



YOUR DESTINY IS HERE INC

LINDA J. IVEY MINISTRIES
GREATER IS COMING



DESTINY – EASTER RENEWAL



Easter Is Here! A time when Christians commemorate the death and resurrection of Jesus Christ, who gave up His Godliness to come to earth and sacrifice His life for a dying world. Since the beginning of time, some have believed and others have not.

God loves you more than you know. Can you imagine someone loving others so much that they are willing to give up their life? Can you perceive what it was like to be kind, truthful, and righteous with people only to have them talk about you behind your back, lie on you, and constantly try to trip you up?

Jesus is a friend, a healer, a deliverer, a savior, a confidant, and a helper. Jesus came to save all those who are lost and captive in sin but want to be set free. He came to shine light on the darkness of depression and to mend broken hearts. He came to show how to live an abundant life.

Easter is a time to appreciate Christ's sacrifice for us and to re-evaluate our sacrifices for Him. What did we promise Him we would be to our families, to our friends, neighbors and to our church family?

Have we served our families and friends spiritually as He has served us spiritually? Have we truly prayed for their prosperity? Have we fasted for their divine breakthrough? Have we served them physically as Christ has provided for us physically? Have we regularly fed the hungry from our kitchens? Have we shared with the less fortunate by emptying some of the overflow from our closets, or our food cupboards or from our wallets?

Easter can be a time of renewal for us as Christians. It can be a time where we demonstrate to Christ and to the world, that His sacrifice was not in vain. A time for us as Christians, to show the love of Christ to all those around us to God be the glory!

WALKING IN DESTINY SCRIPTURES



For God so loved the world – He gave His only, unique Son as a gift. So now everyone who believes in Him will never perish but experience everlasting life. John 3:16 TPT

For God made the only one who did not know sin to become sin for us, so that we might become the righteousness of God through our union with Him. 2 Corinthians 5:21 TPT

“I am the Good Shepherd who lays down my life as a sacrifice for the sheep. John 10:11 TPT

CALL TO ACTION – WALK IN LOVE AND RESPECT

When Jesus was here, He shared the love of God and the fruit of the Spirit with those He encountered. We would benefit greatly in this world if we would love and respect each other with the love of God. Let's let go of the toxicity that Covid has ushered into our lives and eroded our peace.

Be joyful and walk in love with one another. Let's remember to respect one another, treating all others in the way we would like to be treated. Not holding others to our personal standards but to God's gracious, righteous, and merciful standards. Finally, let's all have self-control, be gentle, good, and kind.

TRIVIA QUESTION

How many muscles does the human body have?



(Answer at the end of the newsletter)

Children's Corner

FOR FAMILY FUN

Gamer Club | Tomlinson & Gifford Playground

575 Tomlinson Road, Phila, 19119

6pm - 8pm on Mondays - April 10th, 17th and 24th | 215-685-0377

Enjoy the newest video games and meet new friends while playing an assortment of games on Parks & Rec's consoles and computers. [Read more on Facebook.](#)



Spring Wildflower Walk | Wissahickon Environmental Center - Tree House

Friday, April 14th, 530pm - 7pm

Join us for a Friday family-friendly evening walk! This month's topic is spring ephemeral wildflowers...plants that grow and bloom before the leaves of the forest canopy emerge. We will explore nearby trails for some of these delicate beauties! Recommended for ages 7 and up. Bring your camera. FREE.

Please RSVP at [https://www.eventbrite.com/e/friday-evening-family-walks-early-spring-wildflower-walk-tickets-](https://www.eventbrite.com/e/friday-evening-family-walks-early-spring-wildflower-walk-tickets-576454590197)

[576454590197 https://www.facebook.com/events/600637481964398/](https://www.facebook.com/events/600637481964398/)



Youth Football Day | FDR Boathouse Lawn | 1500 Pattison Ave & S.Broad St, Phila 19145

Saturday, April 15th, 1030am - 2pm

You're invited to Youth Football Day at FDR Park! Join Fairmount Park Conservancy and Philadelphia Parks & Recreation for a fun-filled Saturday morning at FDR Park with: - Football activities for kids - Kayak tours (ages 6 and up) - Meet & greets - Freebies - Food trucks - Let's Rock Recess - Balloon artist - Facepainting Advance registration is recommended.

<https://fairmountpark.ticketleap.com/youth-football-day/details>

We will also allow walk up registration.



Cherry Blossom Festival | West Fairmount Park | Near Belmont Ave. & Montgomery Dr

Saturday and Sunday, April 15th and 16th, 1030am - 4pm

The Cherry Blossom Festival is taking place at the Horticulture Center and Centennial Arboretum in West Fairmount Park, Philadelphia, and will feature music performances, cultural activities, a vendor market and more. Learn more: japanphilly.org/programs/festivals/cherryblossom.



Franklin Square | 200 N. 6th St, Phila, 19106 |
215-629-4026

Franklin Square, one of five public squares laid out by William Penn in his original plan for Philadelphia, offers a refreshing, urban green space with a ton of awesome activities within its eight-acre grounds.



The Academy of Natural Sciences of Drexel University
1900 Benjamin Franklin Parkway, Phila, 19103 | 215-299-1000

Founded in 1812, the Academy of Natural Sciences of Drexel University is a leading natural history museum dedicated to understanding the natural world and inspiring everyone to care for it. It is the oldest natural history museum in the Americas and one of the country's leading scientific institutions, with over 200 years of experience in curation, cutting-edge research and education.

Kids Acting Classes | Holmesburg Recreation Center | 4500 Rhawn Street, Phila, 19136
6pm - 7pm on Wednesdays - 12th, 19th, 26th

This is an on-going kids' theatre program. It runs 10 weeks at a time.

Kids play theater games, do improv, learn to act and showcase their talent. **Register now.**



How it's Made | Discovery Channel

Have you ever wondered how something was made? Looking for a way to learn that's fun? Check out How it's Made on the Discovery Channel.

They show how many things are made - clothing, shoes, accessories, foods, aluminum foil, masks, gloves, and so much more.

Perspective - What about the children?

The ask of you this month for our children is simple.

We ask everyone when you get up in the morning, pray that every child who leaves for school in the morning returns home without being bullied, beaten, or worse, shot. Cover them with prayer from the time they walk out the door, until they return home again. Commit to this every day for the remainder of this year. Thank you.

YOUTH OPPORTUNITIES

► **Don't Fall Down in The Hood: A Program for Youth and Young Adults**

Tuesday, Wednesday, and Thursdays from 4pm – 7pm

Don't Fall Down in the Hood (DFDITH) is a community-based prevention program for youth aged 13 to 21 who have been impacted by violence. Its goal is to protect youth and support their growth into healthy adults. The program provides interventional treatment to lessen harms and prevent future risk of violence.

What to expect at DFDITH

DFDITH connects youth to caring adults and community engagement activities. The program does this through case management work which involves the youth and their families. The program also assists with identifying resources, organizations, and events that provide opportunities for positive interaction with neighbors and the community.

DFDITH Location

Institute for the Development of African American Youth
6108 Limekiln Pike, Phila, 19141

Transportation assistance and meals are available.

Eligibility

- Youth and young adults aged 13-21
- Youth who need additional support at guidance at home, school, or in the community
- Youth who need a safe space to learn and grow

To enroll

Contact Program Coordinator Archye Leacock at 215-901-6976 or aleacock@idaay.org.

► **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/>

Taste and see that the Lord is good; blessed is the man who trusts in Him!
Oh, put God to the test and see how kind he is! See for yourself the way his mercies
shower down on all who trust in him.

Psalm 34:8

DISCOVERY



“I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life.” John 8:12

Search for words associated with Jesus as light.

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

AURORA
BEAM
BRIGHTNESS
BRILLANCE
DAWN
DAYLIGHT
FIRE
FIRST LIGHT
GLORY
GLOW
ILLUMINATION
LAMP
LIFE
MOON
MORNING
RADIANCE
RAY
RISE
SHINING
SPARKLE
SPLENDOR
SUNLIGHT
TWINKLE
VISIBLE



EVENTS

► **Salsa & Balchata Dance Party** | Love Park | Arch Street, Phila, PA 19102

7pm - 10pm, Fridays - April 7th, 14th, 21st and 28th

Join Siempre Salsa Philly and Dance Republic for a group Dance Lesson immediately followed by the opportunity to "dance the night away" to the sounds of Philly's top Latin DJs and/or the region's best salsa bands.

► **Jazz in Maja Park** | N 22nd St & Benjamin Franklin Pkwy, Phila, PA 19130

12pm - 130pm, Saturdays - April 8th, 15th, 22nd and 29th

Gather at Maja Park for a series of free jazz performances to celebrate Philly Celebrates Jazz month! Leon Jordan Sr. and the Renaissance will perform every Saturday in April from 12 p.m. to 1:30 p.m. Each week they will be joined by a different featured soloist. Be sure to bring your own blanket and chair, a picnic, and enjoy spring on the Parkway. Performances are sponsored by the Parkway Council @pkwycouncilphl and supported by The Recording Industry's Music Performance Trust Fund. Learn more at <https://www.parkwaycouncilfoundation.org/>

► **Science for Seniors** | 8600A Verree Road, Phila, 19115

Wednesday, April 19th, 2pm - 330pm

Join us each month for a new adventure in natural sciences. Seniors Only. Free. Parking is available at the center with additional street parking. The center, bathrooms, and picnic areas are all accessible, however, the trails are rocky and uneven. This is an all-weather, outdoor program. Please dress for the weather and hiking. Photos will be taken of participants during this program for use by the Pennypack Environmental Center and Philadelphia Parks and Recreation. If you wish to opt out, please let us know before the program. For questions or to register by phone/email contact: pec@phila.gov or 215.685.0470.

► **Migration Madness Lunchtime Bird Walks** | Wissahickon Valley Park

12pm - 130pm, Fridays - April 21st and 28th

A birding expert will meet you in different locations to search for the many birds arriving or traveling through after the long winter. Locations:

April 21- Rex Ave Entrance

April 28- Valley Green (Meet outside the inn)

May 5- Cresheim Creek (Allen's Lane Train Station)

May 12- Summit Ave (Summit Ave and Old Line Road entrance)

May 19- Harper's Meadow (meet at pavilion across from Cedars House)

May 26- Carpenter's Woods (Wayne and Sedgewick Entrance)

<https://www.facebook.com/events/909043087029928/>

- ▶ **Earth Day Holistic Fair & Native Plant Swap** | The Cedars House, 200 W. Northwestern Ave, Phila. Located on Forbidden Drive in Wissahickon Valley Park
Saturday, April 22nd, 10am – 3pm

Holistic Fair and Native Plant Swap this Earth Day; Saturday, April 22, 2023! Join us for a day of healing, music, kids activities and enjoying the art in nature. We still have space available for alternative medicine practitioners/retailers, health and healing demonstrations, and volunteers to help with the native plant swap. Apply here: <https://forms.gle/uVAiq9j5re264vcM6>

- ▶ **The 2023 Freedom Mortgage Celebrate Freedom Contest** | Sponsored by Freedom Mortgage
Submissions for the 4th Annual Celebrate Freedom Contest are now open! **Calling All Veterans, Service Members, Healthcare Workers and First Responders,**

How to enter: Visit the **Celebrate Freedom Contest page** and submit a photo and an essay of 1,500 characters or less based on your personal experience that answers the question:

“What does freedom mean to me?”

Prize details:

The Celebrate Freedom Contest grand prize award winner will receive a trip for two to Philadelphia, Pennsylvania, to attend the Wawa Welcome America Festival on July 4th and receive a check for **\$10,000 from Freedom Mortgage!**

As an incentive to encourage submissions for the Celebrate Freedom Award, Freedom Mortgage will make a **\$5 donation to both Feeding America® and USO** for each of the first **600 submissions, up to \$3,000 total donation per charity.** This donation to Feeding America will help provide at least 30,000 meals to people facing hunger.

Deadline: April 28th

[Enter Contest](#)

- ▶ **Miriam Medical Clinics – Free Medical Screenings**
2006 Tasker St, Phila, 19145 | Saturday, April 29th, 10am – 3pm

Participants will be able to make appointments for follow-up visits and pre-natal ultrasounds. Screenings for: diabetes, hypertension, oral cancer, fluoride dental treatments, physical exams, breast cancer screening, vaccines and boosters, complete medication review.
For more information: call 215-644-8745 or email www.miriammedical.org



RESOURCES IN PHILADELPHIA AND THE SURROUNDING AREAS

At the time of publication, resources listed were obtainable.

Covid-19 resources change daily. We recommend you call and verify that what you are interested in is still 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

With many of the covid subsidies ending, there are those with food insecurities who continue to rely on resources and help from neighborhood food pantries to support feeding their families. We have listed ones that we know are in operation and are also providing information to find others in your specific neighborhood.

FOLLOWING ARE FOOD DISTRIBUTION SITES BY ZIP CODE.

19119

New Covenant Church of Philadelphia | 7500 Germantown Ave, Phila, 19119

1pm until all food is distributed, Saturdays, 15th and 22nd

19121

Fresh For All Wednesdays | **Greater Enon Missionary Baptist Church**

1854 N. 22nd St, Phila, 19121 | **215-765-3135**

Weekly produce stand. Free to all, runs weather dependent. Find it in front of the school.

12:30pm - 1:30pm on Wednesdays - 12th, 19th and 26th

19135

Grab-n-Go Distribution | **6801 Cottage St, Phila, 19135**

Stop by at the back of Disston to grab a free 5-10 lb bag of produce. Open to anyone in the community! | 2:30pm - 3:30pm on Wednesdays - 12th, 19th and 26th

19141

Einstein Healthcare Network & Philabundance

At the corner of 11th Street @W. Clarkson Street, 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.

Other Food Resources

- ▶ 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](#)**
- ▶ Philadelphia Food Distribution Sites: <https://www.phila.gov/food/>
- ▶ SNAP Hotline
Residents of Bucks, Chester and Philadelphia counties can apply for SNAP benefits by calling 215-430-0556. Support is available Monday through Thursday from 9:00 -5:00 and Friday from 9:00 – 4:00.
- ▶ Summer Meal sites
Free meals are available to people 18 and under at sites across the city from June to August. Find your closest site by calling the Philly Summer Meals Hotline at 855-252-MEAL or text MealPA to 877877. You can also search an interactive map maintained by The Coalition Against Hunger.
- ▶ For free meal sites: <https://www.phila.gov/food/>
- ▶ For local food banks: <https://www.feedingpa.org/>
- ▶ For local food resources: <https://www.pa211.org/>
- ▶ For food for seniors or children: <https://www.Philabundance.org>
- ▶ For seniors 60+years – Senior Food Box Program can provide up to a free box of food per month: <https://cutt.ly/seniorbox>
- ▶ Search for support – financial assistance, food pantries, medical care, and other free or reduced-cost: <https://findhelp.org>
- ▶ Anyone facing food insecurity can call the Share Food Program of Philadelphia at 215-2230 or visit: <https://www.sharefoodprogram.org/>

COVID 19

(From the Board of Health, Department of Public Health)

The 'U.S. Covid-19 Public Health Emergency' (PHE) is set to end in May. This doesn't mean that the pandemic is over. In fact, the World Health Organization recently voted to extend the PHE of International Concern for another 90 days. So, while ending the Emergency doesn't "end" the pandemic, it is a sign that we're moving toward a new phase of the pandemic. We're hopeful that Covid-19 is becoming more predictable and less disruptive, even if we're not quite there yet.

▪ 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 and it's various variants are still among us and show no signs of disappearing. We know more about it now than we did when it first appeared, but there is still more to discover. The recommendations are still: get vaccinated and receive boosters when available; wear a mask when around groups or gatherings of people; get tested if you begin to feel ill; isolate yourself from others if you have Covid until you're cleared. Also, be watchful and mindful of those who may be more susceptible to catching Covid.

▪ FINDING COVID VACCINES

To find COVID-19 vaccine locations near you: **Search** [vaccines.gov](https://www.vaccines.gov), text your ZIP code to 438829, or call 1-800-232-0233.

▪ FINDING COVID TESTING SITES

For covid tests, visit a testing site near you: <https://www.phila.gov/covid-testing-sites/>.

▪ FINDING TREATMENT FOR COVID

Treatment can help you avoid serious illness, hospitalization, or even death from Covid-19. Contact your primary care provider to discuss whether you would benefit from a treatment like Paxlovid or Lagevrio.

- If you do not have a primary care provider, you can visit an urgent care or a Test-to-Treat location (<https://covid-19-test-to-treat-locator-dhhs.hub.arcgis.com/>)
 - Find free or low-cost care [here](#).
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PERSONAL RESOURCES

▶ PCA's Emergency Fund for Older Philadelphians

PCA's (Philadelphia Corporation for Aging) emergency fund for older Philadelphians helps to meet basic human needs (such as heating oil, utility shutoff assistance, medicine, medical supplies, food and basic necessities) for those who have exhausted all other resources. To receive assistance, you must be 60 years old or older, live in Philadelphia, and **must be referred by a recognized social service agency or a member of Clergy**. Once referred, PCA has the ability to get resources directly to people in need almost immediately. To learn more, call PCAs' helpline at 215-765-9040 or call GPASS, 215-456-1662.

HOUSEHOLD RESOURCES

▶ FREE GUN LOCKS

If you have a gun and children at home, YOU NEED TO PUT A LOCK ON YOUR GUN. Free gun locks are available at the following:

- Philadelphia Sheriff's office - <https://phillysheriff.com/free-gun-locks/>
- Cap4Kids - Call 215-686-3530 or walk into 100 S. Broad Street on the 5th Floor to pick one up, no questions asked.
- Temple Safety Net - <https://www.templestafetynet.org/safebet>

▶ Housing Assistance

Homeowners and renters assistance is available for those struggling with monthly payments due to the Covid-19 pandemic.

▶ Smoke Alarms

Philadelphia residents can 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 | 900AM, 96.1FM or online at wurdradio.com

Saturday, April 8th, 3 pm to 4:00 pm

Fire Commissioner Adam Thiel hosts a monthly talk show on WURD-900AM.

▶ Philly First Home

A first time Home buyers down payment assistance program. The City of Philadelphia is offering a homebuyer assistance grant of up to \$10,000 (or 6% of the home's purchase price, whichever is lower) to assist first-time homebuyers reduce the principal, cover down payment and loan closing costs for those purchasing their first home. For eligibility information go to: [Philly First Home](#)

► **Crisis Assistance**

Crisis Assistance is a federal grant that is awarded to income-eligible customers who are either without utility service or have received a 10-day shut-off notice. Customers can apply for both Crisis Assistance and LIHEAP benefits at the same time. **The application for Crisis Assistance opens on November 1, 2022.**

Crisis Assistance applications can be taken to over a dozen Neighborhood Energy Centers or at the LIHEAP Intake Office [located at 1163 S. Broad St, Philadelphia , PA 19147]. To locate the site nearest you or find out if you are eligible, call 215-560-1583 or visit **the Pennsylvania Department of Human Services** (formerly known as Pennsylvania Department of Public Welfare).

► **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>



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.



- ▶ **Green Retrofit Immersive Training (GRIT) Program** | Philadelphia Energy Authority
Program runs April 3rd – August 4, 2023 | Monday – Friday 8am – 3pm

Classroom training & in-person internship

Earn 5 industry certifications

Weekly stipend and SEPTA Travel Wallet.

Earn money while you train to enter the growing green construction field.

Support available for job placement.

Requirements: 18 years or older; High School Diploma or GED; Pass Physical Assessment

To enroll call or email: Lisa Padilla, 215.609.1457 | lisap@ecas.ys.org

- ▶ **CEA Learning Series | Government 102 | via Zoom**
Wednesday, April 19th, 6pm – 7pm

Join this month's CEA Learning Series where the Committee of Seventy will give an overview of local primary elections. Come and learn why it's important to have your voice heard in these important elections for city and judicial offices. RSVP:

<https://secure.everyaction.com/p/oYYtf0PL4UWmb22duDRRbA2>

- ▶ **Volunteer Support Program | Networking Hour | via Zoom**
Thursday, April 20th, 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>

MIND, BODY, SPIRIT

It is so important to remember to take care of yourself. There are times when we are busy - working, taking care of others, just trying to get things done. If we don't take the time to take care of ourselves it doesn't help us or others. Here are three simple things you can do to keep yourself healthy in body, mind and spirit.

1. Make sure you eat, and not just on the run. Take the time to plan healthy meals for yourself.
2. Make sure you get enough rest/sleep. Being on the go all the time can be taxing on your body. Make sure you make time to get rest.
3. Make sure you get some exercise everyday. Stretching, walking, dancing, playing ball, going to the gym. Our bodies were made to move, so put your body in motion.

- **Wednesday Meditations** | 990 West Northwestern Ave, PARKING LOT 1, Phila, 19128
9am – 10am | Wednesdays – 12th, 19th and 26th

Explore various methods of meditation in this 6-week program. Meditation has many benefits. It can reduce stress, help control anxiety, improve sleep and emotional health, and reduce blood pressure and help control pain. Bring something to sit on such as a pillow, bolster, or mat. Consider sunscreen, insect repellent, and water bottle. Please bring a mask. This will be indoors until the weather warms up a bit.

Questions ? Contact us at wec@phila.gov or 215.685.9285

Registration is required at treehousewec.eventbrite.com, and will open one week before the program. This program is in partnership with the Andorra Library. Adults and Older Teens.



SPIRITUAL ENRICHMENT



- 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

- Join 'Girl Talk', every Sunday, 2pm – 3 pm on : Facebook: WTGB or online: <https://tgbtgb.org/girl-talk-2/>

- Looking to connect with others in prayer? Join New Covenant Church of Philadelphia's Noontime Prayer, Monday through Friday weekly. Dial in #701-791-9833.
Have a prayer request? You can submit it at their website, nccop.church/prayer

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



TRIVIA QUESTION ANSWER

How many muscles does the human body have?

Over 600!

It's estimated that there are over 600 named skeletal muscles in our bodies. The muscles of our bodies perform a variety of vital functions. There are three different types of muscles. They include:

Skeletal muscles which are attached to your bones via tendons. Skeletal muscle is predominantly involved in movement. These muscles are voluntary, which means you can control their movement. They're the only category of muscle for which you can do this.

Smooth muscle can be found in many different organ systems of your body, including but not limited to your: digestive system, respiratory system, cardiovascular system, renal system, and reproductive system. Smooth muscle is involuntary, which means you can't control its movement.

Cardiac muscle is found only in your heart. It's the type of muscle that allows your heart to beat. You may also see this type of muscle referred to as the myocardium.



For additional DESTINY information, visit:

Our Website - www.yourdestinyishereinc.org

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



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



https://www.instagram.com/yourdestinyishere_inc

Comments or questions? Email: lindaivey81@gmail.com
