Elul Reflection Calendar

Elul is the last month before the Jewish new year. Our tradition instructs us to do *cheshbon ha'nefesh*, accounting of the soul. Psalm 27 is traditionally said every day in Elul. Each Sunday, read the offered verse and the corresponding reflection question. Take time during the week to journal, meditate, pray, or focus your practice on the questions. On Shabbat, find a friend to share your reflections with.

Week 1: Elul/September 1-7

(1)...the Divine is my light and my help; whom should I fear? The Divine is the stronghold of my life, whom should I dread?
א) לְדָוִד | ה׳ אוֹרִי וְיִשְׁעִי מִמִּי אִירָא ה׳ מָעוֹז־חַיַּי מִמִּי אֶפְחָד:

Week 2: Elul/September 8-14

(4) One thing I ask of the Divine, only that do I seek: to live in the house of the Divine all the days of my life, to gaze upon the beauty of the Divine, to frequent Their temple.
ד) אַחַת | שָׁאַלְתִּי מֵאֵת־ה׳ אוֹתָהּ אֲבַקֵּשׁ שִׁבְתִּי בְּבֵית־ה׳ כָּל־יְמֵי חַיַּי לַחֲזוֹת בְּנֹעַם־ה׳ וּלְבַקֵּר בְּהֵיכָלוֹ:

Week 3: Elul/September 15-21

(8) In Your behalf my heart says: "Seek My face!" O Source, I seek Your face.
ח) לְךָ | אָמַר לִבִּי בַּקְּשׁוּ פָנָי אֶת־פָּנֶיךָ ה׳ אֲבַקֵּשׁ:

Week 4: Elul/September 22-29

(14) Look to Sacredness, be strong and of good courage! O look to the Divine.
יד) קַוֵּה אֶל־ה׳ חֲזַק וְיַאֲמֵץ לִבֶּךָ וְקַוֵּה אֶל־

RECONSTRUCTING JUDAISM

Elul 5779

1 2 3 4 5 6 7

What did you struggle with this year?
Where did you experience help and support?

8 9 10 11 12 13 14

Where did you experience beauty this year?
What felt nourishing to you? Why was it so pleasurable?

15 16 17 18 19 20 21

What did you seek in the past year?
What questions did you hold, ask, wrestle with in your heart?

22 23 24 25 26 27 28

What gave you strength in the past year?
What gave you courage?

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