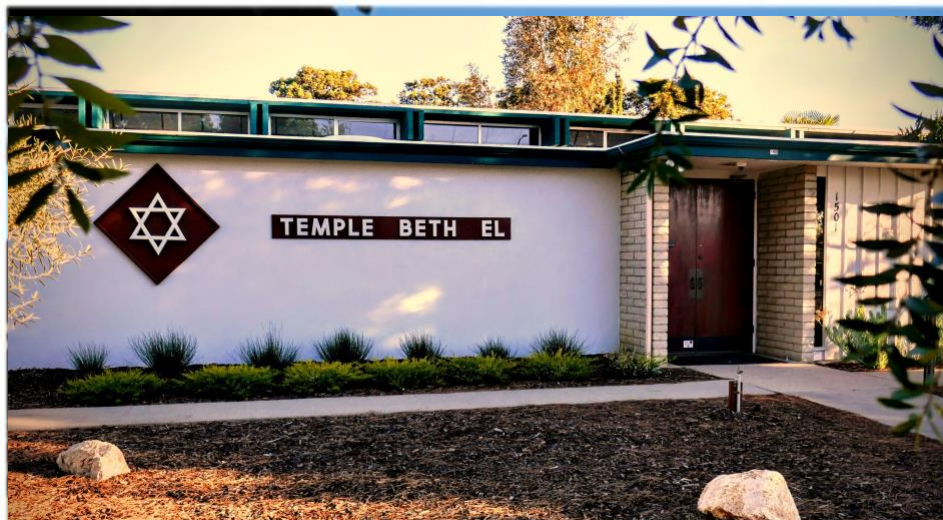


# Temple Beth El

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## Rabbi's Message - Benzion C. Kaganoff

### Three Dimensions of Humanity

By Rabbi Benzion C. Kaganoff

#### Part One of three Parts

THE MAIN THEME of the season of the High Holy Days is best summed up by the words of the liturgy, "us'shuva, us'filah, utz'dakah, ma'avirin es roa hagzayrah" – penitence, prayer, and charity," these are the three dimensions of the religious life within which man must place himself if he is to become the higher being of creation for which he was intended.

Penitence means that man can lift himself by his own bootstraps out of the rut of listlessness, out of the pit of moral lethargy and out of the mire of wrongdoing. Judaism firmly maintains that man need not live with a feeling of guilt under a burden of eternal damnation. This is a basic difference between Judaism and Christianity, between the teachings of the synagogue and the doctrine of the church. For man, asserts Judaism, was created to be a little lower than the angels. But being possessed of human frailties, it is almost inevitable that man will make mistakes. In fact, the Bible portrays all life as a choice in the hands of man – a choice between that which will lead to good or to evil, between right and wrong.

Life has been described in many ways. It has been described as a ship upon the high seas. Mark Twain described life as a tough battleground, a struggle "from which very few of us come out alive." Judaism sees life as a series of crossroads, with highways leading to moral blessedness and self-fulfillment or to wickedness and frustrations of the spirit. Man is placed at these crossroads, and he must make his own choice. And very often it happens that we err and take the wrong road in life. We are then temporarily lost; we become perplexed and dismayed. The divine image in which we were created becomes jarred out of focus; the spark of our soul becomes dampened, sometimes even almost extinguished.

But God has given us the greatest of divine blessings – penitence. In fact, the Hebrew word for penitence is t'shuvah, and it means return. The entire High Holy Day period, beginning with the New Year, Rosh Hashanah, and culminating

**Continued on Page 2**

### August Schedule of Services:

August 1st Yael Gott (7:30 PM)  
August 8th Josué Medrano (7:30 PM)  
August 15th TBA (7:30 PM)  
August 22nd TBA (7:30 PM)  
August 29th TBA (7:30 PM)

### Educational Activities

Etz Chaim Children's Religious School 10 AM

## Continued from Page 1

with the Day of Atonement, Yom Kippur – this entire period is called the season of penitence; it proclaims: "Return, O Man, to your God!" Find your way back again to an elevated and more lofty concept of humanity. Even if you have become lost and have gone astray on the highways and byways of life, now is your opportunity to return, once again, to the right way. Now is the chance for spiritual stock-taking, for finding your place, once again, with your God, with your family, with your community, with yourself.

Penitence, then, is the first dimension of humanity. It permeates the very depth of our souls, constantly admonishing us that all is not lost, that there is a great deal of salvaging to be done, that things can be set aright, that wrongs can be rectified, if we will it.

How is this penitence to come about? The second element of our three-dimensional scheme will offer one possibility...

Rabbi Benzion C. Kaganoff

### Schedule for High Holidays

Erev Rosh Hashanah	Mon, September 22	7 PM
Rosh Hashanah I	Tues, September 23	10 AM
Tashlich on Harford Pier at Port San Luis		4 PM
Rosh Hashanah II	Wed, September 24	10 AM
Shabbat Shuvah	Fri, September 26	7:30 PM
Kever Avot Santa Maria Cemetery	Sun, September 28	11 AM
Kol Nidre	Wed, October 1	7 PM
Yom Kippur	Thurs, October 2	
Morning Service	10 AM	
Afternoon Service	4:30 PM	
Yizkor	5:30 PM	
Ne'ileh	6 PM	
Havdalah	6:30 PM	
Break-the-Fast	Sundown	

## TBE Board of Directors for 2025-2026

**President:** Juan Raúl Medina

**Co-Vice Presidents:** Frank Young & Gary Epstein

**Treasurer:** Ron Levy

**Executive Secretary:** Open  
(Stand-in secretary: Amber Medina)

**Past President:** Frank Young

**Brotherhood:** Michael LeCover

**Buildings & Grounds Co-Chairs:** Ken Wolf,  
Sid Goldstien, & Joel Basurto

**Education:** Amber Medina

**Membership:** Josué Medrano

**Acting Religious Practices Director:** Anita Friedman

**Sisterhood:** Marsha Epstein

**Ways & Means:** Diane Borad-Mirken

**Trees for Israel:** Alyshia Brunk

**Social Action Chair:** David Goldstien

**Sunshine Chair:** Open

**Rabbi:** Stand-in Jonathan Kohan

**Bulletin Editor:** Leslie Epstein

# President's Column – Raúl Medina



Shalom everyone.

The 4th of July picnic was a success! Thanks to everyone who participated from taking the chairs out, to cleaning, barbecuing, and serving food.

Special thanks to Diane Borad-Mirken who has been fundraising for the temple for many years, many of these activities wouldn't have been possible without her help. We are going to miss her dearly.

Thank you, Diane, for all your hard work! Also special thanks to the student Rabbi Erin Wyner for the beautiful shabbat service, we look forward to having her for the high holidays.

Sincerely,  
Raúl Medina



**Getting food at the July 4<sup>th</sup> picnic**



**Myra and Marvin dancing**



# Bulletin Briefs

## August Anniversaries

16 Sherry & Manning Semiatin

## August Birthdays

1 Bill Sutton  
4 Lori Meltzer-Sutton  
5 Michael Sales  
8 Bill Mirken  
10 Marjorie Schwartz  
12 Dove Okonina  
13 Michael Sachs  
15 Krystina Brunk  
21 Liz Basurto  
22 Adina Sales  
26 Eve McCready  
29 Mindy Downum  
29 Sofia Gelpi

## Donations

Jeff and Andi Portney  
Frank Young and Anita Friedman

### **Weekly Torah Portion Discussions and Shabbat services at Temple Beth El for TBE members whose main language is Spanish.**

The Spanish-speaking portion of our membership meets just about every Saturday morning at the temple starting at 9:30 am. We use a Spanish/Hebrew prayer book and hold a Shabbat service and a discussion of the weekly portion in Spanish. We are not a separate group from the temple (TBE) membership but are members of it whose main language is Spanish and feel that this space creates for us a comfortable way to immerse ourselves in the study of the Torah. Everyone is welcome to join with us, even the English speaking who are striving to learn Spanish as well as our Jewish heritage. We are pleased that we have a space to accommodate our needs and we thank the Board of Directors who encouraged this. The leader of our group is Raul Medina (805) 922-4171 or (805) 868-8153).

Discusiones semanales de la porcion de la Tora y servicios de Shabat en el Templo Beth El para los miembros de TBE cuyo idioma principal es el español. Los miembros de habla hispana de nuestra sinagoga se reune casi todos los sabados por la mañana en el templo a partir de las 9:30 am. Usamos un libro de Rezos en espanol / hebreo y celebramos un servicio de Shabat y una discusión de la porcion semana en español. No somos un grupo separado de la sinagoga (TBE), sino que somos miembros de el cuyo idioma principal es el español y sentimos que este espacio crea para nosotros una manera comoda de sumergirnos en el estudio de la Tora. Todos son bienvenidos a unirse a nosotros, incluso los de habla inglesa que se esfuerzan por aprender espanol, asi como nuestra herencia judia. Nos complace tener un espacio para acomodar nuestras necesidades y agradecemos a la Junta Directiva que permita esto. Para mas información comunicarse con Raúl Medina al 805-868-8153.

### **Brotherhood**

The next Brotherhood meeting will be held on Sunday, August 3<sup>rd</sup>, 9:00 AM at the Temple. Join us for our famous breakfast of lox and bagels, eggs, muffins and extras.

As usual, I will send out articles of interest to members of the group. Our seminar conversations have been lively, interesting and informative and all interested people, men and women, are welcome to join us.

**Gary Epstein**

### **Sisterhood**

Shalom Friends,

I'm so excited to be having our next Sisterhood dinner at Chef Ricks. It was one of my favorite restaurants for the first 15 years I lived on the Central Coast. Then it disappeared for a while. Now it's in the Orcutt area and still as good as ever. It's a little pricey but well worth every penny. You can look at the website and check it out:

<https://www.chefricks.com>

They are giving us our own room. You will LOVE THIS restaurant. It is located at 135 E. Foster Rd. SM 93455. We will meet there at 6 PM as usual, the second Tuesday of August, the 12<sup>th</sup>. Please get back to me by texting me at (805) 478-1463. You can email me, but I get so many emails that I may miss yours. I'm looking forward to seeing you then. Any questions? Call me.

**Diane**

## August Yarzheits

8/1/25	Althea Kleckner	29 Tammuz	Mother of Barbara Sachs and Jack Kleckner
8/1/25	David Pallay*		Father of Marian Wise
8/4/25	Arthur Cervantes		Nephew of Ana Medrano
8/5/25	Dana Schor		Mike Sachs & the Broekers
8/6/25	Betsy Goodman*	16 Av	Daughter of Hinda Beaman
8/6/25	Cecilia Cervantes		Mother of Ana Medrano
8/7/25	Charles Wagner*		Husband of Lee Wagner
8/10/25	Ester Greenberg*		Mother of Maurice Greenberg
8/13/25	Arnold Katzenstein*		Father of Dorothy Tuman
8/14/25	Harry Tuman*		Husband of Lillian Tuman
8/15/25	John Reese	15 Av	Father of Johanna Reese
8/17/25	Luisa Alvarado		Mother of Maurecia Mercado
8/18/25	Daivon Young		Nephew of Frank Young
8/18/25	Elyce Kaplan	18 Av	Daughter of Mike & Anne Kaver
8/19/25	Ulysses Ferrer		Cousin of Josue Medrano
8/20/25	Lionel Semiatin		Father of Manning Semiatin
8/25/25	Ruth Hart		Mother of Gregory Hart
8/25/25	Shirley Berens		Friend of Gary & Marsha Epstein
8/25/25	Solomon Sussman*		
8/26/25	Dorothy Greenberg	9 Elul	Cousin of Stan Eschen
8/26/25	Ivy Sheryl Pregozen*		Daughter of Herb and Lorraine Pregozen

## Months of Mourning

Phyllis Green	Wife of Barry Green	9/17/24
Beverly Lassen	Mother of Abby Lassen	1/22/25
Carolyn Koepke	Cousin of Gary Epstein	1/25/25
Philip Fetzer	Friend of Gary and Marsha	2/21/25
Mario Chavez	Uncle of Josue Medrano	2/24/25
Joyce Spezman Margolin	Friend of Diane Borad-Mirken	4/4/25
Len Akronowitz	Father of Dove Akronowitz	4/7/25

# AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Yael Gott will lead Shabbat service (7:30 PM)	2 Raúl Medina leads Shabbat service (9:30 AM)  Also: Amber Medina leads the Etz Chaim Children's School (10 AM)
3 Brotherhood Breakfast (9 AM)	4	5 TBE Board of Directors Meeting (7 PM)	6	7	8 Josué Medrano will lead Shabbat service (7:30 PM)	9 Raúl Medina leads Shabbat service (9:30 AM)  Also: Amber Medina leads the Etz Chaim Children's School (10 AM)
10	11	12 Sisterhood Dinner (6 PM)	13	14	15 TBA will lead Shabbat service (7:30 PM)	16 Raúl Medina leads the Shabbat service (9:30 AM)  Also: Amber Medina leads the Etz Chaim Children's School (10 AM)
17	18	19	20	21	22 TBA leads Shabbat service (7:30 PM)	23 Raúl Medina leads Shabbat service & Torah study (9:30 AM)  Also: Amber Medina leads the Etz Chaim Children's School (10 AM)
24/31	25	26	27	28	29 TBA leads Shabbat service (7:30 PM)	30 Raúl Medina leads Shabbat service & Torah study (9:30 AM)  Also: Amber Medina leads the Etz Chaim Children's School (10 AM)