

HAMIGDALOR

המגדלור



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

August 2026

www.congregationAmHaYam.com

Rabbi's Words



August is such a in-between time. I know when I was a young student, it was part of what is called in Israel חופש הגדול-the big break/vacation/recess. And it is still summertime, where I live in the west San Fernando Valley, August and September-the dog days of summer, truly brings on the heat. I'll share this time of year, on Friday evening I leave West Hills about 6:30 and it's in the 90s still. When I arrive at CAH, it can be as much as 20 degrees cooler and I'll have the misguided thought of "why didn't I bring a jacket". But August isn't what it used to be. First of all, so many School Districts resume classes in mid-August these days, those notes about "back to school" sales don't seem so out of place. School resuming used to be the call to get out of vacation mode and return to regular life. So August is that in-between time. Not yet fall by any means, summer heat is in full blast, but the hint of fall is starting to appear.

In 2026, my school days are way back in the rear-view mirror. And in my rabbinic and congregational life, August brings clarion call of "Yontif is coming"!! August is a tried and true symbol of time and lets me know, the High Holiday season is directly before me. It is time to polish the service order and co-ordinate with Rabbi Light (delighted he will be on the bima with me again) and review the choreography of the service. This year, Rosh Hashanah begins Friday evening, September 11. Some say to me, "the holidays are early" but the rabbinic reply is, "the holidays come exactly when they are supposed to". And they do exactly that. Rosh HaShana falls exactly when it is supposed to and our challenge is to be prepared for it and Yom Kippur and Sukkot. Regarding the holidays, we have the honors to give out and share for services. If you are interested in any of the honors or taking part, please contact our Ritual VP, Neal Abramson at his email address of: uncleneal2@yahoo.com

In September, I'll have more words about the High Holiday season, about hopes and goals and desires for the year to come. For this month, August is upon us and it is more of an Administrative time. In our CAH world, it is time for registration for membership and for arranging High Holiday tickets. August is a great time to make sure to order and take part in our CAH "Apples and Honey" gift bag and fund raiser. At the risk of seeming immodest, on August the 9th, CAH is having an instillation ceremony for its Rabbi. I hope to see you there, RSVP to Brenda Rich, brenda.bashful16@gmail.com

My friends, I'll have much more to say next month on the holidays and the year to come. For now, enjoy the reminder of summer, cheer on the Dodgers and I'll see you all at Congregation Am HaYam!

Rabbi Ron



Message From Brenda Rich



Greetings: Yes, believe it or not it is August. And you know what will be here in the blink of an eye – **HIGH HOLY DAYS**. More on that later in my article-so keep on reading.

August is definitely not going to be dull.

Erev Shabbat Services on Friday, August 7 will start at 7:30 p.m. and will be live at CAH. Saturday morning services will begin at 10 a.m and will be live at CAH, For those unable to attend live, they will be live streamed.

Following the Kiddush, help will be needed to setup 9 tables with chairs around them for our event on Sunday, August 9.

Sunday, August 9 at noon will be the unforgettable installation of Rabbi Ron. Sorry if you did not make your reservations. You will be missing a special afternoon. There will be a delicious catered lunch, Rabbi Lisa Hochberg-Miller will be doing the installation and Hazzan Mike Stein will be providing entertainment.

In preparation for the **High Holy Days**, on Thursday, August 13 at 7 p.m., Rabbi Ron and Fran Lande will explore how you can begin to take steps to take an honest look at yourself and your relationships. Take accounting of the Soul, in the preparation for the process of Teshuvah asking for forgiveness and granting forgiveness.

Mussar classes will resume in October.

Services on the 21 and 22 will be live at CAH and live streamed.

So now comes September and the High Holy Days. This issue and our website has a lot of information for you on what & when events will be happening. Make notes of all the dates and times. Mark them in all your calendars or in your computers or iPhone.

You also will be receiving the information letter and forms in the mail some time in August. It is of utmost Importance that all information asked for is completed and returned.

Shalom,

Brenda

HIGH HOLY DAY SCHEDULE OF SERVICES 2026

Service	Date & Time
SELICHOT	
Selichot study and services (on Zoom)	Saturday, Sept. 05 7:00 p.m.
ROSH HASHANAH	
Erev Rosh HaShanah (First Evening)	Friday, Sept. 11 7:30 p.m.
Rosh HaShanah, First morning /Luncheon following	Saturday, Sept. 12 10:00 a.m.
Rosh HaShanah, Second morning	Sunday, Sept. 13 10:00 a.m.
Tashlich at home of Brenda Rich	Following Services
YOM KIPPUR	
Kol Nidre/Yom Kippur Evening Service	Sunday, Sept 20 6:30 p.m.
Yom Kippur Morning (through Musaf)	Monday, September 21 10:00a.m.
Yizkor (Remembrance of Loved Ones) Service (approximately)	11:30 a.m.
Study Session	4:30 p.m.
Minchah	6:00 p.m.
Ne'ilah (Concluding Service) & Maariv	6:30 p.m.
Havdallah & Final Shofar Blast	8:00 p.m.
Break Fast	following Shofar Blasts



Price for Both Events

\$36.00 Per Person

Price for
Rosh HaShanah
Luncheon

Only
\$22.00 per Person

Price for
Yom Kippur Break-the-Fast
Dinner

Only
\$22.50 Per Person

CELEBRATE THE HIGH HOLY DAYS

On Saturday September 12th, 2026

Rosh HaShanah Luncheon
after services at CAH

Tashlikh “casting of our sins”
will be at the home of Brenda Rich on Sunday
September 13th following the conclusion of
Services. No lunch being served. Bring
breadcrumbs.

All Ages Welcome

Community Yom Kippur Break-the-Fast Dinner
Monday, September 21st, 2026 at the
conclusion of the service at CAH

PLEASE R.S.V.P.

BY

September 3rd 2026

Check Payable to: CAH

Mail to:

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

Zelle- payments@CongregationAmHayam.com

RETURN TO CENTER/INCREASING JOY, PEACE AND LOVE

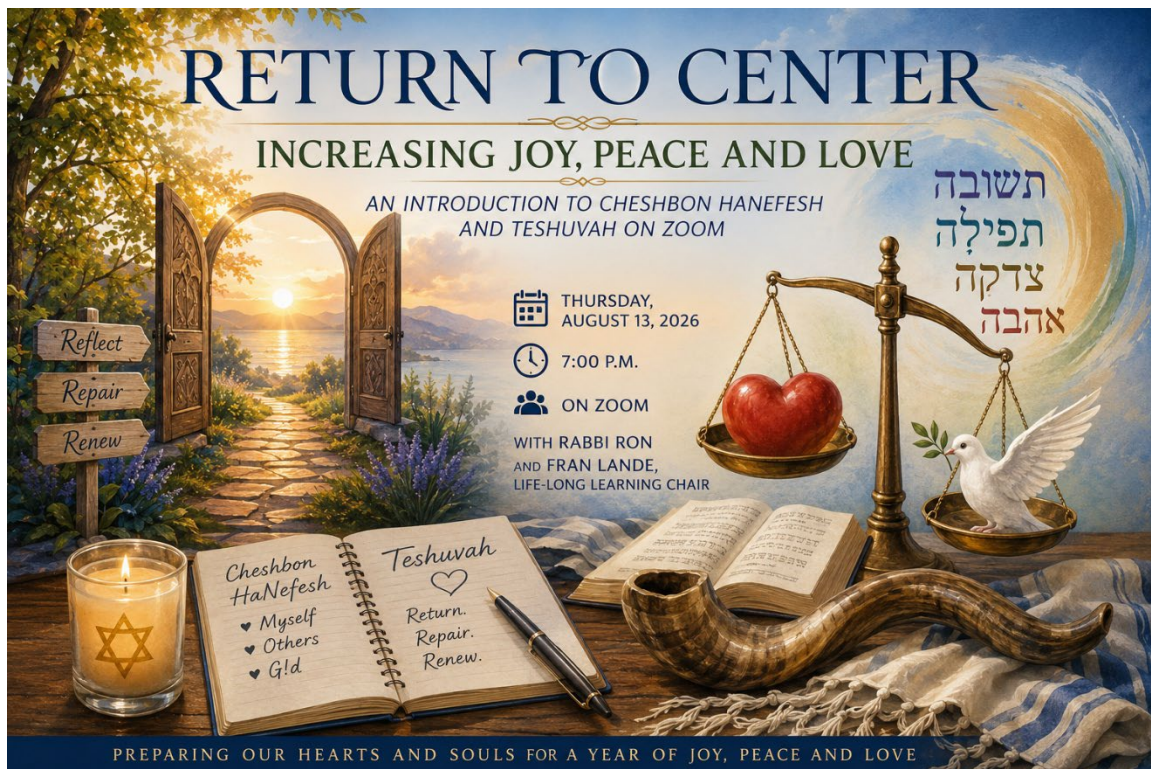
AN INTRODUCTION TO CHESHBON HANEFESH AND TESHUVAH ON ZOOM

Over the years, I have heard many things about this time of year. At times, a general question or theme surfaces..." I hope the Rabbi will be interesting." , "I hope the tefillot/prayers are sung with inspiration". Yes, Rabbi Ron and Rabbi Light have major roles in the services. AND so does each individual congregant that is a part of our kahal kodesh, sacred community.

That preparation begins with the month of Elul which begins the evening of August 12- August 14, 2026.

One of the main concepts of the month of Elul is Cheshbon HaNefesh, Accounting of the Soul, in preparation for the process of Teshuvah asking for forgiveness and granting forgiveness.

On Thursday. August 13, 2026, at 7 p.m., please join Rabbi Ron and Fran Lande, Life-Long Learning Chair, for **Return to Center**. Explore how you can begin to take steps to take an honest look at yourself and your relationships and begin the process of not only asking for forgiveness but also learn how to give it. While it may sound somber, it truly is a process that can include tremendous joy. When one is able to repair the relationships with themselves, other people and G!d, joy, peace and love will increase in the coming year.



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

AM HAYAM HIGH HOLY DAY SCHEDULE AND ATTENDANCE FORM, 2026

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 3 to:

Brenda Rich
4030 Nice Ct.
Oxnard, CA 93035

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. 11 7:30 p.m.		
Rosh HaShanah, First morning	Saturday, Sept. 12 10:00 a.m.		
Rosh HaShanah, Second morning	Sunday, Sep. 13 10:00 a.m.		

YOM KIPPUR

Kol Nidre/Yom Kippur Evening Service	Sunday, Sept. 20 6:30 p.m.		
Yom Kippur Morning	Monday, Sept. 21 10:00 a.m.		
Yizkor (Remembrance of Loved Ones) Service (approximately)	11:30 a.m.		
Study Session	4:30 p.m.		
Minchah	6:00 p.m.		
Ne'ilah (Concluding Service) & Maariv	6:30 p.m.		
Havdallah & Final Shofar Blast	8:00 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:

☐	I need a High Holy Day prayer book	☐	I do not need a High Holy Day prayer book
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HIGH HOLY DAY TICKET REQUEST FORM, 2026

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 3**.

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/person)
TOTAL				

Please return this form with payment by September 3 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**

Mussar: Deepening Our Character

Mussar classes continue in October.

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.

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,
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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 at CAH	Rabbi Ron Goldberg	Friday, 7:30p at CAH and Streaming	August 7
Shabbat at CAH	Rabbi Ron Goldberg	Saturday, 10a at CAH and Streaming	August 8
Erev Shabbat at CAH	Hazzan Mike Stein	Friday, 7:30p at CAH and Streaming	August 21
Shabbat at CAH	Hazzan Mike Stein	Saturday, 10a at CAH and Streaming	August 22
Rabbi Ron Installation	Rabbi Lisa Hochberg-Miller	Sunday 12p at CAH	August 9
An Introduction To Cheshbon Hanefesh	Rabbi Ron Goldberg Fran Lande	Thursday, 7p on Zoom	August 13
Mussar	Fran Lande	Will Return in October	
Jewish Lifecycle Events and Rituals	Rabbi Ron	Will Return in October	
Ritual Meeting	Neal Abramson	Sunday 10a on Zoom	August 16

In Memory of

Kenny Halpern IMO Nettie Halpern
Elaine Hanig IMO Gerald Hanig
Miriam Rubinstein IMO Rabbi Moishe Rubinstein
Nancy & Lonny Scharf IMO Clare Halpern & Rosalyn Scharf
Lonny & Nancy Scharf IMO Daniel Haas

In Honor of

Arlene & Jerry Davis IHO Alma Boronkay's 100th Birthday
Joel Golden IHO CAH
Bill Amplo Get Well Fran Lande

Birthdays

Miriam Mack 8/15

Anniversaries

Nancy & Lonny Scharf 8/2

Get Well

Fil Barton

Alma Boronkay

Rick Newberger

Jerry Davis

Steven Goch

Fran Lande

Arlene Davis

Ron Freeman



Yahrzeit

FRIDAY, AUGUST 7 AND SATURDAY, AUGUST 8

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

*Moe 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

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

Joseph Hacker, Step-father of Fil Barton

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

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

*Joseph Genson, Father of Marina Skuratovsky

*Betty Ann Pattengale-Abramson, Wife of Neal Abramson

FRIDAY, AUGUST 21 and SATURDAY, AUGUST 22

*Leo Rosen, Father of Ruth Rosen

*Max Beck, Father-in-Law of Florence Beck

Marvin Abramson, Father of Neal Abramson

*Bernard "Bob" Winer, Husband of Myrna Winer z'l

Lisa Widero Kadansky, Sister-in-Law of Miriam Mack

May their memories be for a blessing

August 2026

Av/Elul 5786

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						¹ Shabbat ends at 8:54p
² Nancy & Lonny Scharf Anniv	³	⁴	⁵	⁶	⁷ Erev Shabbat Services 7:30p at CAH Light Shabbat Candles 7:49p IMO Amy Kundel Rust	⁸ Shabbat Services 10a at CAH Shabbat ends at 8:51p IMO Jeffrey Allan Schonfield
⁹ Rabbi Ron Installation 12p IMO Moe Leventhal	¹⁰ IMO David Finkel	¹¹	¹²	¹³ An Introduction To Cheshbon Hanefesh 7p on Zoom IMO Janetta Charna Spunt	¹⁴ Light Shabbat Candles 7:52p IMO Roz Resnick IMO Joseph Hacker	¹⁵ Shabbat ends at 8:54p IMO Charles Albert Gustafson Miriam Mack B/D
¹⁶ Ritual Meeting 10a IMO Melvyn Lloyd Rosen	¹⁷ IMO Joseph Genson	¹⁸	¹⁹	²⁰ IMO Betty Ann Pattengale-Abramson	²¹ Erev Shabbat Services 7:30p at CAH Light Shabbat Candles 7:49p	²² Shabbat Services 10a at CAH Shabbat ends at 8:51p
²³ IMO Leo Rosen	²⁴	²⁵	²⁶	²⁷	²⁸ Light Shabbat Candles 7:52p	²⁹ Shabbat ends at 8:54p
³⁰	³¹ IMO Max Beck					



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Isidro Lucero



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https://www.paypal.com/donate?hosted_button_id=YSYYH8MKXVM92

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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brenda.bashful16@gmail.com

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