

Opening Your Heart with Psalm 27: A Spiritual Practice for the Jewish New Year
Reader's Navigation Guide for 2026/5786–87

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

The Ten Days of T'shuvah			
September 12	1 Tishrei 5785 Rosh HaShanah (Shabbat)	Listen with Heart	74–75
September 13	2 Tishrei	Wait Hope Begin	76–77
September 14	3 Tishrei	I'm Not a Narrow <i>Nefesh</i>	78–79
September 15	4 Tishrei	Call Forward My Witnesses	80–81
September 16	5 Tishrei	Little by Little	82–83
September 17	6 Tishrei	They are Waiting	84–85
September 18	7 Tishrei	We Don't Abandon Them Note: Adjusted for 2026	88–89
September 19	8 Tishrei Shabbat Shuva	Don't Just Sit, Turn Note: Adjusted for 2026	86–87
September 20	9 Tishrei Kol Nidrei	My Light	90–91
September 21	10 Tishrei (Shabbat) Yom Kippur	All Day on Yom Kippur	92–93
The Wilderness of Work			
September 22	11 Tishrei	My Heart Speaks	96–97
September 23	12 Tishrei	In God's [Not Yet Perfect] House	98–99
September 24	13 Tishrei	Hold On and Immerse	100–101
September 25	14 Tishrei Sukkot in PM	Gathering the Good	102–104
The Celebration of Sukkot			
September 26	15 Tishrei Sukkot (Shabbat)	In the Rock with Moses Note: Adjusted for 2026	116–117
September 27	16 Tishrei Sukkot	Your Light in My Sukkah Note: Adjusted for 2026	106–107
September 28	17 Tishrei Sukkot	Hidden Treasure Note: Adjusted for 2026	108–109
September 29	18 Tishrei Sukkot	My Heart, My <i>Etrog</i> Note: Adjusted for 2026	110–111
September 30	19 Tishrei Sukkot	The Crowded Sukkah Note: Adjusted for 2026	112–113
October 1	20 Tishrei Sukkot	Time to Stand Note: Adjusted for 2026	114–115
October 2	21 Tishrei Sukkot Simchat Torah in PM	Never Abandoned	118–119
October 3	22 Tishrei Sh'mini Atzeret/ Simchat Torah (Shabbat)	The Heart of Daily Life	120–121
October 4	23 Tishrei	Three Choices	122–123
Have a great 5787 and see you in Elul 2027!			

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.