

# TouchPoints

MAY YOU BE INSCRIBED AND SEALED IN THE BOOK OF LIFE

SEPTEMBER 29, 2022

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## FROM THE RABBI

It was so nice to see so many of you at BMH-BJ on Rosh Hashana. The presence of various minyanim and the diverse activities and learning over the two days filled our shul with an energy that was palpable. We hope you were inspired and uplifted by what you experienced. We will offer similar opportunities for Kol Nidrei and Yom Kippur and hope you will be with us.

I spoke on the first day about overcoming what is called the “better than average” mindset that prevents us from honestly assessing the traits and behaviors that need improvement. I also suggested that we should “think small” as we endeavor to make the necessary changes and that the goal should be consistency and constancy in our behavior. On day two, I spoke about developing a predisposition to forgive those who may have hurt us, especially when accompanied by a sincere and heartfelt apology.

Over the next week or so, many of us will try to muster the courage to truly apologize to others for hurt we inflicted. There are effective ways to say I am sorry...and there are inadequate ways to say I am sorry. To help us navigate the difference, here are some tips, from Molly Howes, PhD, writing in Psychology Today. Click [HERE](#) to read what she has to say.

I look forward to seeing you in shul for Yom Kippur. I also hope you will join me this Shabbat, known as Shabbat Shuva, for my special presentation “Lessons in Teshuva - and Life - from the Rich and Famous.”

Shabbat shalom and gemar chatimah tovah to you and yours.

Rabbi Chaitovsky



# FRIDAY AND SHABBAT: SEPTEMBER 30-OCTOBER 1/TISHRI 5-6

Candle Lighting 6:24 PM

Shabbat Te(Shuvah)

Kabbalat Shabbat with TDK 6:30 PM

## Shabbat Morning Services:

Chapel/Shaaarei Simcha - 9:00 AM

Main Sanctuary - 9:45 AM

*Torah portion-Vayeilech-Deut. 31:1-30 (AS 1094)*

*Haftorah- Shuvah Israel-Hosea 14:2-10; Joel 2:11-27; Micah 7:18-20 (AS 1204)*

*Shabbat Shuva Derasha with Rabbi Chaitovsky at 11:20 AM*

*"Lessons in Teshuvah-and Life-from the Rich and Famous"*

*Kiddush is sponsored by BMH-BJ, enhanced by Cantor Marty & Eve in honor of their Special Birthdays and enhanced Alice Forshner and Mike Mayeshiba in honor of Cantor and Eve*

*Joint BMH-BJ/TDK Mincha in the Chapel at 6:10 PM*

*Shiur by Rabbi Gelman*

*Maariv appromiatlely 7:15PM*

**Shabbat ends/Havdalah 7:24 PM**

## NEXT WEEK'S MINYAN AND DAVENING SCHEDULE

*Minyan Next Week: Oct 2nd-Oct 7th*

*This Sunday 8:30*

*Monday-6:05 AM\**

*Tuesday- 6:30 AM\* Erev Yom Kippur*

*Wednesday-Yom Kippur*

*Thursday-6:30 AM*

*Friday-6:45 AM*

*\*earlier davening times for Selichot*

*Attendance helps guarantee a minyan for those saying kaddish and is a great mitzvah!  
Come for minyan and stay for a cup of coffee and pastry.*

*Sponsored this week by BMH-BJ*

# Yom Kippur Schedule

## **Tuesday, October 4 / EREV YOM KIPPUR**

- 3:00 pm Mincha (Chapel)
- 6:18 Candle Lighting

### **KOL NIDREI - Sanctuary**

- 6:15 pm Kol Nidrei
- 6:30 pm Maariv
- 6:50 pm Rabbi's Sermon
- 7:00 pm Yaaleh
- 8:15 pm Conclusion

### **KOL NIDREI - Shaarei Simcha in Chapel**

- 6:30 pm Kol Nidrei
- 6:45 pm Rabbi Wolfe's Sermon
- 7:00 pm Maariv
- 7:30 pm Yaaleh
- 8:30 pm Conclusion

## **Wednesday, October 5 / YOM KIPPUR DAY - Sanctuary**

- 9:30 am Shacharit (HaMelech)
- 10:15 am Torah Service
- 10:45 am Rabbi's Sermon and Yizkor
- 11:15 am Hineni and Musaf
- 1:15 pm Conclusion

### **YOM KIPPUR DAY - Shaarei Simcha in Chapel**

- 9:00 am Shacharit
- 10:00 am Torah Service and Reading
- 10:40 am Sermon and Yizkor
- 11:00 am Hineni and Musaf
- 1:00 pm Conclusion
- ▶ **"Stay For the Day" Sessions and learning featuring Rabbi Chaitovsky, and special guests from 1:30 – 4:15 pm**

### **YOM KIPPUR AFTERNOON - Sanctuary**

- 4:15 pm Mincha
- 5:30 pm Remarks and Neilah
- 7:10 pm Maariv
- 7:20 pm Final Shofar Sounding

### **YOM KIPPUR AFTERNOON - Shaarei Simcha in Chapel**

- 4:15 pm Mincha
- 5:45 pm Rabbi's Remarks
- 6:00 pm Neilah
- 7:10 pm Maariv
- 7:20 pm Shofar



# *Yom Kippur Classes*

**Tuesday evening October 4th at 7:30 PM**

**Rabbi Leban Presents:**

**Prepping for a Divine Year Step 2**

**Wednesday afternoon October 5th at 1 PM**

**Rabbi Leban Presents:**

**Prepping for a Divine Year Step 3**

**Wednesday afternoon October 5th at 2:15 PM**

**Chaya Parkoff Presents:**

**"Kingship, JFK and Mental Well-being: The Yom Kippur Connection(or What's The Connection?)"**

**Wednesday afternoon October 5th at 3:15 PM**

**Ask the Rabbis: Questions and Answers with  
Rabbi Yaakov Chaitovsky and Rabbi Barry Gelman**

***All sessions will be held in the FOYER  
by the Main Sanctuary***



# *Sukkot First Night Dinner*

**Sunday, October 9 at 7:00 pm**

Candle lighting at 6:10,  
Minyan at 6:15, Dinner at 7:00

Adults \$25, Children 4-12 \$15,  
Children 3 and under free

[www.bmh-bj.org/form/sukkot-dinner-2022](http://www.bmh-bj.org/form/sukkot-dinner-2022)



# YOUNG PROFESSIONALS (KEGLESS) KEGGER IN THE SUKKAH!



**OLAMI**  
DENVER  
EXPERIENCE



**Wednesday, October 12, 7:00 PM**



**BMH-BJ Sukkah**

**560 S Monaco Pkwy, Denver, CO 80224**

**Beer, Cider, Sliders, Wings, Sides, and Music**

**\$22 a person**

**Sign up [HERE](#) or go to [bmh-bj.org](http://bmh-bj.org) to reserve  
your spot**

## ***Refuah Sheleima/Speedy Recovery***

Avraham Issur ben Chaya, Joe Bean (Yosef HaLevi ben Rachel),  
Avraham ben Sara, Bracha bat Basha, Esther bat Chana, Linda Fox,  
Jeff Geller, Linda Gornbein, Debbie Greenberg (Devorah Leah bat Ita Liba),  
Elaine Greenberg, Francine Greenberg (Feige Esther bat Ita Liba),  
Leib ben Chasha, Yitzchak ben Beile (Isaac Krajmalnik), Shraga Feivel ben  
Sima (Fabian Krajmalnik), Sharon Kahn Miller (Sara Gibora bat Feigel),  
Jeff and Miriam Miller, Mordechai Refael ben Perel, Barbara Oxman,  
Harold Rosen (Chaim Fidel ben Fruma), Rivka Aviva bat Esther,  
Ron Saliman, Lilian Schaeffer, Dr. William Silvers (Zev Shmuel  
Ben Heleina), Jay Stark, Yaakov ben Rivka, Pam Zeldin

## **Classes This Week**

**Daily - Daf Yomi - Rabbi Fleischmann – 7:30 AM/60 minutes**  
after Shabbat on Saturday night

WhatsApp Dial in number: 701-802-5213 ; Access code: 8622667  
Online meeting ID: mfleischmann7)

**Thursday – Ellyn Hutt - 11 AM (Zoom) - [CLICK HERE](#)**

**Practical Parsha - Shabbat morning at 10:30 AM**  
**with Sara Wolfe (Library)**

**Rabbi and Cantor classes will resume after Yom Tov**



# Yahrzeits

## Friday September 28, 2022 / 5 Tishrei 5783

Max Berman, Samuel Mordecai Berman, Betty Bronstein, Tillie Brooks, Morris Leo Burg, Helen Dansky, Abraham Flaks, Rose Greenberg, Samuel Hornbein, Dr. Benjamin Kaplan, Jack Karsh, Herbert Kirschbaum, Julia Klein, Hyman Kornfeld, Leonid Krevets, Anita Lieberman, Rose Mandel, Morton Wolf Melnick, Joseph Oliner, Tuba Dora Perlmutter, Morris Reichman, Nathan Rush, Harry Schatz, Elizabeth Botnick Segal, Samuel Swartz, Ferne Audrey Teper

## Shabbat October 1, 2022 / 6 Tishrei 5783

Herman Appleman, Leo Ashkenas, Ronya Bekker, Fanny Buttermann, Charles H. Coffee, Wolf Cohen, Benjamin Dunevitz, Gail Dym, Dora Garelski, Harry Gerstein, Robert Gordon, Dr. Mayer Goren, Isador Grimes, Harold Hoffman, Sarah Horwitz, Sarah Isaac, Morris Jonas, Jo Ann Brooks Kass, Lev Katsel, Esther Kroman, Sam Leventhal, Max Levy, Edward Lieberman, Lionel Lorie, William Nathan, Sima Nikolayevsky, Gabe Oderberg, Samuel Parris, Arthur Radetsky, Helen Reich, William Bill Reingold, Herman "Hy" Settle, Harry Shidler, Solomon Steinberg, Nathan Tinianow, Leah Turner

## Sunday October 2, 2022 / 7 Tishrei 5783

Jerry Carr, Eleanor Cersonsky, Minnie Enger, Reba Zitman Flink, Max Furer, Dora Ginsberg, Dora K. Goldberg, Rebba Gorshow, Simon (Sie) Greenberg, Sherrie Kantor, Mary Kohen, Minnie Levin, Selma Lock, Sanford Margoshes, Ethel B. Miller, Sam Miller, Sam Nieder, Joseph E. Pepper, Samuel Sol Price, Norman Resnick, Meyer Rothenberg, Israel Shupe, Rebecca Sachter Susman, Meryl Silver Walter

## Monday October 3, 2022 / 8 Tishrei 5783

Sharlene Ancell Kark, Rose Brookman, Jack Capito, Eva Carsh, Harry Coggan, Sam Cohen, Dora G. Fine, Max Frankel, Esther Friedman, Joe S. Gibbons, Anna R. Gillman, Roger Goldberg, Sarah Goldman, Ella Goodman, Judy Gorwitz, Gunter Jacobs, Marvin Jaffe, Meyer Kanner, George Kantorowicz, Joanne Mandel Kaplan, Ruth Rhea Katz, Izchak Konchizki, Cima Krajmalnik, Clara Levine, Dorothy Mankwitz, Tessie Naiman, Clare Saks, Pauline Samuelson, Miriam Sisk, Ben Z. Slatkin, Israel Snyder, Gussie Steinberg, Harold Stuhlbarg, Semen Veysikh, Iliya Zaslavsky, Harry Zelinger, Tzvi Zveig

## Tuesday October 4, 2022 / 9 Tishrei 5783

Sandy Bush, Balle Reva Elkins, Jacob Goldstein, Joseph Groussman, Elsbeth Guggenheimer, Julius Hoffman, Sam Isaacman, Anna Kozlova, Rose Liss, Joshua Marcus, Terri Paul Margoshes, Paula Rosenbach, Edith Schiff, Edith Silverman, Dr. Tibor Stern, Jacob Tulper, Wolf Tuteur, Helen S. Wollins

## Wednesday October 5, 2022 / 10 Tishrei 5783

Chana bas Abraham, Joseph R Anzman, Alfred Bem, Yosef Maier Ben Chaim, Kalman Disler, Isaak Dunin, Jacob Epstein, Strauss Family, Dorothy Ann Gato, Leib Granek, Malka Granek, Helga Jacobs, Shirley Jacobs, Carolyn Jaffe, Ruth L. Kahn, Walter Kahn, Arke Kertsburd, Esther Kertsburd, Arnold Klein, Deborah Kleinman, Avraham Yoseph Kruger, Myron Lampert, Stanley Leavitt, Chaim Ben Lebusch, Camilla Baum (Politzer) Littman, Hermine (Politzer) Littman, Harry Nachis, Irving (Posty) Pasternak, Morton L. Pepper, Yafa Pinkhasova, Rosa Rabinovich, Liliya Raizman, Yisroel Avrum Rosenbaum, Sarah Rosenberg, David Schuster, Sarah Schuster, Mathilda Shembel, Esther Sieradzki, Liba Singer, Schia Singer, Minnie Snyder, Benjamin Sosny, Malka Starr, Moshe Starr, Abram Strassborg, Rebecca Lee Strassborg, Rose Torgove, Alfred Treidel, Matilda Treidel, Otto Treidel, Reizel Bas Tzivya, Dina Vasen, Samuel Vasen, Allen Marc Vaughn, Seymour Wildfeuer, Walter Wouk, Pela Zeiderman, Louis Zerobnick

## Thursday October 6, 2022 / 11 Tishrei 5783

Joseph L. Altman, Ben Antonoff, Alice Baer, Pauline Bender, Rose Berneman, Rose Bock, Sophie Bruck, Marlene Colson, Rose Cowan, Millie Cowen, Raizel Dym, Morris Feintech, Nathan Fleischman, Dr. Burton Forbes, Sara Feiga Friedman, Julius Irving Ginsberg, Marvin H. Goldberg, Barney Goldstein, Estelle Karden, Louis Labish Karsh, Gennadiy M. Kats, Neal Ivan Katz, Sarah Koladicki, Tovah Kruger, Bernard Lawner, Sara Lawner, Abe Levy, Eva Madaeva, Kay Plotkin, Paul Rosenberg, Joe Rosenthal, Charlene Sachter, Shimuel Sarikov, Tillie Seinfeld, Jacob S. Stein, Jeffrey Brian Strauss, Yosef Tokarsky, Freda Waldman, Anita White



**Gift Shop Store Hours:**  
**Sunday-Friday 9:30 am-1:00 pm**  
**or by appointment by calling 303-951-8238**

## ***GIFT SHOP FEATURE***

The Honey Jar Set is equipped with a lid and dipper. This simple, yet sophisticated piece makes for the perfect gift for any occasion. Beautifully packed in a gift box, with a fun sentiment on the inside cover that can be personalized. This honey jar is ready to be placed out on display in your kitchen. Made of gorgeous, high-fired white porcelain finished in gold titanium accents with a wooden dipper included in the set.



# **Kever Avot**

**Sunday, October 2, 2022**

**10:15 am Mt. Nebo Cemetery**

**11:00 am Rose Hill Cemetery**



# High Holiday Donation List

TOP 11 NEEDS



## 1. CANNED FRUIT

Packed in juice, not heavy syrup

## 2. PROTEIN

Canned tuna, chicken, and salmon, etc.

## 3. OTHER PROTEIN

Canned beans, peanut butter

## 4. CEREAL

Whole grain/lower-sugar cereals

## 5. CANNED SOUP

Healthy choices, lower sodium

## 6. RICE

Individual 1-2 lb bags

## 7. TOMATO/PASTA SAUCES

## 8. CARBOHYDRATES

Whole grain pasta, macaroni and cheese, etc.

## 9. CANNED VEGETABLES

## 10. KIRKLAND (COSTCO) TOILET PAPER

## 11. PERSONAL CARE PRODUCTS

Diapers, Wipes, Feminine Care Products, Shampoo, Toothbrushes, Toothpaste, Soap



## Diaper and Hygiene Donation Drive

Currently, 1 in 5 girls miss school because they don't have access to feminine hygiene products and 1 in 3 families find themselves without diapers. Donations for Dignity is an initiative to ensure these needs are met. Your donation will be generously matched dollar for dollar up to \$18,000 from the Cushman Neal Family and their Donations for Dignity initiative.

Donate at [jewishfamilyservice.org/highholidays](http://jewishfamilyservice.org/highholidays)