

From the Rabbi

Complete the following familiar saying – “sticks and stones can break my bones, but words...” I suspect that many thought of the standard “but words can never hurt me.” This week’s Torah portion, Mishpatim, seems to offer a more sobering take on that saying.

In this week’s Torah portion, the Torah delineates dozens of interpersonal commandments, reflecting the high level of care we must extend to protect a person and a person’s property from physical damage. In a striking passage that seems almost out of place, God commands us to “not cause pain to any widow or orphan,” with the consequence of violating this law being that “if you cause him/her pain and he/she calls out to me, I will hear his/her outcry. My wrath will blaze and I shall kill you by the sword, and your wives will be widows and your children orphans” (*Shemot*22:21-23).

According to the commentators, the pain being described in these verses includes physical and financial pain, as well as emotional distress caused by verbal abuse. The harsh punishment described reflects the seriousness and egregiousness of the crime being committed. In the Torah, the orphan and the widow represent people who are vulnerable and do not have family to protect them. Through the commandment and the punishment, God acts as their protectors. While the verses specify the widow and the orphan, Rashi quoting the *Mechilta*, argues that the Torah merely provided common examples of people who may be marginalized and vulnerable, but oppressing anyone is forbidden.

Parshat Mishpatim exhorts us to stay away from any form of interpersonal damage. It includes added emphasis on being sensitive to the damage we can do with our words. The truth is that words can crush self-esteem, lead to depression, anxiety, and other life-long mental and physical health challenges. Verbal abuse is no less damaging than other forms of abuse. Physical, sexual, emotional, and verbal abuse are all interpersonally damaging and morally reprehensible. Yet, as the original “sticks and stones” adage hints at, many people underestimate the damage that can be inflicted with “just” words. The Torah asks us to reconsider that kind of thinking.

Shabbat shalom!

Information and Inspiration

[interview with an Israeli Rescuer in Turkey](#), Dr Yvette Alt Miller

[Dvar Torah on Mishpatim – Doing and Hearing](#)—Rabbi Dr Lord Jonathan Sacks, zt”l

FRIDAY AND SHABBAT: FEBRUARY 17-18 / SHEVAT 26-27

Candle Lighting - 5:18 PM

BMH-BJ / TDK Kabbalat Shabbat - 5:20 PM in the Chapel

Shabbat Day Services:

Chapel/Shaaarei Simcha - 9:00 AM

Main Sanctuary - 9:45 AM

Torah portion-Mishpatim 21:1-24:18 (AS 416)

Maftir Shekalim- Exodus 30:11-16 (AS 484)

Haftarah Shekalim- II Kings 12:1-17 (AS 1212)

Kiddush is sponsored by Cantor Martin and Eve Goldstein and Beth Goldstein in honor of the upcoming marriage of their son, Jake to Alexandra Uri. Mazel tov to the families!!

BMH-BJ / TDK Mincha, Refreshments and Torah learning
with Rabbi Gelman

in the Gallery - 5:05 PM

Shabbat ends/Havdalah - 6:21 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 in Preschool Room #264
(the Penguin classroom)

Minyan Next Week: Feb 18th- 24th

Sunday 8:30 AM

Monday & Thursday 6:30 AM

Tuesday & Wednesday 6:30 AM(Rosh Chodesh)

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-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](#)

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

Thursday – Torah, Sci-fi and Fantasy by Cantor Goldstein
7 PM on zoom **(Starting after Passover)**
[Click Here for Zoom Link](#)

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

Jahrszeits

Friday February 17, 2023 / 26 Shevat 5783

Jankel Leib Abrahamsson, Edward Allen, Samuel Banner, Craig Bowers, Morris Buttermann, Abraham S. Edelman, Dora Flaks, Jacob L. Garlett, Aaron Gottlieb, Emmanuil Kalikhshteyn, Adolph Kaufman, Max Lopatin, Flora Mizel, Mildred K. Morrison, Elizabeth Naidu, Anna Robinson, Betty Lee Saltzman, Esther Schneider, Stephen Sigman, George Skigen, Yoav Stern, Milton Teper, Fannie Yetta Wolkoff, Abraham Wolpo, Louis Youngman

Shabbat February 18, 2023 / 27 Shevat 5783

Judith Rae Alterman, Harry Arkin, Richard Cohen, Yakov Dubinskiy, Ethel Dworkin, Harry Finkelberg, Michael David Grodney, Lotte Heimann, Oscar Kessel, Phyllis Kippur, Harry Levin, Jean Levy, Elizabeth Licht, Recha Rosina Marx, Sitta M. McLinden, Bernard Miller, Chaya Yehudit Noy, Rebb. Esther Golda Parczewski, Lisl Penzias, Sam Pluss, Bessie F. Primock, Samuel Saltzman, Daniel Seltzer, Harry Wittlin, Norman Wolach

Monday February 20, 2023 / 29 Shevat 5783

Rose Anger, Samuel Anger, Isaac Binstock, Flora Brandt, David Charzak, Mildred Cohen, Isadore Esbitz, Ralph Field, Lois Goodman, Bertha Katzson, Miriam Kauvar, Vilya Klebanov, Marjorie Kleinman, Leonard Krautman, Sam Leder, Ann Lenefsky, Sam Lutz, Shirley Morein, Sarah Myers, Bertha Pasternak, Bertha Phillips, Gregory Marc Reich, Lena Reichman, Esther Sachter, Morris Schwartz, Frank C. Silverberg, Maxine Talarico, Harry Wagonfeld, Harry Weinstein, Ike W. Zweibel

Tuesday February 21, 2023 / 30 Shevat 5783

Kotlovich Abram, Emelie Aknin, Yefim Ayzenberg, Sylvia Z. Baker, Effie Berger, Jacob Harry Boutcher, Robert Buxner, Jay Gegenberg, Sadie Gvirtz, Philip Jacobowitz, Fanny Judelowitz, Harry Kaller, Gloria Kaplan, Jennie Kleiner, Joann Kolb, Sidney B. Leight, Renae Levin, Paul Messinger, Sylvan Moses, Bruce Plattner, Helen Pringle, Ida Heller Schwartz, Joseph Schwartz, Philip Shapiro, Mose Sharon, Irving Sherman, Alfred Smollin, Sharrie L. Zinn

ADAR

Wednesday February 22, 2023 / 1 Adar 5783

Abraham Aaron, Rose Aronson, Edna Lissauer Berger, Monzta Ben Daniel, Cory Dulberg, Solomon "Sol" Edelman, Ethel Hayutin Engbar, Sam Engbar, Sofiya Golub, Dr. Stanley N. Goodman, Norton Handler, Herbert Hatch, Herman Helrich, Leopold Herold, Fritz Kahn, Adolph Koch, Morris P. Lampert, Harris Sheldon Levine, Lessor Levy, Hannah Sher Licht, Jack Lubowitz, Leah Mandelbaum, Sara C. Nadler, Ben Piehl, Gertrude Richman, Martin Rogell, Anna S. Rosenthal, Joseph Scher, Joshua Schwartz, Benjamin Shapiro, Jean Sherman, Manuel Spector, Devon Strauss, Jennie Wedgle, Jacob Weiman, Bayla Wolf, Aaron Zatterman, Sarah Zendlowicz

Thursday February 23, 2023 / 2 Adar 5783

Sol W. Bernstein, Maurice Bregman, Mose Cohen, Morris Davis, Lillian Fisher, Joseph Goldhirsch, Stanley Goldstein, Grazia Halfon, Ida Hurwitz, Fannie Judd, Sterling Kahn, George Kaufman, Harold Kay, Ella Schwalb Langfelder, Stephen Mainella, Jules Milstein, Irina Obzhiler, David Ostroff, Louise M. Pepper, Ben Pitler, Esther Reubenstein, Max Rifkin, Robert Rifkin, Anna Schechter, Betty Sherman, Josef Sherman, Jenny Siegel, Etta Silver, Sam Smith, Pauline Stirling, Al Surlin, Dr. Richard Tuteur, Alveen Vickers, Anna Wasko, Monie K. Zalkin, Sylvia Zeff, Morey Zelinger

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.

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.



BMH  BJ

Thursday • February 23

10:00 - 11:00 AM MST

**REGISTER
TODAY!**

VIRTUAL EVENT

WAS THE HOLOCAUST A DIVINE PUNISHMENT?



\$18 (FREE FOR MEMBERS)

**RABBI DR. NATHAN
LOPES CARDOZO**

Guest Speaker



CLICK HERE TO
REGISTER



*Dr.
Mordechai Kedar*

BMH  BJ

THE GOOD, THE BAD AND THE UGLY

Israel in a New Middle East

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.

What happens now with the conflict with the Palestinians? Is war with Iran inevitable? These are the issues, among others, that Dr. Kedar will discuss.

Please join us for what will be a very informative evening.



[click here to register](#)

*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



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

If you're following the news, you know that Jewish congregations are

having to be extra cautious about security now, as events abroad and here at home generate unusual threats to our safety during worship.

Contact:

Mark Samuelson



Josef Elchanan



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!)