



**From Rabbi
Nancy Wechsler**



Dear Friends,

This very Shabbat, the 30th of Av brings us gently and firmly into Rosh Chodesh Elul. Elul is the amazing month that precedes Rosh Hashana. Once the sky clears, and we know that it will at some point, we will be able to see the simple sliver of crescent light reminding us of our upcoming season of renewal.

Elul, with its letter Alef, Lamed, Vav, Lamed, spells out the cherished words from the Song of Songs, Ani L'dodi V'dodi Li – I am to my Beloved and my Beloved is to me. While a familiar text at weddings, when lifted for this month, the words speak of our relationship with the Holy One.

It is said that during the month of Elul, God is in the field. This implies that the our relationship with the Holy One is very close to where we are right now. There is an accessibility that exists during Elul more than any other month of the calendar.

Three Key Elul Practices:

1. Traditionally, we begin reading Psalm 27 daily as a way of clarifying that despite the many things that disturb, worry, challenge, and upset us, there is a Sacred place of protection and comfort and refueling of all that

is good. King David, the attributed author of Psalms, wrote this during his own times of inner trembling. (text following)

2. Elul is the month when we start to clean up our spiritual schmutz. Elul reminds us that no human is perfect. We all miss the mark. We all disappoint others throughout the year. We were tired. We were depleted. Our plates were too full to give proper attention to those who needed us. Because of our humanness, Elul is present so that we can meet with one another and do the Elul ritual of apologizing for missing the mark and offering one another our best gift that we will try to do better in the future.
3. Elul is a reminder to clear your calendars for our High Holidays! Now would be a good time to get these dates into your calendar. The High Holidays fall when they fall, and this year, with midweek observance, we may need to plan ahead to get the time off from work to nourish our souls.

Saturday, September 1st 7:00 p.m. Selichot with Rabbi Nancy Wechsler and Rabbi Oren Postrel: Jewish Kon-Mari, the Spirituality of Tidying up our Souls.

Sunday, September 9th Erev Rosh Hashana, 6:30 p.m. Family Service, 7:30 Adult Service p.m., 7:30 p.m. Teen program

Monday, September 10th 10:00 a.m. Rosh Hashana Service, 10:00 a.m. Teen Program, 10:00 a.m. Camp Shofar ages 3-11

Followed by Lunch followed by Tashlich at Guy West Bridge near Sac State.

Tuesday, September 11th 10:00 a.m. Rosh Hashana Second Day at Einstein Seniors Facility with Rabbi Nancy Wechsler and Rabbi Seth Castleman.

Sunday, September 16th 11:00 a.m. Home of Peace – traditional practice of visiting the graves of our loved ones between Rosh Hashana and Yom Kippur

Tuesday, September 18th, 6:30 p.m. Kol Nidrei Family Service, 7:30 p.m. Adult Service, 7:30 p.m. Teen program

Wednesday, September 19th 10:00 a.m. Adult Service, 10:00 a.m. Teen Program 10:00 a.m, Camp Shofar, ages 3-11.

Sunday September 23rd 5:30 p.m. Erev Sukkot dairy pot luck followed by outdoor service with CBS Band

Monday, October 1st 5:00 p.m. Yizkor minyan, 5:30 p.m. pre-service Oneg,
6:00 p.m. Simchat Torah with CBS Band.

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 the wicked advance against me
to devour[a] me,
it is my enemies and my foes
who will stumble and fall.

3 Though an army besiege me,
my heart will not fear;
though war break out against me,
even then I will be confident.

4 One thing I ask from the LORD,
this only do I seek:
that I may dwell in the house of the LORD
all the days of my life,
to gaze on the beauty of the LORD
and to seek him in his temple.

5 For in the day of trouble
he will keep me safe in his dwelling;
he will hide me in the shelter of his sacred tent
and set me high upon a rock.

6 Then my head will be exalted
above the enemies who surround me;
at his sacred tent I will sacrifice with shouts of joy;
I will sing and make music to the LORD.

7 Hear my voice when I call, LORD;
be merciful to me and answer me.

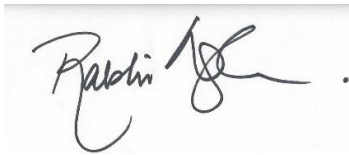
8 My heart says of you, “Seek his face!”
Your face, LORD, I will seek.

9 Do not hide your face from me,
do not turn your servant away in anger;
you have been my helper.

Do not reject me or forsake me,
God my Savior.

10 Though my father and mother forsake me,
the LORD will receive me.
11 Teach me your way, LORD;
lead me in a straight path
because of my oppressors.
12 Do not turn me over to the desire of my foes,
for false witnesses rise up against me,
spouting malicious accusations.
13 I remain confident of this:
I will see the goodness of the LORD
in the land of the living.
14 Wait for the LORD;
be strong and take heart
Wait for the Lord.

With many blessings as we enter the sacred month of Elul.

A handwritten signature in black ink, appearing to read "Rabbi Nancy Wechsler", written in a cursive style.

Rabbi Nancy Wechsler