



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

Phone (805) 644-2899

August 2023

www.congregationAmHaYam.com

From the Rabbi's Study



No, Too, Is an Answer

A man slipped on the escalator and started sliding to the bottom. Halfway down he collided with a woman, knocking her over. Together the two continued to the bottom. When they reached the main floor, the woman, still rather dazed, continued to sit on the man's chest. He looked at her with an air of resignation. "Madam," he offered politely, "I'm sorry, but this is as far as I go."

The man's words should resonate with all of us. In certain situations we can go only so far. We can go only so far in our volunteerism, in our relationships, in our playing, in our consumption of food and drink, and even in grieving and mourning.

We should have limits to everything we do in life. Learning to live with limits is spiritually mature. This means learning to incorporate words like "no" and "not" into building a good and wise life.

A number of factors impede our ability to say "no" enough, including:

- It sometimes feels that saying "no" is impolite or inconsiderate.
- It may feel that saying "no" threatens our connection to/relationship with others.
- We fear that we may disappoint or hurt others by saying "no."
- We are culturally conditioned to believe that we get more out of life and out of others by saying "yes," and that saying "no," will prevent us from moving forward.
- Sometimes we are conflict averse.

Yet the benefits of saying "no" are tangible, and they include:

- Saying "no" can help us prioritize and value ourselves more.
- Saying "no" helps us to honor our true feelings.
- Saying "no" helps us to set and maintain appropriate boundaries.
- Saying "no" to something is a way of saying "yes" to something else.
- Saying "no" is a sign of respect toward others (and yourself).

A personal assistant was once being taken to task by their employer because they left the word “not” out of a letter. The assistant began to pout under the scolding and muttered, “After all, it’s only one little three-letter word.”

The employer overheard the comment and retorted back, “So you think one three-letter word is not important, do you. Well, where do you think we would be today if the word “not” had been omitted from the Ten Commandments?!?”

Can you imagine the Ten Commandments stating, “Thou shalt murder!” “Thou shalt steal!” or “Thou shalt bear false witness!” Oy!



So, *nu*, when and how should we say no?

- Ask yourself: Will saying “yes” prevent me from focusing on something more important? Will saying “yes” make me more tired and burned out? If the answer to either is “yes,” you should consider saying “no.”
- Be honest with yourself about why you are saying “no.”
- In telling someone “no,” ask yourself if an accompanying explanation is necessary. Sometimes no explanation or a very minimal one is best.
- You might consider offering an alternative solution that leaves you out of it. This lets the person know you understood the problem or concern.
- Be kind and don’t rush, but do get to the point!

We, of course, can and should say “yes” when that is appropriate. But most of us don’t have a problem saying “yes”; rather, we often do not feel comfortable or prepared to say “no.” But learning to say “yes” and “no” at the right times, in the right circumstances, and in the right manner, is part of living a mature faith.

As we prepare for the New Year 5784, let us consider the import of “yes” and “no.”

Rabbi J.B. Sacks

Message From Brenda Rich



Greetings:

August is upon us and in case you are not thinking about it the High Holidays will be here sooner than you think.

I am very happy to tell you that once again, Rabbi Stuart Light will be our B'al Tefillah and will be rendering his soulful, meaningful melodies and assisting Rabbi Sacks when needed.

Please read all that is in Migdalor. There is so much information regarding the High Holy days that you need to know. Mark all the dates on your calendars that are important. A lot of people went through a lot of work to bring this information to your attention.

Even though the forms say return, filled out by September 10, you can fill them out sooner

The only form that needs to be returned sooner is the Apples & Honey form and the deadline for that is **August 30**. It would be wonderful if everyone participated in this project in some way. 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.

A gentle reminder that some sort of payment of your dues must be received by CAH on or before September 10 in order for you to attend High Holy Day services. If you have decided, regrettably, not to rejoin CAH, you need to notify me in writing or by email at brenda.bashful16@gmail.com.

Let us remember the values that bind us as a Jewish community: compassion, unity, and to lifelong learning.

If you are taking a vacation in August have a wonderful and safe time. Keep cool.

Shalom.
Brenda

AM HAYAM HIGH HOLY DAY SCHEDULE AND ATTENDANCE FORM, 2023

Dear Friends,

We are excited that the High Holy Days are soon upon us. We plan to host services in our CAH Home. In addition, we will be offering these services via livestream. We need to know when you will be attending services in person and when by livestream, for several reasons. We will be able to more effectively assign High Holy Day honors, and we will be able to send the link for live-streaming to those who will be using it.

Whether you attend in person or live-stream, please note that you will need a High Holy Day Machzor (prayer book) and our Additional Readings booklet. If you will be attending via livestream and need either or both of these, please let us know.

Please let us know if you wish to buy a Mahzor (\$45) or want us to loan you one.

Please complete this form and return it by SEPTEMBER 10 to:

Congregation Am HaYam
4839 Market St. Unit C
Ventura, CA 93003

Name _____

Service	Date & Time	Number Attending in Person at CAH (Fill in)	Number Attending by Live-Stream
ROSH HASHANAH			
Erev Rosh HaShanah (First Evening)	Friday, Sept 15 7:00 p.m.		
Rosh HaShanah, First morning	Saturday Sept 16 9:00 a.m.		
Rosh HaShanah, Second morning	Sunday, Sept 17 9:00 a.m.		

YOM KIPPUR

Kol Nidre/Yom Kippur Evening Service	Sunday, Sept 24 6:00 p.m.		
Yom Kippur Morning	Monday, Sept 25 9:00 a.m.		
Yizkor (Remembrance of Loved Ones) Service (approximately)	11:00 a.m.		
Study Session	4:15 p.m.		
Minchah	5:15 p.m.		
Ne'ilah (Concluding Service)	6:15 p.m.		
Ma'ariv & Havdallah	7:27 p.m.		
Final Shofar Blasts	7:44 p.m.		
Break Fast	following Shofar Blasts		

Please list yourself/ves and all immediate family members who will be attending our High Holy Day services and gatherings
 Please list their names (with an Email address or phone number) below.

Name(s)	Email and/or Phone Number	Attending Live or by YouTube?

Please check the appropriate box below:

<input type="checkbox"/> I need a High Holy Day prayer book		<input type="checkbox"/> I do not need a High Holy Day prayer book
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HIGH HOLY DAY TICKET REQUEST FORM, 2023

Our current policy grants each Family membership two free tickets when dues for the coming year are paid, in full or in part. Singles receive one ticket. In addition, we offer free tickets to newly married couples, members of armed forces, high school and college students, and honorary members (including dependent children living with you in all categories listed above).

Tickets for additional relatives, guests, Associate Members and their family members are **\$125.00 each**. Payment should be mailed on or before **SEPTEMBER 10**.

Please list any additional relatives and guests who need tickets. Associate Members should list themselves as well:

Nonmember/s, Relatives, Guests, Associate Member/s	# of Tickets	Email	Phone Number	Amount (\$125 per ticket/per son)
TOTAL				

Please return this form with payment by September 10 to:

Congregation Am HaYam
4839 Market St., Unit C
Ventura, CA 93003

Sukkot Season: Schedule of Services

<u>SUKKOT</u>			
Shabbat Erev Sukkot services	Friday, Sept. 29	7:00 p.m.	on Zoom (interactive)
1 st morning Sukkot and Shabbat services (with Torah reading)	Saturday, Sept. 30	10:00 a.m.	on Zoom (interactive)
<u>SHEMINI ATZERET</u>			
Shabbat Erev Shemini Atzeret Services	Friday, Oct. 6	7:00 p.m.	on Zoom (interactive)
Shemini Atzeret/Simchat Torah Services (with Yizkor) and Shabbat services	Saturday, Oct. 7	10:00 a.m.	at Congregation Am Hayam and via YouTube

חג שמח! מועדים לשמחה!

A joyful, healthy Sukkot holy day season!

805-644-2899

www.congregationamhayam.com



CELEBRATE THE HIGH HOLY DAYS

On Saturday September 16, 2023

Rosh HaShanah Luncheon
after services at CAH

Tashlikh “casting of our sins”

will be at the home of Brenda Rich on Sunday,
September 17 following Services

All Ages Welcome

Community Yom Kippur Break-the-Fast Dinner

Monday September 25th, 2023
7:30 PM at CAH

PLEASE R.S.V.P.

BY

September 10th 2023

Check Payable to: CAH

Mail to:

Congregation Am HaYam
4839 Market St. Unit C
Ventura, CA 93003

Price for Both Events

\$36.00 Per Person

Price for
Rosh HaShanah
Luncheon
Only

\$22.00 per Person

Price for
Yom Kippur Kippur Break-the-
Fast Dinner
Only

\$22.50 Per Person

BOOK OF LIFE REMEMBRANCE REQUEST FORM

In accordance with Jewish custom, we prepare a **Book of Life** that is used for the *Yizkor* service on Yom Kippur (as well as on Shemini Atzeret, Passover, and Shavuot) that lists our departed relatives and loved ones. Keeping this meaningful tradition will also enable those who submit names to fulfill the *mitzvah* of *tzedakah* to our Synagogue, which is dedicated to perpetuating the memories of members of our Am HaYam family and our loved ones.

To participate in this custom and have your loved ones' names entered into our Book of Life this year, please fill out the form below with your donation, and return by **SEPTEMBER 10**. If you have entered names in previous years, your listing will remain; you merely need to list names you are adding for this year.

We suggest a donation of \$18 for each person remembered. Nonetheless, all donations are warmly received.

May the memories and legacies of all our loved ones be for a blessing.

We thank you in advance and offer our sincerest hopes to you and yours for a good, sweet, healthy New Year.

I wish my listing(s) in the Book of Life to read as follows (**PLEASE PRINT LEGIBLY**):

IN MEMORY OF

REMEMBERED BY:

Use additional sheets if necessary. Please **mail this form so that we receive it by September 10** along with your **check made payable to and mailed to: Congregation Am HaYam;**
% Brenda Rich, 4839 Market St., Unit C; Ventura, CA 93003

Donation Enclosed: \$ _____.

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 \$ _____

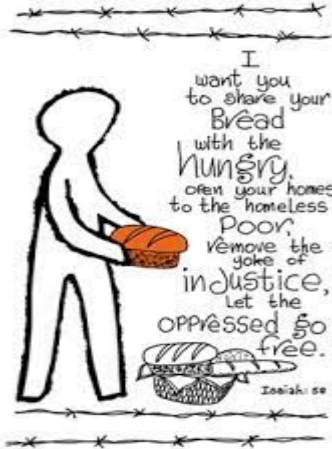
TOTAL \$ _____

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

Congregation Am HaYam; 4839 Market St.; Unit C; Ventura, CA 93003



WE FAST ON YOM KIPPUR; SOME FAST EVERY DAY



On Yom Kippur, we'll gather together in prayer, and we'll read Isaiah's words in the haftarah. But we can also heed Isaiah's words. We ask each household coming during the High Holy Days to bring nonperishable food to the synagogue for distribution to the hungry. **These will be donated to Food Share Ventura County**, which monthly feeds 75,000 fellow citizens and has programs to help alleviate the food insecurity that one in six Ventura County residents struggle with daily.

Please bring donations to any of our services or call Brenda Rich at 805-469-0268 to arrange a time to bring them to our Synagogue.

Crackers	Canned beans
Macaroni & Cheese	Canned Fish
Dry Pasta	Canned Fruit
Brown Rice	Canned Vegetables
Powdered Milk	Canned Potatoes
Peanut Butter	Canned Tuna Fish
Jellies	Soap
Honey	Toothbrush
Cereals	Toothpaste
Juices	Hand Lotion
Food for <i>Diabetics</i>	Disposable Razors
Tomato Sauce	Diapers
Vegetarian Soups	Baby Wipes

Donations of Scrip, personal hygiene products & other ready to use food acceptable.

GIVING

**SUPPORT YOUR SYNAGOGUE WHEN YOU DINE, SHOP,
TRAVEL OR FOR ENTERTAINMENT**

**PURCHASE GIFT CARDS ([SCRIP](#)) FOR YOUR FAVORITE
RESTAURANT, STORE (INCLUDING MARKETS), GAS
STATIONS AND/OR MOVIE THEATERS, ENTERTAINMENT
VENUES AND MORE.**

**YOU GET DOLLAR FOR DOLLAR VALUE FOR
WHATEVER YOU PURCHASE, WHILE AM HAYAM GETS A
PERCENTAGE.**



Click picture above for link to retailer list.

CONGREGATION AM HAYAM LIFE-LONG LEARNING
CLASSES AND EVENTS

Middot: Using Our Character Strengths Through Tough Times	Fran Lande, Life-Long Learning Chair	Thursdays, 7-8 P.M. Via Zoom See Calendar	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.
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www.CongregationAmHaYam.com

August: 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	Friday, 7 p.m. on Zoom	August 4
Shabbat services	Rabbi Sacks	Saturday, 10a on Zoom	August 5
Erev Shabbat (Friday night) services	Rabbi Sacks	Friday, 7:30 p.m. at CAH and Streaming	August 18
Shabbat services	Rabbi Sacks	Saturday 10a at CAH and Streaming	August 19
Middot: Using Our Character Strengths Through Tough Times	Fran Lande	Thursdays 7p on Zoom	August 3,10, 17, 24
Ritual Meeting (via Zoom)	Neal Abramson	Sunday on Zoom at 10a	August 13
Annual Congregational Meeting (Via Zoom)	Brenda Rich	Sunday on Zoom at 11a	August 13

Tributes

To Rabbi Sacks from Ruth Resnick in appreciation for his class on
Rabbi Abraham Joshua Heschel

In Memory Of

Birthdays

8/15 Miriam Mack
8/30 Sheila Myles

Get Well

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

heart hope blessing spirit prayer love trust
RENEWAL rejuvenate help hug restore
COMFORT courage strength MI-SHEBEIRACH
calm ease ADONAI wellbeing soothe refresh dear
sing Amen healing body soul
reassure r'fuah-sh'leimah



Yahrzeit

August 4th & 5th

*Amy Kundel Rust, Cousin of Mort Resnick

*Jeffrey Alan Schonfield, Nephew of Lois Lebman

*Dr. Morris Leventhal, Husband of Judy Leventhal z'l

*David Finkel, Father of Roz Resnick and Brenda Rich and
Grandfather of Mark Rich

*Charles Albert Gustafson, Father-in-Law of Donna Gustafson
Janetta Charna Spunt, Grandmother of Fil Barton

August 18 & 19

Melvin Lloyd Rosen, First Husband of Rabbi J. B. Sacks

*Josef Genson, Father of Marina Skuratofsky

Betty Ann Pattengale-Abramson, Wife of Neal Abramson

*Leo Rosen, Father of Ruth Resnick

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

August 2023

Av/Elul 5783

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Middot 7p on Zoom	4 Erev Shabbat Services 7:00p on Zoom Light Candles 7:38p	5 Shabbat Services 10a on Zoom Shabbat ends at 8:36p
6	7	8	9	10 Middot 7p on Zoom	11 Light Candles 7:31p IMO Amy Kundel Rust	12 Shabbat ends at 8:28p IMO Jeffrey Alan Schonfield
13 Ritual Meeting 10a on Zoom Board Meeting 11a on Zoom IMO Dr. Morris Leventhal	14 IMO David Finkel	15 IMO Charles Albert Gustafson Miriam Mack B/D	16	17 Middot 7p on Zoom IMO Janetta Charna Spunt	18 Erev Shabbat Services 7:30p at CAH and Streaming Light Candles 7:23p	19 Shabbat Services 10a at CAH and Streaming Shabbat ends at 8:19p
20 IMO Melvin Lloyd Rosen	21 IMO Josef Genson	22	23	24 Middot 7p on Zoom IMO Betty Ann Patingale-Abramson	25 Light Candles 7:14p	26 Shabbat ends at 8:10p
27 IMO Leo Rosen	28	29	30 Sheila Myles B/D	31		



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Isidro Lucero



Please consider checking the box that allows you to cover the processing fees.

Copy and paste link if needed

https://www.paypal.com/donate?hosted_button_id=YSYH8MKXVM92

PAST PRESIDENTS

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

OUR VOLUNTEERS

Kiddushim - Brenda Rich
Oneg Shabbat - Fil Barton
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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