



**Business Office**  
301 City Avenue, Suite 110 | Bala Cynwyd, PA 19004  
Tel 610-668-0423 | Fax 610-668-3461

**Resident Camp & Retreat Center**  
575 Smith Road | Kunkletown, PA 18058  
Tel 570-629-1390 | Fax 570-629-4815

**Day Camp (Summer)**  
272 South Bryn Mawr Avenue | Bryn Mawr, PA 19010  
Tel 610-668-0423 | Fax 610-668-3461

**Year-Round**  
CampHarlam@URJ.org | CampHarlam.org  
HarlamDayCamp@URJ.org | HarlamDayCamp.org

## Camp Harlam Jewish Life 2017 | *Tikkun Middot*: The Path to Being Your Best Self

A middah is a “measure.” Just like we work to repair the world (*tikkun olam*) through our actions, we also work to improve ourselves through building and strengthening desirable character traits (*tikkun middot*).

- **שמחה (Simchah) - Finding Joy** *What helps you find simchah - joy?*

Happy are those who dwell in Your house, they will sing your praises forever (Psalms)

Be Zoma said: Who is wise? The one who learns from all people. Who is mighty? The one who subdues their passions. Who is rich? The one who rejoices (finds joy) in their portion. (Pirke Avot 4:1)

It is a great mitzvah to find joy always! (Rabbi Nachman of Breslov)

- **אחריות (Acharayut) - Thinking About Others** *Are you practicing acharayut - thinking about others? (From the root acher/other)*

All of Israel is responsible one for another (Shevuot 39a)

How good it is when we dwell together in unity (Psalm 133)

This is what God said to Israel: My children what do I seek from you? I seek no more than that you love one another, and honor one another, and that you have awe for one another. Midrash (Tanna de Bei Eliyahu Rabbah 26:6)

- **נצחון (Nitzachon) - Pushing Through a Challenge** *It's worth the struggle!*

It is not up to you to finish the task, but neither are you free to abandon it (Pirkei Avot 2:16)

The whole world is a very narrow bridge, and the most important thing is not to be afraid (Rabbi Nachman of Bratslav)

If you will it, it is no dream (Herzel)

Just as the olive yields oil only when it is pounded so to our greatest potentials are yielded only under the pressure of adversity (Talmud)

- **רחמים (Rachamim) - Acting With Your Heart** *Use your Heart!*

In a place where there is no humanity, strive to be human (Pirke Avot 2:5)

You shall not hate your sibling in your heart; you shall reason with your neighbor... you shall love your neighbor as yourself, I am Adonai. (Leviticus 19:17-18)

To know the needs of people and to bear the burden of their sadness, that is true love of others. -(Rabbi Moseh of Lieb of Sassov)



**Business Office**  
301 City Avenue, Suite 110 | Bala Cynwyd, PA 19004  
Tel 610-668-0423 | Fax 610-668-3461

**Resident Camp & Retreat Center**  
575 Smith Road | Kunkletown, PA 18058  
Tel 570-629-1390 | Fax 570-629-4815

**Day Camp (Summer)**  
272 South Bryn Mawr Avenue | Bryn Mawr, PA 19010  
Tel 610-668-0423 | Fax 610-668-3461

**Year-Round**  
CampHarlam@URJ.org | CampHarlam.org  
HarlamDayCamp@URJ.org | HarlamDayCamp.org

Just as we love ourselves despite the faults we know we have, so should we love our neighbors despite the faults we see in them.

- **עֲצִמָּה (Bitachon Atzmi) - Confidence, Independence**  
*Bitachon - It's a Sure Thing!*

A righteous man falls down seven times and gets up eight (Proverbs, 24:16 )

Hillel said, If I am not for myself, who will be for me? But if I am only for myself, who am i? If not now, when?" (Pirke Avot 1:14)

- **תִּפְאֶרֶת (Tiferet) - Finding Inner Beauty and Balance**  
What helps you find *tiferet* - inner beauty?  
Do not look at the container, rather what is in it - (Pirke Avot )

God created human's in God's image (Gen 1:27)

Despise no one and call nothing useless, for there is no thing that does not have its place and no person whose hour does not come. (Pirke Avot 4:3)

- **בִּינָה (Binah) - Seeking Meaning** *What do you need for understanding?*

Hillel said, what is hateful to you do not do to your neighbor. That is the whole Torah. The rest is commentary. Go forth and Study!

Seek what you need and give up what you don't need. For in giving up what you do not need, you will learn what you really do need. (Rabbi S. Iban Gabirol)

After the earthquake a fire, but Adonai was not in the fire. And after the fire, a still small voice. (Kings 19:11-12)