

## **OCTOBER 2023**

### ***LEARNING TO ENUNCIATE OUR CHURCH PRAYERS PROPERLY!***

Speaking and writing the English language is difficult for most adults, let alone for children. Add to it the pressure of speaking or reading in front of a live audience of your peers and superiors, and it is easy to become frightened, forgetful, and nervous.

As a child, I suffered from an awful stutter and stage fright. With the help of my mother coaching me on how to relieve the tension, I eventually overcame my stutter. Overcoming stage fright took a little longer, but with speech classes during my academic years and speaking with business professionals, I also conquered most of it. It is always good to have a few butterflies as it keeps you on your toes.

This workshop will concentrate on the Spiritual Israel Church and Its Army's prayers, opening and closing ceremonies. In that regard, this workshop will address:

- Grammar (a system of rules that defines the grammatical structure of a language),
- Articulation (eliminating mumbling and garbling), and
- Appropriate loudness (can you hear me).

Come to this workshop and learn how to say our prayers correctly!

***Submitted by Sister Mary Hampton  
Fort Lauderdale Temple***

## **NOVEMBER 2023**

### ***MY BODY...BUT GOD'S TEMPLE!***

Since the day you were born until now, your parents have been responsible for providing for your body's needs that have helped you to grow into the person you are today. However old you are, as a young person, your parents or guardians have provided clothes, food, and shelter that was necessary to sustain your life thus far. So, I guess you could say "it was your parent's body and not so much your body". BUT WHAT ABOUT GOD'S BODY???. For the bible says in I Corinthians 3:16-17: "*Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If anyone destroys God's temple, God will destroy him*".

The temple is where the God of Israel dwells. So why do we sometimes struggle with maintaining a clean temple: free of negativity, despair, heartache, disbelief, and other characteristics that will destroy God's temple?

Here are some things to do throughout your day to spend more intentional quality time with the God of Israel that will help you with your struggle:

1. Start your day with Him.
2. Pray intentionally.
3. Write down things you are thankful for.
4. Notice your complaints and turn them into praise.
5. Enjoy the God of Israel's creation.
6. Love others.
7. Love yourself.
8. Forgive others and yourself.

Most of you are responsible for making sure you eat when you're hungry and the clothes you wear are clean and worn properly. You have become that manager of maintenance for your well-being. Come to this workshop and tell us what factors you practice maintaining God's temple!

***Submitted by Bride Mother Pamela Lathan  
Compton Temple***

## **DECEMBER 2023**

### ***GENERATIONAL CURSES...IT'S UP TO YOU TO HELP BREAK THE CYCLE!***

A generational curse is a negative cycle of behavioral patterns, beliefs, or practices that's passed down from one generation to another. These could also be unconsciously inherited and a sort of psychological imprint. Mental illness, emotional instability, addiction, and even poverty are just some examples of generational curses. Breaking these is not an easy feat. The mere fact that your generational curse has been there for literally *generations*, means it will take a lot of effort and pain to break issues such as:

Addictions (Drugs, Alcohol, etc.)  
Lack of Education  
Managing Money  
Abusive Relationships  
Not seeking help for mental health  
Bad Communication  
Absent Father or Mother  
Teen Pregnancy

You must make a conscious decision to stop doing these things and passing on toxic traits. Once you become an adult and see you've been healed and your children aren't suffering the same way you did, it's going to be worth it. Come to this workshop and let's discuss how to find solutions that will BREAK THE CYCLE and STOP GENERATIONAL CURSES!

***Submitted by First Lady of Lawanda Torrence  
Fort Lauderdale Temple***

## JANUARY 2024

### ***PAIN OR REGRET: YOU HAVE A CHOICE!***

Have you ever heard the quote, “We must all suffer from one of two pains: the pain of discipline or the pain of regret. The difference is discipline weighs ounces, while regret weighs tons”, by entrepreneur and motivational speaker Jim Rohn.

Pain is a temporary discomfort that we experience when we are working hard to reach a goal. Discipline is practice that enforces obedience, order, or a pattern of behavior. You can be disciplined in working out, in how often you are on your phones or tablets, or how often you study. The pain of discipline simply means that you must endure temporary discomfort to reach your goal. Therefore, you may feel too sore to workout, your friends may tempt you when they keep texting you and you are trying to put your phone down, or you may want to go to the mall, instead of studying. However, when we are disciplined, we make sacrifices, develop good habits, and push ourselves to do our very best. Even though it is difficult, the reward of discipline allows us to enjoy the results of our hard work.

Regret is feeling disappointment over something that has been done or has happened. If you decide to not stay disciplined, you may miss a lot of work outs. You may not make a sports team. You may become too distracted with your phone and miss a deadline or something important, or your grades may drop because you did not study enough. When you do not get the result that you wanted, you may feel regret or disappointment.

Come to this month’s workshop and tell us your thoughts about the quote. Give us some examples of how the pain of discipline or the pain of regret can impact you. Do you have any ideas on how to prevent the pain of regret?

**For the younger youth: Tell us what you can do to become more disciplined. Maybe create a discipline chart or checklist to help you make good habits. Take it home and try it out with your family.** *Tips for younger youth during workshop: Teach them what it means to be disciplined and why it is important. This can be something as simple as brushing their teeth every morning, every night, reading a book every day for 15 minutes, or doing 20 jumping jacks 3 times a week.*

***Submitted by Mother Kamilah Davis-Wilson  
Ypsilanti Temple***

## **FEBRUARY 2023**

### ***OBEDIENCE POEM ENTITLED: CHILDREN OBEY YOUR PARENTS IN THE LORD...!***

Obey your parents for it is right,  
Promised long life, they are precious in His sight.  
Forbid not children, seek the kingdom first,  
Drink from the fountain and never thirst.

Though the LORD commanded Moses,  
The message gave he, to Aaron and sons.  
On this wisdom blessed the children of Israel,  
Free from sickness without bail or bonds.

Blessed they are children, kept with grace,  
Seeing the shining countenance of HIS Face.  
Named with nature and image alike,  
Onward, upward they prosper out of sight.

Know the King of Glory, let him in  
Be happy, happy, happy; win, win WIN!  
Enter to learn, go forth to serve,  
Let The GOI abide, HE will give you the nerve.

Love one another children, vibrate high,  
Honor mom and dad, each day by and by.  
Give thanks unto the Lord, morning noon and night,  
Obey your parents for it is right!

**Ephesians 6: 1: *Children, obey your parents in the Lord: for this is right.*** Come to this workshop and share your thoughts about this very powerful obedience poem!

***Submitted by Elder Michael Wright  
Colorado Mission***

**MARCH 2023**

**MEN ARE FROM MARS & WOMEN ARE FROM VENUS! *So How Can We Better Understand Each Other here on Earth!***

“MEN ARE FROM MARS & WOMEN ARE FROM VENUS” is a persistent, simplistic metaphor seeking to explain the psychological differences between these two genders. In the book “Men are from Mars & Women are from Venus” written by John Gray, some of the most common relationship problems that exist between couples are addressed. It highlights the key differences between men and women of how they think, act, and communicate. The book has been praised by many for its insights into relationship dynamics.

This workshop is designed to help us better understand each other at an early age by discussing issues that are important to each gender. We want to encourage open and honest communications between males and females that will help us respond and approach each other in a more positive, open, and receptive manner.

Come to this workshop and let's discuss our gender differences so we can better understand each other here on Earth!

***Submitted by Bride Mother Pamela Lathan  
Compton Temple***

**APRIL 2023**

***THE MIND OF AN ENTREPRENEUR!***

As a child growing up in my neighborhood, I was always impressed and even curious how black owned businesses remained successful and prosperous while serving our community. I was fortunate to have met those individual owners at the young age that I did. I learned right away there was a different mindset that separated these owners from others. Some were able to succeed while others were forced to close their doors because of unwillingness to adapt to changes.

Come to the workshop and learn the mindset of a successful entrepreneur. You may have the traits of an entrepreneur and hopefully it will inspire you to have your own business in the future as well.

***Submitted by Elder David Torrence  
Fort Lauderdale Temple***

**MAY 2024**

***KNOW YOUR WORTH...YOU ARE WONDERFULLY MADE!***

It's important that you know your self-worth, know your value, know that you are a uniquely formed, highly favored child of The Almighty. Your self-worth, or what some call self-esteem, is directly associated with your mental health and well-being. Low self-worth or self-esteem can lead to depression and a plethora of other negative outcomes.

There is so much negativity coming at you from social media and just being around the wrong crowd. Social media or so-called "friends" throw shade at anyone who does not fit a cookie cutter model. It could cause us to body shame or feel badly about our material possessions, skills, talents, popularity and more. Constantly comparing ourselves to unrealistic examples can lead to an unhealthy body image, eating disorders, depression, and even worse, suicidal thoughts.

As Israelite youth, we are taught to love ourselves, to see the beauty that is uniquely in us, to come out of our five (5) natural senses and to see the higher value in everything. Since the beginning, God has created each human being with inherent value and worth. He gave us value by creating us in the likeness of Him. In Genesis 1:27 it says, "*So God created man in his own image, in the image of God he created him; male and female he created them.*" Every boy and girl are an image bearer of God.

If you make a mistake, ask for forgiveness, and commit to not making that same mistake again. This is especially important during our pre-teen and teen years when things are changing in our bodies and our hormones are going awry. Here is a simple way to begin to address this. When you wake up in the morning, say a prayer. Thank the GOI for allowing you to see another day. Look in the mirror and tell yourself, "I am beautiful, I am worthy, I am important, I am loved and I AM SPECIAL."

Full figured, beautiful Songstress Lizzo says it best in her song *Special* - "In case nobody told you today, You're Special....." Come to this workshop and share your worth with the group!

***Submitted by Bride Mother Betty Wright  
Colorado Mission***



## **JUNE 2024**

### **SICIA YOP TOWNHALL MEETING: *LET'S TALK CHURCH!***

Let's Talk Church is an interactive, open-dialogue meeting with Israel's senior administrative staff, parents, the youth of Israel, and Israel members. The goal is to find synergy in current and future growth opportunities for Israel's youth and the roles and responsibilities that they can fill or implement for the betterment of the organization.

#### **Topics you should prepare to talk about include:**

- Do you understand the Doctrine of Israel well enough to share with friends if asked what you believe?
  - What areas do you think you could use more clarity?
  
- Do you see the organization moving in the direction to incorporate the youth of the church?
  
- What thoughts or suggestions do you have to help the organization keep the youth engaged and active in the church?
  - What roles are you willing to take on to help the organization continue to do well and become better?

We all have recommendations or see something that could make things better but what are we willing to do to make the change for the better? Come to this meeting and *Let's Talk Church!*

***Submitted by Elder Doctor Joseph Lathan  
Compton Temple***

# JULY & AUGUST



## **SEPTEMBER 2024**

### ***HANDLING CONFLICT***

In life, we will go through many changes. New schools, new homes, new neighborhoods, and new friends are but some of the major changes we will face.

Ecclesiastes 3:1 says: "For everything there is a season, and a time to every purpose under the heaven."

This lets me know that the God of Israel knows that we will all have to deal with change at some point in our lives. Come to this workshop and let's discuss how you handle change.

***Submitted by Reverend Kevin Yarbrough  
Manhattan Temple***