



YOUR DESTINY IS HERE INC
LINDA J. IVEY MINISTRIES
GREATER IS COMING

DESTINY – WELCOMING GOD IN THE CHANGE



For all of us, change is inevitable. The only constant thing in our lives is change.

Fall comes at a transitional time, mostly for children, who have spent the summer hopefully having fun and now are back in school; and for parents who are now juggling the school day with before and after childcare and their work schedules.

Fall ushers in a shift in our attitudes and moods, with a more serious focus on work and school. It's a season of change, both visibly (the beauty of the fall colors) and inwardly (maneuvering schedules).

Some changes we can control and others we cannot, like the days growing shorter, growing older, unexpected sickness, or the death of a loved one. No matter what changes come our way, any departures from the norm that cross our paths, there is someone available to help us through it all. God. He knows us and cares about each and every one of us. He has not given us a spirit that makes us fearful or timid, but full of power, love, and self-control. God's plans for us include helping us along the way, if only we will trust Him. Do you trust Him? Will you believe Him? Will you allow Him into your life to bring you hope and peace? God has provided us with what we need to pivot and transition to meet each and every one of the challenges along our way. Allow Him to show you.

WALKING IN DESTINY SCRIPTURE



But God commendeth His love toward us, in that, while we were yet sinners, Christ died for us. Romans 5:8

Greater love has no one than this, that he lay down his life for his friends. John 15:13

He who did not spare His own Son but gave Him up for us all, how will He not also, along with Him, freely give us all things? Romans 8:32

Open your mouth and taste, open your eyes and see – how good God is. Blessed are you who run to him. Psalm 34:8

CALL TO ACTION – CHECK IN WITH YOUR CHILDREN

Maneuvering a new job, new relationship, new home can be a lot for any adult, but what about our children? Expectations that our children can master the changes on their own, can be unrealistic. Many of our children are not prepared mentally to take on many changes, even though, they may act like everything is fine. That's why the call to action this month is to spend time with your children as they transition into their new grades, different teachers, and unfamiliar peers. As their parents and guardians, we have the responsibility to make sure they are emotionally and socially able to handle the roles and duties that are expected of them.



If your child's school season has many changes, check-in with them throughout the month. Find out what classes they have; what's working well and what things do they need help navigating. When you're reviewing their homework, ask them about their teachers, their classes, their school environment, and their peers. Let them know that they have your support to make this school year a successful one.

TRIVIA QUESTION

What is the most commonly purchased BBQ meat in the US ?



(Answer at the end of the newsletter)



There is no friendship, no love, like that of the parent for the child.

- Henry Ward Beecher



DESTINY SPOTLIGHT



Michael Bolds

This month's Destiny Spotlight is on Mr. Michael Bolds, a son, a friend, a husband, a teacher, and a father. Born and raised in East Mount Airy, Philadelphia to parents who were ministers, Michael now lives in the District of Columbia with his wife Isis and their three children. Following is our interview with Mr. Michael Bolds.

Having been a teacher for 14 years, I see teaching as a part of my destiny. I've always loved working with children. The desire to coach and teach were being developed within me and through the years they came together. It wasn't always easy because there were some obstacles along the way, but eventually it became obvious.

As a child, I never thought I'd be a teacher. I wasn't a big fan of school, and I was kind of rebellious. My studies went well, but once I finished my work, I would get in trouble with my teachers because I was bored and would draw or talk to my classmates. By the fourth grade, my mom was getting lots of bad reports on my behavior. She went in for a parent-teacher conference and asked the teachers to give me more work, but they said they didn't have anything else for me to do. She remained firm, declaring she didn't know how they were going to do it, but they needed to come up with a better solution. Her intervention resulted in my getting a scholarship to the esteemed Germantown Friends School, which helped change my perspective. At age 16, my first job was a camp counselor at my mom's church. It was in a summer program called Summer Bridge, where I worked with middle school children. I was committed and felt close to it.

I moved to DC where I did my undergrad studies at Wesleyan University in Connecticut and later earned my Master's in Education at Howard University.

I've had several professional experiences working with youth. I used to be a Spoken Word Poetry Coach for six years when my girls were younger. I helped direct an after-school program called "New Orleans and Back", where we made art and sold it locally. We'd then use the proceeds to help rehab homes for the homeless.

While in college, I ran an afterschool program at a housing project that was near the school. Most of the kids were in a special education class. They would come to the program in terrible moods. Spending time talking to the kids, I learned their teachers weren't kind to them. They would share terrible things the teachers would say and do to them. Because the teachers didn't really understand them, they were making gross misjudgments about them. Those teachers were contributing to the problems those children were having.

Frustrated, I thought about going into the mental behavioral health side of education; and at one time I worked as an in-class therapist. I saw there too, that some teachers were contributing to the problem. That's what made me decide to be a teacher, I was tired of seeing the way black boys were being treated.

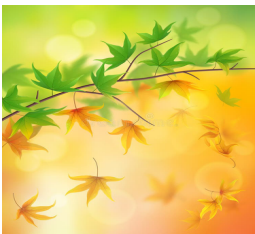
Many young Black youth face very severe consequences due to their life choices because they didn't think things through and didn't receive the guidance or support they needed. Many of them are written off even before they get out of school. Our Black and Brown youth need more focused support in terms of explaining and guiding them through adolescence and young adulthood. They need to be told that just because you haven't seen success outside of sports or on performance stages, it doesn't mean you can't have a successful life. A successful life is not limited to being a celebrity or being rich or famous. Our young men need to know all is not lost if their original plan doesn't work. They need to learn that working a 9 - 5, picking up a trade or going to community college isn't a bad thing, but are paths to unlimited possibilities. They need

to know they have a wide range of options and choices beyond what people in their immediate family or neighborhood have experienced or what they’ve seen on television.

Working with high school seniors for the past eight years made me realize I'm not going to be the only influence in my children's lives. Their mother and I are not always going to have their attention or be the most dominant influence in their lives. We have three children: Ifetayo – she’s 11 years old, Ozioma – she's 8 years old, and Chetachi - he’s 4 years old. It makes me think about when they transition to spending more time with their friends, what things have I instilled in them that will support them and be a good compass for when they navigate through their lives. They have learned a lot from the teenagers who are always around them. They think teenagers are “cool”, which made me realize I needed, and wanted to spend more time investing in my children. Being a teacher has helped me also better understand the difference between the type of support and affirmation and encouragement needed in a parent and child relationship versus a teacher and student relationship. I realized I was treating my own children a lot like they were my students. I wasn't giving them the emotional support, and patience they really needed from me as their father. It was a significant check point for me.

People would be surprised to know that I really, really like hiking and I even went on a hike for my birthday. I also garden. Growing up, my parents always had a little garden and I never paid attention to it, just took it totally for granted and learned zero skills from them. However, during the pandemic I started a garden; this year I grew tomatoes, kale and watermelon.

I recognize that everybody's path is different; people don't have to do things the way we do them; and we shouldn’t force people to do things our way to make us comfortable. We need to support people where they are. If we give others more grace to learn about themselves and appreciate each other, we would have a healthier world.



DISCOVERY - Transitioning

Your life is a story of transition. You are always leaving one chapter behind, while moving on to the next. Anonymous

Search for words associated with seasonal change.

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

- APPLE
- AUTUMN
- CINNAMON
- COLORLED LEAVES
- FALL
- GOALS
- HOT TO COOLER
- LESS DAYLIGHT
- NEW FLOW
- PLAN
- PEAR
- PREP
- PUMPKINS
- RESET
- ROOT VEGGIES
- ROUTINES
- SHIFT
- SOUP
- SQUASH
- SUMMER
- SUNSET

October is Domestic Violence Awareness Month | From the [Office of Domestic Violence Strategies](#)

Everyone deserves to have a healthy relationship. If you think that your relationship is abusive, or if you think someone you know is being abused, call the 24-hour Philadelphia domestic violence hotline at (866) 723-3014.

Following are events providing awareness to participate in:

6th Annual My Purple Path Walk and Fair | Community Center Park, 800 McDade Blvd, Collingdale, 19023
Saturday, October 7th | 12pm – 4pm

Join Purple House Project PA for the 6th annual My Purple Path Walk and Fair. The theme of this event is “*My Purple Path Needs You to See Me*,” and is focused on the intersection of disability and intimate partner violence. The fair will feature guest speakers, vendors, resources, music, food, and fun.

Lighting Ceremony and Survivor Celebration | Lutheran Settlement House, 1340 Frankford Ave, Phila.
Tuesday, October 10th | 530pm – 8pm

Hosted by the Lutheran Settlement House Bilingual Domestic Violence Program, this annual event acknowledges and celebrates the successes of their survivors. Lighting ceremony will be at 6:30. Light refreshments will be served. Event will be held outside on the deck. Join for an evening of celebration and community! No registration required.

iPledge Campaign Press Conference: The Power to Heal | Philadelphia City Hall Courtyard
Wednesday, October 11th | 12pm -1pm

Join Women Against Abuse for the 16th Annual iPledge® Campaign, The Power to Heal, which will amplify the intersection of domestic violence and gun violence and its impact on the entire community.

7th Annual Amplifying Our Voices | Germantown Friends Free Library, 5418 Germantown Ave, Phila
Wednesday, October 18th | 7pm - 830pm

Join Women In Transition for an evening of poetry to heal, share stories, and speak out about violence, trauma, empowerment and joy. This event is a safe space to speak truths and celebrate strengths, with readings from multiple poets, including Trapeta B. Mayson, Philadelphia’s 2020-2021 Poet Laureate.

Paint Philly Purple Day | All day! Anywhere!

Thursday, October 19th

Show your support to survivors and start conversations about domestic violence by wearing purple, the color of the movement to end domestic violence. To join:

1. Wear your favorite purple outfit and take a selfie
2. Post your selfie and share resources about domestic violence or a supportive message with #PaintPhillyPurple
3. Tag your friends to do the same!

Virtual Lunch & Learn: Addressing Intimate Partner Violence and Pregnancy | On Zoom

Thursday, October 19th – 12pm - 1pm

Join the Maternal, Child, & Family Health Division and the Office of Domestic Violence Strategies for a virtual lunch and learn session on the impact of intimate partner violence on pregnancy. Learn about current efforts in Philadelphia to improve outcomes for pregnant and postpartum people.

[Get help for yourself or help someone else experiencing domestic violence or sexual assault.](#)

Children's Corner

Gather the children and have some fun!

Hay Maze at Dilworth Park | 1 South 15th St., Phila, 19102

9am – 9pm: Sunday, October 8th

Enjoy fall on the farm without leaving the city! For a limited time, the Albert M. Greenfield Lawn transforms to a fun-for-all-ages experience to welcome the arrival of autumn.



Saturday Free Boating | Bartram's Garden, 5400 Lindbergh Blvd, Phila, 19143

10am – 2pm on Saturday October 14th

Join Bartram's Garden for free kayaking and rowboating on the Tidal Schuylkill River!

- No pre-registration or experience necessary.
- Suitable for all ages and beginners.
- Equipment, life jackets, and basic instruction provided—first come, first served.
- Minors must be accompanied by an adult.

Tacony Creek Park Music & Arts Festival | Tacony Creek Park, Phila, PA 19120

Saturday, October 7th, 1pm - 5pm

Olney Culture Lab of CultureTrust Greater Philadelphia and Tookany/

Tacony-Frankford Watershed Partnership are happy to present the 3rd edition of the freshly dubbed Tacony Creek Park Music & Arts Festival!

They are bringing the FREE Festival back on Saturday, October 7, 2023 from 1 pm – 5 pm at the Big Field in Tacony Creek Park. The Big Field is located on East Olney Avenue between Rising Sun Avenue and Tabor Road.

Enjoy musical performances, arts & crafts, nature games, bike rides, books and plants, giveaways, and donuts and cider will be provided to ring in the fall!

In case of inclement weather, the event will be relocated to Grover Washington Jr. Middle School on 201 East Olney Avenue, 19120.

Stay tuned to register for the event! Registration form will be posted on [this page soon!](#)



Reading Promise Week | October 7th through 15th

Philly's fourth annual family literacy festival is back and bigger than ever. Over 70 free events are giving away 16,000 children's books citywide. And you're invited!

If you haven't heard, Reading Promise Week is a festival on a mission. Each year, community leaders design and host literacy events for families in their neighborhoods—increasing access to educational resources and promoting positive, joy-filled reading habits along the way.

This year's festival is jam-packed with events you don't want to miss! From book block parties and poetry nights to local author visits and family workshops. All crafted for and by the community. All FREE. All for the love of our city's young readers.

Click on the link for dates and locations of events - <https://www.readingpromise.org/reading-promise-week>



Jump! Spin! Move! | 2 Locations!

- **Beehive at Bok**, 1901 S 9th Street Suite BO3A, Phila, 19148

- **Spring Gardens Community Center**, 1832 North Street, Phila, 19130

Sunday, October 8th - 11am - 1130am

Philly Children's Theatre is so excited to present an original play with music geared for children ages 1-6. This play is an interactive movement theatre show set to an original score about celebrating the different and unique ways that we can move our bodies! This show is accessible for children of all abilities to participate.

Everyone registered will receive a social story for the performance a few days prior with more information about the show and ways to prep your family, along with the video of the cast introducing themselves prior to the performance! This email will also include an optional survey for any accessibility needs for our team to know. Please only sign up for ONE ticket per family!

Boo at the Zoo | 3400 W Girard Ave, Phila, 19104

930am - 5pm Saturdays and Sundays - October 14th, 15th, 21st, 22nd, 28th, and 29th

Lions & tigers & bears, oh my! The Zoo's annual Halloween extravaganza, Boo at the Zoo, is back for three fun-filled weekends of costumes, festive fall treats, and ghoulish fun. Gather your ghosts and goblins, put on your favorite costume, bring a bag, and trick-or-treat throughout the Zoo. Be sure to visit all the animal exhibits to see who might be munching on pumpkins or playing with Halloween-themed enrichment! Enjoy seasonal décor, photo opportunities, festive fall offerings, fun children's activities, and more. Boo at the Zoo is included in general admission ticket.



Add more fun to your Boo at the Zoo day by experiencing a NEW Halloween-themed **Nature Blazers scavenger hunt!** *Halloween costumes with toy guns and weapons and adult masks are prohibited.*

Family Saturdays: Trick-or-Treat Scavenger Hunt | Sister Cities Park, 210 N 18th St, Phila, 19103

Saturday, October 14th - 11am - 1pm

Kids are invited to embrace their silly side as live entertainers offer unique programs and performances every Saturday morning this fall. From live music to hip-hop dancing and Halloween-themed fun, these free offerings are perfect for youngsters in need of outdoor play.

This not-so-scary Halloween celebration will feature a scavenger hunt (complete with a candy treat), free pumpkin painting, spooky story time with the Free Library of Philadelphia and a special magic show by Jake Strong. Costumes are encouraged!

Kid's Nature Story Time with the Tacony Library and Riverfront North |

Lardner's Point Park - 5202 Levick St, Philadelphia, PA 19135

Monday, October 16th - 11am - 12pm

Free Event. Join Riverfront North Partnership and the Tacony Free Library for an outdoor nature story time, along the river at Lardner's Point Park. Every Third Monday at 11am from July through October we will host a free kid's story time event focused around nature. Except stories, singing, dancing and laughing! We suggest you bring blankets or small chairs for yourself and the children as there are limited benches available. Event will be canceled if there is a high likelihood of rain and participant's that register will be notified via email. You can always check Riverfront North's social media channels for any cancellation postings. https://www.facebook.com/events/2345102699003108/?event_time_id=2345102705669774

JAG Afterschool Program | For Students 14 - 16

Designed for young minds between the ages of 14 and 16, JAG's Afterschool Program, held twice a week, provides an invaluable opportunity to explore diverse career fields. Our program is your bridge to college and career readiness, where students embark on an exciting journey to explore diverse career fields, empowering them to make informed choices and reach for their dreams. [Click here to register!](#)

Go to the website for information on all programs - <https://www.jagpenn.org/>

Stories of Science | Science History Institute, 315 Chestnut St, Phila, 19106

10am – 5pm on Saturdays - October 21st and 28th; November 4th

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. Take an up-close look at interesting items in their handling collection. Stop by their **Object Explorer** touch table to learn about the science behind everyday items like ice cube trays and LED light bulbs. Chat with their experienced Gallery Guides to find out more about the people responsible for the science embedded in our daily lives. During your visit, you can also check out their themed **“drop-in” tours** at 11:30am and 2pm. Stories of Science takes place weekly on Saturdays. Admission is free and reservations are not required.



Pumpkin Patch at Franklin Square | Franklin Square, 200 N 6th St, Phila, 19106

Saturday, October 21st - 11am - 1pm

A pumpklin a day keeps the ghosts away! Bring your child to pick a pumpkin out of Franklin Square’s Pumpkin Patch! They’ll provide supplies to decorate it so that they can take it home and be ready for Halloween.

This event is free for children 10 and under. Advance tickets are recommended and available [here](#). Capacity is limited.



Math Fest at Main Line Classical Academy | Main Line Classical Academy

455 S. Roberts Rd, Bryn Mawr, 19010

Sunday, October 22nd - 3pm - 5pm

Math Fest is a free community event with over 40 curated hands-on math experiences for learners from 3-13. Come explore the creativity, applicability, and elegance of math. RSVP by contacting admissions at admissions@mainlineclassical.org.

Cobbs Creek Art Club | Christy Rec Center, 728 S 55th St, Phila, 19143

Thursday, October 26th - 6pm - 8pm

Cobbs Creek Art club is a FREE monthly art workshop designed to express creativity and learn about nature with a focus on community building, meditation and mindfulness! The monthly workshops create space to spend time exploring the natural environment and expressing yourself through art. Everyone will explore different art forms led by local artists and inspired by nature. No experience necessary, only a willingness to explore and create with neighbors and local artists in Cobbs Creek.

Trick-or-Treat Street | Franklin Square, 200 N 6th St, Phila, 19106

Saturday, October 28th - 12pm - 2pm

Bring your child to Franklin Square for a family-friendly afternoon of candy and fun! Children 10 and under are invited to follow the trail in Franklin Square and get some sweets on Trick-or-Treat Street. This event is **FREE!** Advance tickets are recommended and available [here](#). Capacity is limited.

Youth Power Summit 2023 | Martin Luther King High School, 6100 Stenton Ave, Phila, 19138

Saturday, October 28th - 915am - 1230pm

PA State Senator Art Haywood is organizing a Youth Power Summit event to empower our youth to be the change they want to see in the world. This summit is an opportunity for young people to gather, learn, and engage in interactive workshops regarding mental health, community organizing, building a business, being an influencer, creative arts, fitness/sports, and more! [Register.](#)



EVENTS

- ▶ **Noon Bird Walks at the Tree House** | Wissahickon Environmental Center- Tree House
Located at the northern end of the Wissahickon Valley Park, 300 W. Northwestern Ave.,
12pm – 1pm on Wednesdays; 11th, 18th, and 25th
Enjoy an expert guided bird walk during fall migration. If it's raining we will watch the feeders from inside and talk about birds!
https://www.facebook.com/events/704850614817424/?event_time_id=704850641484088
- ▶ **12th Annual Community Bazaar and Flea Market** | Vernon Park, 5800 Germantown Ave, 19144
Saturday, October 14th – 9am - 3pm
Enjoy the Fall Bazaar in Vernon Park. Meet neighbors, learn about community organizations, and enjoy great finds for great deals. Go to friendsofvernonpark.org to register to be a vendor or for more information. This event is FREE to attend. The rain date is Oct. 21, 2023.
- ▶ **Second Saturdays at Haddington Woods** | Haddington Woods, Vine St, 19151
Saturday, October 14th – 10pm – 2pm
Help preserve the forests of Cobbs Creek Park. Join Philadelphia Parks and Recreation for a restoration project in Haddington Woods.
Haddington Woods is located north of Market Street in West Philadelphia.
Volunteers will help remove invasive vines and shrubs. Project leaders will be on site to guide the work. All tools and materials will be provided, including work gloves.
- ▶ **Revival Walk in Tacony Creek Park** | Tabor Rd and Olney Ave, 19120
Saturday, October 14th – 10am – 12pm
The Olney Culture Lab presents the Revival Walks in Tacony Creek Park, hosted by Storyteller Mama Carla and featuring special guest artists.
Originally created by dance artist / activist Lela Aisha Jones during the height of the pandemic, the Revival Walks brought healing, solace and joy to participants, as facilitators lifted up Afro-centric practices in order to rebalance our relationship to the natural world.
Join us once a month on a Saturday through October (except August) for a journey through Tacony Creek Park in the Olney neighborhood of Philadelphia where we will honor the sun, wind, trees, birds and nature.
Mama Carla will share stories illuminating our place in community with one another and with our natural environment. Additional artists will bring their talents to add breadth and depth to the holistic engagement. Participants will also assist in removing trash along the way as an act of reciprocity to this important space.
Please register here: <https://www.eventbrite.com/e/revival-walks-with-mama-carla-wiley-tickets-606899451597>
- ▶ **Awbury Arboretum Harvest Fest 2023** | On The Farm, 6336 Ardleigh St, 19138
Sunday, October 22nd - 11am - 4pm
Come out and play! Make friends with trees! Go for a hayride, make s'mores, lounge on the lawn. Stock up on honey and candles, winter salves, teas and handmade gifts. Shop our Farm Market for local apples, pumpkins and fresh, seasonal fruits & veggies, and enjoy crazy good food and drinks. It'll be a great day to explore the Arboretum, stroll the grounds and discover our trails.



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.

COVID 19

As the covid pandemic continues, it's numerous variants continue and the number of persons being hospitalized with covid is increasing. It's important for those who are at risk for severe illness and death from covid-19 to remain informed about the latest developments, new variants, boosters and treatments.

Go to : <https://www.cdc.gov/coronavirus/2019-ncov/index.html> for more information

■ **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-boosters/>
- 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 you
- 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.

FOOD RESOURCES

Though not as many as before and some with less frequency, there are still many food distributions/pantries available to those in need. Below are a few, 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
12:30pm - 1:30pm on Wednesdays – October 11th, 18th and 25th

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.

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 - October 14th, 21st, and 28th

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](#)**

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](#).



▶ **Let's Talk Safety** – Saturday, October 14th – 3pm – 4pm

Fire Commissioner Adam Thiel hosts his monthly talk show on WURD radio: 900AM, 96.1FM or online at wurdradio.com

▶ **Household Hazardous Waste Drop-Off** | 3033 S 63rd St, Phila, 19153

Saturday, October 21st – 9am – 3pm

Safely get rid of toxic, corrosive, flammable or reactive household hazardous waste. [Click here](#) for details on products that will be accepted.

▶ **PHDC 2023 Annual Housing Fair** | 1816 N. 15th St, Phila 19131

Temple University Aramark Student Training and Recreation (STAR) Complex

Saturday, October 21st - 10am-3pm

PDHC and Temple University are hosting a Housing Fair! If you are interested in buying a home, refinancing a home, or renovating one, this fair is for you! Go here for more information:

<https://phdcphila.org/housingfair/>

Presented by Temple University and NBC10

► 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
- **Paper:** You can download a paper application, print it, fill it out, and return it to your local county assistance office.
 - **LIHWAP Paper Application – English (PDF)**
 - **LIHWAP Paper Application – Spanish (PDF)**
- **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>



EMPLOYMENT / CAREER OPPORTUNITIES

► Job Opportunities in PA

<https://www.employment.pa.gov/Pages/default.aspx>



Whatever we believe about ourselves
and our ability
comes true for us.

Susan L. Taylor



EDUCATIONAL OPPORTUNITIES

► **Cecil B. Moore Scholarship: Full-Tuition at Temple for North Philadelphia Students**

Learn below about Temple University's Cecil B. Moore Scholars Program which creates an academic pathway and offers full-tuition scholarships for Philadelphia public school students living in North Philadelphia. There are 20-25 scholarships offered each academic year.

Eligibility: Students must attend a Philadelphia public school (district or charter) and live in one of the following zip codes: 19121, 19122, 19123, 19125, 19130, 19132, 19133 and 19140.

Cecil B. Moore Scholars receive:

- 4-year full tuition scholarship
- Summer Bridge program to prepare for your freshman year
- 4-year focused advising, mentoring, and academic support

[Learn more and apply.](#)

► **Engage | Education | Empower - Men of Color Conference | Community College of Philadelphia, Winnet Student Life Building, The Great Hall, 502 N 17th St, Phila, 19130**

Saturday, October 14th – 9am – 3pm. Registration opens at 830am

The goal of this free conference is to create a meaningful dialogue around expanding the pipeline of college admission and success among men of color in Philadelphia. Emphasis will be placed on conversations that engage, educate and empower through a lens of care and equity, while acting to advance education at local, regional and national levels.

[View the agenda for the conference and register.](#)

► **Healing Together: Conversations on Confronting the Adverse Effects of Gun Violence in Our Communities | Webinar**

Thursday, October 19th – 3pm - 430pm

The purpose of this Town Hall is to provide education and resources on how to cope with the adverse impact of gun violence on the Philadelphia community; as well as, offer opportunities for the healing of collective trauma. Through a trauma-informed, person-first approach, our goal is to provide practical tips, techniques and skills for a safe environment where individuals who have been impacted by gun violence can address and more effectively move through the grief process through the use of education and collective trauma interventions.

Click on the link to register: <https://www.bhten.com/webinar-healing-together-conversation-on-practically-confronting-the-adverse-effect-of-gun-violence/>

► **Virtual Training: Trauma-Informed Mentoring | Virtual**
Thursday, October 19th - 12pm - 115pm

Get the skills and strategies you need in your mentoring role to support youth in developing resilience to cope with the effects of trauma.

This free virtual training will be facilitated by MENTOR Independence Region, an affiliate of MENTOR National.

In this virtual training participants will:

- Increase their knowledge and understanding of trauma
- Explore youth behaviors through a trauma-informed lens
- Explore evidence-based strategies for supporting youth in developing resiliency

Participation in this training will require a high level of interaction, and the session will not be recorded.

To ensure this free training opportunity is available to as many organizations as possible, we kindly request that registrations are limited to 10 registrants per organization. Thank you for your consideration! [Reserve a spot.](#)

► **Volunteer Support Program: Networking Hour | Virtual**

Thursday, October 19th – 2pm - 3pm

The Volunteer Support Program is a series of trainings meant to support those who engage volunteers to support their mission, program, and projects.

In this hour, we will not be training on a specific topic, rather we will offer a chance for participants to interact with others in the volunteer-supporting field. We will open space to discuss challenges, seek insight, offer feedback, and get to know others doing similar work.

Registrants will receive a link to the Zoom meeting by email closer to date.

RSVP at <https://bit.ly/VSPtrainings>

► **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/>

SPIRITUAL ENRICHMENT



► **'Girl Talk'** | Every Sunday, 2pm – 3 pm

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

► 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

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.

HEALTH & WELLNESS

Your brain needs rest. Here are five ways to get some.

With life so jam-packed with work, projects, activities, excitement and distractions (plus constant notification interruptions and ads on cellphones) it is hard to completely unplug and relax. But that's something our brain needs to repair and restore itself. That's why it's crucial to get enough sleep.

What can you do to make sure your brain is well-rested? Here are five tips from Victoria Garfield, a senior research fellow at the Medical Research Council Unit for Lifelong Health and Aging.

1. *Make Time to Sleep*

With apologies to the folks who believe they can get by with 4 or 5 hours of sleep per night, you really need to be putting in much more quality facetime with your pillow – ideally between 7 and 9 hours per night. "It's not something that people regularly think of, but not getting enough sleep can lead to numerous health problems.

2. *Set a consistent sleep schedule*

Go to sleep and wake up at the same time seven days a week, which can be difficult. This is important because it sets you up to get those 7 to 9 needed hours of sleep.

3. *Settle in for a short siesta*

There's no shame in taking a short nap. "Maybe up to around 30 minutes; we know that is quite beneficial for the brain.

4. *Get some exercise*

Sleep and napping aren't the only ways to give your brain a break. Moving is also important.

"There's a lot of evidence to suggest that... going outside and taking a walk is really beneficial, particularly just disconnecting from devices and being in touch with nature if you can. The exercise doesn't have to be a walk in nature. The key is to detach from work and other activities that demand a lot of attention.

5. *Do something that's a little mindless*

Participate in activities that require less brain power - watching television (but nothing work-related) or even going grocery shopping. And put down the electronics within an hour of going to bed at night.

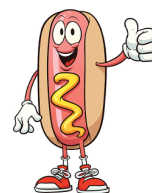


TRIVIA QUESTION ANSWER

What is the most commonly purchased BBQ eat in the US?



The HotDog!



Franks and wieners were the original names for the Americanized hot dogs. Hot Dogs were first sold at baseball games in 1893. During peak hot dog season (from Memorial Day to Labor Day) Americans are expected to consume 7 billion hot dogs.

For additional DESTINY information visit:

Our Website - www.yourdestinyishereinc.org

Your Destiny is Here Broadcast - www.blogtalkradio.com/yourdestinyishere



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



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Comments or questions? Email: lindaivey81@gmail.com
