## Contents

Foreword by Rabbi Andrea L. Weiss, PhD	XI
Invitation and Introduction	XV
Historical Background of Shir Shel Yom	xxi
Historical Background of Psalm 104 for Rosh Chodesh	xxiii
Get Started	XXV
Notes to Readers	XXXI
Composer's Commentary by Cantor Richard Cohn	XXXV
Tools for the Practice	xxxvii
Guide for the Month	xxxix
Daily Directions	xl
Shir Shel Yom Blessing	3
Introductions to the Shir Shel Yom Psalms	5
Shir Shel Yom Psalms	21
Psalm 24 for Sunday	22
Psalm 48 for Monday	24
Psalm 82 for Tuesday	28
Psalms 94:1–95:3 for Wednesday	30
Psalm 81 for Thursday	34
Psalm 93 for Friday	38
Psalm 92 for Shabbat/Saturday	40
Reflections for Focus: Shir Shel Yom Psalms	43
Week 1	45
Week 2	61
Week 3	77
Week 4	93
Rosh Chodesh	109
Psalm 104 for Rosh Chodesh	IIO
Reflections for Focus: Rosh Chodesh	
Tishrei	116
Cheshvan	118

## X CONTENTS

Kislev	120
Tevet	122
Sh'vat	124
Adar	126
Nisan	128
Iyar	130
Sivan	132
Tammuz	134
Av	136
Elul	138
Acknowledgments	141
Notes	143
Resources for Reading Psalms	157
Appendix: Ten-Year Calendar for Rosh Chodesh	159
Index	163
About the Author	165