

From the Rabbi

This Shabbat is a very significant one on our calendar. It is Caregiving Shabbat, spearheaded by our own Patti Jo Streltzer, and supported by the wonderful Sharsheret organization. Following our Shabbat services, we will welcome three guest presenters - a caregiver, a cancer patient, and a therapist - who will discuss their experiences regarding caregiving from their unique perspectives. This important topic affects people of all ages, but is especially relevant to our senior congregants.

Our panelists are Hillary Gilfand, her wife and caregiver, Shawn Gilfand, and Melanie Stachelski, a Cancer Therapist and Licensed Professional Counselor.

Hillary was diagnosed with ovarian cancer in 2007. She will walk us through her cancer journey and the role her caregiver Shawn has played in her life.

Shawn will discuss what it has been like to take on the responsibility of her wife's caregiving. Melanie will share with us how, as a professional working in Oncology, she provides support for caregivers and their families. All three panel members will help us learn from their knowledge and experience with caregiving, how to handle various issues which could very well arise when someone you love faces a serious illness.

I urge everyone to be in shul to hear – and learn from - the stories these very special women will share. The panel discussion will begin at 11:30 AM in the Sanctuary. I want to say a personal thank you to Patti Jo Streltzer and to the good people at Sharsheret for once again contributing to overall health and wellness of our synagogue family. I have included some more information on our panelists below. I look forward to seeing you in shul.

Hillary Gilfand

Originally from Chicago, Hillary moved to Colorado in 2000. She was diagnosed with stage 4 ovarian cancer in 2007 and had 2 surgeries and 12 rounds of chemo in 2008. In her free time she enjoys travel, cooking, reading and wildlife photography.

Shawn Gilfand

Originally from Scottsbluff, Nebraska and moved to Colorado in the early 1990s. She had a long career as a Project Coordinator at BSI, LLC a food service equipment fabricator. She retired at the end of 2022 and has been navigating being a new retiree. She enjoys wildlife photography. Her favorite subjects are moose and bald eagles.

Melanie Stachelski

Melanie Stachelski is a therapist at Colorado Cancer Counseling where she specializes in supporting people through every stage of a cancer diagnosis. Melanie has been working in the Oncology Field for the past decade facilitating cancer support groups, teaching cancer skills classes, and providing counseling for individuals with cancer, as well as caregivers and family members. She is passionate about this work because she is a cancer survivor herself. Melanie was diagnosed with Acute Myeloid Leukemia (AML) in 2009 and received a successful Stem Cell Transplant in 2010.

You can learn more about Melanie by visiting her website at www.cocancercounseling.com, or contact her at Melanie@cocancercounseling.com to schedule a complementary phone consultation.

Information and Inspiration

[*How to Prevent Civil War: Arguing For the Sake of Peace*](#), Rabbi Mordechai Becher

[*Parashat Terumah: The Gift of Giving*](#), Rabbi Jonathan Sacks, zt"l

FRIDAY AND SHABBAT: FEBRUARY 24-25 / ADAR 3-4

Caregivers Shabbat

in support of those who are caring for others as well as those under the care of others

Candle Lighting - 5:28 PM

BMH-BJ / TDK Kabbalat Shabbat - 5:30 PM in the Chapel

Shabbat Day Services:

Chapel/Shaaarei Simcha - 9:00 AM

Main Sanctuary - 9:45 AM

Torah portion-Terumah 25:1-27:19 (AS 444)

Haftarah Kings 5:26-6:13 (AS 1157)

Kiddush is sponsored by BMH-BJ

BMH-BJ / TDK Mincha, Refreshments and Torah learning

*with - Rabbi Chaitovsky will discuss "Esther Unmasked –
A Peek at Purim's Heroine."*

in the Gallery - 5:15 PM

Shabbat ends/Havdalah - 6:28 PM

Daf Yomi with Rabbi Fleischmann online -7:30 PM

**BMH-BJ offers Shabbat morning babysitting 9:30-11:30 AM
for children ages 2-6 years old**

Minyan Next Week: Feb 26th- March 3rd

Sunday 8:30 AM

Monday & Thursday 6:30 AM

Tuesday, Wednesday & Friday 6:45 AM

**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 by BMH-BJ**

Refuah Sheleima/Speedy Recovery

Avraham Issur ben Chaya, Joe Bean (Yosef HaLevi ben Rachel), Avraham ben Sara, Jeffrey Blum (Yaakov ben Golda Sima), Chaya bat Shirlee, 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), Dov Heller (Nachman Dovid ben Reizel), Arie Kimel (Yehuda Arye ben Miriam), Leib ben Chasha, Yitzchak ben Beile (Isaac Krajmalnik), Shraga Feivel ben Sima (Fabian Krajmalnik), Jeff and Miriam Miller, Valerie 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), Kenneth Solovy, Jay Stark, Yaakov ben Sarah, Yaakov ben Rivka, Pam Zeldin

Classes This Week

Daily - Daf Yomi - Rabbi Fleischmann – 7:30 AM/75 minutes after Shabbat ends on Saturday night

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

Monday-Sefer haChinuch with Rabbi Stern 8 PM (Miller Library)

Tuesday-. *There is no more Parasha Problems class (at least for now):*

BRAND NEW SERIES with Rabbi Chaitovsky -

**Getting it Right: Misconceptions About
Jewish History, Holidays and Practice**

Purim and the Great Mishloach Manot Mixup 7:15 PM on Zoom.

Wednesday-Devarim Verse by Verse Rabbi Chaitovsky 7:45 AM (Zoom)
[Click Here for Tues/Wed Zoom Link](#)

Wednesday- Torah from Israel with Ellyn Hutt
11:00 AM-12:00 PM (zoom), [Click Here](#) for the Zoom link

Practical Parsha - Shabbat morning at 10:30 AM with
Sara Wolfe - In Preschool Classroom 110

Yahrzeits

Friday February 24, 2023 / 3 Adar 5783

Sarah Libe Aronson, Morris Boscoe, Max Breier, Maurice S. Brody, Rose Cohan, Joseph Cohen, Florence A. DeVito, Bertha Farkas, Maria Finkelshteyn, Harry Fishman, Rosalie Fishman, Daisy Flynn, Florence Betty Galperin, Joseph Gold, Dave B. Goldberg, Bernice Greenberg, Gertrude Greenblatt, Erica Hassner, Albert Itkin, Yechiel Kawa, Anna Kernis, Abraham Kinkel, Jacob L. Klatzkin, Max Kutzburg, Dorothy Lapin, Ernest Lauer, Roman Lubarov, Klara Mandel, Morris Mendel, Harold Minowitz, Henry Mirrop, Jeanette Nash, Bernard Olde, Herman Oliner, Adolphus Printz, Irving Rimer, Hyman H. Robinson, Mildred Rosen, Sidney Roth, Abraham Rothstein, Morris Rutland, Milly Ray Shapiro, Arthur Sigman, J. Harry Singer, Esther Smith, Minnie Tenenbaum, Albert Wagner, Morey Wagner, Estelle Wallack, Lillian Weiner, Ann Yeddis

Shabbat February 25, 2023 / 4 Adar 5783

Rae Balsky, Harry Belstock, George Berenbaum, Meyer Blinder, Calvin Buchman, David Coopersmith, Jean Day, Sandra Eisen, Dr. Eugene Engel, Ina Feldman, Samuel L. Fisher, Victor Joseph Fishman, James Eric Glaubman, Gussie Goldman, Samuel Goldstein, Goldie (Alta) Greenblatt, David Gross, Herman Harris, David Katchen, Morey Katz, Sura Brandla Katz, Ephraim Kornfield, Trude Kutner, Moritz Laufer, Roza Lefkovits, Harry Lee Levin, Regina Newman, Craig Perlmutter, Rebecca Rabinowitz, Elsa Rosenfeld, Anne S. Sadie, Julius Schatz, Minnie Schneider, Jack Shaiman, Louis Sherman, Solomon Shoor, Katie Smernoff, Harris S. Steele, Harris S. Steele, Joseph Steinhart, Ida Tavel, Dr. George Vodian, Sylvia Wagner, Harry Weisbart, Sadie Winner, Herman Yanish

Sunday February 26, 2023 / 5 Adar 5783

Rochelle Lois Aaron, Ruth Ritter Austin, Annette Banker, Joseph Beck, Sam Berenstein, Louis Bilker, Sumner Brody, Elinor Debber, Hyman Dinner, Anne C. Feuer, Lazar Friedman, Samuel Friedwald, Bernard Golden, Sema Golden, Leah Gorlitz, Mike Gross, Barbara Hailpern, Evelyn Hailpern, Esther Haimoff, Ralma Hurvitz, Freda Karsh, Isadore Katz, Rita Kelly, Golda Leah Kierszenzweig, Bella Kikirova, Jessie Mandelbaum, Esther Moss, Charles Newmark, Freeman R. Pepper, Lilly Pleskow, Max Pomeranz, Sarah Revis, Sandi Rosenthal, Isadore Stein, Eva Thomas, Sylvan Wagner, Samuel Weisbart, Sadie Weiss

Monday February 27, 2023 / 6 Adar 5783

Arlen Ambrose, Henry S. Asarch, Tosit Belilevsky, Ben Berger, Chaye Sarah Binstock, Itchie Bodanes, Hedy Buckstein, Manya Fessel Dym, Rose Fishbein, Louis Flax, Fannie Frumess, Nathan (Natty) Ghinsburg, Samuel (Benny) Goldberg, Hayum Hirsch Guldman, Stewart L. Herman, Bessie Herszkowitz, Shirley Kaatz, Jeanne Katz, Thresa Katz, Brian Lasky, Hedwig "Hedy" Lauer, Mark Litvin, Mickey Mandel, Julius Neuhaus, Anna Okon, Fannie Rose Oxman, Abram Ravvin, Mary Rifkin, Isabel Jean Romer, Eva Leiser Rosen, Edward Tepper, Bernice Turner, Shirley Waldman, Ann Wenner

Tuesday February 28, 2023 / 7 Adar 5783

Randy Scott Abramovitz, Julie Ackerman, Rakhil Avrukina, Elazar Banker, David Bassein, Henry Buckstein, Barry Burnley, Harold Buxbaum, Emma Cohen, Jane Cohen, Sam Eckstein, Israel Emeson, Isaac Feder, Albert Finer, Pauline Fisch, Eva Hecht, Anna Katsh, Henrietta Kaufman, Harry Kolnick, Hedy Kregarman, Rose Laff, John R. Levand, Anna Levin, Rose Morris, Gilbert Mosko, Andrew Ocran, James Patrick, Sara Pepper, Zina Rabinovich, Fanny Raznick, Evelyn Amelia Saliman, Gitle Schiff, Aaron Schneiderman, Jennie Silver, Samuel Soltz, Sally Liss Wechter, Saul Witkin, Jules Wurzel

Wednesday March 1, 2023 / 8 Adar 5783

Rebecca Arneson, Sam Axler, Hyman Berman, Clara Binstock, Edith Crane Boehm, Sylvia Feingold Boutcher, Morton Brown, Sidney Burry, Etil Chepoviskaya, Steven W. Farber, Sam Farkas, Leo Fenichel, Lena Fisher, Louis Friedman, Lester Goldberg, Faye Gross, Mae Hersler, Margaret Hirsch, Dennis Horwitz, Rebecca Levett, Jay Robert Levy, Max Messinger, Minnie Novak, Helen Oppen, Simon Penn, Marc Pollett, Lee Rabin, Earl H. Radetsky, Sam Reichman, Eva Boscowitz Rubin, Israel Sayles, Harold P. Singer, Esther Smookler, Simon (Si) Sperling, Jack Stein, Dora Stine, Kathryn Stone, Esther G. Sunshine, Edith Vicksman, Eva Wetzner, Sam Zaler

Thursday March 2, 2023 / 9 Adar 5783

Robert Bender, Maurie Brown, Jake Chorney, Florence Coben, Louis Dinner, Harry T. Eckstein, Michael Elport, Tillie Flaks, Dorothea Flax, Benny Fox, Rose Friedland, Leah Fuchs, Marilyn Glasser, Melvin Seymour Goldberg, Ida Goldstein, Lillian Rose Goldstein, Maury Handler, Delia Katz, Ruth Kupetz, Ruth Agron Lewis, William Marks, Isidore B. Meyer, Yechil Nosen ben Mordechai Miller, Dora Milstein, Dr. Louis A. Pollock, Max Price, Hyman Ripps, Ben Rose, Donna Rosen, Warren Rosenberg, Louis Rotstein, J. Louis Schissell, Ralph Shaoul, Harold Singer, Martin David Steinman, Sandy Gordon Stiebel, Chaya Stine, Elaine Veta, Perlia Vitigailovskaia, Ethel Weiner, Richard Alan Widom, Pinchas Winograd, Homer S. Wolf

Purim 2023

Tuesday, March 7

BMH☆BJ Women's League Gift Shop

Passover 2023

First Seder Wednesday, April 5



Hours:

Sunday - Friday 9:30 am - 1:00 pm
or by appointment
303-951-8238



We have hamentashen for Purim!
Pre-order form available on BMH-BJ's weekly
Touchpoints eblast or in the Gift Shop.
All orders may be picked up:
Gift Shop Friday, March 3, 9:30 am - 1 pm.
Carnival Sunday, March 5, 10:30 am - 1pm.
Gift Shop week of March 6, 9:30 am - 1pm.
Payment at pick up. Order early!



We stock gift items for every occasion!

Join us on Saturday, February 25th for Caregivers Shabbat.

Our three panelists on Caregiver Shabbat are Hillary Gilfand, her wife and caregiver, Shawn Gilfand and Melanie Stachelski, a Cancer Therapist and Licensed Professional Counselor.

Hillary was diagnosed with ovarian cancer in 2007. She will walk us through her cancer journey and the role that her caregiver Shawn has played in her life since being diagnosed with cancer.

Shawn will discuss what it has been like to take on the responsibility of her wife's caregiving.

Melanie will share with us how, as a professional working in Oncology, she provides support for caregivers and their families.

All three panel members will help us learn from their knowledge and experience with caregiving, how to handle various issues which could very well arise when someone you love faces a serious illness.



*Dr.
Mordechai Kedar*

BMH  BJ

Israel in a New Middle East

THE GOOD, THE BAD AND THE UGLY

February 27 at 7:30 pm at BMH-BJ in the Chapel

Dr Kedar (Lt. Col. Ret) served for 25 years in the
crack Israel intelligence unit 8,200.

He is fluent in Arabic (as well as Hebrew & English) & is frequently interviewed by Israeli news media as well Arab media including Al Jazeera. He lectures widely throughout North America & teaches at Bar Ilan University & other Israeli academic institutions. He is a Fellow at the Begin-Sadat Center.



[Click Here to Register](#)

or call 303-388-4203, walk ins are also welcomed

*This event is free of charge and generously sponsored by:
Action Israel, BMH-BJ, Temple Sinai, Young Israel, JNF, The Jewish Experience,
Shaul Gabbay and many others*



WOMEN'S LEAGUE

HAMANTASHCHEN SALE

**CHOOSE FROM
YOUR FAVORITE
FILLINGS**

- Poppy seed-Parve (DE)
- Raspberry-Parve (DE)
- Apricot- Parve (DE)
- Nutella -Dairy

\$10 FOR A PLATE OF 6

PAY AT PICK UP ON FRIDAY

**MARCH 3RD FROM 9:30 AM- 1:00 PM AT THE
GIFT SHOP**

**OR AT THE PURIM CARNIVAL ON SUNDAY
MARCH 5TH 10:00 AM- 12:30 PM**

[CLICK HERE TO ORDER](#)





Hava Nagila - The Movie!

Thursday, March 2 | 1:00 - 2:30pm
at BMH-BJ

No Cost

Includes time to schmooze & light refreshments

Hava Nagila (The Movie) is a documentary romp through the history, mystery and meaning of the great Jewish standard. Featuring interviews with Harry Belafonte, Leonard Nimoy, Connie Francis, Glen Campbell, Regina Spektor and more, the film follows the ubiquitous party song on its fascinating journey from the shtetls of Eastern Europe to the kibbutzim of Palestine to the cul-de-sacs of America. High on fun and entertainment, Hava Nagila (The Movie) is also surprisingly profound, tapping into universal themes about the importance of joy, the power of music and the resilient spirit of a people.

Advanced registration & payment required

Visit: KavodSeniorLife.org/SignUp or contact Rebecca at 720.382.7848 or RGershten@KavodSeniorLife.org

MARCH 2023

Kavod on the Road Programs Include:



Explore the
Denver Jewish
Left with Phil
Goodstein
Wed., March 8
10:30am - 12pm

at Temple Emanuel
Cost: \$5



Spring into Poetry!

Thurs., March 9
11:00 - 12:30pm
Hosted by Chai
at Bonai Shalom

in BOULDER - Chai Life Group
Cost: \$5



Getting Started in Jewish Genealogy

Wed., March 15
2:00 - 3:30pm
at JCC Denver -
hosted by

Colorado Jewish Genealogical
Society & JCC Denver | Cost: \$5



Where Jewish Food Has Been & Where It's Going

Thurs., March 16
10:30am - 12pm
at Temple Sinai

Cost: \$5



Relax to the Smooth Sounds of Laurie D

Tues., March 28
1:00 - 2:30pm
at Hebrew

Educational Alliance - hosted by
Wish of a Lifetime & HEA
Cost: \$5

Information & Registration:
KavodSeniorLife.org/SignUp

Purim Schedule

Monday, March 6, 2023

Fast begins 5:03 am,
Mincha is at 5:40 pm, Maariv is at 6:10 pm
Fast is over at 6:26pm

Multi-Media Megillah reading at 6:20 pm in the Chapel.

Women for Women Megillah reading
6:15 pm in the Gallery jointly with TDK
Come in costume, bring your noisemakers and pasta box
graggers for donations!

Young Families

Early Megillah-lite reading, Monday March 6 at 5:00-5:30 pm
in the Sanctuary. Rabbi Chai and Cantor Marty will host this
English "Taste of Megillah." Join us for selected readings from
the Megillah, booing Haman, candy bags and music.

Tuesday, March 7, 2023

Shacharit at 6:45 am followed by Megillah reading live and on Zoom
from the Chapel at 7:10 am.

Women for Women Megillah reading at 8:00 am in the Gallery.

4:30 pm Megillah reading with Jerry Rotenberg in the Chapel.

5:00 pm Mincha in the Chapel.

Taco Tuesday Purim Seudah

Purim Day, Tuesday March 7 at 5:30 pm in the Social Hall jointly
with BMH-BJ and TDK. Come in costume for a Mexican Fiesta, wine
and beer, amazing music and company. Fun for the whole family
with children activities, face-painting and more!



JOIN US FOR PURIM FUN AT OUR UNDER THE BIG TOP CARNIVAL

SUNDAY, MARCH 5, 2023

10AM-12:30PM IN THE SOCIAL HALL AT BMH-BJ



OUR CARNIVAL IS OPEN TO THE COMMUNITY WITH TOPSY-TURVY, WILDLY WACKY, FUN-FILLED FESTIVITIES, INCLUDING:

- ★ BALLOON ANIMALS
- ★ GAMES AND ACTIVITIES
- TWO BOUNCY CASTLES
- VELCRO WALL
- ★ SCHOLASTIC BOOK FAIR
- ★ ADOPT-A-PET
- ★ DELICIOUS, HOMEMADE FOOD
- MUSIC, FUN, AND MORE!



Pre-register by March 1 and SAVE at <https://www.bmhbjpreschool.org/purim/>



This year we will be selling all-inclusive wristbands and Meal Deal options.

- ★ **Wristbands include:** Unlimited games, 2 bouncies, 1 velcro wall, and a choice of one cotton candy, one popcorn, or one sno-cone.
 - ★ **Meal Deal includes:** choice of hot dog, drink and chips OR homemade soup/chili and a drink.
 - ★ **Pre-register and save!**
 - \$25 wristband for children ages 2+
 - \$30 wristband + meal deal for children ages 2+
 - \$10 meal deal for adults/others not playing games
 - ★ **At the Door:**
 - \$30 wristband for children ages 2+
 - \$35 wristband + meal deal for children ages 2+
 - \$12 meal deal for adults/others not playing games
- Food and drinks will also be available a la cart. Options include various beverages, hot dogs, barley soup, beef chili (gluten free), cotton candy, popcorn, and sno-cone.*

TACO TUESDAY PURIM SEUDAH

March 7th - Social Hall
5:30 pm-8:00 pm



**CELEBRATE PURIM WITH A VISIT TO OUR
TACO TUESDAY PURIM FIESTA!**

**WE BEGIN WITH A MEGILLAH READING AT
4:45PM IN THE CHAPEL, FOLLOWED BY THE
FIESTA AT 5:30 P.M.**

**COME AND ENJOY THE FOOD, THE
ACTIVITIES, THE GAMES AND THE MUSIC.
DRESS UP (IF YOU WISH) AND BRING YOUR
APPETITE!**

**\$22 FOR ADULTS,
\$15 FOR CHILDREN UNDER 12
FREE FOR CHILDREN UNDER 3**

**TO REGISTER GO TO
[HTTPS://WWW.BMH-BJ.ORG/EVENT/
TACO-TUESDAY-PURIM-SEUDAH.HTML](https://www.bmh-bj.org/event/taco-tuesday-purim-seudah.html) OR
CLICK HERE**



Help Us Tighten Our Shul's Security

Here at BMH-BJ, we're fortunate to have armed security during our services; but we're feeling the need to increase that presence during coming months and are recruiting a volunteer Greeter/Safety Team to give us more eyes and ears on Shabbos.

A Greeter/Safety Team has a double benefit for our congregation...making us better prepared in the unlikely event of an incident, and more welcoming to regular worshipers and to visitors. Are you someone who would fit that bill for a few volunteer hours a month? Age doesn't matter, but you should be outgoing, in good condition, friendly, and willing to take a little training, including first-aid. (If you've had public safety, medical or military experience, better still!)

For more informaton or to volunteer, contact:

Mark Samuelson



or

Josef Elchanan



Volunteers needed for Purim carnival

This years BMH-BJ Preschool Purim Carnival is gearing up for the biggest and most fun family event so far. If you'd like to be a part of what makes it so, we'd love to have you. To inquire about volunteer duties or to sign up to help, contact the preschool office at
303-388-4201

Help with Pesach!

If you are having a difficult time this year and are worried about the upcoming expense of Passover – reach out to Rachael at clergyassist@bmh-bj.org. before February 27, 2023.