



February 20-21, 2026

ד אדר תשפ"ו

Candle Lighting 5:26 PM

**Parashat Terumah** - תרומה Exodus 25:1 - 27:19

Stone – p 444

Hertz – p 326

Etz Hayim – p 485

**Haftarah** - 1 מלכים Kings 5:26 - 6:13

Stone – p 1157

Hertz – p 336

Etz Hayim – p 500

**Kiddush** following services

is sponsored by the congregation

Birthday cake provided by Zeta Chervitz  
in honor of Judy Becker's special birthday

Post- *kiddush* special presentation

by Rabbi Gordon:

“An Unexpected Treasure:  
The Jewish Community of Panama”

**Shabbat** ends 6:27 PM

## **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

### **Board of Directors:**

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

Gary Golden

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 Parashah - Terumah

If you've ever been solicited by a charity (or cousin out of work), you may have been told outright (or made to feel) that you should "give until it hurts." In Terumah, we see how giving is not about "hurting," but about "healing." In the storyline, the Jewish people left Egypt, stood at Mount Sinai, received the Ten Commandments, and then, in one of the worst fits in our history, thinking that Moses was dead, built a golden calf to be his replacement. After those responsible were punished, G-d commanded us to build the mishkan—the portable Tabernacle we carried with us in the desert that housed the tablets of the Ten Commandments.

To build this Tabernacle, however, required a lot of building materials and precious metals. Imagine how challenging this must have been for a slave population suddenly made free, instantaneously going from rags to riches, and now being asked to part with their newly acquired possessions. Unlike any other financial levy that had ever occurred in the ancient world, however, G-d told Moses to collect these offerings from "every heart-inspired person," leaving it up to the dictates of each person's heart not only how much to donate, but whether to donate at all.

In a way, discretionary giving can be harder. For people accustomed to having no choices, being told to give a certain amount is probably not too difficult. But what personal experience could the Jewish people draw on to make this type of decision? Perhaps the deeper lesson that G-d was teaching the Jewish people was that in becoming givers, they would not only become free, but happier as well.

In freedom, there isn't always a script or a set formula. It's the sum of your choices that makes you who you are. And unless you have the right to say "No," what is the real value of your "Yes?"

A defining moment for the Jewish people—the exercise of giving freely (or not)—allowed them to transition from being a slave to a free-willed human since the nature of a slave is not to be a giver or a decision-maker.

The Jewish people in the desert responded to this challenge, and gave and gave until Moses had to tell them to stop. Their generosity did not necessarily stem from the fact that they suddenly had something to give. It came from a desire to give. Having intimately known what it was like not to have anything, when given the opportunity to make a decision to help, they jumped at the chance. It was a sign of their freedom, but more importantly, a sign of their humanity that slavery tried to rob them of.

Perhaps the feeling of closeness and connection that the Jewish people had with G-d at that time allowed them to tap into their G-dly essence—an inspired heart, which means living from the place of abundance. As Wayne Dyer points out, "Abundance is not something we acquire. It is something we tap into." And that creates joy because giving makes us happier.

People who give money to charity are vastly more likely than non-givers to say that they are "very happy" about their lives. It's not always about giving money either, as research shows that volunteers are much happier as well. A Harvard Business School study concluded that giving not only increases happiness but happier people, in turn, give more, and that these two relationships may operate in circular fashion. It should come as no surprise that doing good correlates to feeling good. So doesn't it make sense to be on the lookout for ways to increase your happiness, as you are increasing happiness in the world?

Don't worry; I would never suggest that you become a doormat or give indiscriminately. Giving from the heart doesn't mean that we leave our brains out of the equation. I am suggesting, however, that we take a cue from Terumah and understand, as Anne Frank famously wrote, that "no one has ever become poor from giving."

So as you go through your week, notice when you are giving—whether it's writing a check, shoveling snow for an elderly neighbor, offering up a parking spot, throwing a quarter in a stranger's expired meter or providing someone a shoulder to cry on. Make a conscious effort to honor a request from a loved one, give some space and breathing room to a partner, hold back a zinger or find a way to say the right word at the right time. And pay attention to the many gifts and blessings that you receive as well. In so doing, may you feel more galvanized to live from a "heart-inspired place."

**Shabbat shalom,  
Hanna Perlberger**

Hanna Perlberger is an author, attorney, spiritual teacher and coach



# AN UNEXPECTED TREASURE:

The Jewish Community  
of Panama

PANAMA

Special presentation by  
Rabbi Gordon  
Shabbat, February 21, 2026  
following kiddush





# A TASTE OF SOUP!

Sunday, 2/22/26 5:30-7:15 PM

All you can eat soup buffet!  
Garlic bread

Meat & vegetarian options  
Sweet treats

\$20/person registered by 2/12/26  
\$22/person walk-ins Free for kids under 5  
\$5/additional carry-out container

Register here by 2/12/2026 or go to: <https://bit.ly/4k2RxtE>

or send payment with names attending to:



Traditional Congregation  
12437 Ladue Road St Louis MO 63141  
[www.traditional-congregation.org](http://www.traditional-congregation.org)



 314-576-5230

*Soup lovers, this is your day!!*



**JOIN US FOR PURIM!**



**MONDAY, MARCH 2**

**FAST OF ESTHER BEGINS AT 6:00 AM**

**5:15 PM – MINCHAH**

**Fast ends 5:55 PM (6:27 if using nightfall)**

**6:00 PM – ARVIT & MEGILLAH READING**

**FESTIVE MUSIC BY MARK**

**HAPPY**

**PURIM**

**TUESDAY, MARCH 3**

**9:00 AM – SHACHARIT &**

**MEGILLAH READING**

## **PRAYER**

Source of all goodness, as we join in *Shabbat* worship,  
We ask Your blessings.

*Grant us health enough to perform our daily tasks,  
Wealth enough to answer our needs,  
Compassion enough to feel the needs of others.*

Give us strength enough to recognize our faults,  
Wisdom enough to understand Your laws,  
Loyalty enough to discharge our duties.

*Give us courage enough to be true to the best within us,  
Charity enough to see the best in others.*

Give us patience enough not to become discouraged,  
Hope enough to overcome all fears for the future,

*And faith enough to feel Your presence.*

***Unknown***

## **THOUGHT FOR THE MOMENT OF SILENCE**

People who live well are experts at giving. They give their money; they give their time. They share their wisdom and their skills. They quickly say yes when asked to help. For them ... to give is to love and to love is to live. It's a formula for a successful life.

***Steve Goodier***