



# June

NEWSLETTER

UPDATES • INSPIRATION • COMMUNITY • GROWTH





# PRAYER LIST

Rabbi Deborah Bowen  
 Rabbi Buna Bowen  
 Zaken J. Gibson  
 General Mother Gloria Gibson  
 Lady Keturah Laadt  
 Zaken Parker  
 Rabbi David Best Sr.  
 Lady Rita McClam  
 Sis. Abiyah Williams  
 Yarona Grimmage  
 Congregation Temple Beth'EL  
 Shepherd Mother Nellie Harris  
 The Village of Peace  
 The Commonwealth of Israel  
 Rowena Jones  
 Moreh Yeshayah'u  
 Rabbi Harold Purnell  
 Rabbanit Eunice Purnell  
 Sis Karinn & Baby Howze  
 Rabbi Landy  
 Rabbanit Nina Landy  
 Bro. Uriel Nemesis  
 Rabbi Capers Funnye

*The Lord bless you and keep you;  
 The Lord make His face shine upon you,  
 And be gracious to you;  
 The Lord lift up His countenance upon you,  
 And give you peace.*

NUMBERS 6:24-25

CELEBRATING

June

BIRTHDAYS

WISHING YOU A BLESSED AND JOYFUL BIRTHDAY!

- |                           |                          |
|---------------------------|--------------------------|
| Justine McClam            | Elder Yeshayahu Burton   |
| Rabbinit Jamilah Register | Rabbi Anthony Glover     |
| Rabbi Daniels, z'l        | Shenice Evans            |
| Rachel McClam             | Rabbinit Shelly LaPrince |
| Elder Aaron Burno         | Min Janet Crump          |
| Jerome Stukes             | Rabbi Goldberg           |
| Elder Chaim Ross          | Elder Tracy Nettles      |
| Elazar Glover             | Tameka Jonas             |
| Josiah McClam             |                          |

MAY THIS NEW YEAR OF LIFE  
 bring you peace, joy, and many blessings!

# WEEKLY TORAH PORTION

*Parashat haShavua*

SCHEDULE FOR JUNE 2026



The readings for each Shabbat this month are outlined below:



1



**JUNE 6, 2026**  
**Parashat Beha'alotcha**

*(Numbers 8:1 – 12:16)*

2



**JUNE 13, 2026**  
**Parashat Shelach**

*(Numbers 13:1 – 15:41)*

3



**JUNE 20, 2026**  
**Parashat Korach**

*(Numbers 16:1 – 18:32)*

4



**JUNE 27, 2026**  
**Parashat Chukat / Balak**

*(Numbers 19:1 – 25:9)*



*"And these words which I command you today shall be in your heart; you shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up."*

DEUTERONOMY 6:6-7



## Announcements & Upcoming Events

### MEMBERSHIP FEES

Spiritual Leader, Rabbi	\$500.00
Spiritual Leader	\$200.00
Rabbis	\$100.00
Rabbanit	\$50.00
Elders	\$50.00
Ladies of Dignity	\$25.00
20 yrs. old and up	\$10.00
Birth – 19	\$5.00

Everyone 70 and older is exempt from membership dues.\*

### SPECIAL EVENTS



Rabbi and Dr. Bowen's  
25<sup>th</sup> Anniversary  
July 24–26, 2026



CTB 75<sup>th</sup> Anniversary  
Celebration  
Every Third Sabbath

### UPCOMING FEAST DATES



**Rosh Hashanah**

Erev Shabbat, September 11 –  
Shabbat Day, September 12,  
2026



**Yom Kippur**

Sunday, September 20, 2026 –  
Monday, September 21, 2026



**Sukkot**

Erev Shabbat, September 25,  
2026 – Erev Shabbat,  
October 2, 2026





# BREAKING GROUND



BIYOM WEEKEND



**JULY 3, 2026**

| 7 PM |  
EREV SHABBAT

SPEAKERS

**SIS. BALYNDA WILLIAMS  
AND  
ZAKEN ARIEL GRIMMAGE JR.**



**JULY 4, 2026**

| 11 AM |  
SABBATH DAY

SPEAKERS

**LADY CHAYA PLUMMER  
&  
ZAKEN ASRIEL GRIMMAGE**



# BREAKING GROUND



**JULY 3-9, 2026**

BIYOM WEEK



THE BENEFIT  
OF BREAKING  
GROUND



AND THE  
DRAWBACKS  
OF OVER-TILLING

PRESENTED BY:

**07/03**

IN- HOUSE  
SERVICE

7 PM

**EREV  
SHABBAT**

SIS. BALYNDA  
WILLIAMS &  
ZAKEN ARIEL  
GRIMMAGE JR.

**07/04**

10 AM  
SABBATH SCHOOL  
11 AM

**SABBATH  
D'RASHA**

LADY CHAYA  
PLUMMER &  
ZAKEN ASRIEL  
GRIMMAGE

**SECOND  
SERVICE**

KALYN GARY  
JOSEPH WOODLAW,  
ZAMORAN GLEATON,  
THE FIRST &  
CHASELTON

**07/05**

SUNDAY

BRO. ELIJAH  
LAPRINCE JR.

**07/06**

MONDAY

BRO. REUBEN  
REGISTER JR.

**07/07**

TUESDAY

SIS. ABIGAIL  
EVANS

**07/08**

WEDNESDAY

SIS. TANESHA  
SMITH

**07/09**

THURSDAY

BRO. HEZEKIAH  
GRIMMAGE JR.

# SENIORS GAME NIGHT

JULY 4<sup>TH</sup>

Sponsored by: **Tanesha Smith**

ENTRY

**\$5**

**WE'VE GOT DECADES OF PRACTICE,  
DON'T LET THE GRAY HAIR FOOL YOU!**





25

*The Seeds That Were Planted  
Are About to Spring Forth*

Isaiah 61:11

CONGREGATION TEMPLE BETH'EL  
*invites you to join us in the celebration of*

**Rabbi Debra A. and Dr. Earl Bowen's  
25th Anniversary**

July 24–26, 2026

*We look forward to worshipping with you.*

CONGREGATION TEMPLE BETH'EL  
7350 LOWBER AVE  
PHILADELPHIA, PA 19138



# THOSE BEING CALLED TO THE TORAH

- JULY 18, 2026 Amara Simpson ❖
- JULY 25, 2026 Aiden Witherspoon ❖
- AUGUST 15, 2026 Jeremyah Twiggs ❖
- OCTOBER 17, 2026 Nate & Heaven Purnell ❖
- NOVEMBER 14, 2026 Rebecca LaPrince ❖
- DECEMBER 26, 2026 Uriel Gleaton ❖



*"Open my eyes, that I may see wondrous things from Your Torah."*

PSALM 119:18

# AMARA BAT MITZVAH



Saturday July 18, 2026. 11:00am

Congregation Temple Beth'El | 7350 Lowber Ave. Philadelphia, PA 19138

YOU ARE INVITED TO CELEBRATE  
THE BAR MITZVAH OF  
**AIDEN**  
S. WITHERSPOON  
*CODE IT, BUILD IT, LIVE IT*  
WHO WILL BE CALLED TO THE TORAH ON  
**JULY 25, 2026 | 11 AM**  
AT CONGREGATION TEMPLE BETH'EL  
TORAH PORTION:  
VAETCHAMAN (DEUTERONOMY 3:23-7:11)  
**RAW BUT REVERENT**



YOU ARE INVITED TO  
the  
B'NAI MITZVAH

of  
**MORDECAI  
&  
HEAVEN  
PURNELL**

WHO WILL BE CALLED TO THE TORAH ON  
**OCTOBER 17, 2026**  
AT 11 AM

AT  
**CONGREGATION  
TEMPLE BETH'EL**

TORAH PORTION:  
**NOACH**  
(GENESIS 6:9-11:32)



**RL** 

SAVE  
the  
*Date*

PLEASE JOIN US AS  
*Rebecca L LaPrince*

IS CALLED TO THE TORAH  
AS A BAT MITZVAH

NOVEMBER **14<sup>TH</sup>** 2026

CONGREGATION TEMPLE BETH EL  
7350 LOWBER AVE  
PHILADELPHIA, PA 19138





# CHOR Rehearsal for Anniversary

♪ CALLING ALL WILLING SINGERS! ♪

WE INVITE YOU TO COME TOGETHER TO  
"SING TO THE ETHERNAL A NEW SONG"  
PSALM 33:3

JOIN US IN THE SANCTUARY  
🕒 6:15 PM (AFTER LUNCH)

 EVERY OTHER SABBATH

- MAY 2, 16, 30
- JUNE 13, 27
- JULY 11, 18



**Any Color, Holiday, Theme or Event**  
**Contact Taleah at 267-498-8939**

*14" Wreaths - \$60*

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**Ask for prices for  
2 or more wreaths!**

**You can secure your custom wreath  
order with a deposit today!**

 Cash App

# LOVETT LIBRARY

## Author Reading & Storytelling w/ Cheryl Lee-Owens



### Keesha Luz and Her Magic Eyes

KEESHA HELPS HER BROTHER



BONNIE STRANS AND CHERYL LEE-OWENS  
ILLUSTRATED BY RUBAS SYEPA

Monday June 22, 2026, 3-4pm  
Lovett Library  
6945 Germantown Ave  
Phila. PA 19119

visit us at [Keeshaluz.com](http://Keeshaluz.com)



# ROOTED IN HERITAGE

AN ENDURING COVENANT. A LIVING LEGACY.

JULY 3<sup>RD</sup> – JULY 5<sup>TH</sup>, 2026

A WEEKEND OF CULTURE • FAITH • FAMILY • CELEBRATION

<p><b>FRIDAY</b> JULY 3<sup>RD</sup></p> <h2>Family Day</h2> <p>FOOD-FUN-FAMILY</p> <p><b>12PM – 5PM</b></p> <p><b>LOCATION:</b> MAGNOLIA WOODS EVENTS 12125 STATESVILLE RD HUNTERSVILLE, NC 28078</p>	<p><b>SATURDAY</b> JULY 4<sup>TH</sup></p> <h2>Shabbat SERVICES</h2> <p><b>12PM – SUNDOWN</b></p> <p><b>LOCATION:</b> MAGNOLIA WOODS EVENTS 12125 STATESVILLE RD HUNTERSVILLE, NC 28078</p>	<p><b>SATURDAY NIGHT</b> JULY 4<sup>TH</sup></p> <h2>90's LIME</h2> <p>DANCING TO THE 90'S ALL NIGHT LONG</p> <p><b>10PM – 2AM</b></p> <p><b>LOCATION:</b> HFOC 3315 LAKE RD CHARLOTTE, NC 28269</p> <p>Entrance fee: <b>\$20</b> Food &amp; Drink will be sold</p>	<p><b>SUNDAY</b> JULY 5<sup>TH</sup></p> <h2>The Luxe Soirée</h2> <p>AN ELEVATED FEAST EXPERIENCE</p> <p><b>COCKTAIL HOUR</b> 5:00PM – 6:30PM</p> <p><b>DINNER</b> 6:30PM – 8:30PM</p> <p><b>CELEBRATION</b> 8:30PM – 10:30PM</p> <p><b>LOCATION:</b> OASIS SHRINERS 604 DOUG MAYES PL CHARLOTTE, NC 28262</p>
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HOSTED BY



HEBREW FAMILY OF CHARLOTTE



THE UNDERGROUND BROTHERHOOD

PSALM 133:1 "BEHOLD, HOW GOOD AND HOW PLEASANT IT IS FOR BRETHREN TO DWELL TOGETHER IN UNITY."

TICKET \$100

# CONGRATULATIONS TO OUR *Graduates*

THE LORD SHALL GUIDE  
THEE CONTINUALLY.

ISAIAH 58:11

## TRANSPORTATION TECHNOLOGIES PROGRAMS

Train for a high-tech career in an evolving industry!  
Receive hands-on training using the latest tools  
and equipment in a state-of-the-art facility.

### DEGREE PROGRAMS

#### AUTOMOTIVE TECHNOLOGY

Get the experience needed to prepare for certification to work as a vehicle technician or shop supervisor. Train for certification with Fiat Chrysler Alfa (FCA), Ford, Nissan or Subaru.

#### TOYOTA T-TEN AUTOMOTIVE TECHNOLOGY

Work at a Toyota or Lexus dealership, and earn money while going to school. Only program of its kind in the region!

#### MEDIUM/HEAVY TRUCK TECHNOLOGY

Learn how to repair tractor trailers, buses and off-road vehicles. Prepare for the PA Safety Inspection license for medium and heavy trucks.

### PROFICIENCY CERTIFICATES

#### AUTOMOTIVE SERVICE I & II

Prepare and build on a basic set of core skills to gain knowledge for your career.

#### ADVANCED AUTOMOTIVE REPAIR PROFESSIONAL

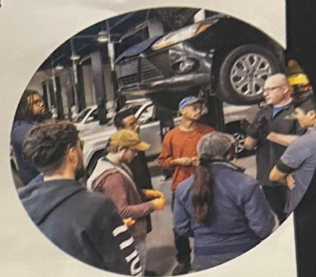
Working professionals can enhance current skills and learn the latest technology.

#### ALTERNATIVE FUELS: ELECTRIC VEHICLES/HYBRIDS & CARBON-BASED FUELS MICRO PROFICIENCY CERTIFICATES

Experienced technicians will diagnose and repair vehicles with an electric motor and/ or an internal combustion engine powered by CNG, a carbon-based fuel.

#### MEDIUM AND HEAVY TRUCK TECHNOLOGY I & II

Start your career or advance your skills servicing and repairing medium and heavy trucks.



#### HIGHLIGHTS:

- *Internships and work opportunities*
- *Earn professional and manufacturer certifications*
- *Lower tuition costs than other educational options*
- *Programs have a 100% job placement rate upon graduation*

Scan this code or visit  
[ccp.edu/transportation](http://ccp.edu/transportation)  
for more information.



COMMUNITY  
COLLEGE OF  
PHILADELPHIA

Career and Advanced  
Technology Center



Rabbi Eli Aronoff  
MESSAGE FROM NY

SERMON THEME:  
**YOU GOT WHAT YOU WANTED  
LOST WHAT YOU HAD**



**SATURDAY,  
JUNE 6, 2026**

**SCRIPTURAL REFERENCE:  
NUMBERS 11:32-35**

<b>1</b> YOUR ENGAGEMENT WITH THE SERPENT WILL LEAD TO YOUR DOWNFALL (MOTHER EVE'S REFERENCE)	<b>2</b> THE ENEMY WILL ASK YOU A QUESTION TO GET YOU TO QUESTION WHAT YOU BELIEVE	<b>3</b> AN EVIL SEED PLANTED IN AN UNDISCIPLINED MIND CAN DETER YOUR FAITH	<b>4</b> IF YOU DON'T BELIEVE WHAT YOU SAY BELIEVE, GET SOME BELIEF FROM SOMEWHERE	<b>5</b> YOU ARE TAKEN IN BY THE COMPLIMENT OF THE ENEMY AND THE PROBLEM BEGINS
<b>6</b> SIN WILL TAKE YOU TO PLACES YOU NEVER INTENDED TO GO	<b>7</b> PEOPLE RARELY WANT TO FACE THE CONSEQUENCES OF WRONG BY THEMSELVES SO THEY BRING OTHERS IN WITH THEM	<b>8</b> BE CAREFUL WHAT YOU PRAY FOR—BECAUSE YOU JUST MIGHT GET IT	<b>9</b> WE HAVE AN OBLIGATION TO G-D BEYOND THE SERVICES	<b>10</b> DON'T LOSE THE FOUNDATION FOR WHICH YOU STAND, IF YOU TRADE IT IN YOU MIGHT NOT GET THE OUTCOME YOU ANTICIPATED
<b>11</b> THE CREATOR IS A PARENT – AND A HOUSE WITHOUT GUIDELINES IS A HOUSE IN CHAOS	<b>12</b> THERE IS A CONSEQUENCE FOR THOSE WHO OPPOSE THE RULES OF THE ETHERAL	<b>13</b> DON'T CHOOSE THE CONSEQUENCE	<b>14</b> IT'S NOT ABOUT CONVENIENCE – OTHERS AREN'T THE CHOSEN PEOPLE YOU ARE, HE PICKED YOU!	<b>15</b> YOU WERE MADE DIFFERENT BY DESIGN
<b>16</b> STAND FOR WHAT YOU BELIEVE OR FALL FOR WHAT'S CONVENIENT	<b>17</b> LUST IS ABOUT SELF GRATIFICATION	<b>18</b> WHEN LUST HAS BEEN SATIATED IT CHURNS THE DESIRE FOR MORE	<b>19</b> WHEN YOU LOVE SOMEBODY YOU CARE ABOUT THEIR WELL BEING	<b>20</b> THE BEING THE CREATOR CURATED IS OF VALUE – YOU HAVE WORTH; DON'T GIVE YOUR WORTH AWAY
<b>21</b> BE ABLE TO SEE THE G-D IN EACH OTHER	<b>22</b> JEREMIAH 31 "WHY WOULD YOU DIE BEFORE YOUR TIME" – (DEAD MAN WALKING THEOLOGY) LIFE HAS A CERTAIN SPAN OF TIME – OUR BEHAVIOR CAN SHORTEN OUR SPAN OF LIFE LIVED.	<b>23</b> WE CAN WALK AROUND BREATHING WITHOUT PRESENCE AND WE CAN BE IN MOTION AND GOING NO WHERE – HOW? BECAUSE MORAL INDECENCY WILL ROT YOU FROM THE INSIDE (MORAL DECAY)	<b>24</b> WITH AN EVERLASTING LOVE HAVE I LOVED YOU – THE ETHERAL HAS INQUIRED "WHERE IS YOUR BILL OF DIVORCE?" WE ARE MARRIED TO THE ETHERAL. WOULD A MAN SHARE HIS WIFE WITH ANOTHER MAN?	<b>25</b> YOU DON'T GET TO CHOOSE THE FACT THAT YOU ARE HIS CHOSEN – THE ONLY THING YOU CAN DECIDE IS WHAT YOU DO ABOUT IT
<b>26</b> BEING CHOSEN COMES WITH A COST, YOU HAVE TO BE SET APART, DON'T BLEND IN WITH THE MASSES	<b>27</b> DON'T TRADE THE RUACH THAT RESIDES IN YOU	<b>28</b> YOU CAN HAVE WHAT YOU WANT BUT YOU WILL LOSE WHAT YOU HAVE	<b>29</b> "ALL THAT A MAN HATH WILL HE GIVE FOR HIS LIFE: BUT WILL A MAN GIVE ALL THE SUBSTANCE OF HIS HOUSE FOR LOVE?" – SONG OF SOLOMON 8:7	<b>30</b> SO CHOOSE LIFE, CHOOSE OBEDIENCE, CHOOSE THE WILL OF THE ETHERAL.

"HOLD FAST, STAND FIRM, KEEP YOUR HEART WITH THE ETHERAL." – BE DIFFERENT, BE SET APART, BE FAITHFUL.



SERMON TITLED:  
**WHAT TYPE OF LIGHT Are You?**

PREACHED BY:  
**RABBI REUBEN REGISTER SR.**

**JUNE 06, 2026  
IN PHILADELPHIA**



<b>1</b> BE A LIGHT	<b>6</b> BE USEABLE BY THE CREATOR
<b>2</b> YOUR SERVICE IS TO THE CREATOR	<b>7</b> COMPARE WHAT IS WRITTEN IN THE SCRIPTURES TO WHAT LIFE IS TODAY TO HELP YOU NAVIGATE
<b>3</b> HEED TO CORRECTION	<b>8</b> BE A SERVANT THAT SAYS "WHATEVER THE MOST HIGH TELLS ME TO DO I'M GOING TO DO."
<b>4</b> WE ARE ALL HUMAN BUT IF YOU TRULY WANT TO DO THE BEST BY THE WILL OF THE CREATOR KEEP HIS COMMANDMENTS, LAWS, STATUES AND JUDGEMENTS	<b>9</b> THE CREATOR GIVES EACH OF US A WORK TO OUR HANDS
<b>5</b> YOUR LIGHT WILL BURN BRIGHT IF YOU ABIDE	<b>10</b> LET YOUR LIGHT BURN AS BRIGHT AS POSSIBLY AS IT CAN AND WHEN IT GOES OUT YOUR NAME WON'T ROT IN THE EARTH



SERMON RECAP

# THE UGLY SIDE OF GROWTH

SCRIPTURAL REFERENCE:  
NUMBERS 26 & NUMBERS 14

PREACHED:  
JUNE 13, 2026

I'M SPEAKING TO YOUR SPIRIT

**COGNITIVE DISSONANCE:**

It happens when what you know conflicts with what you see and experience.



HE WILL DO JUST WHAT HE SAID!

It's okay to say I believe what He promised but I'm hurting and surrounded by opposition on every side.



TMH TOLD MOSES SEND 12 MEN TO THE LAND THAT "AM GIVING TO THEM" THE PROMISE CAME BEFORE THE PROBLEM.



THE WORD WAS ESTABLISHED BEFORE THEY SAW THE OBSTACLES.

THE MEN CAME BACK WITH DIFFERENT REPORTS/REALITIES | THEY WEREN'T LYING. THEY SAW WHAT THEY SAW BUT THE OTHER SPIES WERE OPERATING ON THE WORD OF ELOHIM.

THE DANGER WAS REAL AND APPARENT BUT THERE WAS FAILURE TO REALIZE THAT THERE IS A DISTINCTION BETWEEN FACTS AND TRUTH.

**FACTS**

- ARE MEASURABLE AND OBJECTIVE
- FACTS SHIFT AND EVOLVE
- FACTS CAN BE ACCURATE AND INCOMPLETE AT THE SAME TIME

**TRUTH**

TELLS THE FULL STORY. IT IS ABSOLUTE.



Elder Sam Jones



YOU CANNOT DEFINE THE ETERNAL'S ABILITY BY YOUR CIRCUMSTANCES.

FEAR AND UNBELIEF WILL DISTORT YOUR SPIRIT.



YOU HAVE HISTORY WITH THE ETERNAL.



DELIBERATELY RECALL WHAT THE ETERNAL HAS DONE.



WHEN YOU REMEMBER WHAT HE DID YOU CAN TRUST WHAT HE'S DOING.



PAIN & PRAISE SHOULD BE ABLE TO EXIST IN THE SAME PLACE.

PSALM 42:11

"Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God."

- ✓ ADDRESS YOUR REALITY. DON'T DENY WHAT'S GOING ON.
- ✓ THERE IS A PURPOSE ATTACHED TO YOUR CIRCUMSTANCE.
- ✓ THERE ARE MORE WITH YOU THAN THOSE WHO ARE AGAINST YOU.

- ✓ IT MAY LOOK BAD BUT SOMETHING IS WORKING.
- ✓ HE HAS TO PUT YOU THROUGH THE FIRE TO REACH YOUR POTENCY.
- ✓ YOU HAVE TO HAVE SOMETHING GREATER TO SPEAK BACK TO YOUR SOUL.



- ✓ THE WORDS OF THE ETERNAL WILL GIVE YOU STABILITY IN THE MIDDLE OF CONFLICT.
- ✓ WHEN YOUR HEART IS BROKEN-HEARTED THAT'S THE TIME TO RUN TO THE ETERNAL.

EVEN THE YOUTH SHALL FAINT AND THE YOUNG MEN SHALL FALL EXHAUSTED BUT THEY THAT WAIT...



THE SAME GOD THAT KEPT HIS WORD IN THE SCRIPTURES IS THE SAME ONE WE LIVE WITH TODAY.

THE ETERNAL IS WITH YOU.

THIS WORD IS AN **AED** ACTIVATE. ENERGIZE. DELIVER.

THE ETERNAL IS COMING TO RESTORE YOUR FAITH.

I'M NOT GONNA LET YOUR FAITH DIE IN THIS WILDERNESS.

**WAKE UP FAITH!**

THE ETERNAL IS FAITHFUL. HIS WORD IS TRUE. HIS PRESENCE IS REAL. HOLD ON. KEEP BELIEVING. YOUR BREAKTHROUGH IS ON THE WAY!



# SERMON TITLED: I'M SPEAKING TO YOUR Ego

PREACHED:  
JUNE 20, 2026

SCRIPTURAL REFERENCE:  
NUMBERS 16

RABBI DEBORAH BOWEN

BEFORE KORACH APPROACHED THE ETERNAL'S ANOINED THERE WAS A LONG CAMPAIGN FOR UNRIGHTOUSNESS.



EGO HIGHLIGHTS THE FAILURES OF OTHERS WHILE KEEPING ONLY THEIR GOOD ON A PEDESTAL.



KORACH WAS A GREAT ORATOR: JUST BECAUSE THEY SPEAK WELL DOESN'T MEAN THEY MEAN WELL.

WEAK MINDED PEOPLE WHO DON'T FEAR G-D WILL BUY INTO EGO.



WATCH OUT FOR PEOPLE WHOSE EVALUATION OF SELF IS ALWAYS A+.

IF ALL MEN WERE HOLY, THEN LEADERS WOULDN'T BE NEEDED.



ELOHIM LOOKS AT THE HEART OF MEN, WHEN HE APPOINTS IT'S NOT BECAUSE OF WHAT YOU CAN DO BUT WHAT HE HAS FOUND IN YOU.



THE ETERNAL HAS SENT HIS APPOINTED TO DO A WORK, EVEN A WORK THAT THEY DIDN'T INTEND FOR THEMSELVES.



WHEN THEY GO LOW DON'T SEEK TO DESTROY THEM WITH THEIR OWN GLASS CLOSET BUT GIVE IT TO THE ETERNAL. LEAD WITH GRACE AND DIGNITY.



GUARD MY TONGUE FROM EVIL AND MY LIPS FROM SPEAKING GUILE.



THE LAW IS PERFECT AND WILL CONVERT YOUR SOUL.



PURSUE THE ETERNAL'S PRECEPTS.

PSALM 119:2



HOLD YOUR PEACE AND LET THE ETERNAL FIGHT YOUR BATTLES - ASSURED VICTORY!

EXODUS 14:14

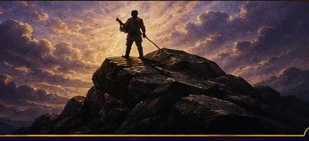


IF YOUR HEART IS WICKED YOU MUST ASK THE ETERNAL TO SAVE YOU WITH HIS REDEEMING POWER.

DON'T FORGET WHERE HE'S BROUGHT YOU FROM.

YOU CAN ATTEMPT TO TEAR ME DOWN BUT MY FOOT IS ON THE SOLID ROCK!

PSALM 18:2



"Pride goeth before destruction, and an haughty spirit before a fall."

PROVERBS 16:18

# JUNE'S SABBATH D'RASHA RECAP

— Key Points from today's message: —

## THERE WILL BE A *Consequence*

SCRIPTURAL REFERENCE: NUMBER 20:12



RABBI DEBRA BOWEN



<p><b>1</b>  You do not do what you want to do and not have consequence; There's always going to be a consequence.</p>	<p><b>2</b>  If there is rage in the midst don't add to it.</p>	<p><b>3</b>  Don't let your humanity keep you from fulfilling the will of The Eternal.</p>	<p><b>4</b>  Give them my words and do the work.</p>	<p><b>5</b>  Don't fail to honor The Eternal in the eyes of the people.</p>	<p><b>6</b>  The peoples eyes are on you.</p>
<p><b>7</b>  Title and anointing has made people to believe Elohim's rules that have consequence doesn't apply to them.</p>	<p><b>8</b>  Elohim will hold you accountable; He will make it so you have to call on Him for help.</p>	<p><b>9</b>  EL won't change His plan for you, there are no exceptions for you, His word is His word and His will is His will.</p>	<p><b>10</b>  If you want to be a servant of The Eternal you must first HEAR/ Sh'ma.</p>	<p><b>11</b>  And when you fail to hear you fail as a true servant.</p>	<p><b>12</b>  Have no intentions of failing Him.</p>
<p><b>13</b>  The enemy will get you right to the river and prevent you from going to the promise land; Don't strike the rock.</p>	<p><b>14</b>  Allow Elohim to be in control.</p>	<p><b>15</b>  He demands complete obedience from His servants.</p>	<p><b>16</b>  You cannot circumvent His directives.</p>	<p><b>17</b>  WAIT on The Eternal no matter how long it takes,</p>	<p><b>18</b>  <b>ELOHIM TRANSCENDS TIME.</b> </p>

*This I recall to my mind, therefore have I hope.  
It is of the LORD'S mercies that we are not consumed, because his compassions fail not.*

LAMENTATIONS 3:21



# JUNE is MEN'S HEALTH MONTH



## MEN'S HEALTH TIPS

**1**  
**Stay Active**  
Engage in regular physical activity to maintain a healthy weight, reduce the risk of heart disease, and improve overall well-being.

**2**  
**Eat Well**  
Prioritize a balanced diet rich in fruits, vegetables, lean proteins, and whole grains to fuel your body and prevent.

**3**  
**Know Numbers**  
Keep track of key health indicators like blood pressure, cholesterol levels, and body mass index (BMI) through regular check-ups.

**4**  
**Stay Hydrated**  
Drink plenty of water throughout the day to support organ function, maintain energy levels, and aid digestion.

**5**  
**Prioritize Mental Health**  
Take care of your mental well-being by practicing stress management techniques, seeking support when needed.

**6**  
**Limit Alcohol & Avoid Smoking**  
Moderation is key when it comes to alcohol consumption, and quitting smoking can reduce the risk of health problems.

**7**  
**Regular Check-ups**  
Don't skip routine health screenings and check-ups, including prostate exams and screenings for conditions like diabetes and cardiovascular disease.

# MEN NEED TO KNOW IT'S OKAY



SWIPE >>>



**1 IN 8 MEN** will experience depression in their lifetime.

Source: NIMH



**3 OUT OF 4** suicides are men.

Source: CDC



**1 MAN DIES BY SUICIDE** every 11 minutes in the United States.

Source: AFSP



# JUNE PICTURE RECAP

