

# TouchPoints

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NOVEMBER 3, 2022

DON'T FORGET DAYLIGHT SAVINGS THIS WEEKEND

## WHAT'S INSIDE:

FROM THE RABBI

•

INFORMATION AND INSPIRATIONS

•

SHABBAT AND DAILY MIINYAN

•

REFUAH SHELEIMA/SPEEDY RECOVERY

•

CLASSES THIS WEEK

•

YAHREZEITS

•

GIFT SHOP

•

ZUMBA CLASSES

•

NEW CHAVURAHS

•

MT NEBO

•

YOUNG PROFESSIONAL LUNCH

•

CLEAN SPEECH COLORADO



# FROM THE RABBI

We have just started the month of November and with it, Clean Speech Colorado 3.0 has begun. The program is not only inspirational and important, but it is timely, as well. We are being barraged by egregious examples of harmful and abusive language on a daily basis – from debates between candidates for public office, where illness, age and various physical challenges are fodder for derision and ridicule to the misinformation/disinformation that undermines the status of some of our “revered” social media outlets. I have spoken often about the perils and pitfalls of abusive and harmful language – you can read the article linked below about Mayim Bialik about her being on the short end of some “insults delivered with a smile.”

Our Torah portion, Lech Lecha, highlights the role of language in conflict resolution. Without effective intervention, conflicts can escalate quickly. At work, at home or with friends, a fight that is not nipped in the bud can have long lasting consequences. It is apparently a difficult thing to do because studies have shown that many people prefer to simply ignore conflict or pretend it does not exist. That makes things worse.

After living successfully with each other for years, a conflict (*‘riv’*) began to fester amongst Avram and Lot’s herdsmen. Noticing the problem, Avram approaches Lot and says, “Please let there not be strife (*‘meriva’*) between me and you, between my herdsmen and yours, for we are brothers.” Rabbi Moshe Alshich suggests that there is a fundamental difference between the word used for conflict in the first verse (*‘riv’*) and the one used in the second (*‘meriva’*). A *‘riv’* is a small disagreement; a *‘meriva’* is when the disagreement spirals into a much bigger issue. Noticing the *‘riv’*, Avram quickly takes charge to nip it in the bud, before it becomes a *‘meriva’*.

Noticing that there was no way to effectively stay together, Avram then suggests a “win-win” solution, where both parties could expand and grow in their own direction, ending the source of the conflict while still on good terms. Rabbi Mordechai Schiffman, a contemporary rabbi and psychologist, suggests that our story sees Avram deploying some very effective techniques to nip his conflict with Lot in the bud and that those techniques might be a good guide in any conflict resolution.

First, Avram uses what Dr. John Gottman calls a “soft start up.” He starts very peacefully and politely, using calm and inviting language: “Please let there not be (*‘al na tehi’*) strife...”

Second, Avram states the issue without placing the blame fully on Lot, even mentioning himself and his herdsmen in relation to the conflict before mentioning Lot and his herdsmen. Third, in order to avoid a me vs. you mentality, Avram reminds him of their closeness and strong relationship (*‘anashim achim anachnu’*). Finally, Avram empowers Lot with the autonomy to choose which direction he wanted to go in. Avram was willing to compromise and accommodate Lot to avoid building tensions.

Avram serves as a role-model for us both by teaching us to approach conflicts, rather than letting them fester, and by teaching us the best ways to work on resolving conflict. By using a soft start up, not blaming, taking responsibility, focusing on the shared relationship, and compromising, Avram and Lot were able to move forward on good terms, setting the stage for the next phase of their shared story.

## INFORMATION AND INSPIRATION

[Insulting Mayim Bialik](#), Slovie Jungreis-Wolff (In honor of Clean Speech Colorado 2022)

[Journey of the Generations](#), Rabbi Jonathan Sacks, zt”l (For Lech Lecha)

# FRIDAY AND SHABBAT: NOVEMBER 4- 5/CHESHVAN 10-11

Candle Lighting 5:36 PM

Kabbalat Shabbat with TDK 5:45 PM

## Shabbat Morning Services:

Chapel/Shaaarei Simcha - 9:00 AM

Main Sanctuary - 9:45 AM

*Torah portion-Lech Lecha 12:1-18:8(AS 54)*

*Haftorah-Isaiah 40:27-41:16 (AS 1133) chanted by Claude Brachfeld*

*Musaf lead by Scott Tene*

*Kiddush is sponsored by  
BMH-BJ and enhanced in memory of  
Mickey Barter on his Yahrzeit by Dr. Mark and Susan Barter  
Dr. Garrett and Elke Barter, Izzy and Mira and Devra Barter*

*Joint BMH-BJ/TDK Mincha in the Chapel at 5:30 PM*

*Torah Study with Rabbi Gelman*

**Shabbat ends/Havdalah 6:35 PM**

## ***Minyan Next Week: Nov 6th-Nov 11th***

***Sunday 8:30 AM***

***Monday and Thursday 6:30 AM***

***Tuesday, Wednesday and 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 this week by BMH-BJ***

## ***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), Kenneth Solovy, Jay Stark, Yaakov ben Rivka, Valerie Wolf,  
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)

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

**Tuesday-Parsha Problems -Rabbi Chaitovsky 7:15 PM(zoom)**

**Wednesday-Devarim Verse by Verse Rabbi Chaitovsky 7:45 AM(zoom)**

[Click Here for Tues/Wed Zoom Link](#)

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

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



# Yahrzeits

## **Friday November 4, 2022 / 10 Cheshvan 5783**

Gerald Altman, Ida Rose Berman, Sigmund H. Blaugrund, Meyer Blitt, Steve Cohen, Sam P. Davis, Jeannette Freed, Joseph Friedman, Julius Gilman, Elizabeth Hochstadt, Katie Kaplan, Vivian Kilstrup, Robert Kramer, Abraham Landow, David Mermelstein, Bella Dratel Mishaan, Beatrice Needler, Annie Niernberg, Stanley Orlin, Harry Paul, Louis Racklin, Dora Rodman, Nathan Rothenberg, Morey A. Samelson, Rabbi Moshe Schatz, Moshe Nachman Seibel, Harold Shapiro, Nettie Shemberg, David Soskin, Tillie Susman, Dr. Justin Weiker, Camil Weisskopf, Dorothy Zeplen, Luiza Zlatman

## **Shabbat November 5, 2022 / 11 Cheshvan 5783**

Caroline M. Baer, Mickey Barter, Peryle Beck, Miriam Cohan, Bennett Cowen, Jack Gardenswartz, Yetta Goldstein, Flora S. Hayutin, Thelma Kiken, Selma Lehrer, Frayde Leventhal, Harry Reiner, Leon Rogoff, Lillian Rosenbaum, Ida Weiss, Bennie Wolf, Nathan Yanish

## **Sunday November 6, 2022 / 12 Cheshvan 5783**

Reuben Barnett, Morris M. Block, Marvin Cohen, Sol Dinner, Mildred Emeson, Morris Feldhamer, Morris Fishel, Sharyn Fried, Jacob Friedman, Morris Garnek, Susana Goldberg, Harriette Grober, Anna Hoffman, Lillian Hertz Katz, Barbara Elaine Kenar, Gladys Leher, Rose Levitt, Freda Lutz, Morey Melnick, Rose K. Miller, Faina Pales, Rose Paper, Thomas Pasenow, Elsie Ratner, Frieda Schiff, Alice Shidler, Fanny Starr, Harry Wolf, Asa Yoelson

## **Monday November 7, 2022 / 13 Cheshvan 5783**

Linda Abzug, Mariya Aptekman, Raya Babakhanova, Lena Eisen Bauer, Barbara Bernstein, Rudolph Boscoe, Jayne Breyer, Norman Druckman, Serafina Faktorovich, Isaac William Felser, Gerald I. Friedman, Erwin Kern, Estelle Klubock, Dr. Eli Abraham Miller, Ruth Neiman, Elaine Primack, Susie Segal, Milton Singer, Joseph Stark, Louis Tenenbaum, Sylvia Zelkin

## **Tuesday November 8, 2022 / 14 Cheshvan 5783**

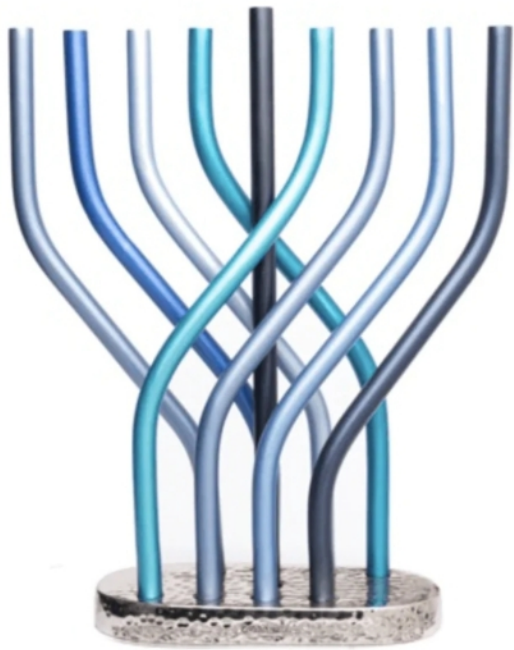
Max Berk, Gertrude Bitman, Elsie Cassel, Jacob Cohen, Albert Sam Eisen, Louis Goldberg, Perry Goldstein, Sadie Leah Hailpern, Hyman Katz, Harry Kraut, Boris Matov, Isaac Louis Shames, Israel "Ray" Shames, Dorothy Wiener, Fanny Zalkind

## **Wednesday November 9, 2022 / 15 Cheshvan 5783**

Anna Agren, Marko Blinder, Ida Sarah Bronstein, Elias Camen, Eva Fortner, Irene Glass, Gizella Goldstein, Aaron Golub, Pearl Halper, Esther Hirschfeld, Sophie Kornfield, Bryn Sarah Linkow, Max Lustig, Stephen Naiman, Joan Neighbor, Jay Neuman, Louise Oliner, Charlotte Oxman Radetsky, Frederika Raphael, Anna Rosenstein, Abraham I. Sandusky, Ben Schatz, Eleanor Shulkin, Fannie Schwartz, Meyer Simon, Harry Slack, Irvin Sorkin, Hedy L. Streltzer, Beatrice Sussman, Hil Tempelhof, Rebecca Wexler

## **Thursday November 10, 2022 / 16 Cheshvan 5783**

Rabbi Samuel Adelman, Richard Kaye, Sol Munter, Alec Myers, Lena Perlman, Ben Perry, Patti Ross, Marvin Scheinblatt, Rose Schmuller, Herman Sheldon, Florence Spitzer, Sheldon Woogin



This colorful blue Flame Menorah is designed and produced by the Jerusalem artist Yair Emanuel.

Emanuel's designs are based on the combination of the classic traditional and modern motifs.

The base of the Menorah is made of nickel-plated aluminum with hammer work and the nine branches of the Menorah are painted in anodized colors.

This gorgeous aluminum menorah has candle holders in various shades. A stunning piece that is modern and elegant.

### Gift Shop Store Hours:

Sunday-Friday 9:30 am-1:00 pm

or by appointment by calling 303-951-8238

# Zumba

Tuesdays, 2:15 pm in the BMH-BJ Gallery

Join Sara Wolfe for a women's, high energy Zumba class

email Sara at: [swolfe@theje.com](mailto:swolfe@theje.com) for

registration details and payment information

*Ditch the workout, join the party*



# CHAVURAH PROGRAMS

Would you like to join a Chavurah???

Meet other members of BMH/BJ and make new friends. If you are interested, please contact Elaine Feldman @[elainefeldman@comcast.net](mailto:elainefeldman@comcast.net) or call Elaine at 720-324-8861. She is gathering names and there will be a get together at the Feldman house in November.



Mount Nebo Memorial Park and Cemetery is conducting it's annual gift campaign and fundraiser. To donate on-line visit [info@mountnebocemetery.com](mailto:info@mountnebocemetery.com). By mail, Mount Nebo Memorial Park, attention Jay A. Siegel, Administrator, 560 South Monaco Parkway, Denver, Colorado 80224. Questions or for general information contact Jay at 303-951-8236. Mount Nebo is a Colorado non-profit and any gifts are fully tax-deductible

# YOUNG PROFESSIONALS

C o m m u n i c a t i o n  
L u n c h



- Featuring a discussion on proper communication in all relationships, with Rabbi Leban
- Vegetarian Chili Bar
- \$12 a person

✓ Saturday December 10  
12:30 pm in Fisher Hall

📍 560 S Monaco Pkwy, Denver, CO 80224

[Click Here to register](#)

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# **PARTICIPATING** **ORGANIZATION**

We are proudly participating in  
Clean Speech Colorado, Volume 4.

Sign up to take part in this important  
community initiative with us!

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