

# THE TRIBE WEEKLY

SIMCHAT TORAH

7 - 8 OCTOBER | 23 TISHREI

## Dancing in circles



**TALI SMUS**

Work Experience  
Intern  
at Tribe

Simchat Torah roughly translated means, 'Rejoicing with the Torah'. We finish reading the last parasha and immediately return to the first. Torah scrolls are danced around the bimah seven times. This represents the relationship Jews have with the Torah, mirroring the *kallah* (bride) who walks around the *chatan* (groom) seven times under the *chuppah*. We show that our relationship with the Torah is intimate and special, like a marriage.

Many people ask, why do we dance? We dance because it lifts our feet. The body can be seen as having three primary elements: the head, where we think and develop our values; the heart, where our emotions are felt; and the lower body, which represents our behaviour and actions. Judaism teaches us that true happiness happens when we take our inner values and implement them in our lives, building a sense of inner fulfilment. At the end of the journey of Rosh Hashanah, Yom Kippur and the days of Succot, we take what we have been inspired by and carry it with us into the new year. So, we lift our feet in dance to show through our actions, that we want to

put into practice the inspiration we have gained. However, if you are unsure what exactly you have gained from the festivals until now, lift your feet in dance anyway, as the heart and mind follow the actions. Start with good actions and the rest will follow.

Finally, why do we dance in circles? We dance in circles because a circle has no beginning or end; it is continuous. Judaism too has no start or finish; once we reach one level, we move on to the next, always growing. On Simchat Torah, we celebrate that the entire Jewish people are all part of one continuous circle; always striving to grow, reaching higher and higher, no matter what level we are on, no matter who we are.



## I **being Jewish!**

Simchat Torah is a day on which we feel the joy of having the Torah in our lives. Let's think of ways in which we enjoy our Judaism. Which of these make you happy you are Jewish? If none of these apply, can you think of others?

- I get to rest once a week, on Shabbat
- We have a special state, the Jewish State of Israel
- We have a connection to God
- We live a life of meaning and purpose
- Getting days off during the year for our festivals!
- Spending time with family and friends on Shabbat and festivals
- Presents on Chanukah!
- Matzah on Pesach
- The fun of Purim
- The fun of Simchat Torah
- The fun of Jewish weddings
- Kiddush on Shabbat
- Having a community around me
- Children's services in shul
- A summer holiday to Israel

