



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

July 2026

www.congregationAmHaYam.com

Rabbi's Words



There is a famous quote from Alfred, Lord Tennyson in 1842 that I'm going to corrupt and reinterpret liberally. In the world of Rabbi Ron, the quote goes something like this, "In springtime a man's fancy and thoughts turn to Baseball".. And being the Dodger fan I am, as of the afternoon I'm writing this article, the Los Angeles Dodgers lead Major League Baseball in wins, Shohei Ohtani is a multi-generational talent and we are lucky to see him place here in Southern California. So all is right in the Baseball world.

Now in the Rabbinic world, ah, that's a longer topic. This is the lull. That time between the end of the school year and being past Memorial Day, we are into summer and that means Tisha B'Av is before us and that is the harbinger of the ימי נוראים - Days of Awe. It is a moment for a rabbi to ease back on the sofa, to enjoy a Shabbat lunch with the community and to know time is marching towards Rosh Hashanah.

July is of course the time for the Birthday of America. This year is especially moving, as we observe 250 years of the United States of America. For me when I think of 4th of July and America, my mind considers the similarities between the United States and Judaism. In 1995, there was a movie I'm confident most of us have seen, possibly multiple times. The movie is "The American President". In it Michael Douglas plays the President of the United States, a widower who falls in love. The movie explores with humor and insight, the trials of the President falling in love. In a very interesting observation about the United States, Michael Douglas shares "America is advanced citizenship...". It is not easy being an American citizen. It is not a passive activity, it is demanding. America requires its citizens to take an active part in their role as citizen. American citizenship has some very basic requires of us. We are all familiar with paying taxes and jury duty as part of our civic duties. Voting is a privilege and right of citizenship and it is rite of citizenship, to be an informed voter and exercise our right and obligation to vote is intrinsic to citizenship. American citizenship

requires we respect the rights of all the citizens of land. It requires us to respect their rights to expression and speech, even of what we might find to be offensive and abhorrent. It is demanding to be an American citizen and America wants us to be our best selves in all respects.

I'm not a Yiddish speaker by any means, but even I am familiar with the Yiddish proverb, **Shver tsu zayn a Yid...** or in the English, it's tough (hard) to be a Jew. Because Judaism is demanding. Judaism is not a passive faith but rather it is one that demands active involvement and engagement, daily. Judaism gives us direction on how and when to worship, on what to eat and what NOT to eat, it has its own historic language. And just as American citizenship requires Americans to be tolerant of each other, Judaism is just as demanding. We are taught about how to disagree and to disagree without being disagreeable. It requires us to hear the voice of the other person and consider it. Our tradition reminds us not to oppress the widow, the orphan or the stranger, because we were once strangers. Judaism inspires us to be our best selves and elevate our observance.

In the morning blessings, we thank **השם** for making us Jews. This 250th birthday of America inspires me to say, "Thank you **השם** for making me a Jew and thank you for making me an American"... Happy Birthday America!!



Message From Brenda Rich



Greetings: July 1, 2026, begins the start of our new fiscal year. Not only is it the start of our new year, but July 4th is the 250th anniversary of the United States of America.

Birthday, justice, acceptance and love for all people. Antisemitism must be eradicated. Freedom for all beliefs must be secured.

CAH begins its year with services on Friday, July 3 live at CAH at 7:30 p.m. Of course, as usual, all our services that are live at CAH will be live streamed.

Saturday, July 4, our services will be on **ZOOM at 10 a.m.** Rabbi Ron will be leading a discussion on Jewish influence during the 250 years of United States history.

You will notice in the Migdalor and on our announcements that there are many birthday celebrants. However, there is one person that deserves special recognition.

On Saturday, July 18th we will be having a special Kiddush luncheon in honor of Alma Boronkay's **100th** birthday. Alma is a special lady and has been an asset and a constant presence in the life of CAH. Please join us in honoring Ala for this momentous occasion.

Sunday, July 19 at 11 a.m. on **ZOOM** is our congregational meeting. All members received their ballot in the mail. For those of you who have not already done so, **please, please mark you ballot and return them before the deadline.**

Also received by all members was your invitation to the installation of Rabbi Ron on Sunday, August 9 at noon live at CAH. Besides having a delicious catered meal, there will be a special ceremony with Rabbi Lisa Hochberg-Miller doing the installation under a Chuppah, entertainment by Hazzan Mike Stein, and laudatory brief speeches. Don't miss this. **Please respond.**

To show our appreciation to our congregation, members of our family, friends and acquaintances, teachers, therapists, cleaners, salon workers and anyone who deserves your appreciation, please fill out the apples and honey form that you will find elsewhere in this newsletter. Read Fran Lande's article and realize the importance of this small act.

Invoices to rejoin CAH have also been sent out. I hope all will be rejoining. Please send all or part of your dues as soon as possible. If regrettably you decide not to rejoin, please send me that notice.

Please check out our activity page for our upcoming sessions. Check out our website at <http://www.congregationamhayam.com> also. We offer so much. Make this the year that you take advantage of all we offer.

Special notice payments to CAH can now be made through Zelle. Please contact me for how to access this method of payment.

Shalom,

Brenda



There will be a special Kiddish on Saturday, July 18 honoring and celebrating Alma Boronkay's 100th birthday!

There will be a congregational meeting on Zoom on Sunday, July 19 at 11a. You have received your ballots. Please fill them out and mail them in.

Tisha B'Av Services on Zoom Wednesday July 22nd at 7p.

On Sunday, August 9 we will have an installation celebration for Rabbi Ron Goldberg. Hazzan Mike Stein will sing and Rabbi Lisa will officiate. A luncheon will be part of the Installation. Please see flyer.

High Holiday Season begins with Selichot on Saturday September 5.



THE INSTALLATION OF RABBI RON

You Are Cordially Invited

Congregation Am HaYam warmly invites you to celebrate
The Installation of Rabbi Ron



Sunday, August 9, 2026

12:00 p.m.

Congregation Am HaYam

4839 Market St., Unit C

Ventura, CA 93003

Installing Rabbi

Rabbi Lisa Hochberg-Miller

Entertainment

Hazzan Mike Stein

Buffet Luncheon

\$45 per person

Please Respond by July 21, 2026

Email RSVPs Accepted

brenda.bashful16@gmail.com

Celebrating the continuing growth and future of Congregation Am HaYam

Sweetening the Soul: A Mussar Approach to Apples and Honey

As we gather around our holiday tables for Rosh Hashanah, many of us will take part in the beloved tradition of dipping apples into honey. It is a sweet, sensory ritual that signals our hopes for a good year ahead. However, if we look at this practice through the lens of *Mussar*—the centuries-old Jewish tradition of spiritual and ethical character development—this simple act transforms from a standard custom into a profound internal meditation.

In Mussar, character traits (*middot*) are treated like spiritual muscles that require conscious cultivation. The primary materials of our holiday ritual offer a vivid metaphor for awakening three essential soul traits: Joy (*Simchah*), Inner Peace (*Menuchat HaNefesh*), and Loving Kindness (*Chesed*).

The Apple: Finding Natural Joy (*Simchah*)

An apple is inherently sweet, growing easily and pleasantly on a tree. In our spiritual lives, the apple represents uncomplicated, natural joy. It symbolizes the obvious blessings we enjoy—family, health, stable moments, and personal milestones. Dipping the apple reminds us to practice the spiritual discipline of gratitude: to slow down, notice the easy beauty already present in our everyday lives, and celebrate it fully without fear.

The Honey: Cultivating Inner Peace (*Menuchat HaNefesh*)

Honey presents a deeper spiritual paradox. It is uniquely sweet, yet it is produced by a bee—an insect that carries a painful sting. Mussar masters teach that true inner peace (*Menuchat HaNefesh*) is not the absence of struggle, but the ability to remain emotionally grounded amidst life's challenges. When we dip our food in honey, we acknowledge that the upcoming year will inevitably bring both sweetness and "stings." We pray for the inner resilience to breathe through discomfort, lower our egos, and trust that we can extract growth, strength, and ultimate sweetness from adversity.

The Dipping: Stretching into Active Love (*Chesed*)

Finally, the physical act of dipping represents loving-kindness (*Chesed*). Just as honey completely coats and envelops the apple, we are called to let active love wrap around our daily interactions. True *Chesed* requires us to step out of our comfort zones to serve others. When we submerge the fruit, we commit to submerging our self-centeredness, pledging to bring kindness, generosity, and sweetness to our families, our congregation, and the wider community.

A Mindful Table Practice

This Rosh Hashanah, consider bringing a moment of quiet intention (*Kavanah*) to your table before eating. After reciting the traditional blessing, dip your apple deeply into the honey and pause for three seconds. Choose just one of these three traits—Joy, Peace, or Love—that you most want to strengthen in your life this year. Hold that thought, take a mindful bite, and let the physical taste serve as a signature on your soul's commitment to growth, wholeness, and a truly sweet new year. *Shanah Tovah!*

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 2026**

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

Please return by August 26th. Deliveries will be September 2nd – September 10th

Please check if you will pick up your bag at services on September 4th or 5th _____

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

JOIN RABBI RON FOR HIS NEW CLASS SERIES
JEWISH LIFESTYLE EVENTS AND RITUALS

July 15th AT 7p ON ZOOM

JEWISH LIFECYCLE  

Reviewing the journey of a Jewish life...

Wedding & Marriage

CREATING A JEWISH WEDDING AND MARRIAGE

Two Souls One Journey

כתובה
I am my beloved's
and my beloved
is mine.
Song of Songs 6:3

שהאריך
ימיכם
ושני חייכם

A covenant
of love,
a partnership
for life.

BUILDING A HOME
ROOTED IN
FAITH, LOVE & RESPECT

Rabbi Ron reviews Jewish lifecycle events and rituals.
*Exploring the meaning, traditions and values
that help create a Jewish wedding and a lasting marriage.*

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**

Mussar: Deepening Our Character

Mussar classes continue in July.

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.

This month we will begin the study of **yirah**. The English translation is usually awe/fear. We will explore the role **yirah** can play in our lives. Do you do the right thing out of fear of punishment? Do you keep your **yetzer harah** at bay because of your awe of G!d? How do they interact?

Class dates will be July 9th, and 30th at 7 pm on Zoom.

For more information, please contact Fran Lande, Life-Long learning chair at fblande@gmail.com or for links to class president@CongregationAmHaYam.com



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.

July: 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 at CAH	Rabbi Ron Goldberg	Friday, 7:30p at CAH and Streaming	July 2
Shabbat on Zoom	Rabbi Ron Goldberg	Saturday, 10a on Zoom	July 4
Erev Shabbat at CAH	Rabbi Ron Goldberg	Friday, 7:30p at CAH and Streaming	July 17
Shabbat at CAH (Honoring Alma Boronkay)	Rabbi Ron Goldberg	Saturday, 10a at CAH and Streaming	July 18
Tisha B'Av Services on Zoom	Rabbi Ron Goldberg	Wednesday, 7p on Zoom	July 22
Mussar	Fran Lande	Thursdays 7p on Zoom	July 9, 30
Jewish Lifecycle Events and Rituals	Rabbi Ron	Wednesday 7p on Zoom	July 15
Congregational Meeting	Brenda Rich	Sunday 11a on Zoom	July 19

In Memory of

Dan & Susan Rothschild IMO Lee Rothschild
Brenda Rich IMO Lee Rothschild
Kenny Halpern IMO William Halpern

In Honor of

Dianna Rice IHO Fran Lande & her Mussar classes

Birthdays

Mort Resnick 7/9
Elaine Hanig 7/14
Donna Gustafson 7/15
Brenda Rich 7/16
Judy Margolis 7/20
Alma Boronkay, 7/27
Lynn Freeman 7/29
Joanne Glick 7/30

Anniversaries

Sydell & Bernie Bubman 7/3

Get Well

Fil Barton	Steven Goch
Alma Boronkay	Fran Lande
Rick Newberger	Arlene Davis
Jerry Davis	



Yahrzeit

FRIDAY, JULY 3 AND SATURDAY JULY, 4

Kimberly Goch, Daughter-in-Law of Steve Goch

*Nettie Halpern, Mother of Kenny Halpern

*Rabbi Gerald Hanig, Husband of Elaine Hanig

*Fannie Silberman, Mother of Judy Margolis

FRIDAY, JULY 17 AND SATURDAY, JULY 18

Jerome Charles Kattan, Brother of Fil Barton

*Rabbi Morris Rubinstein, Husband of Miriam Rubinstein

*David Perlmutter, Father of Buddy Perlmutter

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

*Amy Kundel Rust, Cousin of Mort Resnick

May their memories be for a blessing

July 2026

Tammuz/Av 5786

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 IMO Arnold Rich	2 IMO Richard Schneeberger	3 Erev Shabbat Services 7:30p at CAH Light Shabbat Candles 7:49p Sydell & Bernie Bubman Anniv	4 Shabbat Services 10a on Zoom Shabbat ends at 8:51p
5	6	7	8 IMO Kimberly Goch	9 Deepening Our Character 7p on Zoom Mort Resnick B/D	10 Light Shabbat Candles 7:52p	11 Shabbat ends at 8:54p IMO Nettie Halpern
12	13	14 Elaine Hanig B/D	15 Jewish Lifestyle Events and Rituals 7p on Zoom IMO Rabbi Gerald Hanig Donna Gustafson B/D	16 IMO Fannie Silberman Brenda Rich B/D	17 Erev Shabbat Services 7:30p at CAH Light Shabbat Candles 7:49p	18 Shabbat Services 10a at CAH Shabbat ends at 8:51p IMO Jerome Charles Kattan
19 Congregational meeting 11a on Zoom IMO Rabbi Morris Rubinstein	20 Judy Margolis B/D	21 IMO David Perlmutter	22 Tisha B'Av services 7p on Zoom	23 Tisha B'Av	24 Light Shabbat Candles 7:52p	25 Shabbat ends at 8:54p
26	27 IMO Leon Lebman Alma Boronkay B/D	28	29 Lynn Freeman B/D	30 Deepening Our Character 7p on Zoom Joanne Glick B/D	31 Light Shabbat Candles 7:52p	



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

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

"Rabbi Ron" Goldberg

RabbiRon@CongregationAmHaYam.com

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