

HAMIGDALOR

המגדלור



4839 Market Street, Unit C, Ventura, Ca. 93003 Phone (805) 644-2899

August 2025

www.congregationAmHaYam.com

Rabbi's Words



I live my life guided by a theme of my maternal grandfather. The theme he imprinted on my psyche is "10 minutes early, is almost late". Now this flies directly in the face of the concept of "JST" or more commonly, "Jewish Standard Time", where 20 minutes late is on time. The thought of being late, the idea that I might miss a deadline makes my teeth itch. I just can not function that way. Why do i share this? Because I'm writing this article for the August 1st *Migdalor* the week of July 10th. Or in other words Day 645 of Israel at war.

Israel is very close to my heart. I'll explain my connection in detail in person and in future articles. Let me just say, I became engaged to Judy in Israel, on her kibbutz. I am married to an Israeli citizen and all my stepchildren were born on Kibbutz Maagan Michael. As we head into August and we recall on Tisha B'Av the destruction of the 1st and 2nd Temples in Jerusalem and the subsequent exiles, I am grateful to live in a time where there is a modern Jewish nation of Israel with united Jerusalem as it's capital.

I will share much more about Israel in coming months. For now, I have to share I'm very excited to have my first Shabbat weekends behind me. For me it has been much fun to meet our community and start to hear everyone's stories. Just as I suspect people want to know about Rabbi Ron, I also want to sit with everyone after services, enjoy some sweets and hear your stories also. In sharing our histories, we have the chance to get to know each other other and enhance the relationship and community. I would be very remiss if I did not thank everyone for the very warm and joyful welcome you have offered to Judy and myself.

This is the point of the summer where suddenly “Back to School” advertisements appear. A signal that while we are at the height of summer, the fall and the High Holidays are coming into real view. We will be observing Tisha B’Av on August 3rd. Watch for updates with information for the time and the link for the service. As we move into August the heavy duty planning of all the High Holidays comes into play. I am very much looking forward to observing and celebrating the holidays with you all.

Looking into the year to come, allow me to share a few goals and themes I have. First of all, I value both teaching and learning. I enjoy teaching about Torah, about text and our faith and its customs. And I enjoy learning from everyone also. It is a firm belief of mine that the words of Pirkei Avot are very true, as our sages teach us, “who is wise? the one who learns from everyone”. To that end, each month I’ll be sharing a bit of Torah or text or something from the prayer book. For this month, the words of the 146th Psalm inspire me. On page 97 of the siddur we read, “יהוה שומר את גרים, יתום ואלמנה”-“G!d protects the stranger (the resident alien among you), the orphan and the widow”. These were the 3 most vulnerable classes in ancient times. Those words speak to me today. Just as G!d is concerned and protects the vulnerable in society, do we all also not have a positive injunction to do the same? I believe we do. Together in the year to come, let’s explore together ways we can live these words of scripture and make the world just a little better, just little brighter, because we took part in it.

Todah! תודה רבה

Rabbi Ron

Message From Brenda Rich



Greetings: Can't believe it's already August.

Services are live at CAH at 7:30 p.m. on August 1 for Erev Shabbat and at 10 a.m. for Shabbat Services. Both services will be live-streamed.

On Sunday, August 3, Rabbi Ron will be conducting services **on Zoom** for Tisha B'Av at 10 a.m. Please show your support and be there. You will receive the link by email.

Hope you got your reservations in and will be joining us an TBT on August 10th, for our field trip to the Ronald Reagan Library to see the Dead Sea Scrolls display. Thanks to Neal Abramson for securing bus transportation and the bus will be leaving from CAH at **8:45** a.m. If you plan to drive yourself, meet us in front of the library at 10 a.m. The bus will be leaving the Library at **1 p.m.**

The High Holy Days are just about here. You will be receiving a special High Holy Day Migdalor with all the information you will need for the holidays.

However, if you have not already sent in your order for apples and honey, the order form to participate in our apples and honey fund raiser is in the Migdalor. If you can, send in your forms now. This is a wonderful way to wish your Am HaYam family, your own family and friends' blessings for a sweet year. See the form elsewhere in the Migdalor and read Fran's beautiful and meaningful article.

Don't forget to attend in person at our services on August 15 & 16. And watch for a session on the High Holidays being presented by Rabbi Ron and Fran Lande

I realize that with all that is happening in the world today, many of us are feeling a lot of anger. But we must stick to the teachings of our faith-showing kindness and acceptance. You know we are all immigrants because somewhere in our ancestral background someone came from another country. So open your minds and your hearts to help those in need in any way you can.

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.

In conjunction with the study of Mussar that we have undertaken this year at CAH, we wanted to see apples and honey from a Mussar perspective. The following words were shared by Rabbi Eric Gurvis from [The Mussar Institute](#).

Rabbi Elya Lopian teaching that "Mussar is teaching the heart what the mind already understands."

As we approach the New Year, and take our Apples and Honey to wish for sweetness in the New Year, here is a reflection to help us connect our heart and mind:

A Mussar Reflection on Apples and Honey

*As I take this apple, crisp and whole, I remember that I too am a work in progress—
growing, ripening, reaching toward the light.*

As I dip the apple into honey, I pause.

*May this sweetness be not just a wish for the year ahead,
but a reminder of the sweetness I can bring into the world.*

May I speak words that heal.

May I act with kindness, even when it is hard.

May I notice the good in others, and in myself.

*Let this simple act be a sacred one—
a moment of kavanah, of intention.*

A moment of hakarat hatov, of gratitude.

A moment of teshuvah, of returning to who I am meant to be.

*May this year be sweet—not only in what I receive,
but in what I give.*

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



**CONGREGATION AM HAYAM
APPLES & HONEY 2025**

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

Please return by September 9th. Deliveries will be September 17th – September 21st.

Please check if you will pick up your bag at Services on September 19th or 20th. _____

Name: _____ Phone Number _____

Price: If not purchasing for the entire congregation, each bag is \$24 for neighbors, relatives, friends or others.

Entire Congregation \$ 140.

Entire Congregation \$ 140 plus \$18 for each additional bag

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

COMING SOON!

**ANI V'ATA—
TOGETHER WE WILL
CHANGE THE WORLD**



**LEARNING ABOUT ANTISEMITISM TO TAKE ACTION IN A CORNER OF
THE WORLD**

A program to explore and learn together about when anti-Zionism is racism and when is it not? And a speaker/ workshop on an action component supporting Jewish students on local college campuses as they navigate college life.

This is made possible by a grant from the **Pacific Southwest Region of the United Synagogue of Conservative Judaism**

🌿 Prepare Your Heart & Mind for the High Holy Days 🌿

A special class presented by Rabbi Ron & Fran Lande

Hosted by Congregation Am HaYam

📅 **Date: Thursday, August 28**

🕒 **Time: 7:00 PM**

📍 **Location: Zoom (link to be provided)**

Join Rabbi Ron and Fran Lande, our Life Long Learning Chair, for an uplifting and insightful class to help us deepen our understanding and appreciation of the High Holy Days.

Topics Include:

- 🕯️ **The Shofar – Meaning, sound, and spiritual significance**
- 🐓 **Kapparot – Exploring the ritual and its themes of atonement**
- ✨ **Bitachon (Trust) & Tikvah (Hope) – A Mussar lens for the Days of Awe**
- 📖 **Three Core Elements to enhance your Yamim Noraim experience**

Come ready to learn, reflect, and connect as we prepare together for this sacred season.

All are welcome!



Mussar: Deepening Our Character

Mussar classes continue in August.

Come join us as we continue our exploration of middot/ soul traits. Each week we gain insight into the meaning of various middot and how to better balance the role each can play in our daily interaction.

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. We will be continuing with Moderation/Shvil Ha'zahav

Classes will be August 7, 14 and 21st at 7 pm on Zoom.

For more information, please contact Fran Lande, Life-Long learning chair at fblande@gmail.com.



Empty Seat in the Sanctuary

We are thrilled that both of our hostages have been returned to their home and families. We continue to pray that all the hostages are released and there will be lasting peace in Israel.

**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**

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 Goldberg; 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 on Zoom	Rabbi Ron Goldberg	Friday, 7:30p at CAH and Streaming	August 1
Shabbat at CAH	Rabbi Ron Goldberg	Saturday, 10a at CAH and Streaming	August 2
Tish'a B'Av Services on Zoom	Rabbi Ron Goldberg	Sunday, 10a on Zoom	August 3
Erev Shabbat at CAH	Rabbi Ron Goldberg	Friday, 7:30p at CAH and Streaming	August 14
Shabbat at CAH	Rabbi Ron Goldberg	Saturday, 10a at CAH and Streaming	August 15
Field Trip to Dead Sea Scrolls	Reservation Required	Meet at CAH at 8:45	August 10
Mussar	Fran Lande	7p on Zoom	August 7, 14, 21
Prepare Your Heart & Mind for the High Holy Days	Rabbi Ron Goldberg Fran Lande	7p on Zoom	August 28
Ritual Meeting	Neal Abramson	Sunday 10a on Zoom	August 18
Board Meeting	Brenda Rich	Sunday 11a on Zoom	August 18

In Memory Of

Judy Zuckerman & Les Hanig IMO Rabbi Gerald Hanig
Brenda Rich & Mark Rich IMO Arnie Rich

In Honor Of

Ellen Cervantes IHO Rabbi Ron's First Service at CAH

Birthdays

Sheila Myles 8/30

Get Well

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



Yahrzeit

FRIDAY, AUGUST 1 AND SATURDAY, AUGUST 2

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

FRIDAY, AUGUST 15 AND SATURDAY, AUGUST 16

*Amy Kunst Rust, Cousin of Mort Resnick

*Jeffrey Alan Schonfield, Nephew of Lois Lebman z'l

*Moe Leventhal, Husband of Judy Leventhal z'l

*David Finkel, Father of Brenda Rich & Grandfather of Mark Rich
Janetta Charna Spunt, Grandmother of Fil Barton

*Roz Resnick, Wife of Mort Resnick, Sister of Brenda Rich & Aunt of
Mark Rich

Joseph Hacker, Stepfather of Fil Barton

*Charles Albert Gustafson, Father-in-Law of Donna Gustafson

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

*Joseph Genson, Father of Marina Skuratovsky

*Betty Ann Pattengale-Abramson, Wife of Neal Abramson

*Leo Rosen, Father of Ruth Resnick

May their memories be for a blessing

From the CAH COVID Response Team

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 2025

Av/Elul 5785

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					¹ Erev Shabbat Services 7:30p at CAH Light Shabbat Candles 7:40p IMO David Perlmutter	² Shabbat Services 10a at CAH Shabbat ends at 8:38p
³ Tish'a B'Av Services on Zoom at 10a	⁴	⁵	⁶	⁷ Deepening Our Character 7p on Zoom IMO Leon Lebman	⁸ Light Shabbat Candles 7:34p	⁹ Shabbat ends at 8:31p
¹⁰ Field trip to Dead Sea Scrolls Meet 8:45 at CAH	¹¹	¹²	¹³	¹⁴ Deepening Our Character 7p on Zoom	¹⁵ Erev Shabbat Services 7:30p at CAH Light Shabbat Candles 7:26p	¹⁶ Shabbat Services 10a at CAH Shabbat ends at 8:22p
¹⁷ Ritual meeting 10a on Zoom Board meeting 11a on Zoom	¹⁸ IMO Amy Kunst Rust	¹⁹ IMO Jeffrey Alan Schonfield	²⁰ IMO Moe Leventhal	²¹ Deepening Our Character 7p on Zoom IMO David Finkel	²² Light Shabbat Candles 7:18p	²³ Shabbat ends at 8:13p
²⁴ IMO Janetta Charna Spunt	²⁵ IMO Roz Resnick IMO Joseph Hacker	²⁶ IMO Charles Albert Gustafson	²⁷ IMO Melvin Lloyd Rosen	²⁸ Prepare Your Heart & Mind for the High Holy Days 7P on Zoom IMO Joseph Genson	²⁹ Light Shabbat Candles 7:09p	³⁰ Shabbat ends at 8:04p Sheila Myles B/D
³¹ IMO Betty Ann Pattengale-Abramson						



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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
Purchasing - Ruth Resnick
Yahrzeits - Brenda Rich
Migdalar - Mark Rich
Webmaster - Mark Rich

"Rabbi Ron" Goldberg
RabbiRon@CongregationAmHaYam.com

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