

From the Rabbi

From one perspective, this was true. Yaakov's life could be seen as one traumatic event after another: the death threat from Esav, Lavan's continual trickery, Dinah's abduction, constant family dysfunction and strife, the death of his beloved Rachel, and culminating with the "death" of his cherished son, Yosef. While perhaps we can empathize with Yaakov's response because of all the hardship he had experienced, the *midrash* (quoted by the *Daat Zekeinim*) critiques Yaakov's perspective—instead of looking back and giving a subjective stamp of disapproval on his life, he should have shifted perspectives. Instead of focusing on the trauma, he should have realized that God *saved* him from Esav and Lavan, and *returned* Dinah and Yosef. The *midrash* suggests that for each word mentioned in that interaction (33 in total), a year was taken off Yaakov's life. While Yitzchak lived for one hundred and eighty years, Yaakov only lived for one hundred and forty-seven.

In his book, "The Time Paradox: The New Psychology of Time That Will Change Your Life," Dr. Philip Zimbardo outlines six subjective time perspectives that people experience as they relate to the past, present, and future. Dr. Zimbardo argues that when looking at the past, it is best to be high in a past-positive time perspective and low in a past-negative time perspective. When thinking about the past, there may be "facts" as to what happened in our lives, but we have a choice to provide the past narrative with a positive spin or a negative one. Past-negative perspectives are associated with depression and getting stuck ruminating in past experiences, while past-positive perspectives help ground us better in the present and focus on the future.

While we cannot fully evaluate Yaakov both because we should not judge how people react to traumatic events as well as because we cannot fully grasp the greatness of our forefathers, the *midrash* clearly wants us to learn a valuable lesson. To the extent that we can work hard on shifting our own perspectives toward the past from being past-negative to past-positive, we will be more able to appreciate the present and plan for a more successful future.

Look forward to seeing you in shul – our own Elizabeth Puskar will deliver the dvar Torah as part of People's Pulpit, and I encourage all of you to listen and learn from her inspiring words.

Shabbat shalom!

Rabbi Chaitovsky

Inspiration and Information

[Dispel Lies by Telling the Jewish Story to the World,](#)

Marjorie Davis

[The Space Between,](#) Rabbi Jonathan Sacks, zt"l

This Friday and Shabbat

This Friday is the Tenth of Tevet, the fast day commemorating the siege of Jerusalem by Nevuchadnezar which led to the destruction of the First Temple in 586 BCE. Even though it's erev Shabbat, we fast all day til dark. Morning service at 6:20 AM. Mincha at 4 PM followed by Kabbalat Shabbat and Maariv. The fast ends after Maariv. A kiddush break-fast will be served after services outside the Chapel.

End of the Year Giving Match

We are very excited to announce that an anonymous donor has generously offered to match up to \$30,000 total for any end of the year new donations made to BMH-BJ. Please consider BMH-BJ in your 2023 giving plans.

We ask that you consider contributing to this match and assist us in reaching this goal. Remember, donations of \$500 or more may apply towards the Colorado Child Tax Credit, an added benefit in your giving.

Help us give the gift of light, laughter, prayer and blessings to the BMH-BJ community.

FRIDAY AND SHABBAT:
DECEMBER 22-23 /TEVET 10-11
FAST OF TEVET

Begins 5:48 AM
Fast Ends at 5:11 PM

Candle Lighting - 4:19 PM

BMH-BJ / TDK Kabbalat Shabbat -4:00 PM
Break Fast to Follow

Shabbat Day Services:

Chapel/Shaaarei Simcha - 9:00 AM

Main Sanctuary - 9:45 AM

Torah portion-Vayigash 44:18--47:27 (AS 250)

Haftorah- Ezekiel 37:15-28 (AS 1144)

Haftorah will be chanted by Randy Weiner

People's Pulpit- Guest speaker Elizabeth Puskar

Kiddush is sponsored by
BMH-BJ

BMH-BJ / TDK Mincha, Refreshments and
Torah learning
in the Gallery - 4:05 PM
Shabbat ends/Havdalah - 5:22 PM

Minyan Next Week: Dec 24th- 29th

Sunday & Monday 8:30 AM

Tuesday, Wednesday & Friday- 6:45 AM

Thursday- 6:30 AM

Refuah Shaleima/Speedy Recovery

Anschel ben Feigeh, Avraham Issur ben Chaya, Avraham ben Sara, Beila Feiga bat Avigail, Bruna bas Sarah, David Axelrod, Jacqui Beckett (Yacovah bat Bronsa Label), Allen Bemel, Jeffrey Blum (Yakov ben Golda Sima), Bracha bat Basha, Esther bat Chana, Beverly Church, Roger Druckman, Jeff Geller (Yaakov ben Yetta), Elaine Greenberg (Feige Esther bat Ita Liba), Leib ben Chasha, Yitzchak ben Beile (Isaac Krajmalnik), Shraga Feivel ben Sima (Fabian Krajmalnik), Dr. Fred Mechanik, Jeff and Miriam Miller, Mordechai Avraham ben Malka Yocheved, Mordechai Refael ben Perel, Naomi bat Rivka (Kimel), Natan Leib ben Cheyenne Rochel, Barbara Oxman (Breindel bat Sara), Penina Rina bat Raizel Shaindel, Rabbi Tracee Rosen (Masha Rachel bat Golda Leah), Lilian Schaeffer, Dr. William Silvers (Zev Shmuel ben Heleina), Dr. Robert Springer (Reuben Kalman haKohein ben Rosa), Jay Stark, Pam Zeldin

Classes This Week

Daily - Daf Yomi - Rabbi Fleischmann – 7:30 am
and 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 8:00 pm (Miller Library)

Tuesday-**The Poetry of Hope and Comfort: Exploring the Book of Psalms**

Rabbi Chaitovsky 7:15 pm on Zoom [Click HERE to join](#)

Wednesday-**Devarim Verse by Verse** Rabbi Chaitovsky 7:45 pm
on Zoom [Click HERE to join](#)

Wednesday- **Torah from Israel** with Ellyn Hutt
on break until Dec 27

Thursday- **Science Fact/Science Fiction & Torah** with
Cantor Marty 7:00 pm-8:00 pm on Zoom [Click HERE](#)

Shabbat- Shabbat- **Explanatory Learner's Service** with Rabbi Leban -10:00 am
Practical Parsha with Sara Wolfe - 10:30 am in the room 101

Yahrzeits

Friday December 22, 2023 / 10 Tevet 5784

Ben Altman, Albert Cook, Jennie Diamond, Benjamin Fine, Miriam H. Goldberg, Dorothy Gottlieb, Frieda Klebe, Herbert Klebe, Josef Klebe, Lina Klebe, Miriam Klebe, Senta Klebe, Sara Yefimova Korotkevich, Phil Levine, Dave Manassee, Gwendolyn Mandel, Mayme Miller, Elaine S. Ochman, Lynne Ochman, Louis Ramer, Bettie Pasternak Richtel, Jacob Rosenbach, Barbara Robinson, Hedwig Schaffer, Frieda Schwartz, Nathan J. Schwartz, Nettie Tepper, Samuel Tepper, Anna Zapiler

Shabbat December 23, 2023 / 11 Tevet 5784

Marvin N. Berkowitz, Max Bomash, Eleanor Buckstein, Ruth L. Carsh, Louis E Cohan, Pesya Frenkel, Henry Gluckstern, Lillian Goldstein, Jerome Greene, Eleanor Hailpern, Ibolya Violet Illes, Philip Katzman, Tillie Kaufman, Jonas Kaufmann, Sara Lichtenberg, Abe Markman, Henry L Michael, Morton L. Miller, Dee Joyce Norwick, Judge Ronald Irving Parker, David D. Right, Philip Saltzman, Bernard Schaffner, Helen Bernice Shanin, Sandra Shefrin, Syril Shraiberg, Betty Slatkin, | Simon Snyder, Grigoriy Vinarskiy, Max (Mutt) Wedgle, Rosa Hilde Wolf, Esther Zalevsky, Betty Zouber

Sunday December 24, 2023 / 12 Tevet 5784

Max Bronstine, Rose Cramer, Myron Dorfman, Bessie Dunevitz, Leah Foss, Louis Goalstone, Lilian Goodstein, Jacob Gordon, Harry Kushner, Shirley Miller, Bess Oliner, Paula Pelz, Yetta Rich, Joe Rosenberg, Barney Rudd, Lev Schwartz, Manfred Segal, Sarah Segel, Alfred E. Selix, Stuart Sharpe

Monday December 25, 2023 / 13 Tevet 5784

Juanita Alterman, J. H. Baron, Minnie Bernstein, Abraham Bolshoun, Morris Cohen, Vera Frenkel, Blanche Enoch Frolichman, Harry Gegenberg, Sam Goldstein, Abraham Goralnik, Robert Gottlieb, Bernardo Iosub, Nina Kogan, Olive Korn, Morton Kraut, Jack Lefkowitz, Abraham Levitsky, Estelle Levitt, Betty Lewin, Isadore Lieberman, Sam Mandel, Ida Marcus, Fannie McGrath, Frances Richardson, Sharon Phyllis Rosenblatt, Moses Salem, Avinoam Schneirson, Celia Schomay, Joseph Shidler, Zesa Starr, Dino Theodoran, Warren Toltz, Robert Weissberg, Philip Zeitlin

Tuesday December 26, 2023 / 14 Tevet 5784

Shirley Witkin Brown, Harvey Burry, Arthur Chapman, Rebecca Cohan, Elizabeth Cohen, Toba Sarah Cohen, Pauline Engleberg, Edward Friedman, Frances Garber, Laura Goldberg, Moritz Goldman, Tsilia Kivovitch, Sarah Lipsitz, Louis Mandelbaum, Saul Mintz, Louis Pitler, Dr. William E. Robinson, Rhoda Russ, Samuel Shakin, Gabriel Springer, Israel Toltz, Donna Louise Ward

Wednesday December 27, 2023 / 15 Tevet 5784

Maurice (Moshe) Banker, Samuel Barkan, Esther Birnbaum, Phyllis S. Bockman, Anne Chesler, Faye Devine, Manuel Goldberg, Milton Grossman, Jacob P. Karsh, Anna Karshen, Paul Katzman, Scott Levitan, Gloria Levitas, Leona Lieb, Edith Mandel, Iliouch Mocheev, Simpson Nadler, Rose Reiner, Anna Esther Rollnick, Joe Schwartz, Sidney Schwartz, Shmul Shumsky, Sam (Simcha) Soldinger, Bernard Sorkin, Ferne M. Story, Roslyn Susman, Harold Talpers, Busya Veyber, Seymour Winterfeld

Thursday December 28, 2023 / 16 Tevet 5784

Rachel Rae Bloom, Herman Bobrick, Joseph Cohen, Lillian Cohen, Louis Joseph Duman, Oscar Finesilver, Bella France, Jacob P. Golbert, Abraham Golden, Ben Goldstein, Jay Hailpern, Jay Hailpern, Arthur Klipper, Sylvia Kronsberg, Arthur Lang, Jacob Miller, Rabbi David Miller, Marvin Smith, Alexander Vosk, Leonard Wolpa



BMH  BJ

PRESCHOOL

Play  Connect  Grow

Congratulation to our wonderful Preschool. They achieved a Level 4 on their Colorado Shine rating. This is the second highest level a preschool can achieve.

Thank you to everyone involved for all your hard work to make the preschool the best in the city.

**Gift Shop Hours:
Sunday-Friday 9:30 AM-1:00 PM**



Due to the overwhelming support for Israel in the recent months, the BMH-BJ Gift Shop would like to feature their selection of women's Magen David necklaces.

The varying colors and styles are sure to fit an array of tastes.

Supplies are limited, so act fast before your favorite is gone.



BMH-BJ



WINTER charity drive



THROUGHOUT ALL OF DECEMBER!



Please drop off new packages of:

**SOCKS, UNDERWEAR,
BABY WIPES,
AND DIAPERS**



DROP OFF LOCATION:

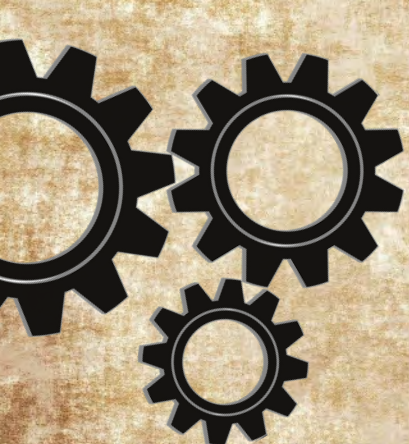
**BMH-BJ: 560 S Monaco St Pkwy,
Denver, CO 80224**

**COLLECTION BIN IN FRONT OF
SECURITY DESK BY THE MAIN OFFICE**



Thank You for Your
Generous Donations!





**BMH-BJ
Presents**

Shabbat Board Games



OVER 100 GAMES

LIGHT SNACKS

2 HOURS BEFORE MINCHA

In Miller Library

January 6th & February 3rd

Enter through the east entrance





YARN ART CLUB

Join us on Tuesday, January 9, 2024 and
Tuesday, February 6, 2024
6:30 - 8:00 pm in the Gallery for the return of
"Stitch & Kvetch."

This friendly gathering is perfect for those
who love to casually stitch, knit, crochet, and
more. All skill levels are welcomed. Please
bring your own projects to work on.
Light refreshments will be provided.
Come for the friendships, stay for the fun.



Dr. Herzl Melmed Presents:
Topics of importance
for the Jewish people and the state of Israel.
7:00 pm in the Chapel

"Is a Two State Solution Possible?" - January 10, 2024

In this thought-provoking lecture, Dr. Herzl Melmed addresses one of the most crucial and debated issues in the region—the possibility of a two-state solution for Israel. Dr. Melmed will provide insights into the historical, political, and social dimensions of this complex topic, examining the challenges and opportunities that lie ahead.

"Israel's Contribution to America" - February 14, 2024

Dr. Herzl Melmed will highlight Israel's profound impact on the United States in this lecture. Exploring the multifaceted contributions ranging from technology and innovation to cultural influences, Dr. Melmed will provide a comprehensive overview of the ways in which Israel has enriched American society.



A CABOODLE OF CRAFTS

BMH  BJ

Are you intrigued by arts and crafts but think, "I'm not very crafty," we've got you covered! Join us for a creative and enjoyable winter day filled with plenty of exciting craft activities. It's a bit like a craft round-robin, where you can rotate between stations and choose two activities to start with, but feel free to explore more if your creative spirit soars.

Jewelry, stencils, decoupage, iron-on, and more!

Pick your favorites, get your creative juices flowing and discover the artist within!

Reserve your spot today for a fun filled crafting experience.

Admission is \$20 for two items per person and if you'd like to explore any additional activities, it's just an extra \$8.

We can't wait to see your artistic talents shine!

All ages are welcome!

Drinks and snacks will be provided.

Sunday, January 21st
1:00-3:00 PM

BMH-BJ: 560 S Monaco St Pkwy,
Denver, CO 80224

RSVP

<https://www.bmh-bj.org/event/crafts-caboodle.html>

For questions please contact:

✉ events@bmh-bj.org

MAHJONG TOURNAMENT

BMH  BJ & *Hadassah*

NEW DATE: SUNDAY, FEBRUARY 4TH, 2024
9:30 AM AT BMH-BJ

560 S MONACO ST PKWY, DENVER, CO 80224

\$45 - REGISTER BEFORE JAN 28, 2024

\$50 - REGISTER AFTER JAN 28, 2024

Registration ends February 1st at noon

Prizes for top winners, other prizes, and vendors!
Pastries and coffee and a light lunch will be served.

You must arrive at 9:00 AM for registration time.

The tournament begins PROMPTLY at 9:30 AM

**You will play three 1-hour sessions (4 games each)
at three different tables between 9:30 AM and 2:30 PM.**

**Non-competitive tables are available. Any players arriving late
will only be able to play at non-competitive tables.**

SEE YOU THERE!

Please register at:

<https://www.bmh-bj.org/event/mahjong-tournament.html>

Call Shira at 720-436-1962 with any questions