A Finding Aid to the
Tehilla Lichtenstein Papers

Manuscript Collection No. 22
Collection Summary

Title  Tehilla Lichtenstein Papers
Dates  1927-1970
Collection Number  MS-22
Repository  The Jacob Rader Marcus Center of the American Jewish Archives
Creator  Lichtenstein, Tehilla, 1893-1973
Lichtenstein, Morris, 1889-1938
Extent  4 linear feet (10 Hollinger boxes)
Language of the Material  English

Administrative Information

Biographical Sketch  Tehilla Lichtenstein was born in Jerusalem, Palestine in 1893, the daughter of Hava (Cohen) and Rabbi Haim Hirshenson. She earned her B.A. degree from Hunter College and M.A. degree from Columbia University.

Her husband, Rabbi Morris Lichtenstein, (1889-1938), founded the Jewish Science Movement in 1921. Jewish Science originated as a response to Mary Baker Eddy's Christian Science Movement which, Lichtenstein felt, was making great inroads into the American Jewish Community. With the death of her husband in 1938, Ms. Lichtenstein took over the leadership of the movement, becoming editor of the Jewish Science Interpreter and head of the Congregation of Jewish Science in New York City.

Jewish Science emphasized the spiritual aspects of Judaism as well as the goodness of God and the effectiveness of prayer. The Movement's primary concern was to harmonize Judaism with modern science (notably medicine and psychology) through a program of meditation and prayer which would reveal Judaism (stripped of any historical vestiges) to be the highest of healing sciences. Tehilla Lichtenstein taught that prayer linked people to God and that that link supported the power of positive thinking, essential to psychological and physical well-being.


Scope and Content  Consists primarily of sermons given by Tehilla Lichtenstein as the leader of the Jewish Science movement founded by her husband, Morris Lichtenstein. Also included are writings and sermons of Morris Lichtenstein.


Copies  Available on microfilm; available in repository and via inter-library loan.

Terms of Access  The collection is open for use; no restrictions apply.

Terms of Reproduction and Use  This collection has been placed in the permanent care, custody, and control of the American Jewish Archives (AJA) by the donors of the collection. Questions concerning rights to use or publish materials from the collection should be addressed to the Executive Director of the AJA. For more information, see the American Jewish Archives copyright information webpage.

Preferred Citation  Footnotes and bibliographic references should refer to the Tehilla Lichtenstein Papers and the American Jewish Archives. A suggestion for at least the first citation is as follows:

[Description], [Date], Box #, Folder #. MS-22. Tehilla Lichtenstein Papers. American Jewish Archives, Cincinnati, Ohio.

Provenance  Received from Hebrew Union College-Jewish Institute of Religion, New York, N.Y., 1976.

Processing Information  Processed by Kathleen McIntyre, February 1978.
Subjects
Jewish Science / Jewish women / Jews -- New York (State) -- New York

Personal Names
Eddy, Mary Baker, 1821-1910 / Lichtenstein, Tehilla, 1893-1973

Corporate Names
Congregation of Jewish Science (New York, N.Y.)

Media
Sermons

Series A. Sermons, 1929-1970

Extent
3.6 linear feet (9 Hollinger boxes)

Arrangement
This series is arranged alphabetically with untitled and fragments at the end.

Box and Folder Listing

Box 1. Folder 1. Ablutions Before The Feast (I).
Box 1. Folder 1. Ablutions Before The Feast (II).
Box 1. Folder 1. About Enjoying People.
Box 1. Folder 1. About Forgiving Yourself.
Box 1. Folder 1. About Ruling Others and Yielding To Others.
Box 1. Folder 1. Achieving Inner Poise.
Box 1. Folder 1. Americans In Europe.
Box 1. Folder 2. Anger Killeth a Man.
Box 1. Folder 2. Another Secret Of Healing.
Box 1. Folder 2. Antidotes For Your Fears.
Box 1. Folder 2. April 28th--A Day For Fasting And Prayer.
Box 1. Folder 2. Are We A Chosen People?
Box 1. Folder 2. Attaining Healthful Sleep.
Box 1. Folder 2. The Attempted Marriage Between Psychiatry And Religion.
Box 1. Folder 2. Attitudes Towards Marriage And Divorce.
Box 1. Folder 3. A Balance Between Communal And Personal Religion.
Box 1. Folder 3. The Basic Principle Of Healthy Living.
Box 1. Folder 3. Be Not The First--Nor Yet The Last--Counsel Of The Timorous Heart.
Box 1. Folder 3. Be Strong And Of Good Courage.
Box 1. Folder 3. The Beginning Of Wisdom.
Box 1. Folder 3. The Blessing Of A Quiet Mind.
Box 1. Folder 3. The Book Of Job: Story Of A Great Rebel.
Box 1. Folder 3. Browning And God.
Box 1. Folder 4. Calm And Cheerful--Can You Make It?--Optimism Under Stress.
Box 1. Folder 4. Can We Prove That God Exists?
Box 1. Folder 4. Can You Have A Good Life Without Religion?
Box 1. Folder 4. Can't Versus I Will.
Box 1. Folder 4. The Captains And The Kings Depart--The Eternal Verities Remain.
Box 1. Folder 4. The Changing Relations Between Men And Women.
Box 1. Folder 4. Choose Ye! Choose Ye!
Box 1. Folder 4. Choosing Your Way To Happiness.
Box 1. Folder 4. Cleansing Before Dedication.
Box 1. Folder 4. The Closed Mind And The Open Mind.
Box 1. Folder 5. Combining Religion With Medicine.
Box 1. Folder 5. The Concept Of Freedom In Existentialism.
Box 1. Folder 5. Confession Versus Penitence.
Box 1. Folder 5. Confusion Of Tongues.
Box 1. Folder 5. The Conservation And Expenditure Of Vital Energy.
Box 1. Folder 5. The Continuous Fight Between Your Self And The Self Of Others--When To Yield And When To Assert Your Ego.
Box 1. Folder 5. The Contract Between God And Israel.
Box 1. Folder 5. Controlling Your Nerves.
Box 1. Folder 6. A Corsage For Mother.
Box 1. Folder 6. A Course For Doctors Which Medical School Does Not Offer.
Box 1. Folder 6. The Cruse Of Oil--The Chanukah Miracle--How It Can Operate In your Own Life.
Box 1. Folder 6. A Cure For This Sick World.
Box 1. Folder 6. Cures For Minds In Distress.
Box 1. Folder 6. Cyclorama Of The Future.
Box 2. Folder 1. The Day On Which You Were Born--Was It A Lucky One?
Box 2. Folder 1. Did Lincoln Have The Answer?
Box 2. Folder 1. Discourse For Yom Kippur Eve.
Box 2. Folder 1. Do Not Treat Old People With Respect.
Box 2. Folder 1. Do Not Worry And Do Not Be Afraid.
Box 2. Folder 1. Do We Believe In A Personal God.
Box 2. Folder 1. Do We Control Our Minds Or Do Our Minds Control Us.
Box 2. Folder 2. Does Faith Mean Freedom Or Submission.
Box 2. Folder 2. Does Good Education Make Men Good?
Box 2. Folder 2. Does It Matter To God?
Box 2. Folder 2. Don't Be Afraid.
Box 2. Folder 2. Don't Believe Everything You See.
Box 2. Folder 2. Don't Cheat Yourself.
Box 2. Folder 2. Don't Wait. Do It Now.
Box 2. Folder 3. The Eleventh Article Of Faith In Maimonides--Does God Reward And Punish?
Box 2. Folder 3. The Essential Principles Of Jewish Science.
Box 2. Folder 3. Everything Is A Nine Days’ Wonder.
Box 2. Folder 3. Exercise For The Soul.
Box 2. Folder 3. Explanation Of The Second Affirmation.
Box 2. Folder 3. The Extrovert And The Introvert--Can Inherent Personality Be Changed?
Box 2. Folder 4. The Face Of Victory.
Box 2. Folder 4. Fear Has Its Master.
Box 2. Folder 4. The Festival Of Freedom.
Box 2. Folder 4. Fifty-Six Ingredients Of Success.
Box 2. Folder 4. First Things First.
Box 2. Folder 4. Five Minutes With God-What It Can Do For You.
Box 2. Folder 5. For And Against Organized Religion.
Box 2. Folder 5. Forecast For 1940-41.
Box 2. Folder 5. The Four Chosen Peoples.
Box 2. Folder 5. Freedom From Fear.
Box 2. Folder 5. Freedom Through Self-Discipline.
Box 2. Folder 5. From The Peak To The Base Of Mount Sinai.
Box 2. Folder 6. Getting Rid Of Fear.
Box 2. Folder 6. The Glad And The Reluctant.
Box 2. Folder 7. The God Consciousness As An Instrument For Power.
Box 2. Folder 7. God Loves Laughter.
Box 2. Folder 7. God Proposes, Man Disposes.
Box 2. Folder 7. God’s Prayer To Man.
Box 2. Folder 7. Going His Way--Where Will It Lead You?
Box 2. Folder 7. The Good Tents of Jacob.
Box 2. Folder 7. The Great Questions--Answered, Unanswered, And Unanswerable.
Box 2. Folder 7. A Guaranteed Harvest.
Box 2. Folder 8. Happy Art Thou, O Israel.
Box 2. Folder 8. Happy Birthday! Happy Land!
Box 2. Folder 8. Have Fun.
Box 2. Folder 8. Have You Got Enough Friends.
Box 2. Folder 8. Have You Straightened Your Accounts?--Fiscal Year 1939.
Box 2. Folder 8. Have You Tried Patience.
Box 2. Folder 8. He Who Fights And Runs Away.
Box 2. Folder 8. He Who Got Slapped.
Box 2. Folder 8. He Who Rides A Tiger Cannot Dismount At Will.
Box 3. Folder 1. Healing.
Box 3. Folder 1. Healing Thoughts Bring Healing.
Box 3. Folder 1. The Healing To Be Found In The Torah Of Israel.
Box 3. Folder 1. Healing With And Without Medicine.
Box 3. Folder 1. The Healthy Conscience.
Box 3. Folder 1. Healthy Sinews For Your Soul.
Box 3. Folder 2. The High Cost Of Experience.
Box 3. Folder 2. How And When To Find Fault--A Lesson In Human Relationships'.
Box 3. Folder 2. How Can We Control Our Emotions?
Box 3. Folder 2. How Can We Repay Our Mothers? How Can Our Children Repay Us?
Box 3. Folder 2. How Do You Sleep?
Box 3. Folder 2. How Does Faith Heal?
Box 3. Folder 2. How Does God Answer Your Prayers?
Box 3. Folder 2. How Does God Heal?
Box 3. Folder 2. How Does God Speak To Man?
Box 3. Folder 3. How It Feels To Be A Jew.
Box 3. Folder 3. How Much Do You Count?
Box 3. Folder 3. How Never To Be Lonely.
Box 3. Folder 3. How People Throw Away Their Happiness.
Box 3. Folder 3. How Shall We Find God?
Box 3. Folder 3. How Shall We Jews Meet Our Foes?
Box 3. Folder 3. How To Achieve Inner Poise.
Box 3. Folder 3. How To Achieve A Quiet Mind.
Box 3. Folder 3. How To Achieve Happy Human Relationships.
Box 3. Folder 3. How To Achieve Your Goal Through Prayer.
Box 3. Folder 3. How To Acquire A Sense of Self-Worth.
Box 3. Folder 3. How To Acquire The Power of Selection.
Box 3. Folder 4. How To Add To Your Power.
Box 3. Folder 4. How To Ask God For Health.
Box 3. Folder 4. How To Attain Optimum Health.
Box 3. Folder 4. How To Become Master Of Your Mind and Your Heart.
Box 3. Folder 4. How To Become Unpopular.
Box 3. Folder 4. How To Build Up Your Personality.
Box 3. Folder 4. How To Conquer Your Greatest Enemy.
Box 3. Folder 4. How To Control The Tongue And The Temper.
Box 3. Folder 4. How To Criticize.
Box 3. Folder 4. How To Earn A Blessing Every Day And Every Hour.
Box 3. Folder 4. How To Face Life These Days.
Box 3. Folder 4. How To Face Your Troubles.
Box 3. Folder 4. How To Fight Yourself.
Box 3. Folder 4. How To Foretell The Future.
Box 3. Folder 4. How To Frighten Away Sleep, And How To Woo It Back.
Box 3. Folder 5. How To Get Along With People.
Box 3. Folder 5. How To Get Rid Of Your Temper.
Box 3. Folder 5. How To Give And How To Take Criticism.
Box 3. Folder 5. How To Give Thanks For Three Hundred Years Of Freedom.
Box 3. Folder 5. How To Grow Young.
Box 3. Folder 5. How To Heal Yourself.
Box 3. Folder 5. How To Influence Your Enemies And Make Them Your Friends.
Box 3. Folder 5. How To Keep Your Wife Happy.
Box 3. Folder 5. How To Make It A Good Year.
Box 3. Folder 5. How To Make Your Husband Successful.
Box 4. Folder 1. How To Obtain God's Forgiveness.
Box 4. Folder 1. How To Overcome Fear Of Any Kind.
Box 4. Folder 1. How To Overcome Hurtful Habits.
Box 4. Folder 1. How To Practice What You Believe.
Box 4. Folder 1. How To Pray And When To Pray.
Box 4. Folder 1. How To Pray For Health.
Box 4. Folder 1. How To Prepare Yourself For Forgiveness.
Box 4. Folder 1. How To Quiet Inner Turmoil.
Box 4. Folder 1. How To Quiet Your Nerves.
Box 4. Folder 1. How To Read The Book.
Box 4. Folder 1. How To Retain Your Children's Love.
Box 4. Folder 2. How To Take Joy And How To Take Pain.
Box 4. Folder 2. How To Use The Imagination Constructively.
Box 4. Folder 2. How To Utilize Your God Conception.
Box 4. Folder 2. How To Vote At The Coming Elections.
Box 4. Folder 2. How Will You Celebrate Hanukah?

Box 4. Folder 3. I Believe With A Perfect Faith.
Box 4. Folder 3. I Do Not Hate Nor Envy--Can You Really Control Your Emotions?
Box 4. Folder 3. I Remember Her.
Box 4. Folder 3. Ideals Are The Practical Things.
Box 4. Folder 3. If In War Time, Why Not In Peace Time?
Box 4. Folder 3. If You Could Choose Your Faith.
Box 4. Folder 3. If You Have No Faith, Will You Be Saved?
Box 4. Folder 3. Ignorance Is Sin.

Box 4. Folder 4. The Immovable Rock Against The Irresistible.
Box 4. Folder 4. Improve Your Personality.
Box 4. Folder 4. In The Light Of The Lord.
Box 4. Folder 4. The Influence Of Psychoanalysis On Modern Thinking.
Box 4. Folder 4. Ingredients For Happiness.
Box 4. Folder 4. Into The Heart Of Things.
Box 4. Folder 4. Inhibitions-Are They Harmful Or Dangerous?

Box 4. Folder 5. Is Half A Loaf Better Than None?
Box 4. Folder 5. Is A Universal Religion Possible? - The Jewish View-Point.
Box 4. Folder 5. Is It All In The Mind?
Box 4. Folder 5. Is Mother Always Right?
Box 4. Folder 5. Is Religion A Cure For Everything?
Box 4. Folder 5. Is There A Judgement For The Wicked?
Box 4. Folder 5. An Island Of Serenity In A Sea Of Turmoil.

Box 4. Folder 6. Israel And America.
Box 4. Folder 6. It's Not As Late As You Think.
Box 4. Folder 7. The Jewish Science Way Of Life--How To Attain It.
Box 5. Folder 1. Kol Nidre (Yom Kipper Eve).
Box 5. Folder 1. Kol Nidre, 5714.
Box 5. Folder 2. The Law And The Law-Giver.
Box 5. Folder 2. A Lesson In Healing.
Box 5. Folder 2. Let Anger Go.
Box 5. Folder 2. Let's Start All Over Again.
Box 5. Folder 2. The Life Of The Mind.
Box 5. Folder 2. The Life Of The Spirit.
Box 5. Folder 3. Life With Family.
Box 5. Folder 3. Lifting Your Soul From The Depths.
Box 5. Folder 3. A Loaf Of Bread, A Jug Of Wine.... A Discourse For June Brides And Other Married Folks.
Box 5. Folder 3. Look Younger, Live Longer.
Box 5. Folder 3. Lost Is Not Our Hope Of Yore.
Box 5. Folder 3. Love--On The Air And Off.
Box 5. Folder 3. The Luck Of The Irish And The Luck Of The Jews.
Box 5. Folder 3. The Lucky Middle Class.
Box 5. Folder 4. The Maker Of Kings.
Box 5. Folder 4. Making Yourself Receptive To Healing.
Box 5. Folder 4. The Mal-Nourished Soul.
Box 5. Folder 4. The Man Who Cared-Tribute To President Roosevelt.
Box 5. Folder 4. Many-Faced Worry--How To Meet It And Defeat It.
Box 5. Folder 4. Many Kinds Of Pleasures.
Box 5. Folder 4. Marriage Monogamy.
Box 5. Folder 5. Matter and Materialism.
Box 5. Folder 5. Matter And Spirit In The Festive Of Shabuoth.
Box 7. Folder 1. Salute To Our Great.
Box 7. Folder 1. The Second Sin Is Easier.
Box 7. Folder 1. Secrets Of Personality.
Box 7. Folder 1. Sense And Sensitiveness.
Box 7. Folder 1. The Senses Of Man As The Instrument Of His Spirit.
Box 7. Folder 1. The Seven Deadly Sins In Modern Living.
Box 7. Folder 2. Shakespeare's Definition Of Love--A Sermon On Fidelity In Marriage, Loyalty In Friendship.
Box 7. Folder 2. Shall Jewish Women Have Religious Equality?
Box 7. Folder 2. Shall We Live By The Clock?--An Answer In The Affirmative.
Box 7. Folder 2. Shall We Prevail With Meekness Or With Valor?
Box 7. Folder 2. Sicknesses Of Character: Can They Be Cured?
Box 7. Folder 2. The Simple Life In Greater New York.
Box 7. Folder 2. The Sin Of Silence.
Box 7. Folder 2. Something About Love And Laughter.
Box 7. Folder 2. Something Special To Live For.
Box 7. Folder 2. Sources Of Happiness Within Your Reach.
Box 7. Folder 2. The Spirit Of Hitler Marches On--How To Combat Post-War Anti-Semitism In This Land.
Box 7. Folder 3. Stars Fell On The U.S.A.
Box 7. Folder 3. A Street-Car Named Illusion.
Box 7. Folder 3. Stronger Than Your Fate.
Box 7. Folder 3. Stubbornness And Compromise.
Box 7. Folder 3. Superstition And Religion.
Box 7. Folder 3. The Suppression Of The Emotions.
Box 7. Folder 3. Sweeter Than Honey And The Honeycomb.
Box 7. Folder 4. Tears And Homen-Taashen.
Box 7. Folder 4. Ten Sermons In One.
Box 7. Folder 4. Thanks Before The Feast.
Box 7. Folder 4. There Is Healing In The Torah.
Box 7. Folder 4. The Thieves Of Time.
Box 7. Folder 4. Thinking About Yourself--What Does It Lead To.
Box 7. Folder 4. The Third World Armistice.
Box 7. Folder 4. This Man Moses.
Box 7. Folder 5. Those Wonderful Post-War Kitchens.
Box 7. Folder 5. Thou Shalt Be Healed.
Box 7. Folder 5. Thoughts Before A Hurricane.
Box 7. Folder 5. The Three Aristocracies--You Can Belong To The Best.
Box 7. Folder 5. Three Avenues To Healing.
Box 7. Folder 5. The Three Essentials Of Life--How To Attain Them.
Box 7. Folder 5. Three Kinds Of Poverty.
Box 7. Folder 5. Three Steps To Healing.
Box 7. Folder 5. Thunder On, Democracy!
Box 7. Folder 6. The Tie-up Between Your Health And Your Conscience.
Box 7. Folder 6. Time Can Be Your Friend.
Box 7. Folder 6. A Time For Greatness.
Box 7. Folder 6. A Time To Speak And A Time To Be Silent.
Box 7. Folder 6. To Love And To Be Loved.
Box 7. Folder 6. To The Mothers--And Fathers--Of World War 11.
Box 7. Folder 6. To Thine Own Self Be True.
Box 7. Folder 6. The Transforming Power Of Thought.
Box 7. Folder 6. A Tree Of Life.
Box 7. Folder 6. Tribute To May Feifield.
Box 7. Folder 6. Trumpet In Adversity.
Box 8. Folder 1. Turning Obstacles Into Stepping Stones.
Box 8. Folder 1. The Two Great Teachers: Pain And Joy.
Box 8. Folder 1. Two Lands I Love--Or How To Be A Good American.
Box 8. Folder 1. Two Or Three Important Words.
Box 8. Folder 1. The Two Realists.
Box 8. Folder 1. Two Requisites For Happiness.
Box 8. Folder 1. Two Selves In One.
Box 8. Folder 1. The Tyranny Of Things.
Box 8. Folder 2. The Uses Of Adversity.
Box 8. Folder 2. The Various Compartments Of The Mind--And How To Use Them.
Box 8. Folder 2. The Virtues And Dangers Of Escapism.
Box 8. Folder 3. We Look Before And After.
Box 8. Folder 3. What Are Our Duties In This World?
Box 8. Folder 3. What Can God Do For The Business Man?
Box 8. Folder 3. What Can The Years Teach Us?
Box 8. Folder 3. What Do Others Think Of You?
Box 8. Folder 3. What Do You Wish For Most?
Box 8. Folder 3. What Happens To You After A Disappointment?
Box 8. Folder 4. What Is America? And Who Are Americans?
Box 8. Folder 4. What Is Awaiting Business And The Businessman This Coming Year?
Box 8. Folder 4. What Is Behind All The Strikes?
Box 8. Folder 4. What Is Selfishness?
Box 8. Folder 4. What Is This Psychosomatic Medicine?
Box 8. Folder 4. What Is Torah?
Box 8. Folder 5. What Jewish Science Has Planned For You.
Box 8. Folder 5. What Made Our Country Great, What Will Keep It Great?
Box 8. Folder 5. What Miracles Can God Perform?
Box 8. Folder 5. What Not To Forget.
Box 8. Folder 5. What Not To Worry About These Days.
Box 8. Folder 5. What One Individual Can Do.
Box 8. Folder 5. What Our Children Can Teach Us.
Box 8. Folder 5. What Our Founder Sought To Do For Us.
Box 8. Folder 5. What Personal Honesty Can Do In One's Life.
Box 8. Folder 5. What Shall We Rejoice About?
Box 8. Folder 6. What The "Fool" Says In His Heart.
Box 8. Folder 6. What To Remember And What To Forget.
Box 8. Folder 6. What Will Become Of Our Jewish People?
Box 8. Folder 6. What's Ahead For This Country?
Box 8. Folder 6. When And How To Say No!
Box 8. Folder 6. When Does A Man Stop Growing?
Box 8. Folder 6. When Is War Justified?
Box 8. Folder 6. When They Say "Come, Be Practical" What Do They Mean?
Box 9. Folder 1. Where Does God Come In?
Box 9. Folder 1. Which Are Our Inalienable Rights?
Box 9. Folder 1. Which Of Our Mistakes Can We Correct?
Box 9. Folder 1. Who Can Stand Before Jealousy?
Box 9. Folder 1. Who Is God That I So Trust In Him?
Box 9. Folder 1. Why Be Angry?
Box 9. Folder 1. Why Do The Wicked Flourish?
Box 9. Folder 1. Why Does God Require Thankfulness On Our Part?
Box 9. Folder 1. Why Does Pride Go Before A Fall?
Box 9. Folder 1. Will You Keep Them This Year?--How To Make Good On Your Resolves.
Box 9. Folder 2. You And Your Nerves--Which Is "Boss"?
Box 9. Folder 2. Your Harvest Of Health And Happiness--How To Gather It In.
Box 9. Folder 2. Your Imagination--Is It Your Master Or Your Servant?
Box 9. Folder 2. Youth And Age, Can They Live Together?

**Series B. Miscellaneous, 1927-1970**

**Extent** 0.4 linear feet (1 Hollinger box)

**Arrangement**

This series is organized into two subseries: 1. Tehilla Lichtenstein; 2. Morris Lichtenstein.

**Subseries 1. Tehilla Lichtenstein, 1947-1962**

**Extent** 0.2 linear feet (0.5 Hollinger box)
Box and Folder Listing

Box 10. Folder 1. Correspondence.

Subseries 2. Morris Lichtenstein, 1927-1938, undated

Extent 0.2 linear feet (0.5 Hollinger box)

Box and Folder Listing

Box 10. Folder 3. Lecture on psychology.
Box 10. Folder 5. Sermons.
Box 10. Folder 6. "Hearken My Son" [essay].
Box 10. Folder 7. "Hearken My Son" [fragments].