



## Video 8 | 22 Elul 5784 Cantor Susan Caro

### Psalm 118:5

In distress (narrowness) I called on the LORD;  
the Lord answered me and brought me relief.

מִן־הַמֵּצָר קָרָאתִי יְהוָה עֲנֵנִי בְמַרְחֵב יְהוָה:

**Reflection Question:** Where or what is your *meitzar*, your spiritual tightness, and what is the opening that you hope or need to make in yourself, so that in the days ahead you might breathe more freely, finding yourself in *merchav Yah*, the expansiveness of God's presence?