

YOURDESTINYISHEREINC

LINDA J. IVEY MINISTRIES GREATER IS COMING

FEBRUARY IS BURSTING WITH NEW OPPORTUNITIES



February is a month filled with celebrations and commemorations of our past, present and future destiny. It also reminds us how God continues to offer wonderful reasons for us to appreciate man's amazing kindnesses and remarkable achievements towards humanity.

Our greatest celebration in February is **Black History month** where we honor men and women who have changed the world by reaching their destinies. Given the present climate

in the U.S., this month is a great time for EVERYONE in our country to learn about great accomplishments of Black Americans, including the Home Security System invented by Mary Van Brittan Brown, the Three Light Traffic



Signal created by Garrett Morgan, and Refrigerated Trucks designed by Frederick McKinley Jones, just to name a few. These accomplishments made by African Americans benefitted **all** Americans.



February is also host to **Valentine's Day** on the 14th and is a wonderful opportunity to practice love, not just from a male female perspective, but with the agape love of God. It is important to practice self-love by taking care of yourself both physically and mentally. Don't gauge the love in your life by measuring what people do for you. Remember you were blessed to be a blessing. Show love to others on Valentine's Day by calling to check-in on a friend impacted by Covid-19, buying paper products for an elderly neighbor, taking soup to a sick family member, or other like kindnesses.

Despite the **shameful demonstration of anger and ignorance** committed against our nation's capital on Wednesday, January 6, we must remember, God created us to be better. Each day is a new day, another opportunity to move closer to our destiny, to be kind, to love one another, to take care of each other and to be better than yesterday.





Notwithstanding what is going on in the world, God has not changed His plans for our destiny. On January 20, 2021, we welcomed a new **Commander-In-Chief** and **an inauguration** that offers a light of hope, the possibility of peace, and the prospect of change from the chaos, antics, and negative disposition we experienced with the previous administration. We will have many occasions within 2021 to show up better and to begin again - birthdays, anniversaries, graduations, Mother's day, and Father's day. So let's take advantage of all these opportunities to celebrate and show love to God's people His way.

There is a quote by Byron Pulsifer that begins, "Each day is a new day; a day to start with positive actions based on the blessings you have." It's important that you fulfill your destiny. The world is in need and waiting. Will you continue to follow your destiny and walk in the faith each new day brings?



SCRIPTURE TO HELP YOU WALK IN YOUR DESTINY



This is the day that the LORD has made; let us rejoice and be glad in it. *Psalm 118:24 ESV*

The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; *Lamentations* 3:22-23 *ESV*

And he who was seated on the throne said, "Behold, I am making all things new." *Revelation 21:5 ESV*

Jesus said to him, "You shall love the LORD your God with all your heart, with all your soul, and with all your mind." This is the first and great commandment. And the second is like it: "You shall love your neighbor as yourself." Matthew 22:37–39 NKJV

A CALL TO ACTION - CALL TO AN ELDERLY FRIEND

This month's '*call to action*' is very simple. Make a call. Very simple. You probably know someone who is older, who has probably been in isolation during the pandemic. Maybe they don't have family and are alone, and feel forgotten. It could be someone you used to work with. It could be a friend you haven't talked with in a long time, a neighbor, or someone from your church or school. Give them a call, let them know they are still thought about, let them know someone still cares. And if more than one person crosses your mind, call them all! Brighten someone's day. We think we don't have the time, but the time is there, we just have to do it. You will make someone feel better, and you will feel better too!



Going forward we will provide a monthly 'call to action' suggestion for you to consider. Knowing our destiny is important. Fulfilling it takes movement. Take steps of faith everyday and press toward the mark of the high calling of God – that is our Destiny.

JUST FOR FUN

Matthew 7:7 says, 'Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.' See if you can find the following words in the puzzle.



BeatDoorChaseExploreCombFishDelveFollowDiscloseGiven

Hunt re Inquire Investig v Knock Look

Hunt Open Inquire Peel Back Investigate Pursue Knock Remove Look Seek Swipe Thump Uncover Unlock Window

Т	Н	U	R	G	I	V	Е	Ν	0	С	0	М	L	Т		F
G	В	М	0	С	Н	S	I	F	0	R	Е	М	0	V	Е	Е
Κ	Κ	Κ	Е	V	L	Е	D	Ν	W	Ν	Е	Ρ	0	Н	В	S
W	Ι	Ν	D	0	W	Q	Κ	R	0	Ι	D	U	Κ	Е	Е	0
Е	Ν	F	Ι	Α	0	С	Ν	F	L	Е	Ν	В	Х	Е	А	L
Е	Q	W	L	Е	Α	Н	0	Х	L	С	Η	Α	Κ	D	Т	С
U	U	Н	С	В	Q	Α	С	V	0	Ν	Ρ	Μ	U	Н	Т	S
S	Ι	D	L	В	F	S	Κ	V	F	Η	R	0	0	D	0	Ι
R	R	Е	Х	Α	S	Е	Е	Н	Q	U	Ν	L	0	С	Κ	D
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This month's Destiny Spotlight is on **DENISE PAYNE**, who is a Your Destiny is Here Advisory Board Member and lead over the **Recovery Ministry/Programs**. She is a Tenant Service Coordinator at Merakey and was recently employed as a Telephone Operator at St. Christopher's Hospital.

Denise was **honest and hopeful** when she described her journey as something that is meant to be; her predetermined destined fate.

I know my destiny is to help others. I have always been a person who felt compelled to support people as they participate in their own success, whatever success may look like for them. Working in the Human Services field gives me so much joy and a **feeling of fulfillment**, and **purpose**. I really enjoy what I do!

Most people would be surprised to know that in my journey between the ages of 33 until 42, I became **trapped in the disease of addiction**. Growing up I was a member of the Philadelphia All-City band and orchestra, and I played with **Pieces of a Dream** when they were known as *A Touch of Class*, and I also played with the Stenton Diner Jazz Band. I was later awarded a full scholarship as a woodwind major at Grambling State University, playing in the orchestra and marching band. I now hold a **bachelor's degree and a master's degree** in Social Work. I had lost my way, but with God's mercy and grace, the desire for using substances was eventually removed and I was able to find my way back.

Since my recovery, I've been able to regain family relationships, earn two college degrees and become a productive member of society. I still face life challenges. During my early recovery, I lost my only sibling to breast cancer. Then two years later I lost my father to colon rectal cancer, but through all of this I was able to maintain my recovery. I believe there is nothing I can't overcome. Those obstacles seemed to make me stronger because God is my source of strength.

There are many who I see as trailblazers into helping others. In the beginning my mentors were my program's psychiatrist and my counselor. They were employees of my family and children recovery program. These two individuals, a man, and a woman, helped me address and overcome my issues that were not allowing me to grow personally. I understood how I was my number one problem. People pleasing was one of my downfalls! My counselor began by showing me my potential and worth. She showed me I was a good person and had so much to give to myself and to others. They both taught me **how to love myself**. How to "allow help to help me." I no longer live my life to please people. If it doesn't make me happy, I do not do it! They were my encouragement. As I progressed there were so many others who poured themselves into me unselfishly. After my emotional and mental fog lifted, I was able to see life through a much clearer lens, giving me the ability to appreciate the footprints laid by the females in my family."

Outside of work, I receive joy through my family and friends. As a child, I enjoyed being with family. My fondest memories were growing up with parents and grandparents, and weekly visits with aunts, uncles, and cousins. There were so many of us that we were each other's friends. Today, added to this **joy are my children, and grand-children.** I like to spend my spare time with my mother, my daughter, and my girlfriends. My circle of friends is very small, but they too add to my joy of game nights and doing girly things like going to the spa, getting manicures and pedicures, and shopping. I also enjoy cooking and baking. Prior to Covid-19's quarantine, I also enjoyed traveling on day and weekend trips. Any time spent with them is always a joyous occasion.

I encourage anyone who has lost their way or anyone who has felt down or discouraged, finding your way back is possible. Don't be discouraged! **Believe that you are worthy** and stay focused on what you would like your life to look like. Ask God for help. He will put positive people in your path. While I find all of God's creations beautiful, the world needs more love and sensitivity for our fellow man. My best traits are loyalty and compassion. We must become more compassionate and sensitive to the struggles that many of us are facing, and be willing to support each other when needed.



TRIVIA QUESTION

God sees YOU. He knows you, He cares about you, He wants the best for you. He wants to call you His child. He wants to call you by name. In Genesis 16:13 someone mentions 'the God who sees me'. Who is the person and what name did they call God? (Answer appears on the last page.)



COMMUNITY INFORMATION

Changes are coming! We have a sense of hope for our country! A sense of the virus diminishing! Individually we all have a part to play to help institute these changes. Mahatma Gandhi said, "You must be the change you want to see in the world"; so let's work together to be the change we want to see by:

- Continuing to wear a mask
- Continuing to wash our hands
- Continuing to social distance (until it is once again safe for us to gather again, to be in each other's presence, and experience those hugs we have all missed).
- Being kind to one another
- Demonstrating self-control
- Continuing to pray

RESOURCES (In Philadelphia and the surrounding areas)

At the time of the distribution of this newsletter, the following resources were operational. We advise you to call before visiting to ensure the resources you are interested in are still in service.

<u>Please share these resources with friends, family and within your social and ministry circles. Also post them</u> <u>on your personal and church bulletin boards; they could help someone in need.</u>



• **The Black Doctors Consortium** provides free Covid-19 testing and flu shots. Visit their website for a weekly schedule of locations and dates: <u>www.blackdoctorsconsortium.com</u>. They can also be contacted by phone, 484-270-6200 or email: **info@blackdoctorsconsortium.com**.

- Test For All Tuesdays Free Covid-19 testing on Tuesdays for all residents is now available at Murrell Dobbins High School, 2150 Lehigh Ave., Phila., PA 19132, 267-436-3126. No appointments required, walk-ups welcome. 11:00 am to 1:00 pm.
- CVS and Rite Aid have free testing sites. Check their websites for more information:
 cvshealth.com/covid-19/testing-locations
 - riteaid.com/pharmacy/services/covid-19-testing

LOOKING FOR THE COVID-19 VACCINE:

<u>Black Doctors Covid-19 Consortium</u> is administering Covid-19 Vaccines for Philadelphia residents only. Register at <u>www.blackdoctorsconsortium.com</u>.



IF YOU NEED FOOD:

- Philadelphia Corporation for Aging (PCA) is operating 21 Grab and Go Meal Distribution Sites for people aged 60 and over, to provide nourishment during covid-19. For a list of centers and hours of operation, go to <u>https://pcacares.org/wp-content/uploads/2021/01/List-of-Grab-and-Go-Centers-4-Jan-2021.pdf</u>. This list is subject to change. Call each site first to be added to the list for meals or to discuss other meal arrangements.
- Fresh For All Wednesdays Distribution begins at 12:30 pm until supplies run out. This weekly produce stand is free to all, and runs weather dependent. Location is outside of the Greater Enon Missionary Baptist Church, 1854 N. 22nd Street, Philadelphia, PA 19121; 215-765-3135. Operated by Philabundance.
- Einstein Healthcare Network and Philabundance provide a weekly produce market where fresh fruits and vegetables are distributed at no cost. Operating on Tuesday mornings, starting at 10 am. 5500 block North 11th Street, between Tabor Road and Clarkson Avenue, Philadelphia, PA, 19141, on the Einstein Medical Center Philadelphia campus.
- On Saturdays at 1 pm, until supplies last, free groceries are distributed at New Covenant Church of Philadelphia, 7500 Germantown Avenue, Philadelphia, PA 19119.
- Philabundance go to: www.Philabundance.org, click on "find food" and put in your zip code, or call WhyHungry at 800-5-HUNGRY (1-800-548-6479).
- Catholic Social Services, Archdiocese of Philadelphia, offers Covid-19 Emergency Food and Diapers. Go to <u>https://cssphiladelphia.org/covid-19-emergency-food-diapers/</u> to find a location near you. Please call service center ahead of time to schedule an appointment if applicable and to ensure availability of resources.
- For other community services to support your family, such as food, utilities, transportation and more, go to **communityresourceconnects.org**. Enter your zip code for resources near you.

IF YOU NEED HELP WITH YOUR ENERGY BILL:



Low-income Philadelphia Gas Works (PGW) customers facing financial difficulties can apply for a free **LIHEAP** (Low Income Home Energy Assistance Program) grant of between \$200 and \$1,000. LIHEAP is a federal grant that helps income-eligible families afford their natural gas bills and maintain heating for their homes as cold weather approaches.

Grants are based on household size and income, available to both renters and homeowners, and do not have to be repaid. Customers can print a LIHEAP application at <u>pgworks.com/liheap</u>, or call PGW's Customer Care Team at 215-235-1000, Mon. - Fri., 8 a.m. - 6 p.m., to receive an application by mail. The LIHEAP application period ends on April 9, 2021 or as long as funds remain available.

From a post dated January 19, 2021: Beginning Tuesday, January 19, 2021, PGW customers who face pandemicrelated financial hardships may be eligible to receive \$300 for their natural gas bills under a \$2 million PGW Covid-19 Relief Grant program.

Grants are limited and will be provided on a first come, first serve basis. PGW urges customers to **call 215-235-1000** to verbally confirm their household's eligibility, which is based on meeting any of the following circumstances:

- Households experiencing financial hardship related to the pandemic.
- Households in which a member is furloughed from their job or has lost work, even if there is another incomeearning member in the household.

WORKSHOP:

Black Generational Wealth Series 2021: Where the Real Money Resides February 11, 2021 - 6:00 pm to 8:00 pm

What kind of relationship do you have with money? What comes to mind when you think of wealth? Are being rich and wealthy the same thing? Join us as we seek to unlearn unhealthy habits and learn and apply successful strategies for attaining and maintaining wealth.

Topics:

- Financial Literacy value of good and repairing credit, establishing a budget and positive cash flow, managing debt, good vs. bad debt,
- Life/Health Insurance (Keys to Generational Wealth)
- Financial Planning Tools for growing your money
- Investing stocks, mutual funds, real estate
- Pooling resources groups, clubs, family members

Register here: <u>bit.ly/RealMoneyBGW</u> Posted by: <u>Mayor's Office of Black Male Engagement</u>

Your Destiny is Here, Inc. is providing resource information as a public service for persons in need. While we try to keep the information timely and accurate, we make no guarantees. Services provided by listed organizations and businesses are the sole responsibility of the organization or business.

MENTAL HEALTH CHECK-IN

Mental Health America suggests these 10 proven tools to help you feel stronger and more hopeful.

- **Connect With Others.** Sometimes connection is a heart-to-heart, spill-it-all-out talk. But sometimes it's just a laugh-out-loud e-mail.
- **Stay Positive.** Search for the silver lining, and practice gratitude.
- Get Physically Active. Exercise is good for your body and your mood.
- Help Others. Doing good can make you feel good.
- Get Enough Sleep. Set a regular sleep time and make your bed a sleep haven.
- **Create Joy And Satisfaction.** Laughing decreases pain, may help your heart and lungs, promotes muscle relaxation and can reduce anxiety.
- **Eat Well.** Doing so can boost your energy, lower the risk of developing certain diseases, provide fuel to your brain, and counteract the impact of stress on your body.
- **Take Care Of Your Spirit.** People who meditate have increased activity in a "feel-good" area of the brain; and people with strong religious beliefs recovered faster from heart surgery than people with weaker faith.
- **Deal Better With Hard Times.** If you're dealing with a stressful situation, don't stew in self-pity or waste energy pointing blame at someone else. Take time to assess the issue. Write down your issue and the solutions you see to the problem, and then sleep on it. The morning may give you a different perspective and a positive way to solve the issue.
- Get Professional Help If You Need It. If the problems in your life are stopping you from functioning well or feeling good, professional help can make a big difference. If you or someone you know is feeling especially bad or suicidal, get help right away. You can call 1-800-273-TALK (8255) to reach a 24-hour crisis center or dial 911 for immediate assistance.

For more information, check out https://www.mhanational.org/ten-tools

Together Builting and Change Support Processor Journey Practical Connect Support Compassionate --- Together Support Syster Practical Support Together Super Empathy Journey Journey And Change Processor Support Support Syster Practical Syster Syster





TRIVIA QUESTION ANSWER

The person is Hagar, and she called God, El Roi, which means, the God who sees me. For a visual interpretation, check this out: www.youtube/godwhosees.com

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