

Opening Your Heart with Psalm 27: A Spiritual Practice for the Jewish New Year
Reader's Navigation Guide for 2024/5784–85

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

October 3	1 Tishrei 5785 Rosh HaShanah	Listen with Heart	74–75
October 4	2 Tishrei	Wait Hope Begin	76–77
October 5	3 Tishrei (Shabbat) Shabbat Shuvah	Don't Just Sit, Turn Note: Adjusted for 2024	86–87
October 6	4 Tishrei	I'm Not a Narrow <i>Nefesh</i> Note: Adjusted for 2024	78–79
October 7	5 Tishrei	Call Forward My Witnesses Note: Adjusted for 2024	80–81
October 8	6 Tishrei	Little by Little Note: Adjusted for 2024	82–83
October 9	7 Tishrei	They are Waiting Note: Adjusted for 2024	84–85
October 10	8 Tishrei	We Don't Abandon Them Note: Adjusted for 2024	88–89
October 11	9 Tishrei Kol Nidrei	My Light	90–91
October 12	10 Tishrei (Shabbat) Yom Kippur	All Day on Yom Kippur	92–93
The Wilderness of Work			
October 13	11 Tishrei	My Heart Speaks	96–97
October 14	12 Tishrei	In God's [Not Yet Perfect] House	98–99
October 15	13 Tishrei	Hold On and Immerse	100–101
October 16	14 Tishrei Sukkot in PM	Gathering the Good	102–104
The Celebration of Sukkot			
October 17	15 Tishrei Sukkot	Your Light in My Sukkah Note: Adjusted for 2024	106–107
October 18	16 Tishrei Sukkot	Hidden Treasure Note: Adjusted for 2024	108–109
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October 20	18 Tishrei Sukkot	My Heart, My <i>Etrog</i>	110–111
October 21	19 Tishrei Sukkot	The Crowded Sukkah	112–113
October 22	20 Tishrei Sukkot	Time to Stand	114–115
October 23	21 Tishrei Sukkot Simchat Torah in PM	Never Abandoned	118–119
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October 25	23 Tishrei	Three Choices	122–123
Have a great 5785 and see you in Elul 2025!			

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.