

# Bristol Jewish Center

RABBI GERALD KAPLAN

216 Pond St.  
Bristol, Pa.  
ST 8-4995

P.S. Your Kennedy Sermon  
WAS A "MASTERPIECE"

Dec. 17, 1963

PLEASE CONTINUE  
TO SHARE YOUR GOD GIFTED  
WISDOM WITH YOUR COLLEAGUES.

Rabbi M. Lamm  
The Jewish Center  
131 W 86th St.  
New York City NY

My Dear Colleague;

I would appreciate it greatly if you would be able to comply with my request in the following areas.

A. Please send me the first four copies of your synagogue bulletin from Sept. 1963.

B. I would appreciate it greatly if you could send me any outline material on your supper lectures which you have held from Sept. 1963.

C. I have written to your brother, Rabbi Maurice Lamm for copies of his monthly synagogue bulletin from September 1963 and I have also written to the Fifth Ave. Synagogue and to Congregation Kehillath Jeshurun, 125 E. 85th St., New York City, NY, SA 2 0800. I have written to each of these synagogues a total of three times each and have not heard from them. I therefore would appreciate it greatly if you could use your influence to see to it that I be placed on each of these synagogues' mailing lists and if at all possible, to ask each of them to forward their synagogue bulletin from September 1963 until the present issue.

I am enclosing a copy of my sermon entitled "Rabbi Stay Alive" and I would like to have your comments on it.

Trusting that you will make every effort to comply with the requests that I have listed in this letter as they are very important to me.

Looking forward to hearing from you soon and a joyous Hanukah and a healthy one to you and your dear ones.

Cordially yours,



Rabbi Gerald Kaplan

"The health of the body leads to the wealth of the mind."—G.K.

Preached at Agudath Achim Synagogue, Hibbing, Minnesota, by Rabbi Gerald Kaplan  
on January 12, 1963

"RABBI, STAY ALIVE"

A few days ago I received a letter from a Congregant of my former Congregation who informed me that the Rabbi who had replaced me suffered a nervous breakdown after being in the pulpit for only a year.

Looking through a few Synagogue bulletins, I discovered that other Rabbis had either ulcers or nervous breakdowns. Going further into the health of my colleagues I discovered that a Rabbi neglected the advice of his doctor and died within a short time afterwards.

The Rabbinate aside from the Medical profession is a twenty four hour task. The hours are irregular and the problems encountered are many, therefore the Rabbi must pace himself accordingly. Since "Health is also wealth", I am offering the following suggestions, and if one of my colleagues will heed my advice, he will be better for it.

Just as a car must be warmed up to start it, so must the body also be warmed up to meet the day. The following suggestions should lend weight to the matter.

- A - Immediately after the morning prayers, take a warm comfortable bath accompanied to the tune of soft music, and after twenty minutes of scrubbing & relaxing in the tub, take a cold shower. THEN EAT A SOLID BREAKFAST CONTAINING THE FOLLOWING:
- 1 - Grapefruit or Orange ( No Juice )
  - 2 - One egg with slices of toast
  - 3 - Serving of Oatmeal with fruit
  - 4 - A calm brushing of the teeth and followed up with a mouthwash rinsing.
  - 5 - After saying the grace after meals, calmly get dressed and walk leisurly to your office.
- B - In the afternoon between 2 & 3 P.M., take a siesta for half an hour.
- C - If there is a swimming club in your neighborhood, perhaps the High School pool, try to make these swimming sessions at least twice a week.
- D - Take one week off either in the months of January or February and during the summer take seven weeks vacation & suggest that a Rabbinical Student from a nearby Seminary or a Retired Rabbi replace you during the time you are gone.
- E - At least once a month, you should have a guest speaker on the pulpit and twice a year you should exchange pulpits with your colleagues. It balances the program.
- F - Whether you are Orthodox, Conservative, or Reform disconnect your telephone on the Sabbath. The jangling of the phone sometimes disconnects the nerves as well. One day I spoke to a colleague of mine from a large Congregation and he mentioned to me that he does not answer the telephone on the Sabbath. So I asked him what happens if there is an emergency and he replied, "they know where to find me".
- G - In your sermons preach the importance of calmness. In your office see to it that there is soft music. In your dealings with your Congregation be gentle and refuse to get excited even though sometimes it is impossible with an irritated Congregant. Remember, you cannot please everyone and if you can please 60 per cent of your Congregation you will be lucky.

(over)

- H - If you are not satisfied with the progress of your Congregation relax, by staying a little longer, the progress that you seek will come about.
- I - Be creative in your Religious School program. Remember, how you mold the next generation today will be their guide for tomorrow.
- J - What is a successful program for your colleague in his community may not be successful in your community. Be your own Judge and do not feel sorry for making mistakes, because only through mistakes is progress made.
- K - Twice a year take a complete Physical check up, from a Medical & Dental viewpoint.

I have practiced these suggestions and now in my seventh year in the Rabbinate, aside from being in perfect health, and making progress with my fifty family Congregation, I will never seek retirement as long as my God Gifted abilities are in demand and besides I enjoy my profession as I celebrate my 30th birthday.

THE HEALTH OF THE BODY LEADS  
TO THE WEALTH OF THE MIND.

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