



October 2-4 2026

כ"א - כ"ג תשרי תשפ"ז

Candlelighting, Oct 2: 6:25 PM

Shmini Atzeret - Shabbat, October 3

Chanting of **Kohelet**

Deuteronomy 14:22-16:17 – p 1143; Stone p 1012; Hertz p 810; Etz Hayim p 1074
Maftir: Numbers 29:35-30:1 - p 1160; Stone p 896; Hertz p 698; Etz Hayim p 936
Haftarah: I Kings 8:54-66 – p 1160; Stone p 1245; Hertz p 982; Etz Hayim p 1263

Yizkor Memorial Service

Minchah: 6:30 PM

Arvit/Hakafot 6:55 PM

Candle lighting: After 7:15 PM

Simchat Torah - Sunday, October 4

Deuteronomy 33:1-26 – p 1161; Stone p 1112; Hertz p 909; Etz Hayim p 1202

Chattan Torah:

Deuteronomy 33:27-34:12 - p 1163; Stone p 1120; Hertz p 914; Etz Hayim p 1209

Chattan Bereishit:

Genesis 1:1-2:3 – p 1164; Stone p 2; Hertz p 2; Etz Hayim p 3

Maftir: Numbers 29:35-30:1 - p 1160; Stone p 896; Hertz p 698; Etz Hayim p 936

Haftarah: Joshua 1:1-18 – p 1166; Stone p 1246; Hertz p 984; Etz Hayim 1267

Kiddushim are sponsored by the congregation

Minchah/Arvit 6:20 PM

Yom Tov ends at 7:11 PM on Sunday, Oct 4

TRADITIONAL CONGREGATION

Rabbi Seth D Gordon - Rabbi.Gordon@yahoo.com
Marian S. Gordon, Executive Director - traditionalcong@gmail.com

WEEKDAY AND SHABBAT SERVICES

Tuesday - 6:30 PM

Shabbat - 9:30 AM

Governance Committee:

Florence Schachter, Chair

Marty Levy, Vice-Chair

Ken Bohm, Ellis Frohman, Ron Green,

Dina Rinder, Mindy Strauss

Ellis Frohman, Financial Vice President

Mark Weinstein, Ritual Vice President

Marty Levy/Mindy Strauss,

Education Co-Vice Presidents

Dina Rinder, Membership Vice President

Steven Puro, Administration Vice President

Chris Brown/Justin Zeid, Building & Grounds

Co-Vice Presidents

Ron Green, Fundraising Vice President

Barbara Levin, Treasurer

Mimi Levy, Secretary

Past Presidents:

Kenneth H. Bohm, Phil Brick

Members at Large:

Maureen Brodsky

Stanley Estrin

Bill Gold

Jack Heller

Sid Levin

Ari Levy

Carol Max

Florence Schachter

We welcome new members!

If you or someone you know would like to receive membership information,
please contact our office at 314-576-5230
or traditionalcong@gmail.com

On This Week's Torah Portion - Simchat Torah

What other nation dances with their books?

As the festival of *Sukkot* draws to a close, Jewish communities worldwide remove their sacred Torah scrolls from the ark and dance with them for hours on end. This celebration, known as Simchat Torah (Joy of Torah), appears to defy logic. If our goal is to revel in Torah's Divine wisdom, shouldn't we spend the day studying its profound teachings rather than dancing like banshees with closed scrolls?

The answer lies in Judaism's unique approach to human nature: the recognition that we are neither purely physical beings nor purely spiritual ones, but rather a divine fusion of both. *Simchat Torah* embodies this principle through three distinct yet interconnected expressions:

1. Elation

You know that feeling when joy fills you up so completely that words simply cannot express the feeling of your heart? On *Simchat Torah*, we finish the entire yearly cycle of reading the Torah. The holiday celebrates the culmination of a whole year's worth of Torah learning.

Torah is at once our compass for living, our channel to the Divine, and our pathway to self-actualization. The proper response to finishing such a text? Jumping for joy and dancing with glee! At the Torah's grand finale, our joy naturally overflows into physical expression - dancing and singing become the body's way of participating in the soul's celebration of the gift of Torah.

2. Integration

Judaism teaches that our bodies and souls aren't meant to be enemies, but partners. This principle became real to me through an unexpected lesson about celebration. During my second year in yeshiva, I finished a tractate of Talmud for the second time; a significant accomplishment for a newcomer to learning Talmud.

I told one of my Rabbis, Rabbi Lawrence Kelemen, about this accomplishment while on a run together. Suddenly, he grew very serious and asked, "What did you do for the celebration?" I described the beautiful party - the delicious food and the friends and mentors in attendance. He breathed a sigh of relief, "Good." Confused at his response, I inquired, "Why are you so concerned about how I celebrated?" He responded, "When you learn Torah, your soul is very happy with your accomplishment, but your body bears none of the fruit. By celebrating your spiritual achievement with delicious food and good company, you let your body partake in the celebration. Doing so trains your body to love the process of learning just like your soul."

Rabbi Kelemen's wisdom reflects the fundamental Jewish understanding of human nature, embodied in the very word for 'human being' - אָדָם (Adam). The word "Adam" contains two distinct parts:

1. א - The Hebrew letter Aleph is the letter of spirituality. As the first letter in the Hebrew alphabet, it signifies primacy and unity. Also, it's the only letter with no physical sound. Without delving too deeply into Kabbalah, we can already see that Aleph represents the Godly Soul within man.

2. ד - The root word "Dam" translates as 'blood' in Hebrew. This represents the physical aspect of the human being - the Human Body.

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The word “Adam” therefore holds the truth that each of us is comprised of body and soul. The body’s natural tendencies almost always directly conflict with the desires of the soul. In order to achieve our fullest potential, our bodies must unite with our souls in the pursuit of wisdom and spiritual growth. If we don’t enlist our body in our spiritual mission, it will attempt to stop us at every turn and limit our ability to grow. That’s why we need to train our bodies to love what our soul desires by giving physical rewards whenever we make a significant spiritual accomplishment.

This Jewish principle of integration—enlisting our bodies in our spiritual mission rather than fighting against them—finds its ultimate expression on *Simchat Torah*. After a whole year of learning and growing spiritually with the Torah, we dedicate a full day of physical and emotional celebration, dancing, singing, jumping, and laughing with the Torah, then going home to delicious meals. All of this physical joy literally revolves around our Torah, allowing it to permeate and penetrate into our very physicality.

3. Motivation

On *Simchat Torah*, we celebrate completing the entire Torah by immediately beginning it again—a cycle that repeats annually in Jewish communities worldwide. As most of us have experienced, starting anything significant requires tremendous energy. How can we generate the motivation necessary to propel us forward into another year of Torah learning and spiritual growth?

Modern psychology has proven that the way we move and express our physical bodies can change our feelings about ourselves and our world. When we act confident, we feel confident. Physiology creates psychology; motion creates emotion.

As we restart the Torah reading cycle, we dance, sing, leap, and laugh to build into our psyche a powerful association between Torah and joy. This wisdom of creating positive associations with learning is woven throughout Jewish tradition. When a child first begins to read Hebrew, their teacher takes the letter Aleph written on paper and smears it with honey. The child then licks the honey off the letter, creating their first sweet association with Torah learning.

Like this time-tested tradition, *Simchat Torah* leaves a honey-flavored taste of joy in our hearts as we begin yet another year of learning. The ecstatic dancing and singing echo in our minds throughout the year, infusing us with enthusiasm each time we open our books to learn.

These three expressions - elation, integration, and motivation - are really three facets of one fundamental truth: authentic religious experience requires the harmonious union of body and soul. *Simchat Torah*, with its unique custom of dancing with sacred scrolls, becomes the perfect embodiment of this principle. The seeming paradox of celebrating wisdom through dance resolves itself: we dance instead of studying Torah on this one night to train every part of ourselves to love Torah, ensuring our learning continues with joy all year long.

Shabbat Shalom and chag sameach,
Rabbi Avraham Kovel

Rabbi Kovel is an author, entrepreneur, and lifelong student of personal growth. He holds rabbinic ordination from the Jerusalem Kollel and teaches at the Machon Yaakov Institute.



SHEMINI ATZERET/ SIMCHAT TORAH 2026/5787

Friday, October 2

Candle Lighting 6:25 PM

Shabbat, October 3 - ***Shemini Atzeret***

Shacharit 9:30 AM

with reading of *Kohelet*

YIZKOR MEMORIAL SERVICE

Kiddush following services

Minchah 6:30 PM

Arvit/Hakafot 6:55 PM

Candle Lighting after 7:15 PM



Sunday, October 4

Shacharit 9:30 AM

Kiddush following services

Minchah/Arvit 6:20 PM

Yom Tov ends 7:11 PM

Thank you to our members and supporters
who have declared a High Holyday pledge.
We appreciate and need each and every one!

If you've not yet made a pledge, it's not too late...

MAKE A MEANINGFUL

High Holiday Pledge

TODAY!!

Contact Ron Green, Financial VP:

rongreen9722@gmail.com

or mail your pledge to:

Traditional Congregation

12437 Ladue Rd, St Louis 63141



THANK YOU FOR YOUR SUPPORT!!

A PRAYER OF RENEWAL

(10-13-2025)

Two long years ago
Simchat Torah profaned
Defiled
Wild beasts in human garb
Two long years of waiting
Hoping
Praying
Today the two long years are over
The bereaved can find closure
The reunited living can find joy
May the traumatised find healing
Physical, moral, mental, emotional, spiritual
Am Yisrael give thanks to G-D
It isn't the end
But it could lead to a new beginning
Today we will dance again
In *kedusha*
On holy ground and sacred soil
And as proud, faithful Jews
Am Yisrael Chai!
Od Avinu Chai!
Chag Sameakh!

Rabbi Chaim Ingram

Rabbi Chaim Ingram is the author of five books on Judaism. He is a senior tutor for the Sydney Beth Din and the non-resident rabbi of the Adelaide Hebrew Congregation. He can be reached at judaism@bigpond.net.au