

From Rabbi Chaitovsky

Happy Friday, everyone! Here is a link to my [Touch of Torah video d'var for Bamidbar](#), the Torah portion always read right before Shavuot.

You will also find interesting articles below, including a portrait of some people who seem to thrive under lockdown, a history of Jewish religious symbols in the military and some suggestions for relieving some of the aches and pains that are a particularly annoying side effect of working from home (WFH).

We hope you will join us at 6:30 tonight for a special Israeli flavored Kabbalat Shabbat in honor of Yom Yerushalayim - Jerusalem Day, commemorating the day in 1967 when Israeli soldiers took control of the Old City of Jerusalem towards the end of the Six Day War. Watch this [short but stirring video](#) about the historic moment.

It is Shabbat Mevarchim and we welcome the new month of Sivan and its holiday of Shavuot. Cantor Goldstein has made a video of the popular Yehi Ratzon prayer for your listening pleasure. See it here. Follow along on page 452 of the Artscroll Siddur.

Speaking of Shavuot, we have **two opportunities for connection and study**. Register for the Community Wide Shavuot Tikkun sponsored by the Rocky Mountain Rabbinical Council and hosted by Jewish Colorado. It's a virtual smorgasbord of topics of all kinds and teachers from across the denominational spectrum. It starts well before Yom Tov so that everyone can join for at least some Torah Study in preparation for receiving Torah again. I am proud to be teaching at 6 PM and Ellyn Hutt will teach at 7. Yom Tov starts after 8. See the registration and schedule info below.

A little further down, you will also find information about a unique Home Torah Study initiative for Jews of all backgrounds

Also, there will be a Shavuot Yizkor Service on Sunday May 31 at 10:00 AM.

Read on...join in...and stay safe!

Shabbat shalom



Inspiration and Information

[The Herd Immunity Taboo](#), Norman Doidge

[What a Difference a "J" Makes](#), Jenna Weissman Joselit

[What About WFH Neck Pain???](#) The New York Times

Virtual BMH BJ

To enter a Zoom class, click on any link below 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



Friday and Shabbat This Week

Tonight - Erev Shabbat

[Tot Shabbat](#) 5:45

[Special Yom Yerushalayim Kabbalat Shabbat](#) 6:30

Candlelighting 7:54

Tomorrow - Shabbat

Torah Portion - Bamidbar 1:1-4:20 (p. 726-747 Artscroll Chumash)

Haftarah - 1 Samuel 20:18-42 (p. 1207 Artscroll Chumash)

Mevarchim HaChodesh Bless the New Month of Sivan (p. 452 Artscroll Siddur)

Shabbat ends 8:54 PM

[Havdalah with Rabbi Chai](#) 9 PM

This Week's Minyan and Davening Schedule

On Sunday there will be a special [Rosh Chodesh Shacharit](#) featuring a sing-along Hallel with Rabbi Chaitovsky 8:30 AM

[Shacharit Service](#) Tues and Thurs 8:30 AM

[Mincha-Maariv-Pirkei Avot](#) 6:30 PM

Learning Opportunities and Classes - Mark your calendars!

Sunday morning at 10:30 with Cantor Goldstein

[The Sefirot and Sefirah: Kabbalah and The 49 Days of The Omer](#)

In this class, we will delve into the meaning of the 10 Sefirot. We will discuss how they affect our lives and the messages contained in the daily counting of the Omer from Pesach to Shavuot.

Continued...

Tuesday evening at 7:30 with Rabbi Chaitovsky

[The Truth, The Whole Truth, And Nothing But the Truth](#)

Join as we explore the truth behind “commonly held” Jewish beliefs and “popular” practices that “everyone” knows about. This week we will discuss **The High Priest and the Rope**.

Wednesday morning at 9:00 with Rabbi Chaitovsky

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

A survey of the 4th book of the Torah using classical and contemporary commentaries. Bring your bagel and some coffee and join us every Wednesday!

Daf Yomi each weekday morning at 7:30, and every Saturday night 1 hour after Shabbat is over with Rabbi Michael Fleischmann

WhatsApp

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

Shavuot 5780

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Community Shavuot Program

On May 28, join with the entire community for virtual Shavuot Torah study taught by some of the best educators in our community. Bring your blintzes! Click here for registration info and the schedule.

2

Shavuot (Home) Learning Project

For those who wish to study at home with members of their family, I encourage you to participate with Jews around the country in the Shavuot (Home) Learning Project. The brain child of Rabbi Binyamin Lehrfield of Baron Hirsch Congregation in Memphis, TN, it will center on the Book of Judges, a fascinating and tumultuous book about the Jewish People following the death of Joshua. It portrays fifteen Judges - leaders of varying talents and capabilities - who guided the Jewish People until they elected a King many years later.

Next week's TouchPoints will have links to resources and study materials for you to download to guide your study. The materials are designed to meet you at your level and your interest. No matter your background, there will be something for everyone.

Shavuot will most certainly be different this year. Both The (Home) Learning Program and the Community Shavuot Program will enable us to connect with others from the safety and comfort of our own homes.

More information at www.BMH-BJ.org