

***Opening Your Heart with Psalm 27: A Spiritual Practice for the Jewish New Year***  
**Reader's Navigation Guide for 2025/5785–86**

*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).*

<b>Date</b>	<b>Hebrew Date</b>	<b>Reflection for Focus</b>	<b>Page Number</b>
August 24	Rosh Chodesh Elul	Practice for the Practice	8–9
<b>The Month of Elul</b>			
August 25	1 Elul	Just Five Minutes of Light	12–13
August 26	2 Elul	Her Light	14–15
August 27	3 Elul	Hold the Pose	16–17
August 28	4 Elul	God in My Life	18–19
August 29	5 Elul	They Are Mine	20–21
August 30	6 Elul (Shabbat)	God's Name in My Fear	22–23
August 31	7 Elul	In This I Trust	24–25
September 1	8 Elul	I'm Asking God One Question	26–27
September 2	9 Elul	One Hundred Times a Day	28–29
September 3	10 Elul	All Day Every Day	30–31
September 4	11 Elul	Gaze Like God	32–33
September 5	12 Elul	In the Morning!	34–35
September 6	13 Elul (Shabbat)	On a Chaotic Day	36–37
September 7	14 Elul	Holding My Head High	38–39
September 8	15 Elul	The Sound at the Center	40–41
September 9	16 Elul	AND the Vav Makes All the Difference	42–43
September 10	17 Elul	Listen	44–46
September 11	18 Elul	My Voice	47–49
September 12	19 Elul	Bless Me and Keep Me	50–51
September 13	20 Elul (Shabbat)	Call Me by My Nickname	52–53
September 14	21 Elul	My Gatherer	54–55
September 15	22 Elul	Take Off the Protective Glasses	56–57
September 16	23 Elul	Just Breathe	58–59
September 17	24 Elul	If Only Doubt Wasn't Part of My Vocabulary	60–61
September 18	25 Elul	The Goodness of God Looks Like	62–63
September 19	26 Elul	In the Waiting Room	64–65
September 20	27 Elul (Shabbat) <i>S'lichot</i>	Strength	66–67
September 21	28 Elul	Courage, Every Day	68–70
September 22	29 Elul Rosh HaShanah in PM	A Gracious Answer	71–72

The Ten Days of T'shuvah			
September 23	1 Tishrei 5785 <b>Rosh HaShanah</b>	Listen with Heart	74–75
September 24	2 Tishrei	Wait Hope Begin	76–77
September 25	3 Tishrei	I'm Not a Narrow <i>Nefesh</i>	78–79
September 26	4 Tishrei	Call Forward My Witnesses	80–81
September 27	5 Tishrei (Shabbat) <b>Shabbat Shuvah</b>	Don't Just Sit, Turn <b>Note:</b> Adjusted for 2025	86–87
September 28	6 Tishrei	Little by Little <b>Note:</b> Adjusted for 2025	82–83
September 29	7 Tishrei	They are Waiting <b>Note:</b> Adjusted for 2025	84–85
September 30	8 Tishrei	We Don't Abandon Them <b>Note:</b> Adjusted for 2025	88–89
October 1	9 Tishrei <b>Kol Nidrei</b>	My Light	90–91
October 2	10 Tishrei (Shabbat) <b>Yom Kippur</b>	All Day on Yom Kippur	92–93
The Wilderness of Work			
October 3	11 Tishrei	My Heart Speaks	96–97
October 4	12 Tishrei	In God's [Not Yet Perfect] House	98–99
October 5	13 Tishrei	Hold On and Immerse	100–101
October 6	14 Tishrei Sukkot in PM	Gathering the Good	102–104
The Celebration of Sukkot			
October 7	15 Tishrei <b>Sukkot</b>	Your Light in My Sukkah	106–107
October 8	16 Tishrei <b>Sukkot</b>	Hidden Treasure	108–109
October 9	17 Tishrei <b>Sukkot</b>	My Heart, My <i>Etrog</i>	110–111
October 10	18 Tishrei <b>Sukkot</b>	The Crowded Sukkah	112–113
October 11	19 Tishrei (Shabbat) <b>Sukkot</b>	In the Rock with Moses <b>Note:</b> Adjusted for 2025	116–117
October 12	20 Tishrei <b>Sukkot</b>	Time to Stand <b>Note:</b> Adjusted for 2025	114–115
October 13	21 Tishrei <b>Sukkot</b> Simchat Torah in PM	Never Abandoned	118–119
October 14	22 Tishrei <b>Sh'mini Atzeret/ Simchat Torah</b>	The Heart of Daily Life	120–121
October 15	23 Tishrei	Three Choices	122–123
Have a great 5786 and see you in Elul 2026!			

Rabbi Robbins's latest book, *New Each Day: A Spiritual Practice for Reading Psalms*, provides a guide for the rest of the year. Learn more at [neweachday.ccarpress.org](http://neweachday.ccarpress.org).