

## Angels for Just One Day

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One day a year we put our physical, bodily needs aside. On this day we don't eat, drink, wash, apply lotions, have marital relations, or wear leather shoes. Yom Kippur is the day we put emphasis on our spiritual side. Metaphorically we become like angels - spiritual beings.

It is not only refraining from these things which makes us like angels - we also have the custom of dressing in white in order to resemble the purity of the angels. During the recitation of the Shema of Yom Kippur, the second line "ברוך שם כבוד מלכותו לעולם ועד" - "Blessed is the Name of His Glorious Kingdom for all Eternity" is read aloud.

The Midrash relates that Moshe heard this line from the angels when he was on Har Sinai receiving the Torah. Although usually this verse is said quietly, on Yom Kippur we say it out loud. Normally, we don't utter angelic phrases aloud, however on Yom Kippur, when we rise above our bodily needs, when we are like angels, we may also say this verse out loud.

This day is indeed unique, affording us an incredible opportunity not to focus on food, work, material possessions and superficial pleasures but allowing us to put our spiritual side as the priority of the day.

But is Yom Kippur the ideal? Is this the model we should strive for everyday? The answer is clearly - NO! The Midrash tells us that when Moshe went up to Har Sinai to get the Torah he had to argue with the angels. They did not want G-d to give his precious gift of

the Torah to human beings.

Moshe argued:

"The Torah commands to

remember the Shabbat day and keep it holy - Do you work that you need to rest? It is also written - You shall not commit murder, you shall not steal, you shall not commit adultery - Is there jealousy among you? Do you have a Yetzer Harah (evil inclination)?"

The angels agreed that the Torah served its purpose better as a guidebook for humans. This Midrash stresses the point that the Torah was meant for us - here on earth with our faults and inclinations. The Torah might be admired by the angels but for us mortals it would be put to better use.

We may want to be angels - and for one day a year we may attempt to be, but we have to remember that we are not. We are human - G-d created us as physical beings who get hungry and thirsty and have physical needs. We know G-d does not expect us to be perfect "angelic" beings. Our goal therefore is to connect to the spiritual side of Yom Kippur while remembering that our true goal is not to be angels but to be the best *people* we can be. As Moshe reminded the angels, the Torah helps us to elevate our physical needs to the spiritual realm.

The angels are described as נִצְבִּים "Nitzavim" - standing (constant) while the righteous are regarded as "Holchim" הוֹלְכִים - always on the move.

May we merit to be "הולכים" - always progressing forward, growing towards self improvement. May this Yom Kippur give us the boost we need to face the real challenge - the other 364 days of the year.

Shana Tova

*Gina Junger*



*Dedicated to World Jewry  
everywhere*

*Hold your head up high  
You can still be proud!  
Israel's flag's flying,  
Our country won't die  
Not wrapped in a shroud!  
It's useless crying  
When wiped off the map!  
Threats sometimes come true...  
Why get in a flap  
For we'll fight for you.  
Hold your head up high;  
You can still be proud!  
Israel's flag's flying.  
Our country won't die.  
Let the world know why!*

*Freda Handler*

*Arthur Rosenstein  
& Son Elliott*

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