

## *Opening Your Heart with Psalm 27: A Spiritual Practice for the Jewish New Year* Reader's Navigation Guide for 2020/5780–5781

*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.*

Date	Hebrew Date	Reflection for Focus	Page
August 20	Rosh Chodesh Elul	Practice for the Practice	8–9
<b>The Month of Elul</b>			
August 21	1 Elul	Just Five Minutes of Light	12–13
August 22	2 Elul (Shabbat)	Her Light	14–15
August 23	3 Elul	Hold the Pose	16–17
August 24	4 Elul	God in My Life	18–19
August 25	5 Elul	They Are Mine	20–21
August 26	6 Elul	God's Name in My Fear	22–23
August 27	7 Elul	In This I Trust	24–25
August 28	8 Elul	I'm Asking God One Question	26–27
August 29	9 Elul (Shabbat)	One Hundred Times a Day	28–29
August 30	10 Elul	All Day Every Day	30–31
August 31	11 Elul	Gaze Like God	32–33
<b>The Month of Tishrei</b>			
September 1	12 Elul	In the Morning!	34–35
September 2	13 Elul	On a Chaotic Day	36–37
September 3	14 Elul	Holding My Head High	38–39
September 4	15 Elul	The Sound at the Center	40–41
September 5	16 Elul (Shabbat)	AND the <i>Vav</i> Makes All the Difference	42–43
September 6	17 Elul	Listen	44–46
September 7	18 Elul	My Voice	47–49

Date	Hebrew Date	Reflection for Focus	Page
September 8	19 Elul	Bless Me and Keep Me	50–51
September 9	20 Elul	Call Me by My Nickname	52–53
September 10	21 Elul	My Gatherer	54–55
September 11	22 Elul	Take Off the Protective Glasses	56–57
September 12	23 Elul (Shabbat) <i>S'lichot</i>	Just Breathe	58–59
September 13	24 Elul	If Only Doubt Wasn't Part of My Vocabulary	60–61
September 14	25 Elul	The Goodness of God Looks Like	62–63
September 15	26 Elul	In the Waiting Room	64–65
September 16	27 Elul	Strength	66–67
September 17	28 Elul	Courage, Every Day	68–70
September 18	29 Elul Rosh HaShanah in PM	A Gracious Answer	71–72
<b>The Ten Days of <i>T'shuvah</i></b>			
September 19	1 Tishrei 5781 (Shabbat) <b>Rosh HaShanah</b>	Listen with Heart	74–75
September 20	2 Tishrei	Wait Hope Begin	76–77
September 21	3 Tishrei	I'm Not a Narrow <i>Nefesh</i>	78–79
September 22	4 Tishrei	Call Forward My Witnesses	80–81
September 23	5 Tishrei	Little by Little	82–83
September 24	6 Tishrei	They Are Waiting	84–85
September 25	7 Tishrei	We Don't Abandon Them <b>Note:</b> Adjusted for 2020	88–89
September 26	8 Tishrei (Shabbat) <b>Shabbat Shuvah</b>	Don't Just Sit, Turn <b>Note:</b> Adjusted for 2020	86–87
September 27	9 Tishrei <i>Kol Nidrei</i>	My Light	90–91
September 28	10 Tishrei <b>Yom Kippur</b>	All Day on Yom Kippur	92–93

Date	Hebrew Date	Reflection for Focus	Page
<b>The Wilderness of Work</b>			
September 29	11 Tishrei	My Heart Speaks	96-97
September 30	12 Tishrei	In God's [Not Yet Perfect] House	98-99
<b>The Celebration of Sukkot</b>			
October 1	13 Tishrei	Hold On and Immerse	100-101
October 2	14 Tishrei Sukkot in PM	Gathering the Good	102-104
October 3	15 Tishrei (Shabbat) <b>Sukkot</b>	In the Rock with Moses <b>Note:</b> Adjusted for 2020	116-117
October 4	16 Tishrei <b>Sukkot</b>	Your Light in My Sukkah <b>Note:</b> Adjusted for 2020	106-107
October 5	17 Tishrei <b>Sukkot</b>	Hidden Treasure	108-109
October 6	18 Tishrei <b>Sukkot</b>	My Heart, My <i>Etrog</i>	110-111
October 7	19 Tishrei <b>Sukkot</b>	The Crowded Sukkah	112-113
October 8	20 Tishrei <b>Sukkot</b>	Time to Stand	114-115
October 9	21 Tishrei <b>Sukkot</b> Simchat Torah in PM	Never Abandoned <b>Note:</b> Adjusted for 2020	118-119
October 10	22 Tishrei (Shabbat) <b>Sh'mini Atzeret/ Simchat Torah</b>	The Heart of Daily Life	120-121
October 11	23 Tishrei	Three Choices	122-123

**Have a great 5781 and see you in Elul 2021!**