

## *A through Z, South Bend's Sinai Synagogue provides a spiritual home worth exploring*

### **Adult Education**

Learning is paramount. From noontime Lunch and Learn to evening Learning on the Town (study in various members' homes), from bimah to Sisterhood Book Club, lively discussion abounds.

### **Beshert**

You are meant to join the Sinai family. We welcome you with open arms.

### **Children**

Each child is encouraged to make Sinai his/her second home by participating in leading services, Tikkun Olam (helping others) and other programs.

Five age-appropriate educational programs take children from age 2 through high school:

- ✧ Tot Shabbat (led by our wonderful Rebbetzin, Lizzie)
- ✧ Junior Congregation (year-round)
- ✧ FEAST (Family Education At Sinai Today)
- ✧ Bar/Bat Mitzvah (individualized)
- ✧ TAMID (Torah, Midrash, Jewish Identity and Divrei Hayamin (history))

### **Daily Minyan**

We are nationally recognized as a small Conservative synagogue that maintains a twice daily minyan.

### **Egalitarian**

Men and women participate equally in all aspects of synagogue life. Women are counted in minyan, frequently leading prayer, and occupying positions of leadership.

### **Family**

More than a religious institution. More than a congregation. We are family. "Family feeling" was listed in a recent survey as why members feel especially welcome.

### **Garden**

A summer garden behind the synagogue provides vegetables for local food pantries and Kiddush lunches. It demonstrates our commitment to Tikkun Olam and preserving knowledge of Jewish ecology.

### **Hamishe**

Every effort is made to make you feel at home each time you enter the front door.

### **Innovative**

We favor creativity and take every opportunity to experiment with new ideas:

- ✧ Meditation group
- ✧ Torah study group
- ✧ Experimental worship
- ✧ Off-site minyan
- ✧ Saturday children's curriculum
- ✧ Healing Service

### **Joy**

We delight in preparing kosher meals together in our modern kitchen. Visit, laugh, find out what's new.

### **Kiddush Luncheons**

Each Saturday, we celebrate Shabbat with a Kiddush lunch sponsored by various members. The atmosphere is warm and the food is great. Join us!

### **L'dor v'dor**

From generation to generation, we recognize the wisdom of age and teach through doing. Minyan, projects and fundraisers cement the bonds of all ages.

### **Mitzvot**

Observing mitzvot is at the core of our practice and belief. As a Conservative congregation, we continually encourage and inspire members to observe mitzvot at home and in the community at large.

### **Nachas**

Whether it's as big as a Bar/Bat Mitzvah or as fanciful as a first tooth, tell us about it. We'll revel in your life's riches as though they were our own!

### **Opportunity**

Become as active as you would like! We give each family member opportunities for a meaningful Jewish life in a warm, Conservative congregation.

### **Price Foundation**

Sparkling musical presentations with Jewish content are shared with the entire community under the generous auspices of the Price Foundation.

### **Rabbi**

Rabbi Michael Friedland was ordained at the Jewish Theological Seminary of America in 1990. Before arriving in South Bend, he served as a Rabbi of a small congregation in Wisconsin. Active in the United Religious Community, Rabbi Freidland also serves on the Jewish Federation Board. He, his wife Lizzie, and four children have found their greatest satisfaction in serving smaller Jewish communities where everyone can get to know each other and share in nurturing synagogue life.

### **Sisterhood**

Kosher luncheons, dinners, carry-out meals, book club, outings, Purim baskets, chesed, membership directory, programs and much, much more are produced under the Sisterhood umbrella.

### **Tikkun Olam**

The homeless, abused women and local food pantries all benefit from Sinai's attention. Sinai contributes necessities, volunteer time—even blood for a local blood drive.

### **Understanding**

Compassion is contagious. Rabbi Friedland is the epitome of understanding, offering time, advice and Torah wisdom diligently. Encounter a congregation modeling this ideal.

### **Values**

Sinai is committed to Conservative Judaism incorporating egalitarianism and tradition.

### **Worship**

- ✧ Minyan Mon - Fri 7:30 am and 6:00 pm  
Sunday 8:30 am and 6:00 pm
- ✧ Shabbat 6:00 pm for Kabbalat Shabbat (7:00 pm in summer);  
9:00 am Saturday morning

**X**pecting to see

**Y**ou

**Z**oon (Soon)