

*zeh  
hayom*

this is  
the day

זֶה הַיּוֹם אֲשֶׁר עָשָׂה יי

*zeh hayom asah Adonai*  
this is the day the  
Creator made

-- Psalm 118:24

blessings, prayers and  
prompts for the Jewish  
day, inside and out

Zeh Hayom is a monthly publication of  
**Matir Asurim: Jewish Care Network  
for Incarcerated People**

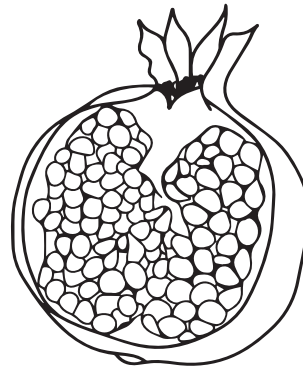
## what is the Jewish day?

There is no one formula for living Jewishly. We all must figure out how we live Jewishly, as ourselves, where we are. I take inspiration to do so from this teaching:

“To me, the pomegranate is a perfect symbol of Jewish identity, culture and belief. Although we exist as one fruit, gathered inside a single skin, we are wildly different from each other, have our own distinct communities and have many different ways of being Jews.”

**Aurora Levins Morales, poet,  
activist and Jewish ritualist**

*rimon*  
pomegranate  
רימון



*rimon*, pomegranate, is one of seven special fruits and grains described in the Torah.

introducing **Zeh Hayom**, a new monthly mailer from Matir Asurim!

We hope that *Zeh Hayom* is a place of inspiration and connection for the Matir Asurim community. Together, we will explore what Jewish traditions might guide our daily routines. We encourage you to explore this resource with your pen pal and to write to us and let us know what you think of this resource, to share your response to the prompts or another teaching. Next month (November), *Zeh Hayom* will be all about **the morning**. Write to us and tell us how you begin your day, ask a question you have about morning blessings, prayers or share anything about starting **your** Jewish day.

sincerely, Rabbi Eli DeWitt and all of Matir Asurim

**Prompt (to think or write about, feel free to share with your pen pals or the MA inbox!)**

How is your unique way of being a Jew expressed in your daily life? What supports you? What gets in your way?

## psalm 27

is often recited daily during the entire High Holy Day season. *Tehillim*, Psalms, are also frequently recited during times of distress or for those in need of healing.

אֶחַת שְׁאַלְתִּי מֵאֲתֵי הָהוּה  
אוֹתָהּ אֲבַקֵּשׁ שִׁבְתִּי  
בְּבֵית־יְהוָה כָּל־יְמֵי חַיֵּי לַחַזוֹת  
בְּנַעֲמֵי־יְהוָה וּלְבַקֵּר בְּהִיכָלוֹ:

*Achat sha'alti me-et Adonai ota avakesh  
shivti be-veyt Adonai kol yemey chayai,  
lachazot be-no'am Adonai ul'vaker be-  
hechalo.*

**One thing that I ask Hashem,  
one thing I request,  
is to dwell in the house of  
Hashem all the days of my life,  
to gaze upon Hashem's beauty  
and wake up each morning in  
Their Presence.**

**Prompt** Focus on an aspect of the world, a particular person or a part of yourself that needs healing as you read or recite this line of Psalm 27.

## high holy days 5785

*rosh hashanah*

**new year**

october 1-3\*

*yom kippur*

**day of atonement**

october 11-12

## לשנה טובה

*l'shanah tovah*

**to a good year**



*sukkot*

**the festival of booths**

october 16-23

*simchat torah*

**rejoice in the torah**

october 25



\*all Jewish festivals begin and end at sunset

## kehillah community

the Matir Asurim community welcomes you to send requests for prayer and blessing. Please indicate if you would like us to publish the requests here.

this month we send blessings for renewal to the whole MA community as we move into the year 5785.

## write to us

**Matir Asurim: Jewish  
Care Network for  
Incarcerated People  
PO Box 18858  
Philadelphia, PA 19143**

**matirasurimnetwork@gmail.com**