"The world is full of painful stories. Sometimes it seems as though there aren't any other kind and yet I found myself thinking how beautiful that glint of water was through the trees." (Octavia E. Butler, 'Parable of the Sower')

"Olam chesed yibaneh – The world is built up by loving kindness." (Excerpt from Psalm 89:3)

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

We are about two weeks out from election day. Two more weeks of getting out the vote in all the ways we can. And (at least) two more weeks of all the emotions that come along with election season, Autumn, Cheshvan, Halloween, school in full swing, etc. What better time for an extra dose of *chesed?*

The concept of *chesed* (steadfast love, kindness, generosity and abundance) dates back to some of our earliest Torah narratives and appears throughout Psalms and liturgy. According to some sources, God's *chesed* is the very reason the world exists. Maimonides, a pre-eminent 12th-century medieval Jewish philosopher, astronomer, and physician, taught in his Guide for the Perplexed that loving-kindness *(chesed)* is practiced in two ways: first, we show kindness to those who have no claim on us — those to whom we owe nothing; and second, we are kind to those to whom it is due in a greater measure than is due to them.

Said in other words, *chesed* is the abundant grace that we received at the time of the creation of the world, and that we can choose to give to each other and to all life. It is that beautiful glint of water through the trees. It is that kid who made us laugh at the end of a long day. It is the kindness we show ourselves (hopefully) when we mess up, and need to make things right. It is the gifts of time and service that we give to ensure our country's democracy stays strong for generations to come. The world is built up by this loving kindness.

This week, bring a little more *chesed* into your life with the ritual or creative practice below.

WEEK SIX: *CHESED* / LOVING KINDNESS

RITUAL

Chesed is relational, and for many of us, relationships are foundational to sustaining our spirits through challenging times. This week or Shabbat, try out one of these practices to increase *chesed* in your life.

- Pick up the phone (or voice memo or text) and reach out to a friend to check in. How are they holding up? What is exciting or challenging in their life now? What do you want them to know about how you are doing?
- Consider *chesed* opportunities in your community. Where can you pitch in an hour or more to support a community member, bring a meal, or volunteer in another meaningful way?
- If you haven't tried it this season, be brave and practice *chesed* while phonebanking! Each call is an opportunity to share some kindness, show love for our democracy, and give yourself *chesed* and grace.

CREATIVE PRACTICE

Chesed often appears as overflowing love, kindness, generosity, and abundance. It is a counterpoint to and balanced by *gevurah* (judgement, boundaries, strength). Take 15-30 minutes for a *chesed* creativity break!

- **VISUAL:** Using an index card or a small piece of sturdy paper (we like 3"x5") as your canvas, create a collage or image that represents *chesed* to you. What color is *chesed's* loving kindness? What shape? You may cut words out of old magazines, doodle a scene, or fill the canvas with a single color. Whatever supplies you have available are just right!
- **WRITING:** Describe an encounter with *chesed*. Where is *chesed* showing up in your life now and where do you want to bring more *chesed*?

Get out the climate vote with *Chutzpah 2026!*

Join us for an upcoming phonebank:

Call voters in Georgia:
Thursday, October 22, 6pm ET / 3pm PT
Call voters in North Carolina:
Tuesday, October 27, 3pm ET / 12pm PT
Call voters the weekend before Election Day:
Sunday, November 1, 3pm ET / 12pm PT

CHECK OUT ALL THE CHUTZPAH SHIFTS

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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