



YOUR DESTINY IS HERE INC

LINDA J. IVEY MINISTRIES  
GREATER IS COMING

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## DESTINY CALL TO ACTION: A Healthy Summer



This month remember to maintain a healthy lifestyle for the summer. Being healthy used to be if you looked good and you felt good, therefore you were healthy. That's so not true. Unhealthy bad habits are sneaky, especially during the summer. And, if we don't remain focused, they can sidetrack us. Unhealthy habits will ruin all of the hard work that resulted in us gaining a positive body image.

Summer means vacationing and relaxing from our normal routines, which often include healthy eating and exercising. In Summer we tend to switch our healthy broiled, grilled or baked foods for fried resort and boardwalk choices. We forgo our morning walks and runs for lounging at the pool or on the beach.

If this isn't you say "Amen". If it is, say "Ouch" and know that it's not too late to save your healthy lifestyle.

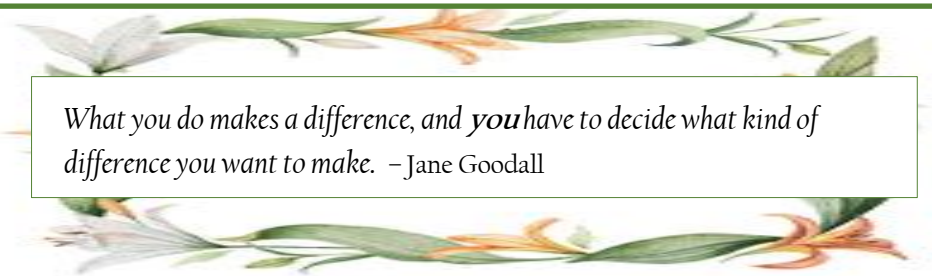
Maintaining a healthy lifestyle of flourishing, thriving, and feeling strong is a mind game based on how we see and feel about ourselves. Do we see our bodies as holy temples that should not be defiled with highly processed foods or meals that don't include fruits or vegetables? Do we understand that age doesn't define our continued strength and stamina to carry out our daily routines? Do we see ourselves as worthy of positive body images with muscle definition in our arms, backs, waist, or thighs?

Let's control our summer habits and activities instead of having our summer control us. Take our prayer time outdoors for a 20-minute walk around the block, or on a trail, or to the park. Sit on the balcony, front porch, or back deck and do total body stretches of tensing and relaxing every muscle starting with facial muscles, then the neck, shoulders, torso, lower body and ending with the muscles in the feet.

Let's limit our fried food choices to once a day – either breakfast, lunch, dinner or snack. If we have a funnel cake, or fried Oreos, then all our other foods have to be grilled, baked or broiled. Finally, always, always, always include fruit and veggies in every meal.

Summertime can be a wonderfully relaxing three months, if we refuse to have it ruin the healthy accomplishments we've achieved during the year.

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*What you do makes a difference, and **you** have to decide what kind of difference you want to make. – Jane Goodall*

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## WALKING IN DESTINY SCRIPTURES : HEALTHY LIVING



*Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.*

- 3 John 1:2

*Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.*

- 1 Corinthians 6:19-20

*You shall serve the Lord your God, and He will bless your bread and your water, and I will take sickness away from among you.*

- Exodus 23:25

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## 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, Westhampton, NJ 08060  
Sunday morning worship - 1130am | *Pastor Dharius Daniels*

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

▶ **Mediator Lutheran Church** | 2845 N. 28<sup>th</sup> 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](mailto:abidinglovedeliverancecenter@gmail.com)



## **RESOURCES IN PHILADELPHIA AND THE SURROUNDING AREAS**

At the time of publication, listed resources were available. Contact to verify that what you are interested in is still happening or available.

**Please share the following with friends, family, neighbors, your social and ministry circles, etc.**  
**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. If you know of a resource not listed here, feel free to let us know and we will add them to future issues of the newsletter.

- ▶ Einstein Healthcare Network & Philabundance | 11th St @W. Clarkson St, Phila, 19141  
Tuesday mornings 9:30 – 10:30 am / On the Einstein Medical Center Philadelphia campus.  
A weekly produce market where fresh fruits and vegetables are distributed at no cost.
- ▶ Gompers Free Food Distribution | Samuel Gompers School, 5701 Wynnefield Ave, Phila, 19131  
Samuel Gompers School, 5701 Wynnefield Ave, Phila 19131  
Wednesdays 11:30am - 1pm : August 7, 14, 21, 28 / September 4, 11, 18, 25
- ▶ Two Fish, Five Loaves Food Distribution | New Covenant Church of Phila, 19119  
Saturdays, August 17 and 24, 1:30 pm until supplies exhausted.
- ▶ Free Produce Distribution | Mi Salud Wellness Center, 200 E Wyoming Ave, Phila, 19120  
Mondays and Wednesdays at 6pm | first come first served until food runs out | 215.220.4421

## **FARMERS' MARKETS**

- ▶ Chestnut Hill Farmers' Market : 8/3, 8/10 and 8/17 : 10 am -12 pm  
Winston Road between Germantown Avenue & Mermaid Lane, Phila., PA 19107 / 215.733.9599
- ▶ Germantown Farmers Market : 8/10, 8/24, 9/7 : 11 am - 3 pm  
5501 Germantown Avenue, Phila., PA 19144
- ▶ Rittenhouse Farmers' Market : 8/10, 8/17 : 10 am - 2 pm  
18th & Walnut Streets, Phila., PA 19107 / 215.733.9599
- ▶ Fitler Square Farmers Market : 8/10, 8/17 : 9 am - 2 pm  
2227 Pine St., Phila., PA 19103 / 215.575.0444

**To find more food resources go to the following food, meal and other public benefit finders:**

- ▶ <https://www.phila.gov/food/>
- ▶ [https://www.sharefoodprogram.org/wp-content/uploads/2024/06/Pantry-Sheet\\_61724.pdf](https://www.sharefoodprogram.org/wp-content/uploads/2024/06/Pantry-Sheet_61724.pdf)



## Trivia Question



What does the United States Postal Service do with letters to God?

*(Answer at the end of the newsletter)*

## **COVID & HEALING RESOURCES**

Covid has not gone away, and it can still be spread among others. Please be mindful about when/where you should wear a mask, whether or not to be in crowds of people, and testing (and isolating yourself if you feel ill.)

### ■ **COVID RELIEF FOR FUNERAL EXPENSES**

Philadelphians who have lost loved ones due to covid, can receive FEMA aid to cover funeral expenses, up to \$9,000 per person lost. To apply, call 844-684-6333 or visit <https://www.usa.gov/covid-funeral-assistance>

### ■ **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](https://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, call 215-685-5488 (press 2 for Spanish or 3 for all other languages). Dial 711 for TRS/TTY assistance.



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### ■ **COVID-19 TESTING**

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](https://testinglocator.cdc.gov).

## **ALL AROUND RESOURCE & ASSISTANCE**

### ► **Prevention Hotline** | dial 211

211 is a source for local social service info, providing all Pennsylvania residents access to customized health, housing and human services in one place 24 hours a day, 7 days a week. Individuals can call 211, or send a text to 898-211, or enter a live chat at [pa211.org](https://pa211.org) or visit <https://www.pa211.org/> and get connected to trained personnel who will help with your request.

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



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## **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.



### ▶ **Philadelphia Water Department Financial Assistance Programs**

If you're having problems paying your water bill or maintaining your service, Philadelphia Water Department **has programs that may help you**. For a view of the options available visit: <https://water.phila.gov/financial-assistance/>



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## **EDUCATIONAL RESOURCES & OPPORTUNITIES**

### ▶ **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 call [215-400-6700](tel:215-400-6700) or go to: <https://www.philasd.org/opportunitynetwork/reengagement/>

### ▶ **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](mailto:cherney.jay@gmail.com). Or contact Co-facilitator Clarence B. Iszard at 484-471-7005 or [iszardc@einstein.edu](mailto:iszardc@einstein.edu).



### ▶ **Free Fitness Program with Certified Personal Trainer** | Be Strong, Be Fit, and Be Healthy Mi Salud Wellness Center, 200 E Wyoming Ave, Phila, 19120, 215.220.4421 | Mondays at 6pm

### ▶ **Project Home/Honickman Learning Center Comcast Technology Labs** Adult Learning Classes and Upcoming Events - <https://www.projecthome.org/events/cps-september-2024>

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*Your Destiny is Here, Inc. provides 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.*

## Children's Corner

### **1st Things First – The Word of the Month is "HEALTHY"**

Healthy is a variation of the word HEALTH. Health can be promoted by encouraging healthy activities, such as regular physical exercise and adequate sleep, and by reducing or avoiding unhealthy activities or situations, such as smoking or excessive stress. In the Bible, 3 John 1:2, says, "Beloved, I pray that all may go well with you and that you may be in good health..." So think about what you eat and drink, how much you exercise, and other daily habits you may have, and consider whether they're good or bad for you—and what you can do to make things better.

**2nd Thing** - How many words can you make out of the word HEALTHY? Give it a try and come back next month to compare your list with ours.

### **Now on to some fun activities!**

- ▶ Every Saturday 10 am - 5 pm / Stories of Science (for science lovers of all ages)  
Science History Institute, 315 Chestnut St., Phila., PA 19106
- ▶ Every Sunday through 09/29 11:00 am to 6:00 pm / Family Funday Sunday  
Spruce Street Harbor Park, 301 S. Columbus Blvd., Phila., PA 19106
- ▶ 8/1 through 8/18 11:00 am - 3 pm daily / Summer Wonder (explore a world of adventure)  
Penn Museum, 3260 South Street Phila., PA 19104 215.898.4000
- ▶ 8/6 & 8/13 11 am to 12 pm / Kid Nature Club  
Oak Lane Library, 6614 North 12th Street, Philadelphia PA 19126, 215-685-2848
- ▶ 8/8, 8/9, 8/10 9:30 am to 5 pm / Wildlife Spotlight Series at Philadelphia Zoo  
Philadelphia Zoo, 3400 W Girard Ave, Phila., PA 19104
- ▶ 8/08 1:30 pm - 3:00 pm / Wissahickon Creek: Creek Life Exploration  
300 W Northwestern Ave., Phila., PA 19118
- ▶ 8/10, 8/17, 9/07, 9/14, 10/05 and 10/12 10:00 am - 1:30 pm / Free Community Boating  
FDR Community Clubhouse, 1954 Pattison Ave., Phila., PA 19145
- ▶ 8/10 10 am to 5 pm / AAMP Family Fun Days  
African American Museum in Philadelphia, 701 Arch Street, Philadelphia PA 215-574-0308
- ▶ 8/10 11:00 am to 12:00 pm / Nature Walk Saturdays  
Boathouse at FDR Park, FDR Park, Phila., PA 19145
- ▶ 8/10, 8/17 12:00 pm to 3:00 pm / Afternoon Picnic & Cartoons at Sunset Social  
Sunset Social, 129 South 30th St Roof, Phila., PA 19104
- ▶ 8/11 9:30 am / Free School Supply Give Away, Back to School Pics & More  
New Covenant Church of Philadelphia - 7500 Germantown Avenue, Phila., PA 19119
- ▶ 8/17 11:00 am to 12:00 pm / Bubbles, bubbles, bubbles-Kids Event-Friends of Dickinson Square  
Dickinson Square Park, 1600 E Moyamensing Ave, Phila., PA 19148
- ▶ 8/18 12:00 pm to 2:00 pm / Family Fun with The Clay Studio  
The Oval, 2451 Benjamin Franklin Pkwy, Philadelphia, PA 19130, USA
- ▶ 8/24 10 am - 12 pm / Butterfly Count at The Discovery Center in Philadelphia  
The Discovery Center 3401 Reservoir Drive, Phila, PA 19121



## **FAMILY EVENTS**

- ▶ Click for [115+ Outdoor Movie Screenings in Philly in Summer 2024 | Visit Philadelphia](#)
- ▶ 8/1 through 8/18 6:00 pm - 11 pm / [Philadelphia Chinese Lantern Festival](#)  
Franklin Square 600 N 6th Street, Phila., PA 19106
- ▶ 8/1 thru 9/2 open 7 days a week / [Independence Blue Cross River Rink Summerfest](#)  
101 S. Columbus Boulevard, Phila., PA 19106
- ▶ 8/6 4:00 pm to 8:00 pm / National Night Out  
[Gorgas Park](#) 6400 Ridge Avenue, Phila., PA 19128
- ▶ 8/6 6:00 pm - 8:00 pm / Not Just Jazz at FDR Park  
1500 Pattison Ave, Philadelphia, PA 19145  
Free Jazz music at the gazebo. Food trucks and other vendors. BYO blanket or chair.  
Presented by the Friends of FDR Park and Jazz and Other Soulful Sounds (JOTSS)
- ▶ 8/10 and 8/17 7 pm / [Summer Sounds at Spruce Street Harbor Park](#)  
[Spruce Street Harbor Park](#), 121 N. Columbus Blvd, Phila., PA, 19106, 215.629.3200
- ▶ 8/17 9:45 am - 11:30 am / Flavors of FDR: Food Market Tasting Tour: Southeast Asian Market  
Philly's FDR Park Boathouse, 1500 Pattison Avenue, Philadelphia, PA 19145  
Go on a delicious food tour of the Asian market. [See more details and buy tickets.](#)
- ▶ 8/17 and 8/18 12:00 pm - 8:00 pm / [FREE PECO MULTICULTURAL SERIES 2024](#)  
[Delaware River Waterfront Corporation](#) 121 N. Columbus Blvd., Phila., PA, 19106 215.922.2FUN
- ▶ 8/18 12 pm - 8 pm / FREE Philadelphia Caribbean Festival  
PECO Multicultural Series, Cherry Street Pier and Race Street Pier
- ▶ 8/21 3:00 pm to 5:00 pm / Friends of Wissahickon's (FOW) Free Ice Cream Social  
[Historic Rittenhouse Town](#) 6035-6049 Wissahickon Avenue, Phila., PA 19144
- ▶ 8/24 / [The Philly Bookstore Crawl](#)  
No specific trail to follow. No route. Just a bundle of bookshops around town, all doing something special on one given day. Click link above for more info.
- ▶ 8/30 12:00 pm to 4:00 pm / Live@Love Music + Marketplace Series  
[JFK Plaza \(Love Park\)](#) Arch Street, Phila., PA 19102
- ▶ 8/30 6:30 pm - 7 pm / [FREE Sunset Yoga in the Park](#)  
Palmer Park, 346 East Susquehanna Ave, Phila, PA 19125

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### **To find more activities and events:**

- ▶ <https://philly.kidsoutandabout.com/event>
- ▶ <https://phillyfunguide.com/free>
- ▶ <https://www.phila.gov/the-latest/all-events/?category=Philadelphia%20Parks%20%26%20Recreation>

## DISCOVERY



*"As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night will never cease."*

Genesis 8:22

### WORD LIST

beach  
beloved  
boardwalk  
bread  
daily  
fruit  
healthy  
heart  
Holy Temple  
ice  
image  
lifestyle  
lounge  
love  
maintain  
normal  
pool  
positive  
relax  
routine  
sand  
summer  
sun  
vacation  
walk  
warm  
water

Search for words associated with summer and maintaining a healthy lifestyle.

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

## TRIVIA QUESTION & ANSWER



What does the United States Postal Service do with letters to God?

They send them to mail recovery offices to be sent to local churches.

For additional DESTINY information visit: Our Website - [www.yourdestinyishereinc.org](http://www.yourdestinyishereinc.org)



<https://www.facebook.com/yourdestinyishereinc>



[https://www.instagram.com/yourdestinyishere\\_inc](https://www.instagram.com/yourdestinyishere_inc)

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