



The Institute for Jewish Spirituality presents



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International
Rabbinic
Fellowship



RABBINICAL ASSEMBLY
ASAMBLEA RABINICA כנסת הרבנים



RECONSTRUCTING
JUDAISM



Reconstructionist
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UNION for
REFORM JUDAISM
Building Communities. Reimagining Jewish Life.



USCJ Seek meaning
together

[Shofar Project](#) is a **FREE** program you can use to:

- Strengthen relationships between members of your TriBE.
- Help find meaning, connection, and inspiration
- Deepen your preparation for the High Holidays

The upcoming High Holidays will be unlike any most of us have known. Traditionally sounded each day of the month of Elul, the shofar is rich with symbolic power. Through Jewish mindfulness meditation, Torah study, and yoga, participants in The Shofar Project will be able to prepare for the New Year by immersing in four major themes of the shofar, one for each week.

The Shofar Project is a **free** opportunity to people of all Jewish backgrounds who want to make this Elul (August 20 - September 18, 2020) a period of continued awakening, responsiveness, renewal, and transformation.

How It Works

[Sign up](#) to receive an email each weekday from the Institute of Jewish Spirituality and choose to participate in as much of the program as you wish. Each week will focus on a different aspect of awakening and renewal. Each week, the Shofar Project will explore the week's theme using:

- A short video teaching every Sunday to ground each week's spiritual practice theme.
 - Live daily **short teachings** and **guided meditations** Monday - Friday, led by IJS staff and outstanding guest instructors from all seven partner organizations.
 - Live study of a classic Jewish text with Rabbi Jonathan Slater each Tuesday/
 - Live Jewish **yoga** sessions each Monday and Thursday.
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Weekly Themes

Week 1: Opening the Heart

The sound of the shofar is a "spiritual alarm" intended to awaken us from denial and delusion, softening our defenses and opening our minds and hearts to what is real. Our practice this week will be devoted to opening more fully to the incredible opportunity to live our fullest and most meaningful life right now, as well as to hard, painful truths about ourselves and our world, developing our capacity to maintain an open heart.

Week 2: Hearing the Pain of the World

The sound of the shofar expresses the pain and grief of all beings and our planet, commanding our attention. Our practice this week will focus on attending to that which calls out for healing and repair, within ourselves and our personal relationships, as well as our implication in the suffering of others and our capacity to respond.

Week 3: Returning to Compassion

The sound of the shofar is an invitation to move from judgment to compassion. It represents the "still small voice" of God inviting us to accept Divine love, and allow it to heal ourselves, each other, and the world. This week, we will devote ourselves to attuning to the inner voice of compassion, and cultivating our capacity to be instruments of love.

Week 4: Transforming into an Instrument of Justice

The sound of the shofar is a rallying cry, urging us to lift our own voices to cry out and mobilize on behalf of the vulnerable among us. This week, we will devote ourselves to transforming ourselves into shofars, becoming instruments through which the healing and restorative power of the Divine might flow.

For more information including links to sign up for emails and links to the Shofar Project sessions, please visit the Shofar Project website at <https://www.jewishspirituality.org/go-deeper/the-shofar-project/>