

seem to imply that reciting this psalm daily—in the morning and evening, in fact—has the potential to deeply affect our hearts and souls.

There are many translations of this psalm to be explored, several of which are sitting on my bookshelf at this very moment. But the one I would like to share with you this year comes out of the Zen tradition. It removes God's name, replacing it with "You," opening up the psalm to all people regardless of faith. If you are looking for a simple and effective way of entering into the High Holiday season, I invite you to put this psalm by your bedside, and read it out loud every day (or twice, morning and evening!). You will be amazed by how your relationship to the text changes over the course of the season. Some lines will resonate, others might offend, and you may not even notice some of the words until weeks into the practice. I hope that the words of our ancient sages will help us all to prepare for yet another unusual and transformative High Holiday season. This practice begins on Saturday evening, August 7th.

Rabbi Chabon

Psalm 27

~Zen-inspired translations of the psalms

You are my light and my help

Whom should I fear?

You are the fortress of my life

Whom should I dread?

When the narrow ones gather their

Till on a doomful day

You secure me in your precincts

Conceal me within the folds of your
covering tent

Place me high and safe upon a rock

My head lifted above the engulfing
waves

Don't cast me off now, don't walk away

My helper, my friend

My mother and father forsake me

But you take me up

Show me the way!

Guide my steps on the clear path

Against the ever-present cliffs and