

HAMIGDALOR

המגדלור



4839 Market Street, Unit C, Ventura, Ca. 93003

Phone (805) 644-2899

July 2023

www.congregationAmHaYam.com

From the Rabbi's Study



Jewish Simplicity

A lion can actually capture, kill and eat a field mouse. However, it turns out that the energy to do that is greater than the caloric content of the mouse. So, if a lion spent the whole day hunting and eating field mice... it would slowly starve itself to death!

Thus, a lion cannot live on mice. Lions need antelopes. Antelopes are BIG. They do take more speed and strength for the lion to capture and kill. However, once killed, they provide a huge feast for a lion and its pride. Therefore, a lion can live a long and happy life on a diet of antelope, but it will die chasing mice.

If you're spending all of your time and energy going after "field mice," your short-term reward is a feeling of activity and maybe even accomplishment. But, in the long run, for all the appearance of strength, you have weakened yourself.

This teaches us that we should stop chasing mice and start giving strong focus to antelopes. Of course, for us I am not speaking of literal mice and literal antelopes. I speak metaphorically: we spend too much time on things that do not provide enough nourishment, and not enough time on things that do.

The U.S. Navy officially adopted KISS as a principle in 1960 to remind service members to keep the systems simple instead of over-complicating them. The acronym eventually caught on among civilians a decade later and has since remained in the public lexicon to remind people not to overthink things.

I like to think of KISS as standing for "Keep It Simple, Sweetheart!"

The beauty of Jewish tradition is that it helps see the value of *histapkut*, simplicity.

Take the 10 Commandments, for example. A mere 72 words in the Hebrew, we find no complicated theological propositions here. It is all quite simple: “You shall” or “You shall not.”

Simplicity is the hallmark as well of Jewish ethics: Whatever ultimately hurts someone is wrong; whatever finally helps a person is right. In Jewish theological terms, we might insist: Whatever removes us from G!d and thereby makes us more hostile and irresponsible is wrong; whatever brings us closer to G!d and makes us more loving and compassionate is right. Morally, too, Jewish simplicity is sensibly stark: Whatever dehumanizes us or others is wrong; whatever reconnects us to humanity is right.

A student was once asked by a career counselor, “What do you want to make of yourself?” The counselor expected a reply like “An engineer” or “An entrepreneur.” Instead, the student answered, “A human being.” The simplicity of this answers demonstrates the depth of the response. The simple acceptance of our own humanity is a significant achievement.

Ben Zoma taught, “Who is rich? The one who takes joy in their share.” Learning to not worry about what we don’t have and take pleasure in what we do have is simplistic, rich living as Ben Zoma teaches. Filling up our calendars with dates is not simplicity; filling our days with human connection, love, and compassion is. Relieving ourselves of guilt, stress, and worry over the minutiae of mice and focusing much more on the antelopes in our lives—or that should be in our lives—is simplicity.

Some things we might do in this regard include:

- Engage in a contemplative practice, such as mindfulness or meditation.
- Assess the things and activities that keep life convoluted, complicated, and confusing. Work to simplify these things
- Find sources of inspiration and optimism.
- Analyze and address the source of toxic emotions, such as negativity.
- Study Torah: Fran’s Character Strengths class is a great way to begin.
- Remove preoccupations and distractions that keep you from being your best.
- Set and maintain priorities that flow from your relationship with G!d and connection to our emotionally uplifting Jewish heritage.

This approach, we can be sure, has G!d’s favor, for the Psalmist tells us: שִׁמְרָ פְּתָאִים יְהוָה, that G!d watches over those engaged in simplicity, those of simplistic faith, those who have a simplified approach to life.

As we begin the summer and have time in advance of the High Holy Days, let us try to promote simplicity in our own lives—emotional, spiritual, and everyday. And may we find clarity, grounding, hope, joy and love as the resulting gifts.

Kein y’hei ratzon. So may it be.

Rabbi J.B. Sacks

Message From Brenda Rich



Greetings:

Welcome to the sunny days of summer. My gratitude for your continued support is much appreciated.

I want to extend my heartfelt thanks to everyone who attended our recent congregational meeting via Zoom. Your active participation and support in approving the slate of officers and the budget for the upcoming year was appreciated.

I would also like to take a moment to acknowledge the board members who will continue serving and express my deep appreciation for your commitment. Your continued dedication and hard work ensure the smooth functioning of our community.

To Ruth Resnick who is stepping down after years and years of dedicated service, I extend my sincere gratitude for her valuable contributions during her service. Although she is leaving the board, she still plans to be an active member and be there for CAH. Even though summer is upon us, our regular schedule of services will continue. Please remember to check the calendar, the website, your emails and the Migdalor for the dates and times of our services and the Zoom links. Maintaining your spiritual connection throughout the year is essential, and we invite you all to join us in worship.

Everyone should come to our Tisha B'Av service, which will be held via Zoom on Thursday, July 27 at 10 A.M. Tisha B'Av is a significant day of mourning in our Jewish history, and it is a time for us to reflect on historical tragedies and the resilience of our people. Your presence at this service will be greatly appreciated as we come together to commemorate this solemn occasion.

Lastly, I kindly remind everyone that dues invoices have been sent out. Your support through the payment of dues is vital for the ongoing operations and maintenance of our temple. We understand that the last few months of the due's year can be challenging, but your timely payment will help us continue providing meaningful programs and services for our community.

Let us remember the values that bind us as a Jewish community: compassion, unity, and a commitment to lifelong learning. Thank you, Fran Lande and Rabbi Sacks. Together, we can create a warm and vibrant space for spirituality.

Wishing you a summer filled with blessings, joy, and renewed strength.

Shalom,

Brenda

IT'S APPLES AND HONEY TIME!

Rabbi Shimon Apisdorf explains¹ that an apple tree grows differently than other fruit trees. “On most fruit trees the leaves appear before the fruit, thus providing a protective cover for the young fruit,” he writes. “The apple, however, makes a preemptive move by appearing before the leaves. The Jewish people are compared to an apple because we are willing to live out our Jewish lives even if this seems to leave us unprotected.” Rabbi Apisdorf also suggests dipping apples in honey represents a symbolic bee analogy. “A bee can inflict pain by its sting, yet it also produces delicious honey,” he writes. “Life has this same duality of potential. We pray that our choices will result in a sweet year.”

Most Ashkenazi Jews will partake of apples and honey during Rosh Hashanah. A sweet apple is dipped into even sweeter honey offering the hope for an especially sweet and good new year.

Congregation Am HaYam is again helping you by providing an opportunity to wish others “*L’shanah Tovah*” (“For a good year”) with a gift basket containing apples, honey, and other goodies. Not only will you be able to send your token of friendship but you will be participating in the tradition of dipping apples in honey to begin the year with sweet wishes and hopes. Each recipient will receive the goodies along with the blessings associated with the home ritual, enabling them, with family and friends, to express their joy in and hope for the New Year. Each will receive one basket with all the names of those who purchased it attached. A short explanation will also be included. Your gift will enhance one’s celebration of Rosh HaShanah and help to raise funds for CAH. Please look for the order form elsewhere in this issue of the *Migdalor* for costs and other information. For questions, please feel free to contact Fran Lande at fblande@gmail.com or Brenda Rich at brenda.bashful16@gmail.com.

Thank you for your participation.

Fran Lande on behalf of Apples, Honey & More
Subcommittee of the Ways & Means Committee

¹ Apisdorf, Rabbi Shimon. [“Seven Questions People Ask about Rosh HaShanah.”](#)

CONGREGATION AM HAYAM

APPLES & HONEY 2023

Yes, I would like to participate in the CAH Apples and Honey program

Please return by August 30, 2023. All bags will be delivered. Deliveries will be September 6th - September 13.

Name: _____ Phone Number _____

Price: 1-4 Apples & Honey \$ 24 each; 5 or more Apples & Honey \$ 22 each;

Entire Congregation \$ 140;

Entire Congregation plus additional Apples & Honey is \$ 136 plus \$18 each additional

I would like to order one for the whole congregation. \$ 140 \$ _____

I would like to order an Apples & Honey for the following CAH members:

Name _____

Name _____

Name: _____

I would like to order an Apples & Honey for the following non-members:

Name: _____

Address _____

Name: _____

Address _____

Name: _____

Address: _____

Please attach another piece of paper for additional orders if necessary.

Total number Apples & Honey ordered _____ at \$ _____ each \$ _____

TOTAL \$ _____

Please make checks payable to **Congregation Am HaYam** and mail to

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CONGREGATION AM HAYAM LIFE-LONG LEARNING
CLASSES AND EVENTS

<p style="text-align: center;">The Life, Thought, and Legacy of Rabbi Abraham Joshua Heschel</p>	<p>Rabbi Dr. J.B. Sacks</p>	<p style="text-align: center;">Alternate Thursdays, 7-8 P.M.</p> <p style="text-align: center;">Via Zoom</p> <p style="text-align: center;">See Calendar</p>	<p>This class will help us understand the depth, insight, spirituality, and enduring influence of one of the great figures of the twentieth century. We will learn of his life, read from his philosophy and poetry, and watch portions of the new documentary of his life.</p>
<p style="text-align: center;">Middot: Using Our Character Strengths Through Tough Times</p>	<p>Fran Lande, Life-Long Learning Chair</p>	<p style="text-align: center;">Alternate Thursdays, 7-8 P.M.</p> <p style="text-align: center;">Via Zoom</p> <p style="text-align: center;">See Calendar</p>	<p>Participants will continue to explore character strengths and middot as we navigate our journey through daily life. By accessing our strengths, we are able to enhance our daily living and journey. Each session will include a study of a Jewish text, value and/or concept. Come participate in a thoughtful and intriguing discussion.</p>

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SCHOLARSTREAM

A PARTNERSHIP OF THE CONSERVATIVE MOVEMENT

Thank you all for your participation in ScholarStream this year. We hope to begin classes again in August.

July: Get in on All the Excitement Here at CAH!

Here at CAH we offer an extensive set of ongoing, recurring events.

Having regular opportunities to be together, to learn, to pray, to sing, to share has been very nurturing of all of us during this pandemic and has strengthened us as a community. We are proud of all these offerings and are grateful to all the event leaders. Thank you! Brenda sends out the link for the Zoom or YouTube link ahead of time, so that it will be towards the top of your Email inbox. Services are coordinated by Rabbi Sacks; all other events are coordinated by our Life-Long Learning Chair, Fran Lande. If you have questions about our non-service offerings or have suggestions for other events, please contact Fran. Please contact fblande@gmail.com

EVENT	LEADER	DAY and TIME	DATES
Erev Shabbat (Friday night) services	Rabbi Sacks	Fridays, 7:30 p.m. at CAH and Streaming	July 7, 21
Shabbat services	Rabbi Sacks	Saturday 10a at CAH and Streaming	July 8, 22
Tishah B'Av Services	Rabbi Sacks	Thursday 10 on Zoom	July 27
The Life, Thought, and Legacy of Rabbi Abraham Joshua Heschel	Rabbi Sacks	Thursdays 7p on Zoom	July 6, 20
Middot: Using Our Character Strengths Through Tough Times	Fran Lande	Thursdays 7p on Zoom	July 13
Ritual Meeting (via Zoom)	Neal Abramson	No Meeting in July	
Annual Congregational Meeting (Via Zoom)	Brenda Rich	No Meeting in July	

Tributes

Brenda Rich to Joel Gordon & Family

In Memory Of

Brenda Rich IMO Arnold Rich
Errol Berk IMO Ira Berk
Miriam Rubinstein IMO Faye Rubinstein
Ruth Resnick IMO Arnie Rich

In Honor Of

Joel Gordon IHO CAH
Maayan Lev IHO CAH

Birthdays

7/13 Lee Rothschild
7/14 Elaine Hanig
7/15 Donna Gustafson
7/16 Brenda Rich
7/20 Judy Margolis
7/21 Eva Lowe
7/27 Alma Boronkay
7/30 Joanne Glick
7/30 Bev Rosen

Anniversaries

7/3 Sydell & Bernie Bubman
7/18 Judy & Rick Newberger

Get Well

Fil Barton	Steven Goch
Alma Boronkay	Fran Lande
Eva Lowe	Judy Newberger
Sheila Myles	Mayaan Lev
Lee Rothschild	



Yahrzeit

FRIDAY, JULY 6 AND SATURDAY, JULY 7

Kimberly Goch, Daughter-in-Law of Steve Goch

*Nettie Halpern, Mother of Ken Halpern

*Rabbi Gerald Hanig, Husband of Elaine Hanig

*Fannie Silberman, Mother of Judy Margolis

FRIDAY, JULY 21 AND SATURDAY, JULY 22

*Rabbi Morris Rubinstein, Husband of Miriam Rubinstein

*David Perlmutter, Father of Buddy Perlmutter

*Leon Lebman, Brother-in-Law of Lois Lebman

CAH Protocols for Moving Back into Our Building

(Revised, February 2022)

Now that the Omicron surge has waned, we look forward to again having services live in our own CAH home. To do so, these are the protocols we will be following. We thank you in advance for helping make our synagogue space warm, welcoming, and safe for all.

1. Everyone must be fully vaccinated to come to services and events held in our CAH home. Proof of vaccination should be shown the first time entering.
2. Social distancing will be maintained. All rows can be utilized.
3. Wearing masks is optional (as all are fully vaccinated).
4. For those who cannot attend services, we will continue live-streaming our services.
5. Service will continue as we have been doing, with aliyot and honors from the front of the Sanctuary, and not from the bimah.

Best Practices/Etiquette Upon Moving Back

Not everyone is equally comfortable with touch at this time, whether it is a handshake, a hug, or a Shabbat shalom kiss. We can express our joy in seeing each other without these, but if it's something any of us want to do, please ASK the person you are about to greet in a physical way first. Please do not take anyone's "NO" as a rejection. Please support everyone in the comfort level in which they find themselves.

ORDERING MEMORIAL WALL PLAQUES AT CAH

Jewish tradition sees memory as a sacred act, allowing us to be inspired by the good in a loved one's life and live more fully in our own days. A yahrzeit plaque allows for a permanent remembrance of a loved one, ensuring that his or her name will be recalled in perpetuity in our congregation. It is very meaningful to see the memorial plaque of your loved one on the High Holy Days, especially at the Yom Kippur Yizkor (Remembrance) service, on the Shabbat close to the yahrzeit, and at other special moments (including Passover, Shavuot and Sukkot Yizkor services).

Names on the plaque are automatically recalled publicly at the Shabbat prior to the yahrzeit at both our Friday night and Saturday morning services just before Mourner's Kaddish.

Ordering a plaque is a wonderful way to pay tribute to that special person or persons of blessed memory.

The current cost of ordering a bronze plaque for the memorial wall is \$360.00 per plaque. If you would like to order two plaques now, the cost will be \$330.00 per name. For 3 or more plaques the cost is \$300.00 per name.

Thank you for considering doing this for your loved ones. Their lives will be remembered and an inspiration to many.

Sincerely,

Brenda Rich

PLAQUE #1–Name of deceased: _____

Relationship _____

Hebrew Name _____ (son/daughter of) _____ and _____

Date of death English

Date of death Hebrew

Before or after sundown _____

PLAQUE #2–Name of deceased: _____

Relationship _____

Hebrew Name _____ (son/daughter of) _____ and _____

Date of death English

Date of death Hebrew

Before or after sundown _____

PLAQUE #3–Name of deceased: _____

Relationship _____

Hebrew Name _____ (son/daughter of) _____ and _____

Date of death English

Date of death Hebrew

Before or after sundown _____

If you have more than three plaques, please place information on additional sheets of paper.

Please mail this form with your check for the amount in full to:
Congregation Am HaYam; Attn: Brenda Rich; 4839 Market St. Unit C; Ventura, CA 93003

July 2023

Tammuz/Av 5783

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Shabbat ends at 8:57p
2	3 Sydell & Bernie Bubman Anniv	4	5 IMO Arnold Rich	6 Life...of Rabbi Abraham Joshua Heschel 7p on Zoom IMO Richard Schneeberger	7 Erev Shabbat Services 8:00p at CAH and Streaming Light Candles 7:54p	8 Shabbat Services 10a at CAH and Streaming Shabbat ends at 8:56p
9	10	11	12 IMO Kimberly Goch	13 Middot 7p on Zoom Lee Rothschild B/D	14 Light Candles 7:52p Elaine Hanig B/D	15 Shabbat ends at 8:53p IMO Nettie Halpern Donna Gustafson B/D
16 Brenda Rich B/D	17	18 Judy & Rick Newberger Anniv	19 IMO Rabbi Gerald Hanig	20 Life...of Rabbi Abraham Joshua Heschel 7p on Zoom IMO Fannie Silberman Judy Margolis B/D	21 Erev Shabbat Services 8:00p at CAH and Streaming Light Candles 7:49p Eva Lowe B/D	22 Shabbat Services 10a at CAH and Streaming Shabbat ends at 8:48p
23 IMO Rabbi Morris Rubinstein	24	25 IMO David Perlmutter	26	27 Tishah B'Av Services 10a on Zoom Alma Boronkay B/D	28 Light Candles 7:44p	29 Shabbat ends at 8:43p
30 Joanne Glick B/D Bev Rosen B/D	31 IMO Leon Lebman					



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Mort Resnick
Arnie Fingerhut z'l
Jerry Ruthman z'l
Peter Shack z'l
Brenda Rich

OUR VOLUNTEERS

Kiddushim - Brenda Rich
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Tributes - Lois Lebman
Purchasing - Ruth Resnick
Yahrzeits - Brenda Rich
Migdalar - Mark Rich
Webmaster - Mark Rich

Rabbi J.B. Sacks

rabbijbsacks@gmail.com Phone # 323-387-0096

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brenda.bashful16@gmail.com Phone # 805-469-0268

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