



### Intro to the Guide

We are a pluralistic group of Jews who felt compelled to create some kind of spaces for other Jews to engage with their feelings and then begin to mobilize and organize and we wanted to find sources in our tradition to draw on while doing so. We organized this event and then thought that others might benefit from the same experience so we are sharing the guide we created. Obviously make this your own. Use the parts you like, replace the parts you don't. The most important thing right now is to be creating circles of support and to act. And to do so quickly. Don't wait for the perfect moment. People are hungry for this now. Find a co-host and send out an invitation. All you need to provide are paper and pens, printouts of the song sheets below, and if you are not familiar with any of these tunes, links are available below so you can practice in advance.

-The Matriarchy

## Sample Email Invitation

Subject Line: A Jewish Response to the Election: Love and Action Tonight

Dear Community,

This is an extraordinary moment, and we are feeling all the feelings. Grief, rage, despair, depression, more rage, fear, and also lots of fierce love and solidarity and dedication to move forward together. We want to honor all of it, together in community, and are calling our friends and community to gather with us. Please come for as much or as little of this approximate timeline that works for you:

**7:30pm Doors open**

8:00-8:30 Jewish fasting ritual and singing.

8:30-9:30 Grief, sharing, processing circle: what is in your heart after the election of Trump?

9:30-10:00 Collective brainstorming: How can we step up as individuals and as a community to fight back against racism and misogyny, to work for love and community?

In the spirit of action and solidarity, this is also a fundraiser for X. We are asking everyone to make a donation, \$5-20. Of course, no one turned away tonight for lack of funds.

Come join us at Address. Feel free to forward and invite loved ones. Feel free to bring snacks.

Thank you to all those who have already organized so many beautiful community responses, and to those organizing more to come. We are together in this.

With love and solidarity,

Your name

# Flow of the Evening

## A Guide for the Hosts

### Introduction

Thank you all for coming tonight. We are going to be breaking the evening into three parts. First we will have a ritual that draws on Jewish tradition and helps us go deep into our own thoughts and feelings. Second, we will have a chance for everyone to share one at a time whatever is in their heart. Finally, we will brainstorm as a group the actions we can take as individuals and as a collective.

The ritual draws on Jewish tradition around fasting in times of crisis. We considered a mourning ritual but the actual devastation has not happened yet. We are in a time of crisis but there is still hope and we are calling in support to get through these times and turn things around. Coincidentally, this time of year is the Jewish month of Cheshvan, which in ancient times was the start of the rainy season. If the rain did not fall and there was the risk of drought, then our ancestors went out into the street and fasted and prayed for rain and sustenance to avoid disaster. There are two specific prayers associated with those rituals, the Aneinu and Avinu Malkeinu which we will be incorporating tonight.

We will start the ritual with the singing of a nigun, a wordless melody meant to open the ritual space and ground your mind and body. After that we will sit in silence and just let whatever feelings and thoughts are inside us to come to the surface and to sit with them. Making sure that we fully feel and not ignore is an important first step on the road to action. Then whenever you are ready, start to write down your hopes or prayers. They may be individual or collective. A request for strength, a hope that your worse dreams don't come true. You will have about 7 minutes. We will later incorporate these prayers into our version of the Avinu Malkeinu. As we hum the tune to Avinu Malkeinu, whoever feels called can take turns reading theirs aloud. So grab your papers and pencils and let's begin!

### Part 1 - Ritual

#### Nigun

- When you are ready, start the nigun. After several rounds of the song, let it gently lead into silence.
- Link to Recording of Song:  
<https://drive.google.com/open?id=oB1h3usRCMGIJMHMwQTFyYlI1VmM>

#### Silent Contemplation - Time to Feel & Writing of Prayers

- If no one starts to write, after a few minutes you can start to write yourself as a cue to others.
- After enough time has passed, bring people out of the writing by restarting the nigun.

#### Supplicant's Prayer - Aneinu

- You or someone else should read the Aneinu aloud in Hebrew and English for the group.

#### Avinu Malkeinu

- After the Aneinu, you can lead right into the Nigun version of Avinu Malkeinu. After several rounds of this, you can start the prayers by saying "Avinu Malkeinu" and then reading your prayer

and everyone can take turns reading their own. The singing can continue under the prayers or their can be silence while people read their prayers.

- After everyone has read their prayers, then conclude with the final chorus of Avinu Malkeinu.
- Link to Recording of Song:  
<https://drive.google.com/open?id=oB1h3usRCMGIJZ3hvc3FBYURLSDQ>

Ana B'Koach

- Link to Recording of Song:  
<https://drive.google.com/open?id=oB1h3usRCMGIJRG5wRNdYaXdPRWs>

Olam Chesed Yibaneh

- Link to Video Recording of Song: <https://www.youtube.com/watch?v=ZHp-jcPlKIY>

## Part 2 - Sharing

Now we want to open the space for us to take turns and share whatever is on your heart and mind. We will use a talking object. Whoever is called, pick up the object to have the floor and put it down when you are done. Try to keep your comments to 3-4 minutes so everyone has a chance to speak. Please don't respond to others have said, this is a space to just share what you need to share.

## Part 3 - Action

Designate someone as note taker for the group.

Thank you to everyone for what you have shared. Now is the time to move from shock to action. Let's brainstorm any and all ideas for what we can do individually and collectively.

Various Areas to Brainstorm:

- Are things we can do individually?
- What are things we want to do collectively?
- What organizations/communities do we want to get connected to?
- What do we want to learn/do reading/share together more?
- What else are people wanting that isn't possible here?

Give some room for brainstorming - a giant piece of butcher paper may be helpful as a visual and to help folks literally connect the dots.

Finally, after giving good time for this section (20-30 min), name some concrete next steps that have arisen, including potentially:

- Follow up items and links to send out (resources, etc - see example below)
- Is this group or a subgroup (or several) going to meet again? Are there preparatory steps needed before then?
- Who else needs to be at the table? Who else does the group need to get in relationship with?

One possible closing is to have each person go around and share one take away or next step. Finally, close with Olam Chesed Yibaneh.

# Election Fasting Ritual Song Sheet

## Aneinu

עננו ה' עננו, ביום צום התענית הזה, כי בצרה גדולה אנחנו. אל תפן אל רשענו, ואל תסתיר פניך ממנו ואל תתעלם מתחנונו. היה נא קרוב לשועתנו, יהי נא חסדך לנחמנו. טרם נקרא אליך עננו, כדבר שנאמר: והיה טרם יקראו ואני אענה, עוד הם מדברים ואני אשמע. כי אתה ה' העונה בעת צרה, פודה ומציל בכל עת צרה וצוקה.

Answer us, God, answer us, on this day of fasting, for we are in great distress. Do not pay attention to our wickedness; do not hide Your face from us and do not ignore our supplication. Please be near to our outcry; please let Your kindness comfort us; before we call to You, answer us, as it is said: 'And it will be that before they call, I will answer; while they yet speak, I will hear.' For You, God, are the One who responds in time of distress, who redeems and rescues in every time of distress and woe.

## Avinu Malkenu

**Avinu Malkenu**  
**Honenu Vaanenu**  
**Avinu Malkenu Honenu Vaanenu Ki en**  
**Banu Maasim (2x)**  
**Ase Imanu Tzdaka Vahesed.**  
**Ase Imanu Tzdaka Vahesed Vehoshienu**

אבנו מלכנו חננו ועננו  
כי אין בנו מעשים  
עשה עמנו צדקה וחסד  
והשענו

Translation:

**Our Parent, our Ruler! Be gracious unto us and answer us, for we have no good works of our own; deal with us in charity and kindness, and save us.**

Alternate Translation

Our parent, our ruler! However small our deeds, let us see their power to heal. May we save lives through compassion, generosity, and justice.

## Ana B'choach

Ana b'choach gedulat yemincha tatir ts'rurah  
kabel rinat am'cha, sagvenu, taharenu, norah

אָנאַ ב'כּוּאַך געדלע ימינך תתיר צרורֶה.  
קבל רנת עמך, שגיבנו טהרנו נורא.

### Translation:

O God, with the greatness of your powerful right hand, we pray to you to loosen those that are bound in captivity. Accept the cry of your people; exalt and purify us, O you who are tremendous!

### Alternative Translation:

Please, with the power of your great right hand, untangle our knotted fate. Accept the cry of your people, empower us, make us pure!

## Olam Chesed Yibaneh

עולם חסד יבנה

I will build this world from love...tai dai dai  
And you must build this world from love...tai dai dai  
And if we build this world from love...tai dai dai  
Then God will build this world from love...tai dai dai

*Psalm 89:3*

## Sample Email Follow Up From Our Event

Dear friends,

Thank you for joining us last night. We are committed to keeping up the momentum. This is the collective emails of everyone present for the action-focused conversation. I encourage everyone to forward this email to folks who wanted to attend the meeting but couldn't make it.

At the end of this email is confirmation of (most of) the donations from last night. This amount, plus other donations, totals over \$200 for Standing Rock legal defense. Thank you to everyone who contributed, and we invite and encourage everyone to keep contributing.

### Here are action steps we came up with last night:

#### Upcoming Events:

- Sunday, 11/13, 9:30am, SoleSpace, [SURJ Direct Action Training](#)
- Monday 11/14, 7:00pm, Standing Rock Benefit, email [Z](#) for more details
- Monday 11/14, 8:00pm, Chochmat HaLev, [Jewish Solidarity with Standing Rock](#)
- Wednesday 11/16, Evening time, San Francisco, Marcheshvan (Jewish Month of Bitterness) gathering, email [N](#) for more details
- Friday 11/18, 8:00pm, in the Mission, [Post-election LGBTQ Shabbat Dinner](#)

#### Organizations and Resources We Are Connected To:

- L: Has a friend who established a post-Trump ["We Go High" giving circle](#)
- L: Recommends two community-generated documents on [Mental & Emotional Health, Engagement Strategies, Inspiration](#) and [Pre-January Resource Guide \(including physical health and legal rights\)](#)
- B: Recommends a community-generated document of [concrete steps to take before January inauguration](#)
- B: Is a volunteer with [St. James Infirmary](#) which needs more volunteers
- J: Is a member of [Kehilla Community Synagogue](#) which does progressive action
- J: Is connected with [Oakland Community Organizations \(OCO\)](#) which is a PICO-affiliate
- Z: Has had a long-term interest in the [UNtraining](#)

#### Personal Action Steps:

- Standing up more, and loudly, in public
- Having tough conversations with family members
- Going into swing states for visits, work, etc.
- Funding work in swing states
- Supporting anti-death penalty work, including pen-pals
- Supporting and donating to [Planned Parenthood](#)
- Donating to the [ACLU](#)
- Donating to [Emily's List](#) and other organizations that train minority political leaders
- Being held accountable to doing activist work
- Making media
- Making death penalty clemency videos, logos, posters, etc.
- Knowing what is happening around me
- Being intentional in my use of social media
- Acting without over-thinking; just show up
- Infusing activism into my work and social life as a way to shift business-as-usual
- Being held accountable to volunteering
- Being held accountable to attending decolonizing pedagogy workshops, as a teacher
- Doing weird and unlikely actions outside my comfort zone
- Being held accountable in existing groups, like book clubs and with housemates

#### Collective Action Steps:

- Establishing a visual vocabulary for allyship, like the [safety pins after Brexit](#)
- Making a collective, monthly donation to an organization we care about, over the next four years
- Joining an online giving circle
- Centralizing information across various networks so everyone is connected

- Attending Niggun Collective (email [Z](#) for more details) and praying in supplication
- Attending a bystander training
- Creating more diverse community gatherings, incl. partnering with social/organized groups outside the Jewish community
- Preparing for the mid-term elections
- Forming an affinity group
- Organizing other Jews who are not yet organized
- Taking cues from existing organizations to avoid redundancy
- Sending each other uplifting messages
- Moving to a swing state and setting up an intentional community (Email [Y](#) about what's up in Arizona)

What the Matriarchy Can Do:

- Lead a training on community organizing, with Julie Aronowitz
- Host a training on difficult family conversations
- Host regular Jewish community meetings with specific and targeted goals to meet
- Host a conversation about post-Trump solidarity and brainstorm what lengths we will need to go to (housing deportees, foiling Trump registration lists, etc.)
- Host a study group
- Host more Jewish anti-racism conversations

Shabbat Shalom,  
 Thank you all,  
 and towards more soon,