

REFLECTION JOURNEY

Date	Reflection
September 3	Hardness of heart
September 4	Foolish talk
September 5	Passing judgment on others
September 6	Things done inadvertently
September 7	False denial and lying
September 8	Acts done without shame
September 9	Acts done in secret
September 10	Stinging speech
September 11	Deceiving another
September 12	Sexual immorality
September 13	Acts committed knowingly
September 14	Acts committed deceitfully
September 15	Disrespecting parents and teachers
September 16	Insincere confession
September 17	Manipulating or coercing others
September 18	Physically harming others
September 19	Desecration of the Divine Name
September 20	Acts done under duress
September 21	Acts done willingly
September 22	Improper thoughts
September 23	Evil talk about another
September 24	Bribe taking or bribe giving
September 25	Course joking
September 26	Improper business dealings
September 27	Scoffing at people or situations
September 28	Pride or lack of humility
September 29	Unwholesome talk
September 30	Having a defiant attitude
October 1	Being irresponsible
October 2	Being frivolous
October 3 Rosh Hashanah I	Treating a friend with malice
October 4 Rosh Hashanah II	Being unwilling to see the good in people or situations
October 5	Taking responsibility lightly
October 6	Being stubborn
October 7	Being quick tempered
October 8	Gossiping
October 9	Making promises you can't or won't keep
October 10	Looking at things we shouldn't
October 11	Harming someone less fortunate
October 12 Yom Kippur	Hating another without cause



Shabbat Services
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FORTY DAYS

OF PRAYER & REPENTANCE

SEPTEMBER 3 - OCTOBER 12

ארבעים ימים
תפילה ותשובה

FORTY DAYS

OF PRAYER & REPENTANCE

The month of Elul & the 10 days of awe are a time of reflection, confession, & teshuva (*repentance*). The number 40 is symbolic of preparation and we will use these 40 days to prepare for the new year and our meeting with HaShem during this High Holy Day season.

Every day we will read Psalm 27, which is traditionally read during the 40 days. It teaches us to look at our own faith in God and recognize Him as our light and salvation.

We will also read Exodus 34:6-7 daily. This passage is frequently recited throughout our holiday liturgy and speaks of the 13 attributes of God - the first of which is mercy. Even as we reflect on our sins, we remember God's mercy and grace toward us.

Also included are daily reflections using inspiration from the words of Al Khet (*"For the Sin"*) as our guide. This is a central piece of liturgy recited together on Yom Kippur, recognizing that the sin of the individual affects the whole community and, in fact, the whole nation of Israel.

As you journey through the 40 days and reflect upon ways we have stumbled and fallen short this year, ask forgiveness for the things you have done to sin against God or for not preventing your brother from sinning against God, and resolve to do better this coming year.



Psalm 27

Of David

1 The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid?

2 When evildoers assail me to eat up my flesh, my adversaries and foes, it is they who stumble and fall.

3 Though an army encamp against me, my heart shall not fear; though war arise against me, yet I will be confident.

4 One thing have I asked of the Lord, that will I seek after: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to inquire in his temple.

5 For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will lift me high upon a rock.

6 And now my head shall be lifted up above my enemies all around me, and I will offer in his tent sacrifices with shouts of joy; I will sing and make melody to the Lord.

7 Hear, O Lord, when I cry aloud; be gracious to me and answer me!

8 You have said, "Seek my face." My heart says to you, "Your face, Lord, do I seek."

9 Hide not your face from me. Turn not your servant away in anger, O you who have been my help. Cast me not off; forsake me not, O God of my salvation!

10 For my father and my mother have forsaken me, but the Lord will take me in.

11 Teach me your way, O Lord, and lead me on a level path because of my enemies.

12 Give me not up to the will of my adversaries; for false witnesses have risen against me, and they breathe out violence.

13 I believe that I shall look upon the goodness of the Lord in the land of the living!

14 Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!



Exodus 34:6-7

6 The Lord passed before him and proclaimed, "The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, **7** keeping steadfast love for thousands, forgiving iniquity and transgression and sin, but who will by no means clear the guilty, visiting the iniquity of the fathers on the children and the children's children, to the third and the fourth generation."