

## From Our Rabbi

This Shabbat is Shabbat Nachamu – the Shabbat of Comfort. It takes its name from the haftarah reading which begins with the words, Nachamu, Nachamu, Ami – Be comforted, yea, be comforted, my people.

It is the first of seven haftarah readings delivering a message of hope and faith in the future, following the destructions marked by Tisha B'Av. There is much that has made us uneasy, much that has distressed us, and much that has saddened us, including the passing of civil rights icon and long serving member of the House of Representatives, John Lewis, from pancreatic cancer. He experienced first hand the indignities and mistreatment that was routinely the lot of African Americans then. He fought, tirelessly, with great passion – and often at great personal risk – for the betterment of his fellow African Americans and in the process achieved the betterment of American society as a whole. I will undoubtedly have more to say about him in the future. But, apropos to this Shabbat of Comfort, suffice it to say that John Lewis worked to bring comfort, hope and faith in the future of America. May his memory be a blessing.

Shabbat Shalom,

Rabbi Chaitovsky

## Inspiration And Information

[Cancelling “Cancel” Culture](#), Kat Rosenfield

[The Bad Habit We ALL Need To Eliminate](#), Rabbi Efreim Goldberg

## Minyan and Davening Schedule for this Weekend and the Coming Week

### Friday and Shabbat

[Kabbalat Shabbat](#) on Zoom 6:30 PM

Candle lighting 7:55 PM

Torah Reading – Vaetchanan - Deuteronomy 3:23-7:11 (Artscroll 958-979)

Haftarah Reading – Nacahamu Nachamu - Isaiah 40:1-26 (Artscroll 1196)

Shabbat Morning Services:

**Shaarei Simcha Service in the Chapel.** Please enter through the south (Chapel) entrance only  
8:30 AM, (Sign up required - [click here](#))

**Sanctuary Service.** Please enter through the north entrance only.

10:15 AM (Sign up required - [click here](#))

Mini Kiddush this week is sponsored by Jay Siegel

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Shabbat ends - 8:55 PM

[Havdallah with Rabbi Chai](#) on Zoom 9:00 PM

## Davening

Minyan Schedule this coming week – please join us!

Sun 8:30 AM

Mon/Thurs 6:30 AM

Tues/Wed/Fri 6:45 AM

[Click here to sign up](#)

## Mincha, Maariv, Pirkei Avot On Zoom

Each weeknight at 6:30 PM

## Learning Opportunities and Classes (Zoom)

Sunday morning at 10:30 AM with Cantor Goldstein

[Kabbalah and Jewish History](#)

Wednesday morning at 9:00 AM with Rabbi Chaitovsky

[Verse by Verse: The Book of Numbers \(Bamidbar\)](#)

Thursday morning at 11:00 AM, MDT (US and Canada) with Ellyn Hutt

[Ellyn's Parsha Class for Women](#)

Meeting ID: 922 119 870

Thursday evening 7:00 PM with Cantor Goldstein

[Prayer How To](#)

Friday morning at 10:00 AM, with Essie Fleischmann

[Parsha Class](#)



To enter a Zoom class, click on any underlined link and then use ID 285-350-9174 and enter password: BMHBJ

You can also call by phone: 720-707-2699 or 312-626-6799 Use call-in password: 498778



## Online Israeli Art Exhibition, Sale and Fundraiser

Hundreds of works of art are available for purchase as gifts to friends and family, to grace your walls at home and to support BMH-BJ.

Visit the Safrai Gallery Site at: [www.safrai.com](http://www.safrai.com)

Choose any work of art and 20% of your purchase will be donated to BMH-BJ on your behalf.

Or you can visit our Facebook page at:

<https://www.facebook.com/BMH.BJ/>

For more information, call 303-388-4203

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It has been a long, hot summer, with masks and social distancing and life different than we know it. Let's celebrate together, with **ice cream, music** and **laughter**.

For those with children in the pre-school, we would like to thank you for your patience as we continue to make our way through the new regulations of corona living.

## *Everyone, stop on by!*

**Sunday, August 9, 2020 at 11 am,  
Shraiberg Gardens**

Gather with us (with appropriate social distancing) for an hour or so of, as we stated, laughter, togetherness, music and cold snacks.

Bring the family,

we will have chairs and drinks and Ice Cream!!!

**If you could RSVP** - just to let us know that you are coming - we will supply the rest.

Sign up here: [www.signupgenius.com/go/8050d4eaaaa2fa4f58-family](http://www.signupgenius.com/go/8050d4eaaaa2fa4f58-family)

# KABBALAT SHABBAT



We hope you can join us for an uplifting and joyous Kabbalat Shabbat Sing-Along  
Friday, August 14, 2020  
5:30 pm  
In the BMH-BJ parking lot.

We will celebrate Shabbat with a sing-along, social distancing and masked gratitude.

You bring yourself; we will supply chairs and music, spirituality and companionship.

The Shabbat is free, please just register so we will have a chair for you. And yes, feel free to bring your own more comfortable chair and a drink to stay hydrated.

More information at [www.BMH-BJ.org](http://www.BMH-BJ.org)