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On Mondays



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the Women's
Cake Sale

"THE WEEKLY PUBLICATION OF THE INSTITUTIONAL SYNAGOGUE"
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Joyous Celebration Marks I. S. Nineteenth Anniversary

First Vice-President Lester Udell Heads Successful Comm.

Last Sunday evening the Institutional Synagogue celebrated the nineteenth anniversary of its momentous existence at the Savoy-Plaza Hotel. This affair by far surpassed those of previous years.

First Vice-President Lester Udell deserves heartfelt appreciation for the splendid manner in which he headed the Dinner Committee.

Messages were delivered by Rabbi Herbert S. Goldstein, Cong. Isaac Siegel, President of the I.S., and Mr. Lester Udell, First Vice-President. Mr. Morris Jablow acted as Toastmaster for the Dinner.

Beautiful vocal selections were rendered by both Miss Leonora Cori and Mr. John Hopman. The services of the latter were secured through Mr. Nat Abramson of Radio Station W.O.R.

Joe Moss and his popular orchestra made a decided hit with his inimitable musical renditions.

The Dinner itself, a masterpiece of culinary art, was pleasingly attractive and decidedly palatable. Following the dinner, the diners and the young people who arrived late indulged in the terpsichorean art until past midnight.

The officers of the Nineteenth Anniversary Dinner and Dance Committee were: First Vice-President Lester Udell, Chairman; George L. Livingston and Max E. Sanders, Vice-Chairmen; Aaron Wartels, Treasurer; and David H. Gluck, Secretary. Mrs. David H. Ullman was Chairman of the Women's Committee and Emanuel Gluck headed the Associate Committee. Credit is due to Executive Director Abraham Bernstein for his executive ability shown in making many necessary arrangements for the success of the affair.

Congratulations

Our heartiest congratulations are extended to our loyal and devoted co-workers, Mr. and Mrs. D. L. Messing upon the engagement of their daughter, Olivia, to Mr. Jacob Starman.

YOUTH EMULATES ELDERS AT BOYS' WEEK SERVICES

Last Saturday the West Side Synagogue was the scene of the annual Boys' Week Services. The services were the most impressive and inspiring ever conducted, due to the practice and experience gained by the boys through their participation in the Sabbath Mincha Services during the entire year.

A fitting climax to the Boys' Week services was the Seuda Shlishis held at the home of Rabbi and Mrs. Herbert S. Goldstein for all the participants. The singing of Z'miros and a very lively discussion served to make the program exceptionally interesting. Delightful refreshments were served by the Rebbetzin, who proved to be "the perfect hostess."

The following were the participants in the Services: Officers; President, Bernard Udell; Vice-President, Marvin Livingston; Speaker, Gabriel F. Goldstein; Cantors: Friday evening, Marvin Livingston; Saturday Shachris,

(continued on page 4)

ANOTHER TABLE TENNIS TOURNAMENT FOR JUNIORS

Although outdoor sports are now claiming most of their attention, the Juniors have been bitten by the Ping-Pong bug and are now clamoring for another tournament. The final table-tennis tournament for the indoor game-room of this season will get under way during the middle of next week. Entries for this tournament will be accepted until Sunday, April 26th.

The Junior Ping-Pong Team has officially closed its schedule, after a very successful first season against neighboring community centers. The members of this first Junior Team are: Isaac Botton, Seymour Kanner, Abe Matza, Max Fried, and Ernest Kohn.

Rabbi to Broadcast

This Sunday morning Rabbi Herbert S. Goldstein will continue his series of Sunday morning addresses over station W.M.C.A. between ten forty-five and eleven o'clock.

Orators To Participate In Triangular Debate Sunday

Teams To Face Port Chester And Stamford Jewish Centers

This Sunday afternoon, April 26th, at three o'clock, the I.S. Intermediate Debating Team will participate in a "Triangular Debate" with teams representing the Port Chester Jewish Community Center and the Stamford, Conn., Jewish Center. Simultaneously, at all three Institutions, debates will be held on the topic, "Resolved, That Palestine is the Only Hope of World Jewry."

The members of the Stamford negative team will debate at the I.S.; while the I.S. negative team will travel to Port Chester.

The following will represent the I.S.: William Finger and Nat Lichtenholtz, affirmative team; and Gabriel F. Goldstein and Sherman Lefkowitz, negative team.

The following Sunday, May 3rd, will find the I.S. team pitted against the representatives of the Hebrew Educational Society on the topic, "Resolved, That the Present Jury System be Abolished." The I.S. will uphold the negative of this resolution.

The final debate of the series of inter-community center debates in which the I.S. team is participating, will be held on Sunday afternoon, May 17th, against the Hebrew Educational Society at the I.S. The topic of the debate will be, "Resolved, That the U. S. Government Prohibit the Private Manufacture of Arms and Munitions."

Members and their friends are urged to attend this series of debates. There is no admission charge.

DANCE AND FRANKFURTER ROAST SET FOR MAY 9

"Come and get your frankfurters! They are red hot! They are delicious! And they are homeless. Come and get 'em!"

This will be the slogan of the Frankfurter Roast and Dance to be held on Saturday night, May 9th, at the Main Building Gymnasium. The Leaders' Council and the Institutional League have combined their efforts to make this affair a most enjoyable one.

The music will be furnished by a popular orchestra until early in the morning. Tickets are only thirty-nine cents. Get yours now.

THE INSTITUTIONAL

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Editor Rabbi Philip Goodman
Associate Morris A. Urieff

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Light Candles Friday Evening, 6:52

Sedrah for Week "Sazreah-Mezorah"

IN THE RABBI'S MAIL

(The following is a typical letter received by Rabbi H. S. Goldstein as a result of his Sunday morning broadcasts.)

March 31st, 1936

Rabbi Herbert S. Goldstein,
148 West 85th Street,
New York City.

Dear Sir:

Your talk over WMCA with regard to Justice and the Jewish religion was the finest I have heard on that subject. I should appreciate it if I might have a copy of it.

The Jewish religion seems to me to be the only religion which is based on Life itself, as well as on Law and Justice and Wisdom. Perhaps this is why its vitality has survived through all the ages of other false religions and confused thinking in the world.

This was the first of your Sunday morning talks that I had heard on the radio, and since there is a possibility of these talks being discontinued unless funds are received, I am enclosing a small contribution toward them.

Very truly,

(signed) Mrs. Mac

Condolence

Our sincerest condolences are extended to the family of the late Mrs. Elka Plottel.

: : "THE SABBATH" : :

By RABBI HERBERT S. GOLDSTEIN

My dear friends, This morning I want to present to you the Holy Sabbath, the observance of which is ordained in the Ten Commandments. In the Kiddush prayer on Friday evening when we usher in the Sabbath, we invoke it as "a memorial of the creation" (a specific reference to the Ten Commandments in Chapter 20 of the Book of Exodus), and as "a memorial of the Exodus from Egypt (a specific reference to the Ten Commandments in Chapter 5 of the Book of Deuteronomy)." Thus the Sabbath takes on both a universal and a Jewish aspect. It is the Universal law for all mankind, reminding us of the work of Creation, and that God Himself rested on the SEVENTH DAY. It is the national Jewish law, bidding us to remember that over-work is to be abhorred by the Jew, as we read, "That thy manservant and maidservant may rest as well as thou. And remember that thou wast a servant in the Land of Egypt."

"Man does not live by bread alone," and it is doubtful if any man's life is justified if we must say of him in eulogy: "He did his work well" adding as an unspoken afterthought, "What a pity he left himself no time to live!" None of the blessings of God truly exist for any man, who is so taken up with the actual business of eking out a mere existence, that he has no time left for the enjoyment of the larger life, the religious, the spiritual life.

How should we spend the Sabbath? The Bible tersely describes Sabbath observance in the following two words "Shaw-Vahs Vah-yin-naw-fash" "And He rested and was refreshed." The word Sabbath is not a translation but a transliteration of the Sephardic Hebrew "Shabbat" and means rest. We are to desist from all physical work on the seventh day. No secular activity is permissible.

How godly and divinely based are our many and minute prohibitions on the Sabbath, insuring at least one day in seven, a relaxation, an absolutely complete change, a diversion from every manual, secular and profane activity of the rest of the week. This is the hidden power of God's merciful legislation, compelling us to renew our energies after the physical exhaustion of a week's work and anxiety. Have you ever noted that the Jewish Sabbath is the longest perfect rest day of all religions?

God's mercy in regard to Sabbath rest is extended to our servants, and to our beasts of burden as well, for we read, "But the seventh day is the Sabbath of the Lord thy God, on it thou shalt not do any work, thou, nor thy son, nor thy daughter, nor thy manservant, nor thy maidservant, nor thine ox, nor thine donkey, nor any of thy cattle, nor the stranger that is within thy gates; that

thy manservant and thy maidservant may rest as well as thou." Thus far, I have dealt with the physical side, the Sabbath the Sabbath side of the Seventh Day. I want to deal now with the "Vah-yin-naw-fash" or the spiritual side of the Seventh Day. The Hebrew word "Vah-yin-naw-fash" which may be translated "refreshed," is derived from the word "nefesh" soul, and is used only in connection with human beings and not with animals. The weary beast is simply to rest,—that is all it can get from its Sabbath; but the servant and the stranger, all men, are to secure in addition that higher, that spiritual refreshment which rest may afford them the opportunity. Thus when in the second chapter of Genesis the Almighty is described as finishing the work of Creation, the same expression is applied to Him. He is said, figuratively, of course, to be "refreshed," to know the spiritual joy which the Sabbath is designed to yield to His human children.

The Sabbath truly lived, is man's recreation. It is his RE-creation physically and spiritually. Too many go to work the day after their Sabbath with the proverbial "blue Monday" feeling. Why? Because they spend their Sabbath entirely in physical pursuits, and thus the next day they are tired, fatigued, and "blue." They really need another Sabbath for recuperation. The essential function of the Sabbath is to elicit the divine in us, in the midst of the prosaic round of our daily lives. It is the sanctification of a man's whole being. "I am black but comely," sang the love-singer King Solomon. Commenting upon this line, your Rabbis say it depicts Israel among the nations, harassed, haunted, taunted, black all week, but spiritually beyond the enemy, enshrined in a halo, "comely" on the Sabbath.

The Sabbath is the keystone of Judaism. Take away the keystone, and the rest of the structure will totter. Its influence is not transitory, but enduring, timeless and permeating all that is in Israel. The Sabbath is the emblem and sceptre of the Jew. However humble his place in life may be, on the Sabbath, the Jew casts off the gray mantle of every-day care and dons the cloak of the Prince. "Who is like unto the Lord our God. He raiseth up the lowly out of the dust, and lifteth up the needy from the dunghill, that he may set him with princes. Hallelujah. Praise ye the Lord."

The candles are lit on the Sabbath eve, shedding a mystic lumination like a benediction over the household. The father pauses to pronounce the Kiddush, the Sabbath sanctification, after he has blessed his children. He may be the least of mortals, the lowliest among men, derided, persecuted, scorned—

(Continued on Page 4)

"A Sabbath well spent
Brings a week of content"

STAFF BASEBALL GAME TO FEATURE FIELD DAY

Athletically-minded club members are busy preparing for the Annual Lag B'Omer Field Day, which will be held this year on Sunday, May 10th, at the Rice Stadium in Pelham Bay Park.

Members of the gymnasium, clubs, and Talmud Torah will participate in this annual affair.

A complete program of events, designed to fit the various classes of membership, has been drawn up by "Hy" Munitz, Director of the Gymnasium. The program includes: dashes, relays, high jumping, shot putting, and several novelty numbers including an archery contest.

A feature of the day's fun will be a baseball game between the members of the staff and a team composed of representatives of the various clubs.

Entry blanks for the Field Day may be secured in the office. There is no entry fee. The Club scoring the highest number of points will be awarded the Field Day Plaque. Entries must be submitted by Sunday, May 3rd.

Girl Scout Troop No. 116 Has Interesting Program

The Girl Scout Troop 116 is now engaged in preparation for a surprise Lag B'Omer program, which will be presented before the members leave for Field Day on May 10th. In addition, their time is fully occupied with the regular program of activities sponsored by the Girl Scouts. Among these activities are Arts and Crafts, music, hikes, games, etc. Through all their activities the Jewish motif predominates.

Last Thursday the girl scouts went to Carnegie Hall and witnessed a pageant representing Girl Scout work. The Troop is proud of the fact that most of their members have passed their first Girl Scout test, and may now call themselves "Tenderfeet."

Y. P. C. LECTURE

Mr. Arthur Markewich, Assistant District Attorney will speak at the Young Peoples' Conference this Tuesday evening on "Aspects of the Battle with the Criminal".

Life Saving Classes

Many of the senior members have come to realize the importance of water safety. Quite a number of them will frequent the beaches this summer sporting life saving emblems which they have earned by regular practice and instruction in Red Cross Life Saving methods and techniques in our pool.

Classes in life saving are in progress on Mondays, Tuesdays and Thursdays between 7:30 and 8:45 P.M. Classes are under the supervision of Alfred Wolken, who has developed many capable swimmers during the past few years.

Membership in these classes are now open, don't hesitate—join now.

WOMEN'S LEAGUE PLAN ANNUAL CAKE SALE

At the regular meeting of the Women's League Bible Class held last Monday afternoon, Rabbi Herbert S. Goldstein began the interpretation of the Book of Judges.

During the business meeting which followed the Bible Class, plans were discussed for the forthcoming cake sale. A large number of women promised to bring cakes, while others expressed their intentions to purchase same. All contributions of cakes and canned goods will be greatly appreciated. All sorts of delicious and tempting cakes, cookies and canned goods will be on sale. Lunch, including all kinds of sandwiches and drinks, will be served daily.

Mrs. Annie R. Morris was the gracious hostess at the very pleasant social hour.

The President, Mrs. David H. Ullman, expressed congratulations in behalf of the League to Mrs. David L. Messing upon the engagement of her daughter and to Mrs. Max E. Sanders upon her birthday.

The Women's League will act as hostess to the Women's Branch of the Union of Orthodox Jewish Congregations of America at their Shevuoth Gathering which will be held at our building on Monday afternoon, May 25th.

H. H. S. Engages in Novel Jewish History Project

Finding the available Jewish History textbooks unsuitable for their purposes, the students of the I.S. Hebrew High School are now engaged on the novel project of writing their own history textbook.

Regular assignments are given by Rabbi Philip Goodman, Principal, to the individual members of the class. The work of the students is then submitted to the Board of Editors, who rewrite and revise the material to fit in with the general scheme of the book.

Copies of completed chapters are given to every member of the class. Illustrations make the manuscripts more attractive.

The staff consists of: Editors: Bernard Feinberg, Vertella Valentine; Managing Editor: Sylvia Epstein; Associate Editors: Bella Fried, Yetta Margolies; Staff: Max Silver, Moses Finfang, and Arthur Friedman. Rabbi Goodman is the advisor.

Mishnaith Class

Rabbi Herbert S. Goldstein began, last week, to conduct a class in the study of Mishnaith. The class meets on Tuesdays, Wednesdays and Thursdays, fifteen minutes before Mincha Services. During the coming week the class will begin at 7:15 P.M.

Thoughtful Tales

WAIT FOR THE END

Why? Because on the day of birth the life of man is an unwritten page, but after his death the world knows the good deeds that have been inscribed thereon.

Two ships sailed upon the high seas, one on its way out of the harbor, the other about to enter it. The onlookers rejoiced to see the outgoing vessel, but watched the other with regret. Then one wiser than the rest said, "I am moved by different emotions. One should not rejoice at the sight of a vessel which is about to set sail. Who knows what contrary winds and storms it may encounter? Let us rather be glad to welcome the vessel which returns to the harbor, for then we can see it enter in safety after having successfully weathered the storms of a long and dangerous voyage."

THE BALM OF LIFE

A merchant journeyed from town to town in the vicinity of Sepphoris, crying, "Who wishes to buy of the balm of life?"

Rabbi Yannai, who was seated in his study reading the Law at the time, sent for the merchant and said to him, "Come and sell your wares to me."

The man answered him, saying, "Men of your stamp have no need of it."

The rabbi, however, persisted, and the vender drew out a psalm book and pointed to the verse: "Depart from evil and do good; seek peace and pursue it."

The rabbi afterwards said, "Never did the meaning of those words impress themselves upon my mind until I heard the peddler so earnestly raise the question: 'What man is he that desireth life?' Solomon, too, gave similar advice when he admonished man to guard his tongue and thereby keep his soul free from troubles."

ORTHODOX CONGREGATIONS TO CONVENE THIS SUNDAY

The National Conference of the Union of Orthodox Jewish Congregations of America will take place this Sunday at the Hotel Edison, 228 West 47th Street. Sessions will take place all day including luncheon at 1 o'clock.

"Making Traditional Judaism a Vital Force In American Jewish Life" will be the subject of a symposium to be conducted in the afternoon.

Rabbi Herbert S. Goldstein will deliver one of the main addresses of the Conference. Other prominent rabbinical and lay leaders will participate. Representatives of the affiliated organizations of the Union will render reports. As president of the Women's Branch, Mrs. Herbert S. Goldstein will explain its manifold activities.

"THE SABBATH"

By RABBI HERBERT S. GOLDSTEIN

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but
at his Sabbath table he becomes a true prince. Today when man gropes, an exhausted wanderer among racial misunderstandings and nationalistic chaos, is not this Sabbath of ours a blessing as vital to the weal of humanity as it was of old? Surely, if we in our vaunted civilization have outgrown such a Godly ointment for our tired spirits as the Sabbath is, then indeed, have we made ourselves as Pagans.

I am frequently asked, "Is it permissible to attend this or that function on the Sabbath? May I attend this or that game on the Sabbath?" My answer invariably is that one may within the letter of the law, but I ask is it within the spirit of the law and in keeping with the Sabbath, to attend or participate in this or that secular activity? "Participation in secular activities on the Sabbath is like the sudden intrusion of a shrill street-organ on a beautiful melody sung by a lovely voice."

A
Now my friends, let me pay the deserved tribute to the Sabbath observing Jew. Our sages say, "Can there be any greater hero, than the man who knows that while he is in the Synagogue on Saturday, his competitor's place of business is open, and his is shut?" "Who are the mighty?" our Rabbis ask. They answer in the words of the 103rd Psalm, "They are mighty who carry out His commandments." To those of you who observe the Sabbath properly, I extend my admiration. To those who have missed the blessings of the Sabbath, but who would like to learn to enjoy its beneficence I take this means of humbly offering you my instruction and guidance. *Helel's extra*

**JEWISH WELFARE BOARD
ANNUAL MEETING**

Judge Irving Lehman, President of the Jewish Welfare Board, has just announced that that organization will hold its annual meeting this year all day May 3rd at the Hotel Astor in New York City. The Jewish Welfare Board is the national organization of 315 Young Men's Hebrew Associations, Young Women's Hebrew Associations and Jewish Community Centers throughout the United States and Canada.

Judge Lehman has also announced the appointment of Leon J. Obermayer, well known Philadelphia lawyer and a leader of the Jewish community, as Chairman of the Committee on Arrangements. It is understood that plans for the expansion of the work of the Board will be considered by the more than 800 delegates who are expected from all parts of the country. Leading educators and youth representatives will discuss together the problems of the youth of today and the responsibility which rests with the adult and the youth in solving them.

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BOYS' WEEK SERVICES*(Continued from Page 1)*

Harold Pearlman and Isidore Karpf; Musaf, Melvin H. Friedman; Ushers: Harold Epstein, Melvin Friedman, Sylvan Markowitz; Readers of the Torah: Norman Mandelbaum, Harold Levine, Gabriel Goldstein, Louis Landowne, Melvin Hiller, Sylvan Markowitz, Selig Katz, Melvin Friedman, Benjamin Neuhau, Samuel Burstein, Sidney Silberman, Harold Pearlman, Harold Udell, Marvin Livingston, and Bernard Udell; Hagbo, Freddie Richman; Gelila, Lester Lazarus; Psicha, Nathaniel F. Wald; Take out the Torah, A. Jacobs.

The following participated in the Sabbath Afternoon Services: Speaker, Harold Wohl; Reader, Marvin Livingston; Cantor, Gabriel Goldstein.

HERWOOD & HERWOOD

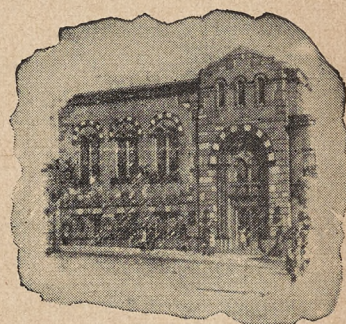
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