

THE INSTITUTIONAL

"THE PLACE FOR EVERY MEMBER OF THE FAMILY"

Harlem Branch
37-43 West 116th Street

"The Weekly Publication of the Institutional Synagogue"
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West Side Branch
148 West 85th Street

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OCTOBER 11, 1929

No. 4

METROPOLITAN LEAGUE GYM DIRECTORS HOLD INITIAL MEETING AT I. S.

Members Decide to Suspend Holding of Basketball Tournament

Last Monday evening, the I. S. was host to the Metropolitan League Physical Directors, at their first meeting of the season. Several important points regarding the League's athletic situation were definitely settled.

Mr. Leff Present

Mr. Leff, Field Secretary of the Metropolitan League, stressed the point of making the programme emphasis "carry-over" activities rather than "big muscled" ones. Health education activities were also indicated as advantageous.

Health Exams Stressed

Every director was urged to give Health Examinations to all users of the Center and to include individual and group instruction along that line. Mr. Silbert, the I. S. physical director, has long advocated these activities and they are well stressed on the I. S. gym program.

After thorough discussion, the members decided to suspend the basketball tournament during the current season pending a revision of the rules. This means that the I. S. B. B. team will try its own hand challenging diverse institutions and clubs.

Swimmers are urged to join the newly formed club for swimmers in order to be in fit condition when the Metropolitan League swimming contests are conducted.

Mr. Silverman, in charge of the group, has outlined a program of conditioning exercises and special points to be accentuated for the various members of last year's championship team.

CONGRATULATIONS

.....Of the Directors, members of the I. S., and those of the Women's League of the West Side are extended to **Mrs. Max E. Sanders**, former president of the latter organization, and wife of our active director, Mr. Max Sanders, on her occasion of her giving birth to a girl.

Rabbi Hails Coming of Premier MacDonald and Stresses Importance of Sabbath in Sermons

DO NOT BE LATE FOR KOL NIDRE

Service to Begin at 5 P. M.

Questions If Jew Will Be Permitted His Liberty in Holy Land

Rabbi Herbert S. Goldstein, preaching his sermon on "Reflections for the New Year," before the members of the Institutional Synagogue at its main building, on Saturday, the first day of Rosh Hashonah, said in part:

We Hail His Coming

"We hail Premier MacDonald, and welcome his coming. As Jews we are more than passively interested in his visit. He has come in the interest of peace. Peace can only be achieved as the prophets pointed out, when the arts of war shall not be taught any more, and when every man shall be privileged to worship his own God with none to make him afraid. There hovers over the Holy Land a fear engendered by the Arab, and glossed over by the British, concerning the worshipping of the Jew at the Wailing Wall.

Will the Jew Be Safeguarded?

"The Jews of America await the word from Great Britain's spokesman as to what may be expected in the future. Will the Jew be made to feel at home in the prom-
(Continued on next page)

Additional List PALESTINIAN FUND DONORS

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Total.....	\$443

Schedule of Yom Kippur Services

	Harlem	West Side
FRIDAY EVENING	5:15	5:15
SATURDAY:		
Morning	8:30	9:00
Pilpul (by Dr. Kapner).....	4:00	
SUNDAY:		
Afternoon	2:00	2:00
KOL NIDRE	5:00	5:00

MONDAY:

Morning	6:15	6:30
Sermon	10:00	10:00
Yiskor	10:15	10:15

Sermons will be delivered by Rabbis Herbert S. Goldstein and I. L. Brill. Cantors Zalmon Yavneh and Menachem Rosenberg will officiate.

FRIDAY EVENING, LIGHT CANDLES 5:07

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Editor William H. Shapiro

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- Herbert S. Goldstein.....Rabbi Abraham Bernstein.....Executive Director William H. Shapiro.....Social and Educational Director Joseph Datt.....Talmud Torah Principal Jacob Silbert.....Physical Director Barnet Kramer }Sextons Max Braun }Zalman Yavneh.....Cantor

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ised homeland? Will he be permitted to come to his sacred shrines, and worship his God without being made afraid? There can never be any real peace so long as the present situation will exist. As for the Jew he will give his back, his body, but his soul, his faith, he will never relinquish."

Sabbath a Reality

Preaching at the West Side Branch Sunday morning, the following day, the Rabbi stressed the importance of making the Sabbath a reality and not merely a never to be attained ideal. He continued with:

"Loyalty to the ideal makes the ideal real. The late President Wilson has said that loyalty is no self-pleasing virtue. Disloyalty implies self indulgence and selfishness. Let me explain, I am loyal to my God, my government, and my wife, whether it is convenient or inconvenient. Were my loyalty measured by my convenience then of necessity it would be fractional and low. We Jews of the diaspora have a tremendous

CLUBBERY

The Tranquillitys have selected as their pilot this year Jack Rachinow. He will be assisted by Abe Koppelman, Vice-President; Arnold Goshinsky, Secretary; Joseph Cohen, Treasurer, and Morris Rines, Athletic Manager.

* * *

Sol Benevitsky is the artist of those colorful posters which are announcing the Junior Rally, October 8th. They're really a fine piece of work.

* * *

The Chi-Aeta S. A. C. announces a membership drive. All men, 18 or above, are invited to attend their meetings with view of affiliating themselves with a most outstanding club. They held their opening "stepping out" party last week.

* * *

Collegians are also inviting new membership. They offer fine social and literary activities as inducements. They meet on Mondays.

* * *

The Omaha girls are also spreading the "welcome" mat outside their meeting room every Tuesday night. They extend a cordial handshake to new friends.

* * *

We welcome the Ko-sacs to our ranks. We expect a great deal from this new group of attractive young men and women, since they promise a number of colorful activities this year—dances, parties and parties, dances.

* * *

Emanons are preparing a Debating Team and an Oratory Battery with a view of securing a mere championship or so.

* * *

We also welcome our new Junior club, the Comet S. A. C. Under the leadership of their director, Mr. Chaikin, they anticipate participating in enough activities to warrant their being called "the most outstanding Junior Club."

* * *

Clubbery suggests that there may be enough boys and girls in your class or on the street who may be interested in joining a club, or perhaps organizing a club. If so, why not invite them to your club meeting, or show them the facilities of the I. S.?

problem as it relates to the sabbath. Shall the Jewish Sabbath become merely an ideal or shall it remain a reality in Jewish life? Loyalty to the God who proclaimed the Sabbath will retain the Sabbath as a reality."

INSTITUTIONAL SYNAGOGUE 37-43 WEST 116th STREET

MEMORIAL CARD

The undersigned hereby requests you to offer the Memorial Prayer for the coming Holiday.

for my (state here what relative).....

Name (write here name in Hebrew) and herewith subscribe

\$.....

Name

Address

The above cards must be mailed in to the office before October 12th, preferably sooner, so that they may be had for the Memorial Services.

STAR OF ZION ELECT OFFICERS FOR CURRENT SEASON

Are Busy Preparing Raffle and Dance — Proceeds Going to Charity

The Star of Zion, one of the outstanding senior clubs of the I. S., recently started their eleventh year of existence and at the same meeting elected the officers for the new term.

The following members were duly honored: Irving Briskin, Pres.; William Katz, Vice-Pres.; Ben Feder, Sec.; Harry Seltzer, Treas.; Joseph Spiegel, Athletic Chief; Jack Lefkowitz, Executive Member.

On receipt of the election returns, the officers each made a brief speech, the substance being that the cooperation of the membership is requested, in order to make 1930 a banner year for the organization.

The opening event of the current season will be had in a raffle and dance to be conducted at the I. S. during the early part of December. An excellent program of entertainment has been carefully arranged. The proceeds of the raffle will be donated to some charitable cause. The organization and members of the I. S. are therefore urged to support and lend their assistance in making this affair a successful one.

I. S. Women Organizations Extend Themselves In Building Succahs at Both Buildings

Sisterhood Bears Brunt Because of Their Long Experience

As long as the I. S. has been in existence it has always been the proud possessor of its own Succah. This year the combined membership of the Sisterhood, the Parents Association, and the Women's League of the West Side, have undertaken to build a Succah at both the main and the West Side buildings. Mrs. Annie R. Morris, President of the Sisterhood, is supervising at the Main Building.

It is expected that the I. S. Succah will again be as accommodating and as beautiful as it was in years heretofore. Those who visited the Succah of the past years will pleasantly remember the work of art that was usually presented.

Succah Framework Completed

The framework of this year's "Hut," has already been constructed on the roof extending from the third floor. In the meantime, the Women's Organizations are gathering necessary fruit and vegetables, which later will be used as embellishments. Donations of flowers, fruits, cakes and other dainties are already pouring in, in order to be sure that there is plentiful larder of goodies, as was always the custom.

Expect Many Visitors

It is expected that the same number of visitors that were there last year will again make use of the Succah. Old folks, children and young people will once more come to partake of the bounties afforded by these noble organizations — the Sisterhood, the Parents Association and the Women's League.

DR. ZADOK KAPNER

will hold his annual PILPUL this Saturday afternoon at 4 P. M. Dr. Kapner is our modern Maimonides, being a noted Hebrew scholar and at the same time a prominent physician in our city. An intellectual treat is in store for all who will come to listen.

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KOL NIDRE

Lo, above the mournful chanting,
Rise the fuller sounded wailings
Of the soul's most solemn anthem.
Hark! the strains of deep Kol Nidre—
Saddest music, ever mournful,
Taught his lips to hymn or sound!

Not the heart of one lone mortal
Told his anguish in that strain;
All the sorrow, pain and struggles
Of a people in despair,

Gathered from the vale of weeping
Through the ages of distress.
'Tis a mighty cry of beings
Held in bondage and affliction
And the wailing and lamenting
Of a homeless people roaming
O'er the plains and scattered hamlets
Of a world without a refuge;
All the sorrows, trials, bereavements—
Loss of country, home and people—
In one mighty strain uniting,
Chant to every age its wail;
Making the suffering years re-echo
With the wounds and pain of yore;
Give a voice to every martyr
Ever hushed to death by pain;
Every smothered shriek of daughter
Burned upon the faggot bier;
Bring the wander years and exile,
Persecutions, harsh assailment,
Ghetto misery and hounding,
To the ears of men today;
Link the dark and dreary ages
With the brighter future's glow;
Weave the past and hopeful present,
Bind the living with the sleeping;
Even with the dead uniting,
When the soul would join with God.

Slowly creep the muffled murmurs
As the leaves and flowers conspiring,
Steal a breeze from summer's chamber—
Hum and mumble as they stroke it,
Smooth and greatly coy it,
So this murmur spreads the voices
Of the praying synagogue,
As each lip repeats the sinning
Of his selfish godless living,
By each murmur low recounting
Every single sin and crime—
How he falsified his neighbor,
Made a stumbling block for blindness,
Cursed the deaf, unstead the cripple,
Played his son and daughter wrong,
Tattled of his wife's behavior,
Made his father's age a load,
Spoke belittling of his mother,
Took advantage of the stupid,

Made the hungry buy their bread,
Turned the needy from his threshold,
Shut the stranger from his fold,
Never begged forgiveness, pardon
For a wrong aimed at a foe,
Never weighed the love of mercy
Of the Father of the world.
Lo! the lips are repenting;
Every murmur is a sob
Ebbing from the font of being.

Who has ever heard Kol Nidre
Gushing from the breast of man;
Rising, falling as the ocean
Lifts the waves in joy or fear?
From time's ocean has it risen;
Every age has lent a murmur,
Every cycle built a wail;
Every sorrow ever dwelling
In the tortured heart of man,
Tears and sighs together swelling
Answer for the pangs of ages.
'Tis the voice of countless pilgrims,
Sons of Jacob with a cry,
Moaning, sighing, grieving, wailing,
Answering in a thousand voices,
Fate and destiny of man.

Wander song of homeless traveler,
Outcasts from the ranks of men,
Echoes from the throes of mortals,
Questioning the ways of God.

'Tis a saintly aspiration
Of a holy soul in prayer;
'Tis the music hummed by mercy,
Love, forgiveness in a union,
Sweeping o'er the span of ages,
Flooding earth with one majestic
Universal hymn of woe,
As if God had willed his children
Weep in but one human strain.

Who can hear this strange Kol Nidre
Without drooping in the spell?
Lift the visage of the present
Like the momentary fleeting
Of the evening with the past.

—Rabbi Joseph Leiser.

NOTICE TO I. S. MEMBERS

There are many who take advantage of I. S. facilities without assuming their share of the burden by becoming members. This year the I. S. will pursue a justifiable policy of rigid check-up on membership.

In all justice to the great majority who are fully paid up at all times, the I. S. cannot be too strict in the enforcement of such a policy. We are sure that all fair minded members will cooperate in this effort. To avoid inconvenience, members are urged to carry their cards with them at all times.

IT MAY TAKE A LITTLE TIME FIRST, BUT YOU WILL BE SATISFIED PRESENTLY

HOW TO HELP YOUR BOY OR GIRL TO STUDY

(Studying is an art that even very few experienced students come to master. Much analytic literature has been expended in the treatment of this vital inquiry. The guides below have been tested in the crucible of first hand contact and knowing. While nominally intended for the benefit of children, elders would do well to sit up and take notice concerning most of the precepts indicated below.)

1. Give your child a place in which to study. He cannot study and at the same time listen to the radio, victrola, or town gossip.

2. Know whether or not school requires homework and how much. The teachers can tell you more accurately than your child. Your child may get his lessons easier than the majority. He may need to take more time. Only a close contact with teachers can determine this.

3. Your child should have a definite program for each study. He should get right down to work. Don't let anything disturb him. Have him put his mind on the subject and keep it there.

4. He must have ready dictionaries, ruler, compass, maps, or any other material needed in preparing his lessons.

5. He should note carefully his lesson assignments. Good teachers will call attention to the important lessons; this will help him pick out the important topics. In many cases he should make an outline of his lesson. This will help him see the lesson as a whole.

6. He should study with intent to LEARN and to REMEMBER and to USE.

7. Let him remember he is working for himself and not for the teacher.

8. He should not ask for help until he has to.

9. Individual study is better than studying with some one. Thus he learns to form his own judgments and do his own work. Individual study is honest study.

10. In all his work he should make a practical application of it to life as soon as possible. I regret that often book knowledge does not fit present-day conditions.

11. He will have to commit to memory formulas, technical terms, dates, outlines and definitions. But he should be sure he understands them.

12. He should get the meaning of a prob-

Spirit of forgiveness keynote of Yom Kippur

Yom Kippur, the Day of Atonement, comes seven days after Rosh Hashonah. During the ten days of penitence, including the two holy days, many Jews offer special prayers at their early morning services, asking forgiveness for any sins committed during the past year. The Sabbath which falls during this period is called the Sabbath of Return, because on this day the worshippers in the Synagogue listen to the reading of certain portions from the prophet Isaiah urging the Jewish people to return to God.

Yom Kippur, which is kept as a fast day, is the most solemn holy day in the Jewish calendar. In old times it was set aside for special sacrifices in the Temple; here the High Priest appeared before the people dressed in the prescribed garments of liene, a coat and breeches, a girdle and a cap of peculiar design.

Yom Kippur At First Marked By Sacrifices

First he offered up a young bull in the name of his own family; after praying for his fellow-priests in Israel, he sprinkled the purifying blood of the animal about the Holy of Holies, a room in the Temple which no man might enter except the High Priest, and forbidden even to him except on Yom Kippur. From the two goats brought before him, one selected by lot, was set apart for the Lord and slain as a sacrifice; the other, the "scape-goat," was then brought forward; now, the High Priest confessed the sins of all Israel and prayed that this special sacrifice would be the sin-offering for the entire nation. Then, as symbol of the desire of the people to drive all evil out of their midst, the scape-goat was driven out into the hills, the desolate places outside Jerusalem.

Prayer and Charity Now Indent Holiday

But the destruction of the Temple meant the end of sacrifices upon the altar. Prayer and charity, taught the rabbis, would take the place of sacrifice. Yom Kippur, from the day of special sacrifice, grew to be the day of special prayers.

From early morning until dusk the Jew spends Yom Kippur in prayer. Many wear shrouds to remind them of the shortness of life and the certainty of death and Judgment. On this Day of Judgment, when the Jew prays for forgiveness for sins of the past year, he remembers that he must first forgive his neighbors for an offense they may have committed against him as well as ask their forgiveness for any fault of his own. On this solemn day he resolves to do better in the year to come.

Seriousness and Introspection

Although a solemn day, Yom Kippur is not a day of penance or sorrow. In the days when the Temple stood, the Jewish people had a lovely custom called the Dance in the Vineyards. The maidens of Jerusalem would exchange garments, rich girls with poor, that those less wealthy would not be put to shame by the more costly clothes of their friends. As they danced they sang happy songs, and often a young man watching them would choose a bride from among them in this festal dance of Yom Kippur.

Today there are no happy rites or merrymaking. But Yom Kippur, with its assurance of forgiveness and a closer unity with God, brings a happiness unequalled by any other Jewish holy day.

FOR WHAT IS THE WORLD CALLING?

For men and women who have health, clean and vigorous bodies, for men and women who have alert and growing minds, who are industrially efficient, morally sound, with a great Godgiven soundness, who have the spirit of service and who crown all this with a sunny, social agreeableness. To these the world bows as it opens its door.

What the world is calling for, what it needs more than anything else, more than it needs money, more than it needs harnessed Niagara, is MEN,—with intellectual length to them, with moral girth to them, who can turn away from corruption unbribed, face the clamor of a mob unbought, stand among the pigmies like tall, bright angels, alert, unbending, invincible, and by their embattled personalities, by head and heart, by brain and soul, swing the world up toward its millennia dawning.

lem before he tries to solve it. He should read it until he has ascertained the quantities given and the quantities required and apply common sense and reason. STOP GUESSING; THINK!

13. The child must get the idea into his head that study is hard and honest work, that he must himself do, no one can be hired, cajoled, teased or driven to do it for him. It's his job. By studying he get power, leadership, well formed mind and character.

—ARTHUR DEAN.

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