

From Our Rabbi

Today it begins.

Elul.

Shofar blowing.

Rosh HaShanah is just 30 days away.

Yom Kippur, 40.

Preparation starts TODAY!

Teshuvah - Turning, starts TODAY!

The energy of Elul is reflected in the phrase Ani Ledodi Vedodi Li - I am Close to My Beloved and My Beloved Is Close To Me. In this month, as we yearn to be closer to God, God has moved closer to us, reaching out to us and making it it easier for us to reach back.

There is an irony here. We attempt to close the distance between ourselves and God at a time when we are still required to distance ourselves from one another. The energy of the pandemic pulls us in the opposite direction to that of Elul, making an already difficult time even more so... making the difficult task of Teshuvah more difficult.

But we need not look at it this way. I am thinking out loud here, but consider the following. Mussar literature, comprised of texts that deal specifically with ethical and spiritual refinement, suggests that we incorporate the practice of hitbodedut, or seclusion, as a tool to propel us forward on this journey of return.

Teshuvah is a personal and very private process. It is different for each of us. I do not want to use the term silver lining, but, due to the pandemic, it seems that we have a little more alone time, or at least time away from others, than we normally do. What would happen if we purposefully channeled a few minutes of that time each day into the hitbodedut practice mentioned above? We would spend those minutes looking inward. We would assess our spiritual health. We would assess our overall behavior. We would discover areas that need attention and we would resolve to give them the attention needed. We would be using our "alone" time in a very productive way.

We would be doing teshuvah.

Shabbat Shalom

Rabbi Chaitovsky

Continued...

Inspiration And Information

[The Center of the Seesaw](#), Yehuda Sarna

[The Most Important Philanthropist You Never Heard Of](#), Emily Benedek

[When God Knocks - Open the Door, or, Run?](#) Sara Rudolf

Minyan and Davening Schedule for this Weekend and the Coming Week

This Shabbat

Kabbalat Shabbat 6:30 PM on zoom

Candle lighting 7:28 PM

Shabbat Morning *Sign-up required for both services.*

Shaarei Simcha 8:30 AM in the Chapel - [CLICK HERE to sign up](#)

Sanctuary Service 10:15 AM - [CLICK HERE to sign up](#)

Torah portion - Shoftim Deut. 16:18 - 21:9 (Artscroll 1024-1045)

Haftarah - Isaiah 51:12-52:12 (Artscroll 1199)

Kiddush and refreshments sponsored by Shelley Gold.

Shabbat ends 8:30 PM

Havdala with Rabbi Chai 8:35 PM on Zoom [HERE](#)

Davening

Shacharit every morning in the Shraiberg Sukkah. [Click here to sign up.](#)

Sunday 8:30 AM

Monday/Thursday 6:30 AM

Tuesday/Wednesday/Friday 6:45 AM

[Mincha, Maariv, Pirkei Avot On Zoom](#)

Each weeknight at 6:30 PM

Learning Opportunities and Classes

- All classes on Zoom. [Click here to join.](#)

Sunday mornings at 10:30 AM with Cantor Goldstein

Kabbala and Jewish History

Tues @ 7:00 PM - Rabbi Chaitovsky

This Is Real And You Are Completely Unprepared

Continued...



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

(1st of 5 special pre HHD classes - read chapters 1 and 2)

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

Friday Morning at 10:00 AM, with Essie Fleischmann
Parsha Class

Daf Yomi each weekday morning at 7:30 AM, and every Saturday night 1 hour after Shabbat is over with Rabbi Michael Fleischmann on [WhatsApp](#)

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

**Check our website for many High Holy Day opportunities.
More information to follow next week.**



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

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