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

In this week before the election, our window of opportunity to get voters to the polls is narrowing, and the outcomes of this election remain filled with uncertainty. For many of us, this may be a time of increased anxiety, urgency, fear, and exhaustion. Facing an unknown future (whether next week or the years to come) is never easy, but unknowns are just that — full of the possibility of many outcomes, many futures.

Rabbi Adina Allen teaches in her book, *The Place of All Possibility: Cultivating Creativity Through Ancient Jewish Wisdom*, about the power of creativity to help us stay in a place of possibility. Creative practice, like Torah, invites us to ask: What else could this be? How else could we tell the story of our time as one of possibility, collective action, and movement toward the world we want? If we act on our innate creativity and our ability to create new possibilities, what good will emerge?

This week is a time of possibility. Enjoy the Creating Makes Us Human Playlist from Dayenu's Climate Music & Arts Organizer, Aly Halpert, while you create, phonebank, or otherwise engage in a world of possibilities.

WEEK SEVEN: *YETZIRATIYUT* / CREATIVITY

CREATIVE PRACTICE

Kick this week off with creative practice! Two invitations:

PRACTICE ONE: Get out any art supplies that call to you (it can be as simple as a pen and paper). Open a *siddur* or the *Tanakh*, or head over to sefaria.org; the weekly *parsha* and the Book of Psalms are good places to start. Look for a line, phrase, or word that catches your eye. Use it as your prompt for writing or art-making and see what emerges. Enjoy the process and the gift of this time just to create.

PRACTICE TWO: Draw a Lynda Barry-inspired comic of your day. Include the best and worst things.

As time allows, draw a second comic of your future self doing something that is nourishing for you! Post it somewhere visible as a reminder and intention.

RITUAL

With about a week until the election, this is a great time to take a few minutes for a grounding meditation, breathing exercises, or a daily ritual.

- Take five minutes for an anti-stress breathing exercise, like one of those suggested here.
- Check out the offerings from our friends at the Institute of Jewish Spirituality, including 30 minutes of daily, drop-in meditation.

Get out the climate vote with *Chutzpah 2026!*

Join us for an upcoming phonebank:

Just ONE WEEK to go! Join us in the next few days to call as many voters as possible.

Sunday, November 1, 3pm ET / 12pm PT
Featuring live music from Sarina Partridge

Monday, November 2, two shifts: 5pm ET and 7pm ET / 2pm PT and 4pm PT
Featuring live music from Richie Barshay

Tuesday, November 3 (Election Day!): three shifts to join throughout the day
Featuring live music from Aly Halpert

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.

DONATE