

The Jewish Soul Calendar

Inspired by Mussar Teachings

תשפ"ו
2025-2026



Jewish Holidays at a Glance

- **Rosh Hashanah** – Jewish New Year, a time of reflection and renewal.
- **Yom Kippur** – Day of Atonement, devoted to prayer and forgiveness.
- **Sukkot** – Festival of booths, celebrating gratitude and harvest.
- **Simchat Torah** – Celebration of completing and restarting the Torah cycle.
- **Hanukkah** – Festival of Lights, commemorating the Temple rededication.
- **Tu BiShvat** – New Year for the trees, honoring nature and growth.
- **Purim** – Festival of joy, recalling the story of Esther.
- **Passover (Pesach)** – Remembering the Exodus from Egypt and freedom.
- **Shavuot** – Festival of receiving the Torah.
- **Tisha B'Av** – A day of mourning, recalling the destruction of the Temples.
- **Tu B'Av** – Jewish day of love, joy, and new beginnings.



About Rosh Chodesh

Rosh Chodesh is the celebration of the new Hebrew month. It begins when the new moon appears and often lasts one or two days.

Guide to Hebrew Letters in the Calendar

Each day in the calendar includes a Hebrew letter. These letters represent the date of the Hebrew month:

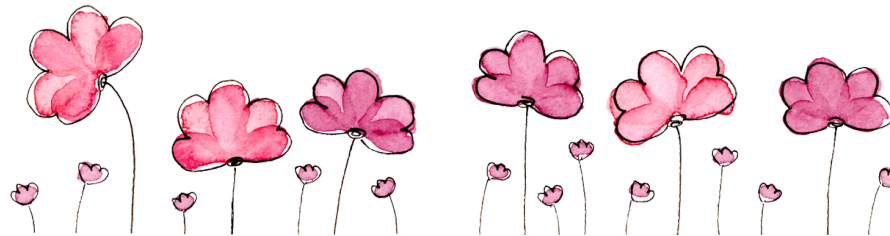
1 = א

2 = ב

3 = ג

4 = ד

5 = ה



... and so on, continuing through the Hebrew alphabet up to 30 = ל.
(though not every month has 30 days). This way, the Hebrew calendar dates appear alongside the secular ones.



Gratitude | Hakarat Hatov | הכרת הטוב

Recognizing and acknowledging the good already present in your life, from the smallest daily gifts to the greatest blessings.

“Who is rich? One who rejoices in what they have.”

– Pirkei Avot



Reflection Question: Where in my life today can I pause to recognize the good, even in what feels incomplete or imperfect?

5785-5786

תשפ"ה-תשפ"ו

אלול-תשרי September Elul-Tishrei

2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1 LABOR DAY	2	3	4	5	6 PARASHAT KI TEITZEI
		ח	ט	י	יא	יב יג
7	8	9	10	11	12	13 LEIL SLICHOT PARASHAT KI TAVO
	יד	טו	טז	יז	יח	יט כ
14	15	16	17	18	19	20 PARASHAT NITZAVIM
	כא	כב	כג	כד	כה	כו כז
21	22 EREV ROSH HASHANA	23 ROSH HASHANA	24 ROSH HASHANA	25	26	27 PARASHAT VAYELECH
	כח	כט	א	ב	ג	ד ה
28	29	30				
	י	יא	יב			



Patience | Savlanut | סבלנות

Bearing life's challenges without agitation, allowing time and space for growth.

Open the space between the match and the fuse.

-Rabbi Yechiel Yitzchok Perr



Reflection Question: When I feel rushed or irritated, how can I create space for patience instead of reaction?

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תשרי-חשוון

October

Tishrei- Cheshvan

2025

SUN

MON

TUE

WED

THU

FRI

SAT

			1 EREV YOM KIPPUR ט	2 YOM KIPPUR י	3	4 PARASHAT HA'AZINU יא
5	6 EREV SUKKOT יג	7 SUKKOT I יד	8 SUKKOT II טו	9 SUKKOT III טז	10 SUKKOT IV יז	11 SUKKOT V יח
12 SUKKOT VI כ	13 COLUMBUS DAY SUKKOT VII כא	14 SHMINI ATZERET כב	15 SIMCHAT TORAH כג	16	17	18 PARASHAT BERESHIT כד
19	20	21	22	23 ROSH CHODESH CHESHVAN ל	24	25 PARASHAT NOACH א
26	27	28	29	30	31	
ט	ה	ו	ז	ח	ט	

November  Cheshvan-Kislev

Generosity | Nedivut | נדיבות

Giving freely of resources, time, and spirit with a willing heart.

“Another person’s material needs are my own spiritual needs.”

– *Rabbi Yisrael Salanter*



Reflection Question: When I give, do I do so with joy and openness, or with hesitation and calculation?

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חשוון-כסליו

November

Cheshvan-Kislev

2025

SUN

MON

TUE

WED

THU

FRI

SAT

						1 PARASHAT LECH LECHA י
2	3	4	5	6	7	8 PARASHAT VAYERAH יז
9	יא	יב	יג	יד	טו	טז 15 PARASHAT CHAYEI SARAH כד
16	יח	יט	כ	כא	כב	כג 22 PARASHAT TOLDOT ב
23/30	כה	כו	כז	כח	כט	א 29 PARASHAT VAYETZE ח
	ג/י	ד	ה	ו	ז	ח



Compassion | Rachamim | רחמים

Opening the heart to the suffering of others and responding to ease their burden.

Just as God is called gracious, so should you be gracious. Just as God is called compassionate, so you should be compassionate.

– Maimonides



Reflection Question: When I notice pain in others, do I move toward it with openness or retreat into self-protection?

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כסלו-טבת

December

Kislev-Tevet

2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6 PARASHAT VAYISHLACH
		יא	יב	יג	יד	טו
7	8	9	10	11	12	13 PARASHAT VAYESHEV
	יז	יח	יט	כ	כא	כב
14	15 CHANUKAH	16 CHANUKAH	17 CHANUKAH	18 CHANUKAH	19 CHANUKAH	20 CHANUKAH PARASHAT MIKETZ
	כד	כה	כו	כז	כח	כט
21 ROSH CHODESH TEVET	22 CHANUKAH	23	24 CHRISTMAS EVE	25 CHRISTMAS	26	27 PARASHAT VAYIGASH
	א	ב	ג	ד	ה	ו
28	29	30	31 NEW YEAR'S EVE			
	ח	ט	י	יא		

January  Tevet-Shvat

Honor | Kavod | כבוד

Seeing the divine image in others and treating them with dignity.

Ben Zoma says: “Who is honored?
One who honors all creations.”

-Pirkei Avot



**Reflection Question: Whose worth have I overlooked today,
and how might I honor them more fully?**

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טבת-שבט *January* Tevet-Shvat

2026

SUN

MON

TUE

WED

THU

FRI

SAT

				1 NEW YEAR'S	2	3 PARASHAT VAYECHI
4	5	6	7	8	9 יב	10 יג יד
	10	11	12	13	14	15 PARASHAT SHMOT כא
16	17	18	19	20	21	22 PARASHAT VAERA כז
23	24	25	26 MLK DAY ROSH CHODESH SHVAT	27	28	29 PARASHAT BO י
30	31 PARASHAT BESHALACH יג					

February Shvat-Adar

Friendship | Chaverut | חברות

Cultivating relationships of trust, loyalty, and mutual responsibility, where each friend helps the other grow in goodness.

Make for yourself a teacher, acquire for yourself a friend,
and judge every person favorably.

-Pirkei Avot



Reflection Question: How am I showing up as a true friend, offering presence, honesty, and support, not only when it is easy, but when it is hard?

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שבט-אדר

February

Shvat-Adar

2026

SUN

MON

TUE

WED

THU

FRI

SAT

1	2 TU BISHVAT	3	4	5	6	7 PARASHAT YITRO
	י	ט	ח	ז	ו	ה
8	9	10	11	12	13	14 PARASHAT MISHPATIM
	כ	ב	א	פ	ט	ח
15	16 PRESIDENTS' DAY	17	18 ROSH CHODESH ADAR	19	20	21 PARASHAT TRUMA
	כ	ב	א	פ	ט	ח
22	23	24	25	26	27	28 PARASHAT TEZAVEH
	ה	ד	ג	ב	א	פ



Joy | Simcha | שמחה

Cultivating joy by noticing the blessings of life and connecting to the divine spark within.

“When a person is joyous, their soul (nefesh) is complete and whole (b’shleimut)”.

-Maharal of Prague



Reflection: What simple moment today can I savor as a source of joy?

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אדר-ניסן March Adar-Nisan

2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 EREV PURIM	3 PURIM	4 SHUSHAN PURIM	5	6	7 PARASHAT KI TISAH
	יב	יג	יד	טו	טז	יז יח
8	9	10	11	12	13	14 PARASHAT VAYKHEL PEKUDEI
	יט	כ	כא	כב	כג	כד כה
15	16	17	18	19 ROSH CHODESH NISAN	20	21 PARASHAT VAYIKRAH
	כו	כז	כח	כט	א	ב ג
22	23	24	25	26	27	28 PARASHAT TZAV
	ד	ה	ו	ז	ח	ט י
29	30	31				
	יא	יב	יג			

April / Nisan-Eiyar

Silence | Shtika | שתיקה

**Restraining speech in order to listen deeply, preserve peace,
and create space for wisdom to emerge.**

“When I speak, I have reason to regret. But when I am silent, I have nothing to regret. Before I speak, I am master over my words. Once the words leave my mouth they rule over me.”

-Mima'ayanot Ha'netzach, Aharon Surasky



**Reflection: When faced with strong emotions or disagreement,
do I rush to speak, or can I pause and let silence guide me?**

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ניסן-אייר April Nisan-Eiyar

2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1 EREV PESACH	2 PESACH I	3 PESACH II	4 PESACH III SHABBAT CHOL HAMOED
			יד	טו	טז	יז
5 PESACH IV	6 PESACH V	7 PESACH VI	8 PESACH VII	9 PESACH VIII	10	11 PARASHAT SHMINI
יח	יט	כ	כא	כב	כג	כד
12	13	14 YOM HASHOAH	15	16	17	18 ROSH CHODESH EIYAR PARASHAT TAZRIA METZORA
כה	כו	כז	כח	כט	ל	א
19	20	21 YOM HAZIKARON	22 YOM HA'ATZAMUT	23	24	25 PARASHAT ACHAREY MOT KDOSHIM
ב	ג	ד	ה	ו	ז	ח
26	27	28	29	30		
ט	י	יא	יב	יג		



Love | Ahavah | אהבה

Opening the heart in care and devotion, seeing the divine spark in each soul.

Three things make a person beloved by others: an open hand, a set table and a happy frame of mind.

- Avot de Rabbi Natan



Reflection Question: How can I show care today in a way that reflects the holiness of another?

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אייר-סיוון *May* Eiyar-Sivan

2026

SUN

MON

TUE

WED

THU

FRI

SAT

					1	2 PARASHAT EMOR
						י' יו
3	4	5 LAG BAOMER	6	7	8	9 PARASHAT BAHAR BEHUKOTAY
	טז	יז	יח	יט	כ	כא כב
10 MOTHER'S DAY	11	12	13	14	15	16 PARASHAT BAMIDBAR
	כג	כד	כה	כו	כז	כח כט
17 ROSH CHODESH SIVAN	18	19	20	21 EREV SHAVUOT	22 SHAVUOT	23 SHAVUOT PARASHAT NESOH
	א	ב	ג	ד	ה	ו ז
24/31	25 MEMORIAL DAY	26	27	28	29	30 PARASHAT BAALOTCHA
	ח/טו	ט	י	יא	יב	יג יד

June  Sivan-Tamuz

Enthusiasm | Zerizut | זריזות

The energy to act promptly in doing what is right, without delay.

“Zeal depends on the state of a person’s heart. When someone frees their heart of all other thoughts and seizes upon one thought, then they will undoubtedly be zealous in its execution.”

- Orchot Tzaddikim



Reflection: What important task have I been postponing, and what holds me back from beginning?

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סיוון-תמוז June Sivan-Tamuz

2026

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6 PARASHAT SHLACH
7	8	טז	יז	יח	יט	כ כא
		9	10	11	12	13 PARASHAT KORACH
14	כב	כג	כד	כה	כו	כז כח
	15	16 ROSH CHODESH TAMUZ	17	18	19 JUNETEENTH	20 PARASHAT CHUKAT
21	כט	ל	א	ב	ג	ד ה
FATHER'S DAY	22	23	24	25	26	27 PARASHAT BALAK
28	י	יא	יב	יג	יד	טו
	29	30				
	יג	יד	טו			



Forgiveness | Selicha | סליחה

Releasing resentment and opening the heart to healing, as we imitate the Divine who forgives.

Judge everyone favorably.

-Pirkei Avot



Reflection Question: When I have been wronged, how can I prepare myself to forgive, even before being asked?

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תמוז-אב July Tamuz-Av

2026

SUN

MON

TUE

WED

THU

FRI

SAT

			1	2	3	4 INDEPENDENCE DAY PARASHAT PINCHAS
				טו	יז	יח יט
5	6	7	8	9	10	11 PARASHAT MATOT MASEY
	כ	כא	כב	כג	כד	כה כו
12	13	14	15 ROSH CHODESH AV	16	17	18 PARASHAT DVARIM
	כז	כח	כט	א	ב	ג ד
19	20	21	22 EREV TISHA BEAV	23 TISHA BEAV	24	25 PARASHAT VAETCHANA
	ה	ו	ז	ח	ט	י יא
26	27	28	29 TU BEAV	30	31	
	יב	יג	יד	טו	טז	יז



Humility | Anavah | ענווה

**Recognizing both your smallness and your greatness,
without inflating or diminishing yourself.**

The humble person learns from everyone, even one
[perceived to be] lesser than them, as the verse states,
'From all my teachers I grew wise'.

– Rabbi Shmuel of Ouiza, Midrash Shmuel



**Reflection Question: In what ways do I take up more space than
needed, and in what ways do I hide when I should step forward?**

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אב-אלול *August* Av-Elul

2026

SUN

MON

TUE

WED

THU

FRI

SAT

						1 PARASHAT EKEV יח
2	3	4	5	6	7	8 PARASHAT RE'EH כח
9	יט 10	כ 11	כא 12	כב 13	כג 14 ROSH CHODESH ELUL	כד 15 PARASHAT SHOFTIM ב
16	כו 17	כז 18	כח 19	כט 20	ל 21	א 22 PARASHAT KI TETZE ט
23/30	ג 24/31	ד 25	ה 26	ו 27	ז 28	ח 29 PARASHAT KI TAVO טו
יז/י	יח/יא	יב	יג	יד	טו	טז

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