



## **OCTOBER 2022**

### **WHAT DOES YOUR WARDROBE SAY ABOUT YOU?**

Your appearance speaks for you before you open your mouth. Do your pants sag too low? Are your hemlines too short? What message goes out when you reveal too much? What about labels? Do they define who you are? Do you feel devalued if you don't have the labels on?

Let's talk about how you are DRIPPIN to the world and how to make sure your appearance is appropriate for whatever the occasion. Let's talk about being neat and clean. Let's talk about the job interview because how you show up speaks volumes about you. Let us help you land the position.

We are about to address your DRIP to make sure you are DRIPPIN for successful living, so make sure you don't miss this workshop!

*By Sister Crystal Prince  
Fort Lauderdale Temple*

## **NOVEMBER 2022**

### **CLEANLINESS IS NEXT TO GODLINESS!**

CLEANLINESS...of the Mind, Body, and Soul. Looking good, smelling good and thinking good, all add up to feeling good about yourself and others. Keeping clean is an important part of staying healthy. For example, the simple act of washing hands before eating and after using the toilet is a proven and effective way of fighting off germs and avoiding sickness.

When you are young, you are taught the basics of good hygiene – washing your hands, covering your mouth when you cough, and having regular baths or showers. Your parents help you with things like cleaning and flossing teeth, at least to start with. They teach you the importance of bathing regularly.

As you grow, you become more independent and are in control of making sure you follow good hygiene habits. You begin to use deodorants and explore oils and scents that help make you smell fresh. Good hygiene habits in childhood are a great foundation for good hygiene in your teenage and adult years; as your body changes, your personal hygiene changes as well.

Being clean is an important part of confidence for teenagers. Clean body, fresh breath and clothes that are clean help you feel comfortable around other people and help to eliminate embarrassing moments.

Come to this workshop and share some of the ways you can promote good hygiene in your circle without being offensive!

***By Bride Mother Pamela Lathan  
Compton Temple***

## **DECEMBER 2022**

### **ACCEPTANCE**

As we grow and have experiences in life, there are some things that we pick up and accept into our lives that may not be beneficial to our spiritual and natural well-being. When we accept our behaviors, often we tend to justify our attitudes or actions against one another and even ourselves, by saying “That’s just me being me” or “I need to act like this to deal with it” or “Everyone else tells me it’s ok to be like this.” This acceptance of one’s behavior can lead to that continued behavior of dealing with situations, people and even addiction that can last years, decades, or a lifetime that can have devastating consequences.

We are taught to be different and that we have something in us that will handle all situations. Recognizing that we are not perfect and have made mistakes, we have to accept them as being mistakes and make a change. The scripture that addresses this issue is one of our Seals:  
Ezekiel 18: 31: *“Cast away from you all your transgressions, whereby ye have transgressed; and make you a new heart and a new spirit: for why will ye die, O house of Israel?”*

We all are a work in progress. What are some of the behaviors that you have accepted or justified as being right but does not align with the teachings of the Spiritual Israel Church and its Army is wrong, and you have accepted and justified as being right? What is your plan of action to “Cast away from you all your transgressions?”

Come to this month’s workshop and let’s have an open and honest conversation about the negative impact of acceptance.

*By Reverend Derrick Barnett  
Michigan Temple #1*

## **JANUARY 2023**

### **YOU WILL ACHIEVE IF YOU BELIEVE**

Believe the Lord. Believe yourself. Believe the process. Believe life. Believe church. Believe the water. Float in pure water and don't go into the part where sharks live. Stay at the top where the fish live where it's safe. Here where you stand is closest you'll ever be to God. It's okay not to come to church because you are THE CHURCH, but if you do come you will be safe from all those. Little moves can make BIG changes.

One day I was at my swim lessons and I was scared I may drown but I had to believe my swim teacher. I jumped and swam to him. I was alright. That night I achieved a cupcake. I stared at the sky and said THANK YOU LORD and he's made sure I stay living ever since. I've had scary moments but hey I'm still here right? And never ever say I can't do this. I can't do this yet. I'm so not ready. I'm so not ready yet. This is from doing your best because do the best you can. JUST DO IT!!! Amen Amen Amen. I hope you gained a thought!

***By Daughter of Zion in Training Lyric Monet Page  
Compton Temple***

## **FEBRUARY 2023**

### **PLANTED BUT NOT BURIED**

It's critical that we understand the difference between planting and burying. On the surface, planting and burying look the same; both involve digging into the ground, but here's the key difference: **planting has a future; burial does not.**

As we journey in life, we will experience moments in which we feel we are buried by homework, chores, work, family relationships and so much more. These are the times when we dig deep and depend on our roots in the God of Israel to overcome every adversity that comes our way.

As seeds in dirt, we need to make time to nurture and water our spirits. We do this through positive thinking, attending church, praying, meditation, reading our scriptures, listening to inspirational songs and messages, and ultimately, helping others (this takes the focus off of your problems).

Come to this workshop to share your experiences in which you thought you were buried but later found out you were just being planted and the specific things you did to help you overcome to reach full bloom.

*By Evang. Elder Dr. Joseph Lathan  
Compton Temple*

## **MARCH 2023**

### **THE IMPORTANCE OF SELF-CARE FOR YOUTH**

The true definition of Self-care is any action that you do to improve your health. Self-care habits fall under the following six umbrella categories.

Physical  
Psychological  
Emotional  
Spiritual  
Social  
Professional

A few examples of self-care that you might not have considered are brushing your teeth, eating balanced meals, getting regular exercise, or going to therapy for a physical or mental illness. We are taught that God is within us. In order to truly respect, honor, and love The God of Israel within we must take care of ourselves.

1 Corinthians 3:16 - *“Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?”*

Why is self-care important for children? Pick one of the six categories and tell us what you are doing to take care of yourself?

***Rev Bride Mother Antoinette Beavers  
Ypsilanti Temple***

**APRIL 2023**

**CAREER VS. JOB...DO YOU KNOW THE DIFFERENCE?**

It's very important to start thinking about what you want to be when you grow up at an early age. Many young people start off wanting to be a doctor, lawyer, teacher, police officer or work for the fire department. As youth continue to grow and get exposed to different lifestyles, they may change their minds several times; and that's ok. It's good to explore different opportunities and options; the more choices the better. Research your choices and weigh the pros & cons so you are fully educated about that particular choice. Look for a career not just a job and know the difference between the two.

A career is a lifelong professional journey. The purpose of a career is to support your lifestyle while also reaching your goals and ambitions. In order to reach such goals, you may need a certain level of training, education and experience. Entry level positions help start your career, but as time goes on, more advanced opportunities help create your career. A job is something you do to earn money. It is less focused on your future achievements and more on supporting your immediate needs. It's wise to use every job as an opportunity to make it a career.

Come to this workshop and learn how to turn a job into a career. We will explore tools that will teach you how to create a resume and how to market your skills; how to prepare for an interview and how to obtain that career that started as just a job!

***By Bride Mother Pamela Lathan  
Compton Temple***

**MAY 2023**

**JUST BE HONEST !!!**

This YOP Workshop begins with a story called “The Ultimate Test”. It is about how on one particular night, 4 college students stayed up late partying, even though they knew they had a very important test worth 100 points the next day. The next morning, they came up with a plan to get out of having to take their test. Each student rolled around in dirt and then went to the teacher’s office. They told the teacher that they had gotten a flat tire the night before, and they spent the entire night pushing their car back to campus. The teacher listened, and to the students’ delight, he offered a retest three days later.

On the day of the test, the students went to their teacher’s office. The teacher put all four of the students in separate rooms to take the test. The students were okay with that because they had been given a chance to study. To the student’s surprise, the test had only 2 questions. Question 1 was worth one point which simply asked the students what their first name was. Question 2 was worth 99 points which asked the students which tire was flat. All 4 students failed the test and learned valuable lessons from this experience.

If you desire to have a happy and successful life you must accept responsibility for your actions, be accountable for your results and take ownership of your mistakes. Big or small lies are still lies, and in life they will cost us more than we are willing to pay. Come to this workshop and tell us how being responsible can help you and how telling a lie can hurt you or someone else!

***By Reverend Kristopher Tyler  
Fort Wayne, Indiana Temple***



## **JUNE 2023**

### **DON'T BE AFRAID TO SAY NO!**

For some youth being able to say no is hard when you're hanging out with friends or you're hanging out with close family members like cousins. You feel the need to do any and everything but sometimes that can get you in trouble with your parents or authorities. The easy way out of things is better to just say NO! Come to this workshop and share if you are able to say NO when it's appropriate to say NO!

If haven't but put in a position to say No, do you think it was because you were afraid to speak up even though you knew the situation was wrong? Let's talk!

***Sister Rakayah Duncan  
Sumpter Temple***

## **JULY 2023**

### **COMING TOGETHER**

The reason I picked this theme "COMING TOGETHER" is because during these times more than ever we need stability, due to things constantly changing around us. Yes a routine, tradition, a hobby or whatever you may call it, nothing really beats having someone to share those commonalities. Sticking together and building a community where we can fall back on, when we need an outlet can be very helpful long-term.

Coming together just means making the effort to check up on someone, putting aside differences, being the first to give a compliment, being supportive, and/or just being that sturdy safe place. A community that comes together to support one another can provide the strength, courage, and stability for anyone in crisis to overcome any challenge that they may face. Coming together has a way of accepting everyone for who they are acknowledging that we all benefit from our differences. Come to this workshop and be an example of what it feels like to "COME TOGETHER".

*By Daughter of Zion Aya Stephens  
Fort Lauderdale Temple*

## **AUGUST 2023**

**NO WORKSHOP**

## **SEPTEMBER 2023**

### **STRATEGIES FOR CHILDHOOD DEPRESSION**

Childhood Depression Is Real! A 2016-2019 study by the CDC reports that 3.7 million children ages 3-17 have been diagnosed with depression. Here are some tips to help you and others recognize what depression could look like and resources to keep your spirit high in tough times.

#### Warning Signs

- \*Withdrawal
- \*Low self esteem
- \*Academic decline
- \*Feeling Guilty
- \*Thoughts of Suicide or death

#### Get Professional Help

- \*Talk to your pediatrician.
- \*Speak with a mental health professional.
- \*Look online for resources.
- \*Talk to someone you can confide in and feel comfortable sharing.
- \*Talk to a peer who can help give you positive reinforcement.

#### Seek Emotional Support

- \*Spend quality time with others.
- \*Feel comfortable having open conversations with others.
- \*Listen to advice that comes from your parents and those that love you.
- \*Acknowledge your struggles.
- \*Meditate in scriptures for encouragement.

The surprising element about depression is that many don't know when they are in an unhealthy state of depression. Come to this workshop and learn how and where to get the help you need fight off depression and negative feelings!

***By Sister Linda Smith & Evang. Elder Dr. Joseph Lathan  
Compton Temple***