

CHICAGO SINAI CONGREGATION

Shabbat Information

Friday, July 29, 2022

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

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.

Sinai High Holy Day information will be in the mail soon. To learn more about Sinai membership or charitable opportunities in support of the congregation, please contact Jan Kaufman, our Executive Director, at jkaufman@chicagosinai.org or 312/867-7007.

Music

L'cha Dodi (p. 4) – *Max Helfman*

Candle Blessing – *Max Janowski*

Mi Shebeirach – *Bob Applebaum*

Bar'chu – *Rachelle Nelson*

Sh'ma – *Traditional / A.W. Binder*

V'ahavta – *Traditional*

Mi Chamocha – *Max Janowski*

Oh Guide My Steps – *Debra Winston & Julie Silver*

V'sham'ru – *Debbie Friedman / S. Kumer*

Adonai S'fatai – *Traditional*

Avot V'imahot – *Adolph Katchko*

Yism'chu – *Samuel Adler*

R'tzei Adonai Eloheinu – *Ben Steinberg*

Shalom Rav – *Bob Applebaum*

May the Words – *Alois Kaiser*

Sermon Anthem

Aleinu – *Michael Isaacson*

Va'anachnu – *Salomon Sulzer*

Bayom Hahu – *Traditional*

Oseh Shalom – *Spanish-Portuguese
Melody*

Our Commitment to Inclusion

Chicago Sinai Congregation is proudly committed to being a true House of Prayer for All People. 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 gender identities. It is important 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 can provide the most meaningful welcome to every single human being created in the divine image.

Worship • Act • Learn • Engage

Torah Study | Saturday, July 30 | 9:30 AM | In-person and Zoom

Adult Education with Rabbi Greene: Jewish Mourning Rituals
Wednesday, August 3 | 11 AM | In-person and Zoom

Meditation with Organ and Piano in the Sanctuary
Friday, August 5 | 12 PM | In-person and live streamed on our Website

Shabbat Songs in the Park (at Sinai) | Saturday, August 6 | 9:30 AM | In-person

**Zoom information for Sinai Tables can be found in This Week at Sinai*

Lyrics

Oh Guide My Steps

English Text and Music: Debra Winston

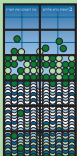
Ufros Aleinu Melody: Julie Silver

Oh guide my steps and help me find my way,
I need Your shelter now,
rock me in Your arms and guide my steps
and help me make this day,
a song of praise to You,
rock me in Your arms and guide my steps.

U-fros a-lei-nu su-kat sh'-lo-me-cha...

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.



Rabbi Michael A. Weinberg, *Interim Rabbi*
Rabbi Amanda Greene, *Associate Rabbi and Director of Lifelong Learning*
Rabbi Todd Zinn, *Adjunct Rabbi*
Rabbi Howard A. Berman, *Rabbi Emeritus*
Alec Harris, *President, Board of Trustees*

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