

HAMIGDALOR

המגדלור



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

Phone (805) 644-2899

October 2023

www.congregationAmHaYam.com

From the Rabbi's Study



Using Patience

The biblical figure of Joseph is very good at waiting. Not in his youth, of course: the young Joseph cannot help but blurt out his dreams, no matter how offensive they might be to his listeners. With the hard knocks of living, however, he learns the art and wisdom of patience. Joseph spends 20-plus years in Egypt before reencountering his brothers; at least two of those years had been spent in prison serving time for a crime he did not commit. When his brothers unexpectedly turn up, he does not reveal himself immediately. First, he waits three days before dealing with them. The plan he then concocts to test their character is long and slow, requiring him to wait even longer while they journey several times to and from Canaan, taking days if not weeks for each leg of the trip. How much easier it would have been for Joseph to have divulged his identity right away.

All of us can learn from Joseph about the positive effects of employing patience in our lives. When we want to produce something of quality and achieve a worthwhile goal, we will invariably find that using patience produces a better result.

Indeed, all learning proceeds in the manner of patiently building upon previous learning. If a student misses even one step, then further learning is hampered. All human development—physical, mental, moral, emotional, intellectual, spiritual—is a goal toward which we climb one step at a time.

A young adult attended their first classical concert. Listening to the music, the young person was duly, and deeply, impressed that the 90 members of the orchestra were able to play so well, in such synchronicity, and produced such a beautiful piece. Afterwards, the young person was backstage and related this to the performers. One symphony member replied, "You must understand. Each of us rehearsed all of our lives and patiently trained themselves to become a skilled musician." It then occurred to the young person that it took not just hours and days, but hours and days over many years to prepare such a great symphony, and each

performer had to begin by first learning the scales and then advancing gradually to the achievement of a finished musical performance.

During the Sukkot holiday, we read the biblical book of Ecclesiastes. It teaches, “The patient spirit is better than the proud spirit.”¹

Patience is a trait that may affect a number of character strengths that Fran has been teaching us through the pandemic:

- Under the virtue of wisdom, patience forms part of the strength of *perspective*.
- Under the virtue of courage, patience forms part of the strength of *perseverance*.
- Under the virtue of temperance, patience is part of two character strengths: *prudence* and *self-regulation*.
- Under the virtue of transcendence, patience is part of the strength of *hope*.

Of course, the character strength of patience provides many known benefits:

- Patience reduces stress, which helps with our physical, emotional, and spiritual well-being.
- Patience reduces negativity and increases life satisfaction.
- Patience increases our perseverance for long journeys, such as recovery from injury or illness.
- Patience gives us time to think strategically; patience enables better decisions.
- Patience brings out the best in us.
- Patience helps us accomplish our goals.

An admirer once asked the famous concert pianist Paderewski,² “Is it true that you still practice every day?”

“Yes,” replied the pianist. “I practice at least eight hours a day.”

The fan acknowledged, “You must have a world of patience.”

“I have no more patience than the next fellow,” rejoined the renowned musician. “I just use mine.”

We each have aspirations. However, reaching our goals—and becoming our best selves—will require us to use our patience.

Rabbi J.B. Sacks

¹ Ecclesiastes 7:8.

² Igancy Jan Paderewski (1860-1941) was not only a renowned pianist but a composer and statesman. He was the first to give a solo concert at Carnegie Hall. He wrote over 70 orchestral, instrumental and vocal works. His opera *Manru* remains the only opera by a Polish composer performed by the Metropolitan Opera. In 1919, as Poland’s prime minister and foreign minister, he was a signer of the Treaty of Versailles, which ended World War I.

Message From

Brenda Rich



Greetings: I usually have my appeal speech, which is elsewhere in the Migdalor, as my article.

But I couldn't let a month go by by letting you know how much you missed if you were not on line or at CAH.

All the special handouts prepared with their moving and insightful selections, the beautiful and inspirational renditions of the prayers by Rabbi Light, the haunting sounds from the Shofar blown by Neal Abramson, the special study session led by Fran Lande that had practically 100% participation by those in attendance and online, the delicious Break the Fast meal, and the moving, thoughtful G'var Toraahs and Yizkor speech were touching, spiritual and unbelievable.

Be appreciative to all who gave of their time to provide you with the above. I hope you realize that there were hours upon hours spent bringing you all of this. You were seated comfortably for most of the services, Rabbi Sacks was standing for all those hours. And a special thanks to our "technical" director, Mark Rich, who put all handouts, booklets, and other information online for those not in attendance to enjoy. Please, please go to our website www.congregationamhayam.com to see and hear many parts of the service. See it, you will not be disappointed.

I didn't mention the names of many volunteers who were so helpful and also spent hours to bring you these High Holy days services and really all our services and activities. The drivers who assist others to get to and from CAH, the shoppers for food, the preparers of food, those who help to set up tables, those who help clear off the tables and clean up in the kitchen, the greeters, and even more.

Todah Rabah to all.

Please read Migdalor. Respond and make reservations for our Joint CAH-TBT Shabbat Shemini Atzeret & Simchat Torah Services and Luncheon on Saturday, October 7.

Shalom,
Brenda

For those of you who were not at services and missed my appeal speech, it is below. Our need is great and I hope you will consider sending in a pledge.

For those who were at services, here is a refresher and I hope you will also respond. Thank you. G'mar chatima tovah

Link to donate via PayPal and our mailing address to send in a check is below for your convenience.

High Holy Day Appeal 2023

G'mar tov. Welcome to 5784. We are starting a new year and look forward to what the year brings us, and what we will bring to the new year.

And we proudly state: we are still here. We are here as one people - all with a clean slate ahead of us.

I am here, once again to ask for your financial help, which is not compatible with the spirit of Yom Kippur, but nevertheless needs to be done.

We are and always will always be a holy community, but we are one with financial needs. Unfortunately, the cost of living has not been reduced. Electricity, gas, food, service calls and more have all increased. You know it from your everyday living. It's the same for CAH.

I understand that financial hardships affect each and every one each of you. But still, I am standing here asking you to seriously consider how you can help CAH continue to bring you all we do. We provide services, special programs, zoom classes, food and so much more.

This past year we brought for your enjoyment, just to mention a few items, several selections from our stimulating significant book club led by Fran Lande and a series on the life and times of Rabbi Abraham Joshua Heschel led by Rabbi Sacks where we learned all that Rabbi Heschel provided in our lives.

We provide for your soul and spirit and that can't be measured in dollar and cents. But our lights, air conditioning, and heating still need to run. Our interior needs refurbishing. This is where your help is crucial.

We are here for everyone. All are accepted.

Last year I spoke about *chesed* – extending kindness, hospitality, and generosity. That can never be forgotten.

I'd like to go a little further and expound upon love, acceptance, and caring. Now is the time to reflect and resolve to make our lives more meaningful. And if we haven't started doing that yet than 5784 should be the beginning. So, what can you do to make your lives more meaningful?

Start by smiling more than frowning. Start by liking yourself so you can like others and extend help to others in need. Let's reduce our complaints and be more thankful and more appreciative for what we do have.

Start taking advantage of all that CAH offers you. We are here for you in good times and in bad times. Our community is here to give you love, encouragement, support, and safety. In closing, think of CAH as a young tree whose roots are barely in the ground. You are the nutrients and water it needs so that we can grow to be strong and provide shade and comfort to all. Please help us to continue to grow and be strong and to provide comfort to all.

May 5784 bring you the fulfillment of all your hopes, give you spiritual and physical strength and may CAH be your guiding light.

Thank you.

G'mar Chatimah tovah



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Or mail checks to:
Congregation Am HaYam
4839 Market St, Unit C,
Ventura, CA 93003

Rabbi Recruitment Committee
Miriam Mack

As Rabbi Sacks noted during his High Holiday drash, CAH is at a point of transition. He will be leaving us after a long and successful tenure, and we will be seeking a new Rabbi. To do this properly and with intention, we need to take time to consider who we are, what we want to become and the qualities we want to see in our new spiritual leader.

Fran Lande and I are honored to lead the Rabbi Recruitment Committee along with Neal Abramson, Mark Rich and Esther Taxon. The most important part of the process is to seek input from all stakeholders so we can clearly communicate with potential applicants our hopes and expectations.

The committee will be seeking your thoughts and ideas in October and November. You will be hearing more about this in the coming weeks. In the meantime, if you have questions or ideas, please email us at search@CongregationAmHayam.com. We want all voices to be heard.

Rosh Hashanah Apples and Honey Bags

We hope that you enjoyed a wonderful start to Rosh Hashanah 5784 with our temple Apples & Honey bags. We are all looking forward to a wonderful year at CAH and hope you participate in services, classes, programs and anything and everything we have to offer you.

I want to thank the following people for getting our fund raiser off to a yummy and successful start. CAH is so very appreciative:

Bill Amplo & Bill Snellenberger

Fil Barton

Cliff Berens

Errol Berk

Sydell & Bernie Bubman

Arlene & Jerry Davis

Stephen Goch

Donna Gustafson

Ken Hailpern

Lois Leberman

Miriam & Darryl Mack

Rico Mandel

Andrea Massion

Ruth Resnick

Brenda Rich

Mark Rich

Lee Rothschild

Rabbi J.B. Sacks & Steven Karash

Esther Taxon & Josh Lampel

As you can imagine, unlike Samantha in Bewitched we cannot twitch our noses and the bags wind up at all of your front doors. Thanks so much to Brenda, Donna, Esther, Fil, Fran, Gerry, Mark and Ruthy for the all the behind the scenes time and effort made.

Wishing you all a sweet year,

Ruthy Resnick

JOINT CAH-TBT SHABBAT SHEMINI ATZERET & SIMCHAT TORAH SERVICES AND LUNCHEON



Congregation Am HaYam and Temple Beth Torah join together for a Yizkor Service and a joyful Simchat Torah celebration.

Holiday Kiddush Luncheon to follow

\$12 per person

RSVP - fblande@gmail.com

Send checks payable to CAH to 4839 Market St, Unit C, Ventura, CA 93003

RSVP and payment due by Oct. 2

Saturday October 7th 10:00 a.m.

CAH 4839 MARKET STREET, UNIT C, VENTURA, CA 93003

www.CongregationAmHayam.com

Jewish Life through Music

Tuesdays at 7 p.m. via Zoom

led by Rabbi Sacks

Begins November 7, 2023

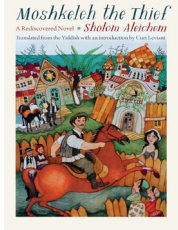
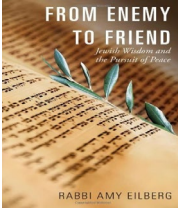
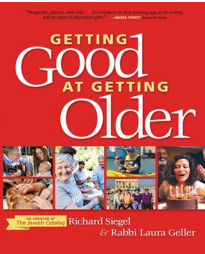
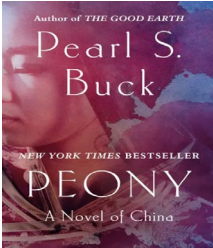
Am HaYam's Lifelong Learning Program is proud to present this year long course that will help us to think more deeply about the American Jewish experience, and our own relationship to Judaism and Jewishness through stories of the evolving nature of Jewish music. This course will be based on the Stories of Music Project of UCLA and the Center for Music of American Jewish Experience. Rabbi Sacks is a co-author of that curriculum. Among the topics we will cover in this course include:

- How Jewish music has been a central connective force in our history, practices, and identity as a Jewish people
- How, as a whole, Jewish music reflects the very diverse historical, sociological and religious experiences of Jews have.
- How Israeli music served to introduce American Jews to Israeli culture and Zionism
- How Israeli music navigated the ongoing relationship between American Jews and Zionism and Israel,
- The role of music during the Shoah, and in our ongoing efforts to remember it and commemorate it.
- Explore and celebrate the music and culture of the Moroccan and Persian Jewish communities
- Explore Moroccan and Persian lifecycle celebrations and holiday practices
- Explore the use of music in the work of doing justice.
- How music propelled and sustained key protests against injustice in American history, and Jewish involvement in the protests and in the music
- How Jewish rituals and prayers have served social justice values and concerns;
- How Jewish involvement in many aspects of most entertainment genres served to reflect and/or forward the work of justice.

Please come prepared to learn, grow, and appreciate your own connection to the richness of Jewish life through our music. This course is to savor and enjoy!

www.CongregationAmHaYam.com

**SIGNIFICANT JEWISH BOOK CLUB
CONGREGATION AM HAYAM
FOUR WEDNESDAY EVENINGS, 7 PM VIA ZOOM**

<p>WEDNESDAY NOVEMBER 15, 2023</p>		<p>The first English translation of Sholom Aleichem's rediscovered novel, <i>Moshkeh the Thief</i> has a riveting plot, an unusual love story, and a keenly observed portrayal of an underclass Jew replete with characters never seen before in Yiddish literature.</p>
<p>WEDNESDAY JANUARY 10, 2024</p>		<p>Amy Eilberg is the first woman ordained as a Conservative Rabbi. The greatest heroism according to the Jewish and Muslim faiths is to "transform an enemy into a friend, to move from hatred to caring, from suspicion and fear, to embrace of the other."</p>
<p>WEDNESDAY MARCH 13, 2024</p>		<p>For all of us "of a certain age," this National Jewish Book Award finalist provides us with the resources and skills to navigate the years between maturity and old age. It brings humor, warmth, and more than 4,000 years of Jewish experience to the question of how to shape this stage of life.</p>
<p>WEDNESDAY MAY 22, 2024</p>		<p>By the acclaimed Nobel laureate, <i>Peony</i> tells of a Chinese woman in love with a Jewish man in nineteenth-century China. Noted for its subtle and balanced treatment of colliding traditions, the novel concerns love, identity, and the tragedy and beauty found at the intersection of two disparate cultures.</p>

**FOR MORE INFORMATION, PLEASE CONTACT LIFE-LONG LEARNING CHAIR
FRAN LANDE @ fblande@gmail.com**

www.CongregationAmHaYam.com

GIVING

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PERCENTAGE.**



Click picture above for link to retailer list.

October: 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
Shabbat/Erev Shemini Atzeret Services	Rabbi Sacks	Friday 7p.m. on Zoom	October 6
Joint CAH-TBT Shabbat Shemini Atzeret & Simchat Torah Services and Luncheon	Rabbi Sacks Rabbi Lisa	Saturday 10a at CAH	October 7
Erev Shabbat (Friday night) services	Fran Lande	Friday, 7 p.m. on Zoom	October 20
Shabbat services	Fran Lande	Saturday, 10a on Zoom	October 21
Ritual Meeting (via Zoom)	Neal Abramson	Sunday 10a on Zoom	October 15
Board Meeting (Via Zoom)	Brenda Rich	Sunday 11a on Zoom	October 15

Tributes

From: Lois Lebman to Brenda and Mark Rich IMO your beloved
sister and Aunt.

Lois Lebman to Mort Resnick and family IMO your beloved Roz.

Lois Lebman to Ruth Resnick IMO your beloved Roz

In Memory Of

In Memory of Roz Resnick

Judy & Joel Adelman

Shari & Howard Brody

Sydell & Bernie Bubman

Sue Cohen

Cookie Eichner

Linda & Bob Fleischman

Roz Gold

Ken Hailpern

Elaine Levey

Carol and Mel Maller

Adrienne Morris

Wilma & Alan Nishball

Gayle & Ken Reizes

Ruth Resnick

Dianna Rice

Brenda Rich & Mark Rich

Ruth Resnick IMO Leo Rosen

Miriam Rubinstein IMO Rabbi Moshe Rubinstein

Eva Lowe IMO Frank Lowe

In Honor Of

Phyllis Slade IHO Brenda Rich

David Novak IHO the shiva conducted in memory of my mother by Rabbi JB Sacks and in his honor as my friend and chevreuta.

Birthdays

10/6 Esther Taxon
10/12 Sydell Bubman

Anniversaries

10/24 Esther Taxon and Josh Lampel

Get Well

Fil Barton	Steven Goch
Alma Boronkay	Fran Lande
Sheila Myles	Judye Newberger
Lee Rothschild	

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



Yahrzeit

Friday, October 6 & Saturday, October 7

- *Til Hanig, Mother-in-Law of Elaine Hanig
- *Jesse Kaufman, Father-in-Law of Neal Abramson
 - *Walter B Greenberg
- *Mitzi Hornick, Mother of Tina Gustavson
- *Hyman Sydney Paper, Father-in-law of Buddy Perlmutter

Friday, October 20 & Saturday, October 21

- David Rubinstein, Father-in-Law of Miriam Rubinstein
 - *Philip Leventhal, Father of Moe Leventhal z"l
- *Irene Golden, Mother-in-Law of Alma Golden Boronkay

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

October 2023

Tishrei/Cheshvan 5784

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 IMO Henry Gustafson	2	3	4	5	6 Shabbat/Erev Shemini Atzeret Services 7p on Zoom Light Candles 6:17p IMO Hilda Rosen Esther Taxon B/D	7 Joint CAH-TBT Shabbat Shemini Atzeret & Simchat Torah Services and Luncheon 10a at CAH Shabbat ends at 7:11p IMO Til Hanig
8 Holiday ends at 7:09p	9	10	11 IMO Jesse Kaufman	12 Sydell Bubman B/D	13 Light Candles 6:07p	14 Shabbat ends at 7:02p
15 Ritual Meeting 10a on Zoom Board Meeting 11a on Zoom IMO Walter B Greenberg	16	17	18 IMO Mitzi Hornick	19	20 Erev Shabbat Services 7:00p on Zoom Light Candles 5:59p IMO Hyman Sydney Paper	21 Shabbat Services 10a on Zoom Shabbat ends at 6:53p
22 IMO David Rubinstein	23	24 Esther Taxon and Josh Lampel Anni	25	26	27 Light Candles 5:51p	28 Shabbat ends at 6:46p
29	30	31				



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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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