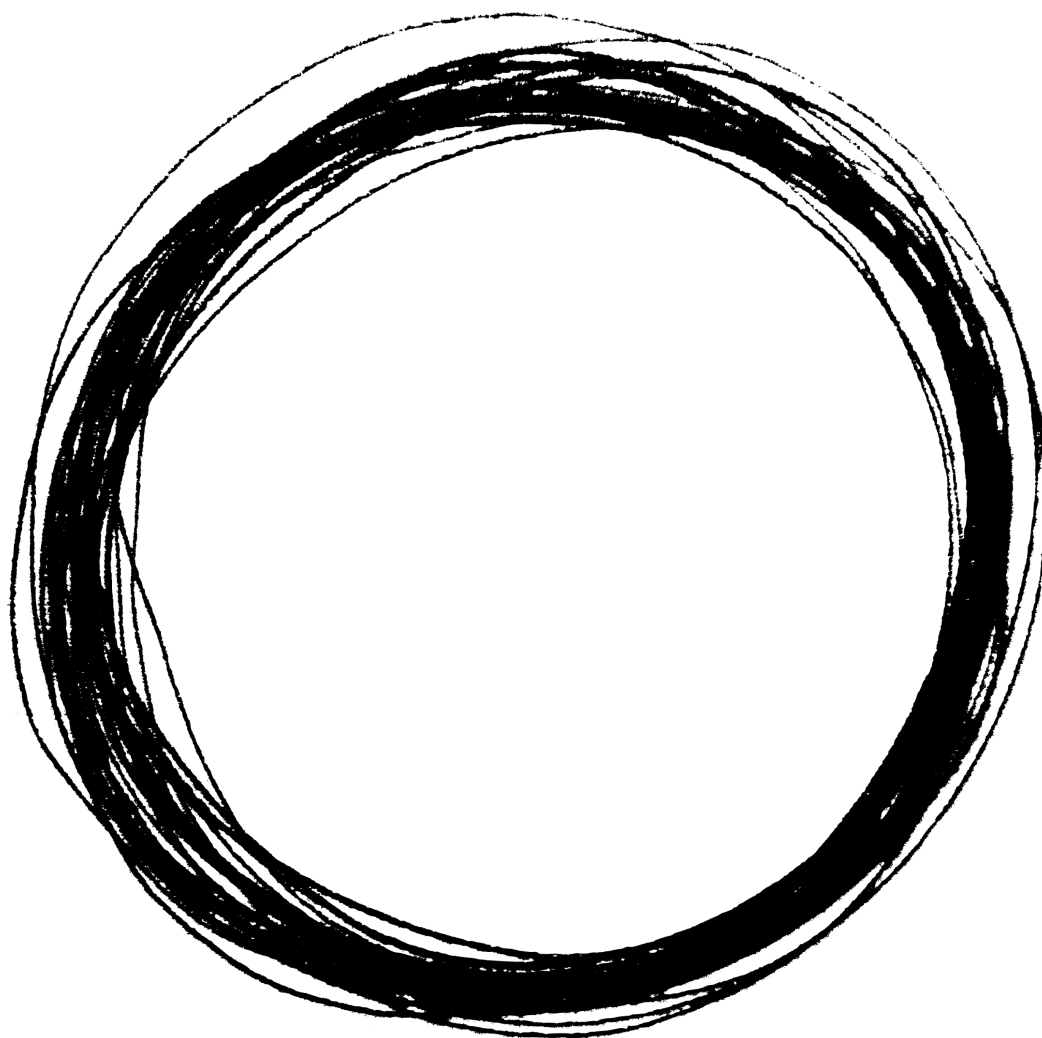




# High Holy Days 5782

*This Elul Moon Journal belongs to:*





# High Holy Days 5782

## *Welcome to your Elul Moon Journal*

Elul is the last month of our Jewish calendar, the month when we transition from one year to the next. For generations, Jews across the world have spent this month of Elul reflecting on the previous year and thinking ahead to the new one. We invite you to do the same, and present the Elul Moon Journal! This journal invites folks of all ages to lean into the spiritual work of the High Holy Days season and 5782, the new year, with nightly journal prompts or discussion questions, and opportunities to track the moon's progress through Elul. Journal one night, every night, or something in between.

## *Responding to Prompts and Tracing the Moon*

Each evening of Elul corresponds to a page in this journal. The Hebrew dates you see on each page are the dates that begin at sundown those evenings. If the question stirs something in you, respond to it. If you find your pencil moving to a different beat, follow your heart. Feel free to incorporate a combination of writing and drawing.

Our ancestors used the phases of the moon to track time. So too can we find meaning in centering ourselves around its waxing and waning. Before or after your journal entry each night, hold up your paper to a window through which you can see the moon. Then trace it. Over the course of Elul, watch the skies and your journal pages as the moon grows from a sliver at the start to its full position by Rosh HaShanah.



## High Holy Days 5782

*Sunday, August 8*

*1 Elul 5781*

Elul begins at sundown tonight. This month is full of potential. Why have you decided to open this journal? What are your hopes for this practice and for this month ahead?



## High Holy Days 5782

*Monday, August 9*

*2 Elul 5781*

During moments of transition, we often find ourselves looking ahead at what is to come. What are you hoping for this coming year? What are you looking forward to?



## High Holy Days 5782

*Tuesday, August 10*

*3 Elul 5781*

During moments of transition, we often find ourselves looking back at where we have been. What did you learn over the last year?



## High Holy Days 5782

*Wednesday, August 11*

*4 Elul 5781*

Rosh HaShanah is next month. It is the holiday when we celebrate the new Jewish year. What are you bringing with you into the new year? What are you leaving behind?



## High Holy Days 5782

*Thursday, August 12*

*5 Elul 5781*

Our tradition teaches that the word Elul is a Hebrew acronym that stands for “I am my beloved, and my beloved is mine.” What is something you love about yourself that you want to bring with you into the new year?



## High Holy Days 5782

*Friday, August 13*

*6 Elul 5781*

Shabbat begins at sundown. What are your favorite parts of shabbat? Why? How will you plan to make those a continued part of your practice in 5782?





## High Holy Days 5782

*Saturday, August 14*

*7 Elul 5781*

Today we read from *Shoftim* in *D'varim* or Deuteronomy. In this *parsha*, the Israelites are creating approaches to and sets of rules for their new society. So too are we emerging into a new world. What are two new rules you would put into effect for your community in 5782 based on this last year?



## High Holy Days 5782

*Sunday, August 15*

*8 Elul 5781*

It is a tradition to engage with the call of the shofar each day during the month of Elul. It is meant to wake us up to the important things that we may be missing. One of our shofar calls, *Tekiah*, is a blast of one solid beat of the shofar. What needs more of your attention this coming year, and how will you plan to give it?



## High Holy Days 5782

*Monday, August 16*

*9 Elul 5781*

We have persevered during the COVID-19 pandemic because we have maintained hope. What fuels your ability to be hopeful? What is difficult about hope?



## High Holy Days 5782

*Tuesday, August 17*

*10 Elul 5781*

It can be difficult to tend to the needs of our soul. How might you start doing that tonight? What is one thing your soul needs these days?



## High Holy Days 5782

*Wednesday, August 18*

*11 Elul 5781*

Yom Kippur is next month. It is the holiday when we think about times we have not been our best. To whom might you owe an apology? How might you tell them you are sorry?



## High Holy Days 5782

*Thursday, August 19*

*12 Elul 5781*

Our tradition teaches that the word Elul is a Hebrew acronym that stands for “I am my beloved, and my beloved is mine.” What is something you love about someone in your life? How might you share that with them?



## High Holy Days 5782

*Friday, August 20*

*13 Elul 5781*

Shabbat begins at sundown. What sort of rest are you looking for tonight?



## High Holy Days 5782

*Saturday, August 21*

*14 Elul 5781*

Today we read from *Ki Teitzei* in *D'varim* or Deuteronomy. In this *parsha*, the Israelites learn how they are meant to respond to various unexpected issues that may arise in their lands. How have you exercised creativity, empathy, and resilience during the COVID-19 pandemic and all of the unexpected changes of this last year?





## High Holy Days 5782

*Sunday, August 22*

*15 Elul 5781*

It is a tradition to engage with the call of the shofar each day during the month of Elul. It is meant to wake us up to the important things that we may be missing. One of our shofar calls, *Sh'varim*, is a blast of three short beats of the shofar. Who are three people in your life that you want to pay extra attention to this coming year, and how will you plan to give it?



## High Holy Days 5782

*Monday, August 23*

*16 Elul 5781*

We have persevered during the COVID-19 pandemic because we have demonstrated courage. What fuels your ability to be courageous? What is difficult about courage?



## High Holy Days 5782

*Tuesday, August 24*

*17 Elul 5781*

It can be difficult to nurture our communities with belonging, love, and wholeness. How might you start doing that tonight? What is one thing your community needs these days?



## High Holy Days 5782

*Wednesday, August 25*

*18 Elul 5781*

Sukkot is next month. It is the holiday when we think about the fragility and importance of home. We have spent a great deal of time at home this last year. What do you appreciate about your home(s)? What are you taking for granted about home and how might you think differently about that tonight?



## High Holy Days 5782

*Thursday, August 26*

*19 Elul 5781*

Our tradition teaches that G~d is the closest to us during the month of Elul. How might this impact your actions? What would you say tonight if you knew G~d was nearby?



## High Holy Days 5782

*Friday, August 27*

*20 Elul 5781*

Shabbat begins at sundown. What is something you are celebrating from this last week?



## High Holy Days 5782

*Saturday, August 28*

*21 Elul 5781*

Today we read from *Ki Tavo* in *D'varim* or Deuteronomy. In this *parsha*, the Israelites are told to offer the first fruits to G~d. What sweetness do you want to offer G~d or however else you understand a higher power or spirit?



## High Holy Days 5782

*Sunday, August 29*

*22 Elul 5781*

It is a tradition to engage with the call of the shofar each day during the month of Elul. It is meant to wake us up to the important things that we may be missing. One of our shofar calls, *T'ruah*, is a blast of nine rapid beats of the shofar. What are nine causes that you care about?





## High Holy Days 5782

*Monday, August 30*

*23 Elul 5781*

We have persevered during the COVID-19 pandemic because we have expressed love. What fuels your ability to be loving? What is difficult about love?



## High Holy Days 5782

*Tuesday, August 31*

*24 Elul 5781*

It can be difficult to grow the skills we need to repair the world. How might you start doing that tonight? What is one skill of yours the world needs these days?



## High Holy Days 5782

*Wednesday, September 1*

*25 Elul 5781*

Simchat Torah is next month. It is the holiday when we literally see our entire Torah - our entire story - out in front of us. What part of your story do you wish to tell this coming year? Whose story do you need to do better to listen to?



## High Holy Days 5782

*Thursday, September 2*

*26 Elul 5781*

Our tradition teaches that Elul is a time to think about people who have died. This last year, people died who should still be alive. Is there someone you are close to or someone you have heard of who has died that is on your mind? What would you tell them right now?



## High Holy Days 5782

*Friday, September 3*

*27 Elul 5781*

Shabbat begins at sundown. We are often not very good at drawing lines between hard work and rest. How do you want to approach your relationship between work and rest this coming year?



## High Holy Days 5782

*Saturday, September 4*

*28 Elul 5781*

Today we read from *N'tzavim* in *D'varim* or Deuteronomy. In this *parsha*, Moses tells the Israelites that even G~d's most demanding commandments are achievable if only they believe. What advice would you go back and give to yourself at this time last year? What advice are you giving yourself tonight for this coming year?



## High Holy Days 5782

*Sunday, September 5*

*29 Elul 5781*

It is a tradition to engage with the call of the shofar each day during the month of Elul. It is meant to wake us up to the important things that we may be missing. One of our shofar calls, *Tekiah G'dolah*, is a blast of one long beat of the shofar that lasts as long as possible. What do you pray will last for a very long time?



## High Holy Days 5782

*Monday, September 6*

*1 Tishrei 5782*

As the first stars twinkle down at us tonight, Elul comes to an end. It is now Erev Rosh HaShanah - our new year has begun! What are you thinking about as you gaze skyward at those first stars tonight?