



January 2024

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YOURDESTINYISHEREINC

LINDA J. IVEY MINISTRIES
GREATER IS COMING

DESTINY – WALKING IN YOUR DESTINY



January 2024. The start of a new year. It carries 365 new possibilities for us to renew and fine tune our lives. We have the opportunity to let go of some things and to hold on to others. God gives us grace to be the best 'me' we can be and to discover more about our destiny, which is why He put us here on earth. We can set goals that allow us to walk towards our destiny with confidence and strength.

Your Destiny is your purpose and opportunity, to exhibit the brilliance and talents God placed within you to make a difference in this world. Understand that your purpose is not just for you. Your destiny and your purpose are for you to be a blessing to those around you. Your Destiny is your journey to your future. Our hope for you this year is that you discover *your destiny* and learn to walk in it with righteousness, truth and peace.

WALKING IN DESTINY SCRIPTURE



"Before I formed you in the womb I knew you, before you were born I set you apart". Jeremiah 1:5

For the revelation awaits an appointed time; it speaks of the end and will not prove false. Though it linger, wait for it; it will certainly come and will not delay. Habakkuk 2:3

"I, the LORD, search minds and test hearts. I will reward each person for what he has done. I will reward him for the results of his actions". Jeremiah 17:10

Commit to the LORD whatever you do, and he will establish your plans. Proverbs 16:3

Consider the blameless, observe the upright; a future awaits those who seek peace. Proverbs 37:37

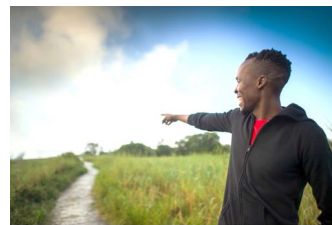


Some doors must be closed in order to lead to restoration and new beginnings that will set you up for opportunities you would have otherwise missed."
Germany Kent

CALL TO ACTION – EXPLORING YOUR DESTINY

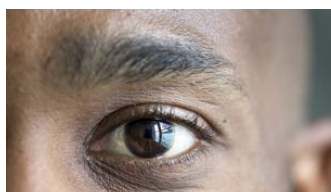
If you don't know your destiny then spend time discovering it.
If you need help figuring it out then ask yourself the following questions:

1. What am I passionate about?
2. What gifts and talents have I been given?
3. What things do I truly enjoy doing?



Pray and ask God for discernment to reveal why He put you here for such a time as this.
Remember God said, "For I know what I have planned for you," says the Lord. 'I have plans to prosper you, not to harm you. I have plans to give you a future filled with hope.'" Jeremiah 29:11 NET

DISCOVERY – Potential | Vision | Purpose | Destiny – find yours!



*God has a plan for you.
Listen for His voice, it is behind you saying,
"This is the way, walk ye in it. . . " - Isaiah 30:21*

Search for words related to Potential

WORD LIST

ACHIEVABLE
BUD
COMMIT
CONCEIVABLE
DESTINY
DO IT
DOABLE
DRIVEN
ENCOURAGEMENT
FORESEEABLE
FUTURE
GRASP
HIDDEN
HOPE
JUMP
MOTIVATED
PLAN
POTENTIAL
PREDICTABLE
PUSH
SEEDS
STRIVE
UNIQUE
VISION

A	C	H	I	E	V	A	B	L	E	W	B	D
Q	O	N	E	V	I	R	D	A	J	U	M	P
F	M	E	C	H	S	D	O	I	T	P	G	A
O	M	L	F	S	I	H	U	T	M	R	D	D
R	I	B	V	U	O	I	S	N	I	E	O	E
E	T	A	U	P	N	D	O	E	S	D	A	T
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E	U	I	Q	E	A	E	I	O	R	C	L	V
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B	R	N	B	I	N	W	A	V	E	B	T	O
L	E	O	D	N	L	H	R	N	A	L	P	M
E	N	C	O	U	R	A	G	E	M	E	N	T



"Every person is born with a seed of greatness."

Dr. Myles Munroe

DESTINY SPOTLIGHT

Jesus Christ

EMMANUEL, SAVIOR, DELIVERER

THE HOPE OF GLORY

Our January Spotlight is on Jesus, the Light of the World, whose Destiny proved the love of God for all mankind. Using "The Word" as His responses, here is our interview with Jesus Christ.

Destiny means everything because it was why I was born into this world. My destiny was predetermined out of my Father's love for mankind. Do you recall John 3:16? *"For God so loved the world that He gave His only begotten son, that whosoever believeth in Him (that's me) would not perish but have everlasting life."* 2 Corinthians 5:21 also explains, *"For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him."* I have walked in my destiny from my earthly existence to my death on the cross, to my resurrection; my destiny was sure and secured. I sit here at the right hand of my Father with truth, righteousness, and peace, always ready to intercede for mankind and declaring God's glory!

While I was on earth, my profession was to be about my Father's business. Many were confused because they thought my destiny would be carpentry following Joseph, but it wasn't. I was about my Heavenly Father's business. He loves mankind so much, He just wants everyone to have life and life more abundantly. As it is shared in Isaiah 61 and Luke 4:16-21, *"I came to share the good news of the Gospel, proclaiming the good news to the poor, binding up the brokenhearted, proclaiming freedom for the captives and release from darkness for the prisoners, to proclaim the year of the Lord's favor and the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion – to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, a garment of praise instead of a spirit of despair."* God, my Father, wishes above all things that everyone would come to know Me as their Savior and Deliverer.

The sacrifice I made was for every man and every woman. I came to give light to the world. To provide hope for the brokenhearted. My redemption is for all men and women, males, and females. When you get a chance read Philippians 2:8 which says, *"Being found in appearance as a man (talking about Me, Jesus), He humbled Himself and became obedient to the point of death, even the death of the cross"*, which was a sacrifice I made for you.

It's disheartening that some people still don't believe I am who I say I am; not believing that I am the Messiah who has come. But my Father said that would happen. Some people want to silence me and my mission. Read Matthew, Mark, Luke, and John and see for yourself. Mankind wants to do what they want to do instead of walking with Me and my Father. Satan came to steal, kill, and destroy life, but I came so mankind can have life more abundant as in John 10:10. John 3:27 also shares, *"For God sent not His Son into the world to condemn the world; but that the world through Him might be saved"*.

Many would be surprised to learn that it doesn't matter to Me or My Father if you are rich or poor. We don't care about your background, ethnicity, your race, color, or if you have a degree. We aren't impressed with your family's tree nor disappointed by your past mistakes because it doesn't matter. We see you and know your heart and your future. If you have a heart to follow after Me, to believe in my Father in heaven, you are accepted. We don't hold anything against you. Your past does not define you. My Father sees your end from your beginning, and everyone has a destiny of growth, change and success. *"Come to me, all ye who are burdened and heavy loaded, and I will give you rest"*.

Agape Love is the one thing most needed in the world. Agape is "the love of God for man and of man for God". It is "the highest form of love". Loving your neighbor as you love yourself. Doing unto others as you would have them do to you. Agape Love will cover a multitude of sins. It pleases God when we walk in love and exhibit the fruit of the Spirit which are, *"love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law."* My Father has given **all** the ability to carry out His Agape Love here on earth, if people will just do so.

If you're feeling lost, confused, and don't know what to do, *"take My yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your souls"*. Taste and see that the Lord is good. Don't go by anyone else's experience. Come, experience Me for yourself.

If you don't know Christ but want to know Him; if you want to experience the abundant life Christ has for you; if you want to experience the love of God that you've been longing for; just say this prayer:

God, I believe that you sent your Son Jesus Christ to the cross for me. To save me from my sins and to lead me to a life close to You. I am a sinner ready to be saved by Your grace and mercy. Thank You for caring about me and for loving me. Thank You for accepting me into Your family. I look forward to Your Spirit leading me and guiding me into Your truth and righteousness so that I can have peace. I recognize it may not always be easy, so I appreciate Your being with me, never forsaking me, and walking this path with me. In Jesus' name I pray, amen.

If you recited that prayer and meant it, God is with you. Here are some starting points for you:

1. Find a Church or Christian person(s) who can mentor you and lead you into living a hope-filled and prosperous Godly life.
2. Read a verse from Proverbs daily. There are 31 chapters, one for each day of the month. Some of them may seem strange at first, but as you become more familiar with God, they will become clearer.
3. As you continue this walk, your understanding of Christ through the scriptures will increase. It may be helpful to journal your progress and revisit what you've written month by month to see the progression of your journey.
4. Finally, email us at lindaivey81@gmail.com to let us know how you are doing.

*"Circumstances and crises are God's tools to move you into
your purpose and maximize your potential."*

*When you believe in your dream and your vision,
then it begins to attract its own resources. No one was born to be a failure."*

Dr. Myles Munroe

Children's Corner

The Christmas Holidays are over and it's back to school time. For the next six months, why not embrace learning and be the best you can be? Surprise your parents, teachers, friends and yourself by paying attention and learning as much as possible. It may not be the popular thing with your peers, however doing so will help secure a good future for you. Give it some thought and choose wisely!

Now on to some fun activities for you to participate in!

- ▶ **Stories of Science** | Science History Institute 315 Chestnut Street, Phila, 19106
10am - 5 pm on Saturdays - January 6th, 13th and 20th. Admission free

Join the Science History Institute in their museum EVERY SATURDAY for a family-friendly program that highlights the many strange and surprising stories from the history of science! Their fun, interactive activities are designed for science lovers of all ages.

- ▶ **Sunday Family Art & Storytelling** | Woodmere Art Museum - 9201 Germantown Ave, Phila 19118
Sunday, January 7, 2024, 1am - 12pm

Introduce your preschoolers to art experiences. Children will focus on one artwork, read a related story picture book and create an art project with their adult companion. A fun and engaging way for children to enjoy art.

- ▶ **For The Love Of Bluebirds** | Riverbend Environmental Ed. Center - 1950 Spring Mill Rd, Gladwyne, 19035
Saturday, January 13, 2024, 11am - 1230pm

Join others for a natural gathering called *For The Love Of Bluebirds*, where we celebrate these beautiful creatures with hiking & more. Join us at the Riverbend Environmental Education Center for an event that celebrates our love for bluebirds! If you're a fan of these beautiful creatures, this is the event for you. Come and learn all about bluebirds, their habitats, and how you can help protect them. This in-person event will be filled with exciting activities, informative talks, and the chance to meet fellow bluebird enthusiasts. Checkout the website for more information:

<https://www.eventbrite.com/e/for-the-love-of-bluebirds-tickets-756291457107>



Trivia Question



How big was the largest snowflake on record?



(Answer at the end of the newsletter)



EVENTS

- **Horticulture Workshop: Plant Grooming 101** | PHS McLean Library - 100 North 20th St, 1st Fl, Phila
Saturday, January 13th, 1pm - 3pm

Interested in entering the Horticulture section of the PHS Philadelphia Flower Show? Learn from a horticultural expert how to get your plants “ready for their close-up” at the 2024 Show. Although this program is designed for new and prospective exhibitors, long-time exhibitors can pick up new tips to refresh their grooming techniques. COST = Free. ACCESSIBILITY PHS McLean Library is ADA compliant. On-street parking and parking lots are located nearby. Questions? Please contact compclasses@pennhort.org for more information.

- **Wednesday Noon Bird Walks** | 300 W Northwestern Ave, Phila
12pm - 115pm - January 3rd, 10th, 17th, 24th and 31st

Enjoy a guided bird walk in the Andorra Natural Area during lunchtime. The winter is an excellent time for birding, as the Wissahickon is host to many boreal forest species like juncos, sparrows, and spasuckers. If it's too cold, we will stay inside and watch the feeders!

https://www.facebook.com/events/373620365014315/?event_time_id=373620411680977

YDH Christmas 2023 - Last month, we were privileged and honored to support the community through the following organizations:



Fri., Dec. 8th - Open House with YDH Advisory Board member Tyler Garbett with Helping Individuals Succeed, LLC; where we distributed hats, gloves, scarves, & Dunkin



Thu., Dec. 21st - Rev. Linda Ivey, YDH Founder, presented Women Against Abuse with 2 laptop computers.



Thu., Dec. 21st - YDH Advisory Board Member, Pastor Waterman, pictured with the School Counselor from Vare-Washington Elementary School, delivered Christmas gifts to two families.



Staff at the Little Angels Day Care, accepting gifts on behalf of a family who needed some holiday cheer. YDH Advisory Board Member Carolyn Crawford-Dixon coordinated this effort.

One of the ways we raise funds to support families is through our Annual End of Year Raffle Fundraiser.

Here are this year's winners:

1st prize - Roslyn Payne - 1 night stay at the W

2nd prize - Doris Torres - 50" Smart TV

3rd prize - V. Darlene Smith - \$150 South Restaurant Dinner

Thank you South Restaurant & Jazz Club for donating the 3rd prize.



RESOURCES IN PHILADELPHIA AND THE SURROUNDING AREAS

At the time of publication, listed resources were available.

We recommend you call and verify that what you are interested in is still happening or available.

Please share the following with friends, family, neighbors and within your social and ministry circles.
Feel free to post on your personal social media and church bulletin boards.

FOOD RESOURCES

We are listing known food distributions, but you can also contact churches in your neighborhoods. Many of them hold weekly distributions.

- ▶ **Fresh for all Wednesdays** | Greater Enon Missionary Baptist Church, 1854 N 22nd St, Phila, 19121
1130pm - 1:30pm on Wednesdays – January 3rd, 10th, 17th, 24th and 31st

Get your fruits and veggies! This weekly produce stand is free to all, and runs weather dependent. Call 215-227-4421 for information on possible weather dependent cancellations.

- ▶ **Gompers Free Food Distribution** | Samuel Gompers School, 5701 Wynnefield Ave, Phila, 19131
Samuel Gompers School, 5701 Wynnefield Ave, Phila 19131
11:30am - 1pm on Wednesdays, January 3rd, 10th, 17th, 24th and 31st

- ▶ **Einstein Healthcare Network & Philabundance** | At the corner of 11th St @W. Clarkson St, Phila, 19141
Tuesday mornings starting at 9:30 – 10:30 am
A weekly produce market where fresh fruits and vegetables are distributed at no cost.
On the Einstein Medical Center Philadelphia campus.

- ▶ **Two Fish, Five Loaves Food Distribution** | New Covenant Church of Phila, 19119
Operating at 1:30 pm until supplies exhausted. Saturdays, January 13th, 20th & 27th.

- ▶ To find children, youth, and senior meal providers near you: **[VIEW THE FOOD SITES MAP](#)**
- ▶ Click here to **[Find meal sites for residents experiencing hunger and homelessness](#)**

FOOD PLUS

- **Free Produce and Hygiene Product Distribution** | Bethany Baptist Church, 5747 Warrington Ave, Phila, 19143
1130am - 130pm - Tuesday, January 2nd and 16th

Stop by the Bethany Baptist Resource Hub every other Tuesday for:

- Free hygiene products from the Broad Street Ministry Mobile Hygiene Truck
- Free Covid-19 test kits
- Free produce (various fruits and vegetables)
- On-site Covid-19 testing

- **Free Produce Distribution** | Mi Salud Wellness Center, 200 E Wyoming Ave, Phila, 19120
10am – 3pm on Fridays: Fridays, January 5th, 12th, 19th and 26th.

Stop by the Mi Salud Wellness Center Resource Hub every Friday for:

- Free produce (various fruits and vegetables)
- Free Covid-19 test kits
- Free masks (surgical and respirator available)
- Connections and resources for other health services

Hub Entrance is on the corner of A St and Wyoming Avenue. Food is provided on a first come, first serve basis.

HOUSEHOLD RESOURCES

- **Smoke Alarms**

Philadelphia residents call 3-1-1 to receive a free smoke alarm installation.
You can also [submit a request to Philly 311 online](#).



- **211 – Help Line**

Serving New Jersey, Bucks, Chester, Delaware, Montgomery and Philadelphia counties, 211 helps individuals find and connect with critical resources in their communities. The line is supported 24 hours a day, 7 days a week, in 150 languages. From everyday needs to educational opportunities and crisis support, a 211 Resource Specialist is ready to help families connect to more than 10,000 local health and human services. The hotline is sponsored by the United Way of Greater Philadelphia and Southern New Jersey.

NEW JERSEY: Call 211, text 898-211 or visit nj211.org.

PENNSYLVANIA: Call/text 211 or visit 211SEPA.org.

In partnership with the City of Philadelphia, 211 Southeastern Pennsylvania is now specialized in violence prevention in Philadelphia county. Their motto is, “There is no basic need more important than safety”. The 2-1-1 Violence Prevention Hotline is free and confidential.

- **Water Assistance Program/LIHWAP**

The Low-Income Household Water Assistance Program (LIHWAP) is a temporary emergency program to help low-income families pay overdue water bills. LIHWAP is a grant. **You do not have to repay it.**



LIHWAP crisis grants may be available if you have an emergency situation and are in jeopardy of losing your water service. You can receive one crisis grant for your drinking water service and one crisis grant for your wastewater service, up to \$2,500 each.

How to Apply

- Online: www.compass.state.pa.us

- **Phone:** Request an application by calling the Statewide Customer Service Center at 877-395-8930 or call PA Relay at 711 for the hearing impaired.
- **In-Person:** Applications are available at your local county assistance office. For more information go to: <https://www.dhs.pa.gov/Services/Assistance/Pages/LIHWAP.aspx>

EDUCATIONAL OPPORTUNITIES



- ▶ **DadLab** | Meetings held online with Zoom |
Sponsored by Einstein Medical Center of Philadelphia

This is a group designed for new fathers to learn about being a dad. Transitioning to fatherhood can be overwhelming. Sharing your experiences and learning from others can help you build confidence and bond with your baby. You won't be lectured on the "right" way to father. You'll have an opportunity to share your fathering experiences, concerns and questions. You'll connect with other dads going through the same things as you. New moms and partners are also included because everyone benefits when co-parents communicate and coordinate their care. **For meeting times**, call or text DadLab Director Jay Cherney at 215-690-1029 or email him at cherney.jay@gmail.com. Or, contact Co-facilitator Clarence B. Iszard at 484-471-7005 or iszardc@einstein.edu.

- ▶ **Philadelphia School District Re-Engagement Center**

The School District of Philadelphia's Re-Engagement Center (REC) aims to provide students who have previously dropped out (or those in school and at risk of dropping out) with the chance to return to school by offering a range of "educational pathways". These pathways are designed to assist students by providing a "best fit path" to earn their high school diploma & prepare students for successful postsecondary experiences. For more information go to:

<https://www.philasd.org/opportunitynetwork/reengagement/>

- ▶ **SBDC - Business 101: Ready for Entrepreneurship** | Online

January 10, 2024, 6pm - 730pm

Are you thinking about launching a small business? Not sure what is involved? Unsure if you have a viable business idea? Join SBDC for this introductory presentation to break down the nuts and bolts of what is needed to start a business.

Attendees will be able to:

- Recognize steps to starting a business
- Utilize a business concept analysis to understand the viability of their business concept
- Understand differing legal structures
- Learn how to decide if starting a business is right for you!

- ▶ **SBDC - Business 102: Ready to Business Plan?** | Online

Wednesday, January 17, 2024, 6pm - 730pm

Join SBDC! Do you have a business concept in mind but aren't sure of the next steps? This presentation is all about turning that concept into a concrete plan, and we'll discuss details around revenue streams, market research, industry research, competitive analysis, and more. This is a great follow-up to our Business 101 class, but you can also jump right in.

Attendees will be able to:

- Utilize market research and business planning tools to prepare their business feasibility plan
- Identify their start-up costs and business funding needs
- Understand different funding options

Target Audience: Start-up businesses; Individuals in the ideation and research stages; Individuals preparing to launch their business; and Intermediate businesses looking for refreshers.
Click [Here](#) to Register

RESTORATION ASSISTANCE

► **Violence Prevention Hotline** | dial 211

In 2022, United Way partnered with the City of Philadelphia to add a violence prevention option to the 211 Resource Hotline. The Hotline, which already provided 24/7 real-time support for people seeking help with benefits access, housing, and healthcare, is now able to assist individuals engaging in violence or who live in neighborhoods experiencing high rates of crime. Individuals can call 211, send a text to 898-211, or enter a live chat at pa211.org and get connected to trained Resource Navigators who can lead them to preventative services, grief support, and more in over 150 languages.

Individuals can call 211, send a text to 898-211, or enter a live chat at pa211.org and get connected to trained Resource Navigators who can lead them to preventative services, grief support, and more in over 150 languages.

While the hotline provides critical support, individuals facing immediate danger should always contact 911.

WINTER HEALTH WATCH

RSV precautions include newly available immunizations

*Article from Betsy Herbert and Charles McDevitt
Board of Health, Department of Public Health*

Winter respiratory virus season is here. While most people already know about colds and flu, it's important to know about RSV or Respiratory Syncytial (sin-SISH-uhl) Virus, as well. It's another common cause of colds and other respiratory infections.

RSV is a common seasonal respiratory virus. Even though RSV usually causes mild symptoms like a cold, it can sometimes be serious, leading to hospitalization and death in infants and older adults. The good news is that, for the first time, we have immunizations to protect infants and older people from RSV.

Symptoms and spread of RSV

Symptoms of RSV may include fever, runny nose, cough, wheezing, sore throat, headache, and tiredness. Like other respiratory viruses, a cough or a sneeze can easily spread RSV to nearby people, objects, or surfaces. People who touch those objects or surfaces can then get infected by the virus by touching their face.

What to do daily to avoid spreading RSV

To help prevent the spread of RSV: Clean frequently touched surfaces. Avoid close contact with people who are sick. Stay home when you are sick. Wear a mask if you are around a lot of people in public areas and are worried about getting sick. Wash your hands thoroughly and often. Cover your mouth and nose when you cough or sneeze.

Contact your healthcare provider if you are concerned or have questions about RSV. Call 911 or go to an ER IMMEDIATELY if you or your child have difficulty breathing, become dehydrated from not drinking enough fluids, or experience worsening symptoms.

The best way to protect yourself and your loved ones from RSV is to take precautions to stop the spread of the virus.



■ COVID RELIEF

Philadelphians who have lost loved ones due to covid, can receive FEMA aid to cover funeral expenses, up to \$9,000 per person lost. Call 844-684-6333 to apply.

■ COVID-19 VACCINATIONS

Covid-19 vaccinations and boosters are available in numerous locations throughout Philadelphia and its surrounding cities and counties.

To find COVID-19 vaccine locations near you:

- go to: <https://www.phila.gov/services/mental-physical-health/get-vaccinated/get-your-covid-19-vaccine-or-booster/>
- Search vaccines.gov,
- Text your ZIP code to 438829, or
- Call 1-800-232-0233.
- Many neighborhood pharmacies continue to offer the vaccines. Check with your local pharmacy.
- To request an in-home appointment, [fill out the online form](#)



■ COVID-19 TESTING

- To order at-home covid tests, click on this link: <https://special.usps.com/testkits>
 - There are many covid testing sites available. Go to: <https://www.phila.gov/covid-testing-sites/> or access the Testing Locator at testinglocator.cdc.gov.
-

STD TESTING

STDs (sexually transmitted disease) are infections that are spread from one person to another, sexual contact. sex. They are still among us and reported cases are increasing. Lots of people who have them don't have any symptoms. Without treatment, STDs can lead to serious health problems. But the good news is that getting tested is no big deal, and most STDs are easy to treat.

Following are testing sites and times:

STD Testing at Shoppes at La Salle Resource Hub | The Shoppes at LaSalle - 5301 Chew Ave, Phila, 19138

In January - 1030am - 3pm on: Thu the 4th, Tue the 9th, Thu the 11th, Tue the 16th, Thu the 18th, Tue the 23rd, Thu the 25th, and Tues the 30th.

STD Control Program staff will be present to conduct on-site STD testing. Testing is confidential and results are not communicated on-site.

HEALTH & WELLNESS

Emotional health is an important part of your overall health. People who are emotionally healthy are in control of their thoughts, feelings, and behaviors. They're able to cope with life's challenges. They can keep problems in perspective and bounce back from setbacks. They feel good about themselves and have good relationships.

Being emotionally healthy doesn't mean you're happy all the time. It means you're aware of your emotions. You can deal with them, whether they're positive or negative. Emotionally healthy people still feel stress, anger, and sadness, but they know how to manage their negative feelings. They can tell when a problem is more than they can handle on their own. They also know when to seek help from their doctor.

Emotional health is a skill. Emotional health allows you to work productively and cope with the stresses of everyday life. It can help you realize your full potential. It also helps you communicate with other people and contribute to society.

Your emotional health affects your physical health. Research shows a link between an upbeat mental state and physical signs of good health. These include lower blood pressure, reduced risk of heart disease, and a healthier weight.

There are many ways to improve or maintain good emotional health. Here are a few steps you can take:

- **Be aware of your emotions and reactions.** Notice what in your life makes you sad, frustrated, or angry. Try to address or change those things.
- **Express your feelings in appropriate ways.** Let people close to you know when something is bothering you. Keeping feelings of sadness or anger inside adds to stress. It can cause problems in your relationships at home, work, or school.
- **Think before you act.** Give yourself time to think and be calm before you say or do something you might regret.
- **Manage stress.** Learn methods to cope with stress. These could include deep breathing, meditation, and exercise.
- **Strive for balance.** Find a healthy balance between work and play, and between activity and rest. Make time for things you enjoy. Focus on positive things in your life.
- **Take care of your physical health.** Exercise regularly, eat healthy meals, and get enough sleep. Don't abuse drugs or alcohol. Try to keep your physical health from affecting your emotional health.
- **Connect with others.** Make a lunch date, join a new group, or say hi to strangers. We need positive connections with other people.
- **Find purpose and meaning.** Figure out what's important to you in life, and focus on that. This could be your work, your family or friends, volunteering, caregiving, or something else. Spend time doing what feels meaningful to you.
- **Stay positive.** Focus on the good things in your life. Forgive yourself for making mistakes and forgive others. Spend time with healthy, positive people.

This article was created by familydoctor.org editorial staff

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- ▶ **T'ai Chi for Beginners** | 1954 Pattison Ave, Phila, 19145
Tuesday, January 2nd, 10am - 11am

Join weekly on Tuesdays at 10am for a complete workout to relax the mind, restore the body and rejuvenate the spirit. Sessions are led by Kirsten Erwin. For more information go to:
https://www.facebook.com/events/227901626776533/?event_time_id=227901683443194

- ▶ **Wellness Walks at the Ambler Arboretum** | Temple U., Ambler Campus, 580 Meetinghouse Rd, Ambler
Monday, January 8, 2024, 1130am - 1230pm
Join for Wellness Walks at the Ambler Arboretum and take a leisurely stroll through nature to rejuvenate your mind, body, and soul!

- ▶ **Free Walk-In Health Screenings** | Mi Salud Wellness Center - 200 E Wyoming Ave, Phila, 19120
Tuesday, January 09, 2024; Monday, January 15th, 1030am - 130pm, Tuesday, Jan 16th, 1pm - 4pm.

Jefferson Collaborative for Health Equity will be providing free health screenings for any community members who visit the ResourceHub. Participants can expect to be screened for: Blood Pressure, Cholesterol, and Diabetes. No insurance or ID is required.

▶ **Building Resilience: Tools for Living a Better Life - Overview** | Community Wellness

731 Alexander Rd, Suite 103, Princeton, NJ

Tuesday, January 30th - 630pm - 8pm

Through this introductory training, you will learn some simple strategies to strengthen your emotional, mental, physical, and spiritual resiliency so it's easier to turn life's inevitable challenges into opportunities. This informative program is led by Debbie Millar, RN, and Craig Harley, health professionals with Penn Medicine Princeton Health.

SPIRITUAL ENRICHMENT



Looking for a place to learn about God and gain insight into His word? Here are a few suggestions:

▶ **'Girl Talk'** | Every Sunday, 2pm - 3 pm

on : Facebook: WTGB or online: <https://tgbtgb.org/girl-talk-2/>

▶ **Ascension Church** | Services held inside Tinley Temple Methodist Church
750-62 S. Broad Street, Phila., 19146 | *Pastor John Brice*

▶ **Change Church** | 895 Rancocas Road, Westampton, NJ 08060
Sunday morning worship - 1130am | *Pastor Dharius Danials*

▶ **Ebenezer Baptist Church** | 1002 N. 10th Street, Phila., 19133
Sunday morning worship - 11am | *Pastor Malcom Medley*

▶ **Mediator Lutheran Church** | 2845 N. 28th Street, Phila., 19132
Sunday morning worship - 11am | *Pastor Regina Goodrich*

▶ **Polite Temple Baptist Church** | 38 E. Price Street, Phila., 19144
Morning Worship - 11:15am | *Pastor Bernadine Waterman*

Join Pastor Bernadine Waterman and the Polite Temple Baptist Church for the following:

▶ **Providence Baptist Church** | 87 E. Haines Street, Phila., 19144
Sunday morning worship - 10am | *Pastor A. Gregory Jackson*

▶ Apostle Tomy Jordan and Pastor Stephanie D. Jordan from **Abiding Love Deliverance Center, NC** are streaming live on Zoom every Saturday at noon. ID: 306 155 0388, Password: JESUSJOY
Dial 646-558-8656 to join them for Prayer on Tuesdays at 6pm and Wednesdays for Bible Study at 7 pm. Contact information: 267-290-0654 or abidinglovedeliverancecenter@gmail.com

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TRIVIA QUESTION ANSWER

How big was the largest snowflake on record?

15 inches wide and 8 inches thick.

It was recorded in Montana in 1887.



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Comments or questions? E mail: lindaivey81@gmail.com

As we look forward to what 2024 has in store, I'd like to thank everyone who has partnered with and supported YDH in 2023. Thank you to all those who came out to celebrate during our Annual Christmas Brunch. I appreciate you all. Your generosity and support will stand before God.

Blessings to you and yours for a bright, fruitful, prosperous New Year!

Rev. Linda J. Ivey, MSW