

# CHICAGO SINAI CONGREGATION

## Shabbat Information

### Friday, January 17, 2025

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

*Services and music will be led by Rabbi Greene, Maia Surace, and Sinai's Professional Choir.*

Mazal Tov to **Juliana Rainey**, child of **Eileen and Samuel Rainey** and grandchild of **Adrienne and Eddie Rainey**, on becoming Bat Mitzvah.

**Torah Study | Saturday, January 18 | 9:30 AM | In-person and Zoom**

*Will be led by Rabbi Benoff. This week's Torah portion is Parashat Shemot Exodus 1:1-6:1*

### Scholar-In-Residence Weekend Featuring Dr. Betsy Stone

Friday, January 24 and Sunday, January 26

**Generational Differences | Friday, January 24 | 5 PM | In-Person**

Each generation is impacted by sociological, cultural and historical trends. These influence how we see the world. Understanding these trends helps us to build bridges with other people.

Join Dr. Betsy Stone to learn about generational trends and how they impact us in our personal and professional lives.

Register Here:



**Shabbat Services | Friday, January 24 | 6:15 PM | In-Person and Zoom**

Services and music will be led by Rabbi Greene, Rabbi Benoff, Maia Surace, and Esther Fishbein. Dr. Betsy Stone will deliver the sermon.

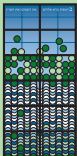
**Torah Study | Saturday, January 25 | 9:30 AM | In-person and Zoom**

*Will be led by Dr. Betsy Stone. The Torah portion will be Parashat Vaera Exodus 6:2-9:35.*

### Stress and Anxiety in our Lives and The Lives of Our Children

Sunday, January 26 | 10 AM | In-Person

Data tells us that our kids and we are living through a time of increasing stress. How does it impact our brains, our bodies and our behavior? What can we do to manage ourselves and to help our children navigate the world?



Rabbi Amanda Greene, *Senior Rabbi*  
Rabbi Rebecca Benoff, *Associate Rabbi*  
Rabbi Howard A. Berman, z"l, *Rabbi Emeritus*  
Carol Yanowitz Miller, *Co-President*  
Jason Taylor, *Co-President*  
Jan Kaufman, *Executive Director*

CHICAGO  
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CONGREGATION

# Worship • Act • Learn • Engage

## Mitzvah Day

Sunday, January 19 | 10 AM | In-Person

Join us in celebrating Sinai's long-standing commitment to social action! Mitzvah Day takes place of religious school that day, but activities are geared toward participants of all ages.

Register Here:



Donated items will benefit **Pilsen Food Pantry**, which works to provide essential resources to recently arrived migrants. Donations must be dropped off at Sinai and will be accepted through January 19th.

Scan Here to View the Donations List:



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## Rabbi Dalia Marx

*From Time to Time: Journeys in the Jewish Calendar*

Sunday, February 2 | 10 AM | In-Person

Can you picture a festive celebration on the day that begins the tax year? Tu BiShvat was originally a day like that!

Tu BiShvat, the "New Year of the Trees", was created to calculate tithes from fruits that grow on trees, a kind of income tax day based on tithes, but it became much more than addressing this technical procedure - it is a multifaceted celebration dealing with social justice, environmental care, love of the land, and more.

Come, learn, experience and celebrate a Jewish festival that like a tree evolves and changes its character throughout the ages.

Rabbi Dalia Marx, Ph.D., a professor at the Jerusalem campus of the Hebrew Union College, is the author of the recent book *From Time to Time: Journeys in the Jewish Calendar*. This book is a delightful and insightful road map for Jewish time travel, helping modern readers navigate the deeper meanings of each moment and season on the Jewish calendar.

Register Here:



## Our Commitment to Inclusion

*Chicago Sinai Congregation is committed to being a 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. We constantly strive to be a welcoming community to all.*