Welcome to the fourth week of *Journey Through Election Season!*

What if a book group read the same story, every year… for generations?

This week, the oldest, biggest book group in the world is doing just that. Jewish communities around the world are rolling back to chapter 1 of *Breishit* (Genesis) and recounting the mythic story of creation. The narrative remains the same, but each year, we read it differently – faced with new challenges, opportunities, and possibilities in our own lives and in the world.

A friend mentioned to me this week that she finds *Breishit* (the first chapters of Genesis) bittersweet. Beginnings are precious opportunities to recommit to building the world as it could be — to being partners in the work of creation. But also, we each only get a limited number of beginnings in this one lifetime, and the project of world-building spans generations.

Aisha Shillingford – artist, world builder, designer, and cultural strategist – teaches the importance of asking, “What if?” and “Why not?”

What if we lived *Breishit’s* teaching *“l’ovdah u’l’shomrah”* — to care for and protect all life — as part of an ecosystem, remembering that this lived practice must happen not only on the individual level but as part of robust movements?

What if we each find our place in this movement — taking up the right amount of space, leading when we can and resting when we need, bringing our gifts in myriad ways?

What if we truly show up this election day with our full, joyous, and bold people and political power? What would that feel like?

Why not elect and hold accountable the leaders we need *now*?

Why not do what we can now to sow the seeds of the world that we *want*, in a thousand ways?

Why not celebrate the hints of that beautiful world every day, and every Shabbat, even though we have such a long way to go?

Grateful to be on the journey (and at the polls!) with you. May we stay grounded, determined, and connected as we strive to build the world we want.

Rabbi Laura

P.S. This week, in addition to the Ritual prompts and Action steps, we have a playlist for you! Listen to the *One Thing at a Time* playlist from Aly Halpert, Dayenu's Climate Music & Arts Organizer, and take at least one song to *just be*. Pause the multitasking, look out a window, go outdoors, or just close your eyes and feel the breeze. Reflect on this "*Breishit*" moment.

WEEK FOUR: *ANAVAH* / HUMILITY

Slow your breathing and reflect on the value of *anavah*. *Anavah* means humility or right-sizedness — taking up the right amount of space, not too little nor too much — in our communities, activism, and work for a just and livable future.

Take 10 minutes today to journal or reflect on these questions.

- *What is my work to do?*
- *Where do I want to bring more of my voice, skills, time, creativity, and energy?*
- *Where do I need to make more space to listen and follow the leadership of others?*

For deeper learning about *anavah* and other Jewish soul-traits, check out the offerings from our friends at Kirva: Spiritual Practice & Action for Change.

Get out the climate vote with *Chutzpah 2026!*

Join us this week for two special phonebank opportunities.

Call Virginia voters, featuring live music from Maia Kamil
Tuesday, October 6th, 3pm ET / 12pm PT

Call Maine voters, featuring live music from Rabbi Yosef Goldman
Thursday, October 8th, 6pm ET / 3pm PT

We hope that the rituals, creative practice, and actions in these emails serve as an invitation and a balm through this season of heightened anxiety, high stakes elections, and seasonal change.

Help us to grow this work through election season and beyond by donating today.