



Psalm Stroll for August

During her *extraordinary* ZOOM seminar on Psalms on July 12, Rev. Carla Aday, senior minister at Country Club Christian Church in Kansas City, Missouri, shared an *extraordinary* idea. She suggested that we jot down on a sticky note a phrase or line from each day's selection, attach it someplace where we'd see it often during the day and chant the words over and over. For example, quietly repeat "For God alone my soul waits in silence" (Psalm 62, v. 1) a hundred times and feel what happens. Give it a try. Lots of Psalms left!

August

1, Psalm 91; **2**, Psalm 92; **3**, Psalm 93; **4**, Psalm 94; **5**, Psalm 95; **6**, Psalm 96; **7**, Psalm 97;
8, Psalm 98; **9**, Psalm 99; **10**, Psalm 100; **11**, Psalm 101; **12**, Psalm 102; **13**, Psalm 103;
14, Psalm 104; **15**, Psalm 105; **16**, Psalm 106; **17**, Psalm 107; **18**, Psalm 108;
19, Psalms 109-110; **20**, Psalm 111; **21**, Psalm 112; **22**, Psalm 113; **23**, Psalm 114;
24, Psalm 115; **25**, Psalm 116; **26**, Psalm 117; **27**, Psalm 118; **28**, Psalm 119;
29, Psalm 120; 30, Psalm 121; 31, Psalms 122-123.