

Opening Your Heart with Psalm 27: A Spiritual Practice for the Jewish New Year
Reader's Navigation Guide for 2023/5783–5784

This chart guides the reader in navigating Opening Your Heart with Psalm 27 through the High Holy Day season. When starting or restarting the practice, we recommend using the Reflection for Focus assigned to each day in the cycle as indicated below. The reflections gather the emotions, symbols, and spiritual possibilities of the season, helping us make our way together toward holiness. You can also follow the practice with music, images, and an automatic calendar using the companion app available at psalm27.ccarpress.org.

Date	Hebrew Date	Reflection for Focus	Page Number
August 17	Rosh Chodesh Elul	Practice for the Practice	8–9
The Month of Elul			
August 18	1 Elul	Just Five Minutes of Light	12–13
August 19	2 Elul (Shabbat)	Her Light	14–15
August 20	3 Elul	Hold the Pose	16–17
August 21	4 Elul	God in My Life	18–19
August 22	5 Elul	They Are Mine	20–21
August 23	6 Elul	God's Name in My Fear	22–23
August 24	7 Elul	In This I Trust	24–25
August 25	8 Elul	I'm Asking God One Question	26–27
August 26	9 Elul (Shabbat)	One Hundred Times a Day	28–29
August 27	10 Elul	All Day Every Day	30–31
August 28	11 Elul	Gaze Like God	32–33
August 29	12 Elul	In the Morning!	34–35
August 30	13 Elul	On a Chaotic Day	36–37
August 31	14 Elul	Holding My Head High	38–39
September 1	15 Elul	The Sound at the Center	40–41
September 2	16 Elul (Shabbat)	AND the <i>Vav</i> Makes All the Difference	42–43
September 3	17 Elul	Listen	44–46
September 4	18 Elul	My Voice	47–49
September 5	19 Elul	Bless Me and Keep Me	50–51
September 6	20 Elul	Call Me by My Nickname	52–53
September 7	21 Elul	My Gatherer	54–55
September 8	22 Elul	Take Off the Protective Glasses	56–57
September 9	23 Elul (Shabbat) <i>S'lichot</i>	Just Breathe	58–59
September 10	24 Elul	If Only Doubt Wasn't Part of My Vocabulary	60–61
September 11	25 Elul	The Goodness of God Looks Like	62–63
September 12	26 Elul	In the Waiting Room	64–65
September 13	27 Elul	Strength	66–67
September 14	28 Elul	Courage, Every Day	68–70

September 15	29 Elul Rosh HaShanah in PM	A Gracious Answer	71–72
The Ten Days of T’shuvah			
September 16	1 Tishrei 5783 (Shabbat) Rosh HaShanah	Listen with Heart	74–75
September 17	2 Tishrei	Wait Hope Begin	76–77
September 18	3 Tishrei	I’m Not a Narrow <i>Nefesh</i>	78–79
September 19	4 Tishrei	Call Forward My Witnesses	80–81
September 20	5 Tishrei	Little by Little	82–83
September 21	6 Tishrei	They are Waiting Note: Adjusted for 2023	84–85
September 22	7 Tishrei	We Don’t Abandon Them Note: Adjusted for 2023	88–89
September 23	8 Tishrei (Shabbat) Shabbat Shuvah	Don’t Just Sit, Turn Note: Adjusted for 2023	86–87
September 24	9 Tishrei Kol Nidrei	My Light	90–91
September 25	10 Tishrei Yom Kippur	All Day on Yom Kippur	92–93
The Wilderness of Work			
September 26	11 Tishrei	My Heart Speaks	96–97
September 27	12 Tishrei	In God’s [Not Yet Perfect] House	98–99
September 28	13 Tishrei	Hold On and Immerse	100–101
September 29	14 Tishrei Sukkot in PM	Gathering the Good	102–104
The Celebration of Sukkot			
September 30	15 Tishrei (Shabbat) Sukkot	Your Light in My Sukkah	106–107
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October 4	19 Tishrei Sukkot	Time to Stand	114–115
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October 6	21 Tishrei Sukkot Simchat Torah in PM	Never Abandoned	118–119
October 7	22 Tishrei (Shabbat) Sh’mini Atzeret/ Simchat Torah	The Heart of Daily Life	120–121
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Have a great 5784 and see you in Elul 2024!			