In a world in which all people need to reaffirm their faith, we as Jews should especially recall the commandment “Remember the Sabbath to keep it holy.” As a day of rest of the body and refreshment for the spirit, the Sabbath should be observed at religious services and in the family circle, rather than in the mundane tasks and duties of the working week. The Sabbath morning is not the time for regular routines but should be reserved for religious observance. “As Israel has preserved the Sabbath, so the Sabbath has preserved Israel.” Therefore, the 17th Biennial Assembly of the National Federation of Temple Sisterhoods calls upon its members to rededicate themselves to Sabbath holiness and peace.