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USCJ
Seek meaning together

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

- **Strengthen relationships** between members of your community
- Help those you serve to find **meaning, connection, and inspiration**
- **Deepen** your community's preparation for the High Holidays

The upcoming High Holidays will be unlike any most of us have known. We have woken up to our deep interconnection to all people and our own fragility. We have seen more clearly the injustice of systems and power structures in our country. We have heard voices pleading for life. Perhaps we are awake in a way we have not been before. How can we maintain and even strengthen this awareness as we enter a new year?

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

How It Works

Participants sign up to receive an email each weekday from IJS and choose to participate in as much of the program as they wish. Each week will focus on a different aspect of awakening and renewal. The Shofar Project will include the following components, each of which will explore the week's theme:

- A short video teaching every Sunday to ground each week's 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

IJS will also provide live faculty-led practice groups each week for a fee of \$100. Participants

may choose to join a group on Thursday evenings at 8 pm ET or Friday mornings at 11 am ET.

Make It Your Own!

The Shofar Project provides an opportunity for you to share meaningful and accessible spiritual growth opportunities with the members of your community. You might want to:

- Feature these offerings on your website and in emails
 - Form your own community practice group to come together on Zoom to reflect on the week's theme
 - Create your own teaching material to share with your community in dialogue with that week's content
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Weekly Themes

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.

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/>