



Dear Friends,

I imagine you are struggling today. I know I am. I am struggling with not yet knowing the outcome of the election, but more than that I am struggling with what the results of this election will tell us about our nation. Whichever candidate wins, it is evident that we live in a nation divided.

As we wait for the results to be confirmed, after every vote is counted and every voice is heard, I could offer you pithy texts from our tradition that speak of endurance or hope or peace, but none of them will change the circumstances of this moment. We are in a liminal moment. My colleague, Rabbi Aaron Brusso, writes, "Liminal moments, ones that are transitional, in-between, can be the hardest in our lives. As human beings we have tremendous capacity to handle things we never imagined we could tackle." Like the other liminal moments of our lives before this moment, we will get through this. And on the other side, we will continue to fight for justice, equity, and peace.

But for now, take a deep breath. And again. And another. Stay away from the news feeds. Instead, sit in a comfortable chair with a cup of hot tea. Hold yourself or those around you. Call someone you haven't spoken to in a month and tell them you love them. It's 44 degrees and sunny. Get outside if you can. Reb Nachman of Bratzlav taught, "The Architect of the Universe creates anew each day. Therefore each day is an utterly new creation. Take as much as you can from what each day has to offer."

Today has a lot to offer. Take it all in. I'll be here on the other side. So will you.

L'Shalom,

Rabbi Saks

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