

***Opening Your Heart with Psalm 27: A Spiritual Practice for the Jewish New Year***  
**Reader's Navigation Guide for 2022/5782–5783**

*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](http://psalm27.ccarpress.org).*

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

September 25	29 Elul Rosh HaShanah in PM	A Gracious Answer	71–72
<b>The Ten Days of T'shuvah</b>			
September 26	1 Tishrei 5783 <b>Rosh HaShanah</b>	Listen with Heart	74–75
September 27	2 Tishrei	Wait Hope Begin	76–77
September 28	3 Tishrei	I'm Not a Narrow <i>Nefesh</i>	78–79
September 29	4 Tishrei	Call Forward My Witnesses	80–81
September 30	5 Tishrei	Little by Little	82–83
October 1	6 Tishrei (Shabbat) <b>Shabbat Shuvah</b>	Don't Just Sit, Turn <b>Note:</b> Adjusted for 2022	86–87
October 2	7 Tishrei	They are Waiting <b>Note:</b> Adjusted for 2022	84–85
October 3	8 Tishrei	We Don't Abandon Them <b>Note:</b> Adjusted for 2022	88–89
October 4	9 Tishrei <b>Kol Nidrei</b>	My Light	90–91
October 5	10 Tishrei <b>Yom Kippur</b>	All Day on Yom Kippur	92–93
<b>The Wilderness of Work</b>			
October 6	11 Tishrei	My Heart Speaks	96–97
October 7	12 Tishrei	In God's [Not Yet Perfect] House	98–99
October 8	13 Tishrei (Shabbat)	Hold On and Immerse	100–101
October 9	14 Tishrei Sukkot in PM	Gathering the Good	102–104
<b>The Celebration of Sukkot</b>			
October 10	15 Tishrei <b>Sukkot</b>	Your Light in My Sukkah	106–107
October 11	16 Tishrei <b>Sukkot</b>	Hidden Treasure	108–109
October 12	17 Tishrei <b>Sukkot</b>	My Heart, My <i>Etrog</i>	110–111
October 13	18 Tishrei <b>Sukkot</b>	The Crowded Sukkah	112–113
October 14	19 Tishrei <b>Sukkot</b>	Time to Stand	114–115
October 15	20 Tishrei (Shabbat) <b>Sukkot</b>	In the Rock with Moses	116–117
October 16	21 Tishrei <b>Sukkot</b> Simchat Torah in PM	Never Abandoned	118–119
October 17	22 Tishrei (Shabbat) <b>Sh'mini Atzeret/ Simchat Torah</b>	The Heart of Daily Life	120–121
October 18	23 Tishrei	Three Choices	122–123
<b>Have a great 5783 and see you in Elul 2023!</b>			