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

We have a real and crucial opportunity to elect strong leaders in the next few weeks — and the work of building the world we want won't stop there. We need to hold our leaders accountable, build people power, and stay engaged in the months and years to come.

Jewish history is filled with examples of *netzach*: endurance, perseverance, inner strength, and tenacity. This is the same perseverance that helped New York Jewish labor leaders win better working conditions for all; the same enduring conviction that called Jewish youth to join African American leaders in the fight for Civil and Voting Rights; and the same inner strength of rabbis across the country who have been showing up week after week to pray and protest at ICE detention centers.

This legacy of moral fortitude is powering us now as we defend democracy, get out the vote, and work in coalition to win climate and environmental justice fights on every level.

Cheshvan, the new Hebrew month that began this week, is a month of grounding in routine (including Shabbat) and integrating the learnings of the High Holiday season. How are you practicing endurance, resilience, and strength in this season? What grounding practices and rituals help sustain you? What do your colleagues and comrades need to keep going?

In the words of community songleader and organizer, Joshua Blaine: "We get there together, or we never get there at all." Let's get there together.

WEEK FIVE: NETZACH / STRENGTH AND ENDURANCE

CREATIVE PRACTICE

Take a movement break! As we draw closer to the election, physical movement can help us stay resilient and strong for whatever may come.

Turn on a favorite song and rock out (dance, stretch, stroll, lift, doodle) for the length of it.

Looking for some musical inspiration? Browse the Dayenu Songbook – Rising Tides, Rising Voices — filled with music and links to recordings from across the movement.

ACTION

Get out the climate vote with *Chutzpah 2026!*

Join us to call voters at these upcoming phonebank shifts:

Call Georgia voters, featuring live music from Merchav
Wednesday, October 14, 6pm ET / 3pm PT

SIGN UP

Call Nevada voters, featuring live music from Jen Myzel
Monday, October 19, 8pm ET / 5pm PT

SIGN UP

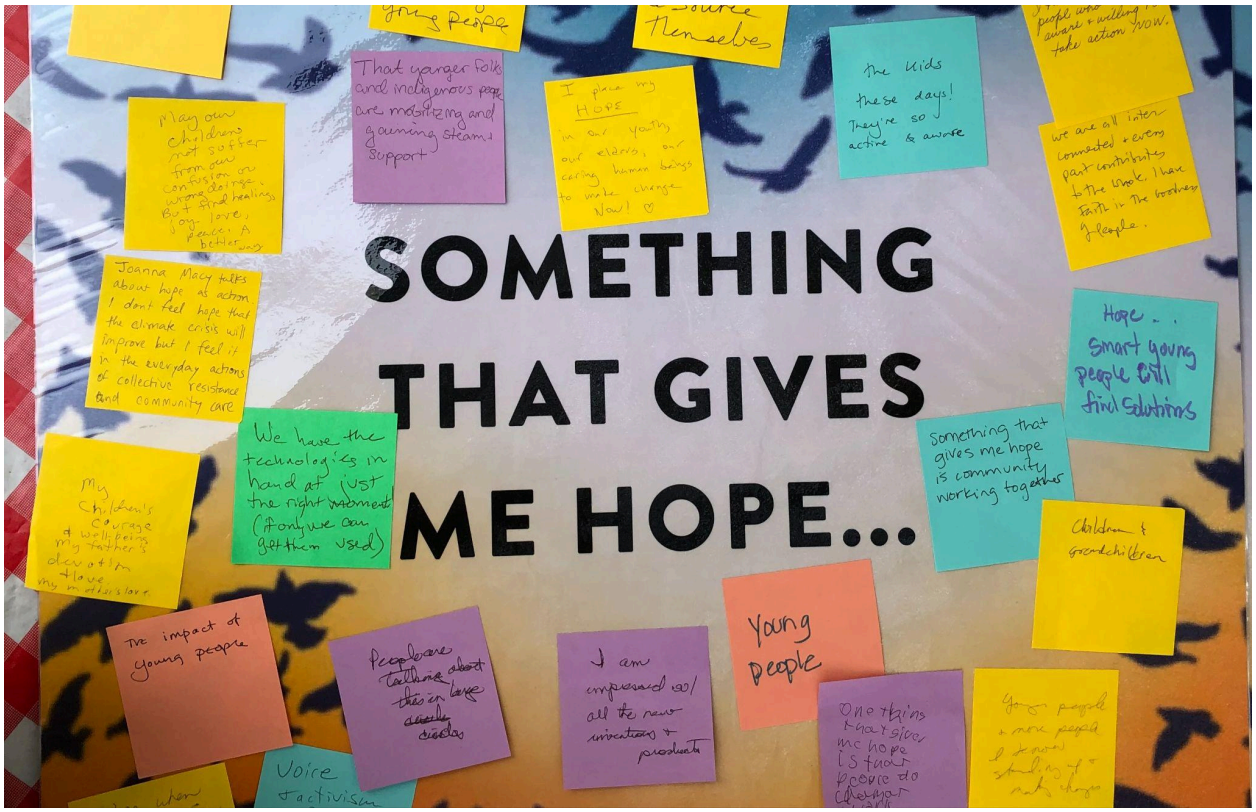
CHECK OUT ALL THE CHUTZPAH SHIFTS

RITUAL

Cheshvan is a month of grounding in routine and integrating the learnings of the High Holiday season. **What grounding practices and rituals help sustain you?**

In Jewish tradition, spiritual practice is just that: a practice that we return to day after day, week after week. An act of *netzach*.

This week, choose one grounding practice that you can do in under 10 minutes. It could be a few minutes of daily meditation or prayer, journaling about your sources of strength, lighting Shabbat candles, or something else meaningful to you. Keep it small and manageable. Return to this practice and see what happens when you bring endurance to the ritual.



Missed a week? Check out the full *Journey Through Election Season* for guides for each week.

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.

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