

HAMIGDALOR

המגדלור



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Phone (805) 644-2899

August 2024

www.congregationAmHaYam.com

Rabbi's Words



Over 60 days! If you're reading this on August 1st, we are more than 65 days away from the new year, Rosh Hashanah. It's a weird thing about the holidays. When talking about when the Rosh Hashanah and Yom Kippur fell on any given years, most of us will say that they're either "late" or "early" this year. Have you ever noticed that we never say the holidays are on time? Maybe it's because we're completely comfortable with what the holidays mean.

As I sit here in July, trying to write an article for August, I'm reminded of a Staples television commercial that ran for years. In it, a middle-aged man danced through the aisles of a store to the lyrics, "it's the most wonderful time of the year." Dragging behind him were sad looking children whose depression was only worsened by their father's happiness. The announcer then came on to declare, "that's right, they're going back to school!"

For many of us, it's an exciting time, a time of transition and expectation, a time of anxiety and anticipation. The new school year is beginning, and the Jewish year is ending. While you've no doubt read it before, this is a time for us to sit back and to take stock of our lives.

While the calendars for the rest of the world won't change for a few more months, many of us are feeling some sort of beginning. Students are getting ready to go back to school, buying their binders and back to school clothes. For some of us, it's a natural time to reflect on where we were a year ago and all that has transpired in the last 12 months or so since last Yom Kippur.

There is simply too much that has happened to us as a Jewish people over that last year to properly delve into in a bulletin article. Instead, I want to invite you to take a moment and reflect on what has changed for you. Are you where you wanted to be a year ago? Are you where you thought you'd be? If the answer to one or both of those questions is no, then it might be worth exploring why our lives are something other than we'd want for ourselves.

When I was a student, I dreaded the fall. I loved the freedom and undemanding days of summer and was always reluctant to let them give way to the structure and stricture of the school year. Even as a parent, I don't relish my children going back to school. I don't get excited about getting them up and to school on time, of all the practices and rehearsals, the meetings, and the parties to which they'll be invited.

In many ways, it's a stressful time of the year. But for me, personally, there is one way in which this is the "most wonderful time of the year." I love the High Holy Days. I love the obligation we feel to take stock of ourselves and our lives. I look forward to the difficult task of introspection that is demanded of us during these holidays.

May it be a year of blessing and happiness for us all.

Message From

Brenda Rich



Greetings: Here comes August and even though the High Holy Days are not until October plans will begin in August and you will also be receiving your HH packets in August.

You received in July your invoices for dues for the new fiscal year starting July 1, 2024 through June 30, 2025. If you were unable to pay your dues in full, we hope you were able to make part of your dues so we know you plan to stay a member. We proudly welcome two new members to our Am HaYam family

Joel Gordon
Nancy & Cliff Berens

July brought us services by Rabbi Ben Goldstein who very ably led us on Zoom and live at CAH. Hope more will join him as he continues to provide us with innovative services in August.

We are kicking off our Apples & Honey fund raiser and you will find not only our flyer but also a stimulating article from Fran Lande that informs you of the importance apples & honey plays in welcoming our holidays. Make every effort to participate in this project.

Mussar classes led by Fran Lande will continue in the month of August. They will be held at 7 p.m. on Thursday on Zoom. Do not miss them.

Remember, we are here for you. CAH is your family. Let us know what you want. Shalom,

Brenda

IT'S APPLES AND HONEY TIME!

The practice of eating apples and honey on Rosh Hashanah dates back centuries. Apples, often considered one of the most popular fruits in many cultures, have come to symbolize the *Shechinah*, or Divine Presence, in Kabbalistic thought. Honey, with its enduring sweetness, represents our prayer for a year filled with joy and blessings. Together, they encapsulate our collective wish for a sweet new year, filled with health and happiness.

Rabbi Shimon Apisdorf explains 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."

During the Rosh Hashanah meal, it is customary to recite a special blessing over the apples and honey. This act not only expresses our desire for a good year but also serves as a reminder of the importance of gratitude and positivity as we enter a new chapter.

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

Mussar: Deepening Our Character

Fran Lande, Lifelong Learning chair, will continue her class on August 1st at 7 PM via Zoom. We will be looking at Jewish Values and helping to create a life of meaning and purpose. Through a variety of materials, participants will have the opportunity to discover and wrestle with key Jewish concepts.

So far we have explored the middot of Humility/Anavah, Patience/Savlanut, Gratitude/Ha Karat HaTov, Compassion/Rachamim and Order/Seder. Together we gained insight into the meaning of each and how to better balance the role they play in our daily interactions.

No previous knowledge of Hebrew or text study required, just a desire to learn and make sense of our lives! You can join us even if you have not been able to attend the previous classes.



Empty Seat in the Sanctuary

There are still 200+ hostages under Hamas control, and each one needs our prayers for liberation. Congregation Am HaYam has been matched with hostages

**Yarden Romann &
Romi Bat Merav**

We are thrilled that Yarden has been released! However, we will continue keep empty seats for them at our synagogue and pray for their and all the hostages safe return.



WHAT DO YOU PUT IN YOUR RECYCLE BIN ?

If you are putting newspapers, magazines, shredded mail, frozen meal containers and glass in your bin for the city to pick up that is great. **If you are still putting in soda cans and water bottles, please consider saving them for CAH.**

Soda cans are recyclable. Plastic water bottles, both plain and flavored can be recycled. From the small 4 ounce to the large half gallon bottles can bring money in to CAH.

If you think a few cents doesn't matter, I can tell you a small income on a regular basis adds up. Since we started in 2014 CAH has earned \$ 1,173.32. You can bring the recycles to services or you can save them in 13 or 33 gallon bags and I will be happy to pick them up.

There are lots of holiday parties coming up between now and New Years Eve. You might ask neighbors to save them.

Call me for any questions or to pick up. You can call me at home or leave a message on the temple phone at 805-644-2899.

Thank you so much.

Ruth Resnick



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.

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

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

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 Goldstein; 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	Rabbi Ben Goldstein	Friday, 7p on Zoom	August 3
Shabbat Services	Rabbi Ben Goldstein	Saturday, 10a on Zoom	August 4
Erev Shabbat	Rabbi Ben Goldstein	Friday, 7:30p at CAH and Streaming	August 16
Shabbat Services	Rabbi Ben Goldstein	Saturday, 10a at CAH and Streaming	August 17
Mussar: Deepening Our Character	Fran Lande	Thursdays, 7p on Zoom	August 1, 8, 15, 22, 29
Ritual Meeting	Neal Abramson	Sunday, 10a on Zoom	August 18
Board Meeting	Brenda Rich	Sunday, 11a on Zoom	August 18

Trees for Israel

Ring of 3 trees to
Eva Lowe
In honor of her 100th birthday
From Elaine Hanig

In Memory Of

Donna Harless IMO Lois Lebman
Ronni Sanlo IMO Lois Lebman
Gwen Milligan IMO Lois Lebman
Ruth Resnick IMO Aaron Resnick
Brenda Rich & Mark Rich IMO Arnie Rich

In Honor Of

Cookie Eichner IHO Rabbi Sacks

Birthdays

Miriam Mack 8/15

Get Well

Fil Barton	Steven Goch
Alma Boronkay	Fran Lande
Sheila Myles	Arlene Davis
Lee Rothschild	Jerry Davis

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



Yahrzeit

Friday, August 2 & Saturday, August 3

Amnon Aharon-Ezer, Husband of Janice Aharon-Ezer and Father of
Talía, Eli, and Myan

*Rabbi Gerald Hanig, Husband of Elaine Hanig

*Fannie Silberman, Mother of Judy Margolis

Jerome Charles Kattan, Brother of Fil Barton

*Rabbi Morris Rubinstein, Husband of Miriam Rubinstein

*David Perlmutter, Father of Buddy Perlmutter

Friday, August 16 and Saturday, August 17

*Leon Lebman, Brother-in-Law of Lois Lebman z"l

*Amy Kundel Rust, Cousin of Mort Resnick

*Jeffrey Allan Schonfield, Nephew of Lois Lebman z"l

Morris Leventhal, Husband of Judy Leventhal z"l

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

Janetta Charna Spunt, Grandmother of Fil Barton

*Rosalyn Resnick, Wife of Mort Resnick, Sister of Brenda Rich, Aunt of
Mark Rich

Joseph Hacker, Stepfather of Fil Barton

Melvin Lloyd Rosen, Father of Rabbi J.B. Sacks

May their memories be for a blessing

Updated CAH Protocols for Services

(Revised, June 2024)

Now that the Omicron surge has waned, we are ready to remove some of the protocols that have been in place.

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. **Those having aliyot and honors may again do so from Bimah. We will maintain the music stand in front of the Bimah for those who would prefer to do their honor from there due to distancing or mobility issues.**

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 2024

Tammuz/Av 5784

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Deepening Our Character 7p on Zoom IMO Nettie Halpern	Erev Shabbat Services 7p on Zoom Light Candles 7:39p	Shabbat Services 10a On Zoom Shabbat ends at 8:37p IMO Amnon Aharon-Ezer
4	5	6	7	8	9	10
	IMO Rabbi Gerald Hanig	IMO Fannie Silberman		Deepening Our Character 7p on Zoom IMO Jerome Charles Kattan	Light Candles 7:32p IMO Rabbi Morris Rubinstein	Shabbat ends at 8:29p IMO David Perlmutter
11	12	13	14	15	16	17
				Deepening Our Character 7p on Zoom Miriam Mack B/D	Erev Shabbat Services 7:30p at CAH Light Candles 7:25p	Shabbat Services 10a at CAH Shabbat ends at 8:21p IMO Leon Lebman
18	19	20	21	22	23	24
Ritual Meeting 10a on Zoom Board Meeting 11a on Zoom				Deepening Our Character 7p on Zoom	Light Candles 7:16p	Shabbat ends at 8:11p
25	26	27	28	29	30	31
			IMO Amy Kundel Rust	Deepening Our Character 7p on Zoom IMO Jeffrey Allan Schonfield	Light Candles 7:07p IMO Morris Leventhal	Shabbat ends at 8:02p



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

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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
Oneg Shabbat - Fil Barton
Purchasing - Ruth Resnick
Yahrzeits - Brenda Rich
Migdalar - Mark Rich
Webmaster - Mark Rich

Rabbi Ben Goldstein
rabbi@congregationAmHaYam.com

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brenda.bashful16@gmail.com

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