why do we include a foreign city in our prayers? What significance does it have for a Jew in Morocco and a Jew in Miami to pray for the same place?** | **A memory you have of Jerusalem…**
**A special place you have that’s not your home**
**A holy place that connects you to your childhood or your family** |

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#15 Physical Needs national: Salvation and Messiah

אַתָּא אִמָּה דָּוִד עֻברָה מִהְרָה מִשְׁמָה יִהוּד, יָדוֹנָה חֹרוֹם
בִּישׁוּעַה, כִּי לִישׁוּעָתָךְ קוֹנְנוּ כָל הִיוֹם. ברוּךָ אַתָּה יִהוֹוָה,
כְּמוֹ יִהוֹוָה כְּמַעַן שִׁוְעָה.
*#15 David - When we as a people, get our national requests filled, redemption will come to us as a people, associated with David

What happens to one Jew, happens to us all...is this true? Why do we ask for national requests, why is it important to speak as a people in asking for help>

Its more than just about you...a wish, hope or dream you have for the Jewish people, what is the magic answer to all of our problems as a people? If only ___ could change, the Jewish people would be okay.

#16 Physical Needs national: Hear Our Prayers – private requests

Now's your turn to let it all out

שמע קול נ', כי אל ה', גוז ורומ על נ', יעקב
ברחמים וברצון אַת חסדנ', כי אל שומע עם חפלאה
A final plea for God to hear our prayers - the “pretty please” part of the Amidah, a time to add your own personal thoughts and prayers.

What’s plaguing your mind and keeping you up at night, what are you stressed or worried about, what scares you? What change would you like to see in yourself?

#16 Shome’ah Tefillah - please hear our prayers

#17 Thanksgiving: Prayer
Ratz, tin al, hine, b’umak yish’al v’maftekheh, v’heshb aha ha’evodah leb’al biyt, c.

Avi, c.

Al hine, tin yod al ti evahat, tin, y’esleh v’b’al, hine, ev, v’orah, v’orah, v’orah, v’orah, v’orah.


Yeshel, y’m ev’aruk, c, hakeruk ehal am yismah yish’al lep’t, c, lepltsek, lepltsek, lepltsek.

Vat, ev tikatev, lepltsek, lepltsek.

Vek, hine, tin, bo lepltsek, vhek, v’nif’keruk, y’hoshiv, v’nif’keruk, v’nif’keruk.

V’yeshuah yoromim, yos to’ov, v’nif’tem, v’tem al, v’hoshiv, v’nif’tem, v’tem al.

M leh kuni kuni amah.

V’kuni, hine ev, yo kavuk leh yoromim, berok amah, hine, yoromim, berev’ah leh v’nif’keruk, leh v’nif’keruk, leh v’nif’keruk.

Gratitude is absolutely the way to bring more into your life.

| #17 Avodah – worship | Why would we | A way you express |
| (blessing of thanksgiving) | conclude this prayer with a ‘thank you?’ What power does expressing gratitude do to ensure we get what we’ve asked for? | gratitude or appreciation without the actual words “thank you” |

#18 Thanksgiving: We are grateful (bow from the waist at Modim)

Why is it so important | Anachnu – us- speak on

#18 Modim anachnu-
| thanksgiving (Blessing of thanksgiving) | to express gratitude and show you are thankful? Do you think we are at times spoiled as we don’t necessarily acknowledge how fortunate we are and kvetch so easily about what we DON’T have? Why is it so much easier to express what we lack than what we can be thankful for? | behalf of the Jewish people, express something for which you are grateful as member of a group, thankful or feel lucky to have |

#19 Thanksgiving: Peace among us

אל, כי,˄ צוּר ָשׂוּנֵי מֶרֶם, ֵשַׁפְּטִי מִדְבֶּר מָרְמָה, ַלֵּמֶכָּלָּי
בַּפּוּשׁ תַּדָּע, ַמְּנֵפֶשׁ עָפָרָּּךְ לָחַזְיָה. ָפָתַח לְבָּי
בְּתוּרָה, ַבְּמַטְשָׁת ָי ָחַרְדוּ ַפּוּשְׁי. ַכָּל ַהָּחוּשְׁבָּים עַלְי
רַעָה, ַמַּהְּהָה ַחַר אַלְמַת ַכָּלְלָן ַמַּחַשְׁבֵּתָם. ַעַשַּׁה ַלָּמ, ָעָנ
שַׁמְּר, ַעַשַּׁה ַלָּמ, ַעַנ יִמְיָת ַר, ַעַשַּׁה ַלָּמ, ַעַנ קַדְשָׁת ַר, ַעַשַּׁה
לָמ, ַעַנ חַרְדוּת ַר. ָלָמ, ַעַנ יִמְלָצָיָן ַיִדְיָת, ַר, ַהַוָּשׁ ַיִּמְיֹנֵק
וּצָנ נֵ, ַיִּהְיָה לְרַצוּ ַיָּמָרָם, ַפָּי הַיָּוָּגוּי ַלָּבָּל ַפָּי, ַר, ַיַּרְי
גְּנוֹאָלֵי. ַעַנ ַשָּׁנָה שִׁלֹם בְּמַרְוָמִי, ַּהַוָּיָשֶׁה ַשָּׁלֹם ַעַל, ַגָּנְש
וּצָנ כָּל יָשָׁרָל, ַאַמְרָו ַאַמְרָו
Sim Shalom (peace upon us)

Why does Jewish prayer always include a blessing for peace? Do you think our tumultuous history has influenced the ending of our most important prayer? Do you think we are a peaceful nation? How?

Something that brings you peace and completeness, something that makes you feel safe and secure

Role Play #1

You are a parent and a three year old child in the toy aisle at Target. The child sees a toy and gets flustered that he/she can’t take it home. A tantrum follows and the parent reacts, embarrassed and upset. Does the child get the toy?
Role Play #2

Think of something you really want. Act out how YOU would ask your teacher, friends, parent for whatever it is. How is it different? What is the best or most effective way to ask for something you want/need?