

# CHICAGO SINAI CONGREGATION

## Shabbat Information

**Friday, July 16, 2021**

Whether you are joining us in-person, on our website or Zoom, we are so happy to celebrate Shabbat together.

During services, the Shabbat candles and kiddush will be led by Eddie and Adrienne Rainey.

We invite you to **participate fully** in our services. We hope you **feel comfortable** in our sanctuary as your authentic religious self. We are proud of our **inclusive prayer book**, the UPB III, which translates and transliterates every Hebrew piece of liturgy.

## Music

*L'cha Dodi* (p. 4) – Max Helfman

*Candle Blessing* – Max Janowski

*Mi Shebeirach* – Debbie Friedman

*Bar'chu* – Louis Lewandowski

*Sh'ma* – Traditional / A.W. Binder

*V'ahavta* – Traditional

*Mi Chamocha* – Ben Steinberg

*Hashkiveinu* – Craig Taubman / Alan Weiner

*Yism'chu* – Folksong / G. Hedaya

*Adonai S'fatai* – Traditional

*Avot V'imahot* – Adolph Katchko

*R'tzei Adonai Eloheinu* – Hugo Chaim Adler

*Shalom Rav* – Jeff Klepper

*May the Words* – Isadore Freed

*"Lamentation" from Jeremiah Symphony* –

Leonard Bernstein. *Lyrics can be found at*  
[www.chicagosinai.org/watchlive](http://www.chicagosinai.org/watchlive).

*Let Us Adore* – Michael Isaacson

*Va'anachnu* – Salomon Sulzer

*Bayom Hahu* – Ben Steinberg

*Oseh Shalom* – Debbie Friedman

## Our Commitment to Inclusion

*Chicago Sinai Congregation is proudly committed to being a true house of prayer for all people. Here, on any given Shabbat or occasion, our congregation reflects the rich tapestry of humanity: people of all ages, people of all races, people of diverse religious backgrounds, individuals possessing a wide range of physical ability, and people with a wide range of gender identities. We feel it is important, given the unfortunate stance of too many religious institutions, to affirm publicly that we are a welcoming home for everyone in the LGBTQ community, to those families where not everyone identifies as Jewish, and to those in uncertain places on their spiritual journey. We are constantly striving to learn how we as a community can provide the most meaningful welcome to every single human being created in the divine image.*

# Worship • Act • Learn • Engage

## **Sinai Table: Yoga Nidra/Guided Meditation**

Sunday, July 18 | 5 PM

Learn more at [chicagosinai.org/sinaitables](http://chicagosinai.org/sinaitables)

## **Learn Talmud with Rabbi Zinn, in-person and on Zoom**

Beginning Thursday, July 22 | 11 AM

## **Tot Shabbat on Zoom**

Friday, July 23 | 5:30 PM

## **Religious School registration is now open!**

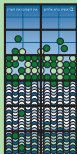
Contact Rabbi Greene for more information.

## **A Note about your ShulCloud Account**

The High Holy Day 2021|5782 brochure will be in the mail shortly. This year, all requests for Cards of Admission will be made online through your ShulCloud account. If you are not sure how to access your account, please contact our office at 312-867-7000 or email [shulcloudinfo@chicagosinai.org](mailto:shulcloudinfo@chicagosinai.org).

# Land Acknowledgement

*Chicago Sinai Congregation sits on land that intersects with the aboriginal homelands of several tribal nations: the Council of the Three Fires: the Potawatomi, Odawa, and Ojibwe Nations; the Illinois Confederacy: the Peoria and Kaskaskia Nations; and the Myaamia, Wea, Thakiwaki, and Meskwaki Nations. The Ho-Chunk, Menominee, Kiikaapoi, and Mascouten Nations also call the region of northeast Illinois home. Indigenous people continue to live in this area and celebrate their traditional teachings and lifeways. As a Chicago institution, it is Sinai's responsibility to acknowledge this historical context and build reciprocal relationships with the tribal nations on whose lands we are situated.*



Seth M. Limmer, Senior Rabbi  
Amanda Greene, Associate Rabbi and Director of Lifelong Learning  
Todd Zinn, Associate Rabbi  
Howard A. Berman, Rabbi Emeritus  
Dr. Alison Tothy, M.D., President, Board of Trustees

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