



YOUR DESTINY IS HERE INC

Linda J. Ivey Ministries
Greater Is Coming

DESTINY – Phenomenal Women



Happy Mother's Day to all the mothers whether you're a biological, foster, adoptive, or surrogate mother. You're a mother if you have raised, cared for, nurtured, encouraged, trained, or taught a child to be their best and prepared them for the future. It's been said, "The art of mothering is to teach the art of living to children" (Elaine Heffner). Thank you for your time influencing our future generations.

There has never been any doubt about the power of women. For centuries, a woman's strength, wisdom, and other qualities have supported and built families and communities despite their skills and abilities being dismissed. The world seems interested in molding women into a certain look with a certain attitude. But that is not how God portrays women.

God created women in His image and with characteristics that depict His nature, which is exceptional, essential, special, lovely, kind, and intelligent. Paramount to all God has placed in women is uniqueness – dark and light skinned, full or narrow lips, broad or slender noses, short, tall, thin, or curvy, each made in God's image, each an expression of God.

Also, we were created from the rib of a man to be help for him. If you ever watched any of the house renovation shows, they usually have to place a beam across the room to sure up the house in order to accommodate the renovations. God created women to be like that beam of support, to create a sure foundation of wisdom, encouragement and love to our spouses, our families, and our communities, and to accommodate the renovations that life will bring. God never thought of women as second-class citizens for He is no respecter of persons. God has a plan and a purpose for our lives. He made women to be strong with voices of understanding and insight to share with others.

Women, we shouldn't let the world's perception of who we should be affect how we live our lives or care for ourselves. Nor should what the world thinks we should be outshine who God says we are. Let's embrace our uniqueness and wear it as a crown as we go about being the phenomenal women God created us to be.



What you do makes a difference, and you have to decide what kind of difference you want to make."

Jane Goodall



Walking in DESTINY Scriptures



"I loved you at your darkest." *Romans 5:8*

God is within her, she will not fall; God will help her at the break of day.
Psalms 46:5

Blessed is she who believed, for there will be a fulfillment of those things
which were told her from the Lord. *Luke 1:45*

She is clothed with strength and dignity, and she laughs without fear of the
future. *Proverbs 31:25*

Call To Action – Love as God Loves



One of God's desires for women is for us to have healthy, loving, relationships, not just with Him, but also with all others. He never intended for us to live life alone. He never intended for mothers and daughters to be estranged, for children and parents to be alienated, for mothers and fathers to fight with each other and use their children as pawns.

Ultimately, God wants everyone to experience being loved, cared for and about, and respected. Share your love the way God loves you; without conditions and expectations. Which isn't always

easy, especially when you haven't been loved that way or the love you've showed others wasn't reciprocated. Get to know and understand how God loves and then share that love with others. That's the challenge, the call to action we set before you this month.

Trivia Question

What flower is associated with Mother's day?



(Answer at the end of the newsletter)

DESTINY SPOTLIGHT



Mrs. Annette Glover

This month's Destiny Spotlight is on Mrs. Annette Glover, who is the 88 year old Director of Eastwick United Methodist Church Mission House & Food Bank, which is an all volunteer food bank; serving SW Philadelphia for the past 27 years. Among her many accomplishments, Mrs. Glover has received many awards and citations from the Coalition Against Hunger and the City of Philadelphia. Mrs. Glover exemplifies the love of God and illustrates His grace, mercy, and kindness every day. The following is our interview with Mrs. Glover.

I grew up with 12 brothers and sisters on the Eastern Shore, Maryland. Our family moved to Philly in 1952. My Dad was a carpenter and a minister. He built our first home which had two rooms upstairs and two rooms downstairs. We lived humbly and enjoyed life. We sat and had Bible study every evening at 6 pm. Sundays were spent in Church. I'm used to seeing and knowing what God can do because I have seen Him do it for me and my family. I loved the life I had then and the life I have now.

I was asked by my Pastor to manage the Mission for the Homeless and I said yes for I knew it was my destiny. I knew this was what God put on my mind and heart to do. It was in me since childhood, but I just waited for God to show me which way to go and the right time to do it. I went to nursing school and after nursing school, I talked to my husband and children and they were onboard. That's how I started. My mother said to me, "Daughter, this is something that you always wanted to do, taking care of people, being kind to people; this is what God would have for you." That was 27 years ago and I'm still doing it today.

In 1996 when my husband and I started managing the mission, I discovered there were a lot of homeless people outside in the back of the building with no food and no clothes. It was disturbing to see people lying on the cement with nothing, just the clothes on their backs and nothing to eat. My husband asked me what I was going to do, and I told him I was going to take my money, buy them some clothes, cook them some food and take them to church. That's what I did then and what I continue to do today. We present an opportunity to provide what people need to comfort them physically and spiritually also, by providing a way for people to get to know the Lord through Bible study. We serve those in need several days a week - the homeless, veterans, and anyone in need. We also receive calls and provide support in emergency situations.

I don't expect people to be as good to me as I am to them. God always makes a way. Occasionally when the cupboards have been bare, I prayed to God, "You know my need, you know I don't like empty shelves at the Mission House. God I need you." And in the days afterwards, there would be provisions from people - money and supplies. That's why I put my faith and trust in God. There are so many people who are good to me. We receive support from the City of Philadelphia, and I really, really, appreciate St. John's United Methodist Church, they are my heroes. They bring us food, as well as coming in to pray with us, and they bring us donations. Whenever we are in need, all I have to do is call them. I have several friends who are lawyers, and they are also good to me. The Coalition Against Hunger helps support us also.

Occasionally I'm asked if I'm ever afraid of the people I serve. The answer is No! I can really tell what type of person I'm around by discerning their spirit. No one has ever hurt me or even cursed me. When people come in and they are discouraged or lost or down, I take them in my arms and pray for them. That's how I run the Mission House. I give them what they need - love. That's what the world needs today, prayer and love. This has been my task for 27 years now. Every day, I go in with prayer and come out with prayer. I get home and I thank God for another day and another week. To God be the Glory!

Interested in donating or volunteering? Call 215-365-6352.

Children's Corner

FOR FAMILY FUN



Chess Club for Kids | Free Library of Phila | 1901 Vine St, Phila, 19103 330 pm - 430pm on Mondays, May 8th, 15th, and 22nd

Join us each Monday from 3:30-4:30pm for Chess Club! Kids 12 and under are welcome to play and learn with support from a skilled chess player. All supplies provided. No experience necessary; all skill levels welcome! This event will be held in the Story Hour Room, within the Central Children's Department.

Roxborough Family May Fair | 7372 Henry Ave, Phila, 19128 | Saturday, May 13; 11am

On 5/13/23 at 11am, Intercommunity Action, Inc. is teaming up with Block Church and Tabor Family Services to host a Family May Fair in honor of Mental Health Awareness month. This will be a fun, family-friendly event that is open to the public and completely FREE. Why? Because we love our community and believe that it takes a village to support our children and families. Bounce house, free refreshments, find a summer job, sign up for summer camp, mental health screenings and resources. Free giveaways - summer camp scholarships, grocery gift cards, air conditioners.

With the rise in anticipated violence our families face during the summer months, we will also have resources to safely engage our community's youth in summer camp and summer jobs !

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.

Fluxspace STEAM Festival | 56 Buttonwood St, Norristown, PA 19401

Saturday, May 20th, 10am - 4pm

The Fluxspace STEAM Festival is perfect for anyone interested in making, creating, coding, inventing, and designing. At this free, family-friendly learning event, there will be countless engaging STEAM experiences to enjoy. You can explore 3D printing and laser cutting in our makerspace, learn how to program robots and electronics, fly a drone, experience our immersive VR environment, and so much more.

The Fluxspace STEAM Festival is part of Remake Learning Days. To learn more about Fluxspace, visit [our website](https://www.eventbrite.com/e/fluxspace-steam-festival-tickets570722364957?aff=ebdssbdestsearch) or call 610.739.5744. Click here to register:

<https://www.eventbrite.com/e/fluxspace-steam-festival-tickets570722364957?aff=ebdssbdestsearch>

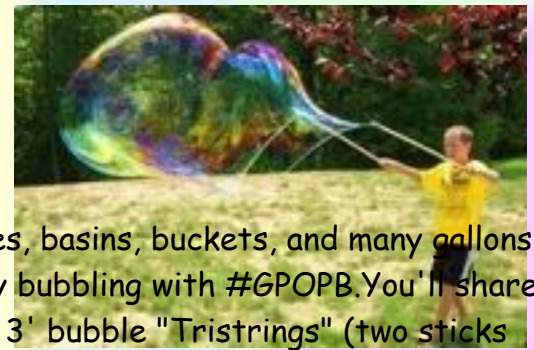
Bubble Festival | Locke Avenue Park Family Fun Day

68 Locke Avenue, Swedesboro, NJ 08085

Saturday, May 20, 2023 - 11am - 2pm

Swedesboro-Woolwich Parks & Recreation will sponsor GRANDPOP BUBBLES™ and his amazing "Free Bubble Festival". Grandpop Bubbles will bring his bubble wands, poles, basins, buckets, and many gallons of SPECIAL BUBBLE JUICE for as many as possible to enjoy bubbling with #GPOPB. You'll share Grandpop Bubbles' bubble juice and 4' bubble wands and his 3' bubble "Tristrings" (two sticks and strings) to make bubbles. All will be amazed by the giant bubbles from Grandpop Bubbles' 8', 10', and 16'. Bubbles can be 10', 20', 30', and even 75'! Some adults may want to try the long poles. There will be so many things for the kids and kids-at-heart to do. Parents will supervise their kids as they make bubbles and bring goggles if desired. Bubble at your own risk. A few KINDNESSES are in order; click on the link for more information:

<https://www.eventbrite.com/e/230520-free-bubble-festival-at-lockeave-park-family-fun-day-swedesboro-tickets-593167238177?aff=ebdssbdestsearch> or grandpopbubbles@gmail.com or www.facebook.com/GrandpopBubblesBubble or Hotline: 929BUBBLE-ME (929-282-2536)



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.

Perspective - What about the children?

There was a time when children were allowed to be children, they played outside with their friends having fun. They were respectful to their elders and feared the wrath of their parents. They were also protected from adult things, adult family conversations, not allowed to see certain movies depending on their age, not allowed to buy cigarettes or alcohol until 21. These days, it seems the world is trying to make adults out of children. Children were not meant to deal with adult situations. Their minds, their thinking, their emotions are not evolved yet to address or even understand adult life and all of its nuances. Let's be mindful and pay attention to what our children are being exposed to, and let's work to keep them safe and protected from every agenda to change them from being children.

If you answered the prayer request last month to pray for all children from the time they walk out the door to go to school until they return home again thank you. Please continue to keep your children, our children in prayer. They need as much protection as we can provide for them.

Youth Opportunities

- **Don't Fall Down in The Hood: A Program for Youth and Young Adults** Tuesday, Wednesday, and Thursdays from 4pm – 7pm

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.

- **OST for Kids | Programs and Initiatives**

Out-of-School Time (OST) is the time that a child or youth spends in after school or summer programming. In Philadelphia, OST programs are provided for young people in grades pre-K through 12. OST is important because it:

- Supports working parents and caregivers.
- Benefits a child's academic, social, and personal development.
- Helps children stay safe and avoid high-risk behaviors.

Programs are available throughout the city with a variety of activities to choose from, including: □

Creative and Performing Arts

- Athletics and Health
- Science, Technology, Engineering and Math (STEM)

To look for a program, use the After School and Summer Program Locator. OST programs are offered for children and youth in grades pre-K through 12. Using the locator, you can search for programs that suit a specific age range. You can also narrow your results by ZIP code, keyword, price, and other factors. **When you're ready to apply, contact the programs directly.** Space is limited, so you're encouraged to sign up early. Families who are receiving services from the **Department of Human Services** (DHS) are given priority for DHS-funded OST programs. Contact your case manager or email DHSOST@phila.gov for information on how to sign up.

► 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/>

Discovery



Charm is deceptive and beauty fleeting, but a woman who fears the Lord is to be praised.

Proverbs 31:30

Search for the first names of history making women.

Not familiar with them?

Look them up and discover who they are.

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

ALA (Stanford)
ALLYSON (Felix)
AMANDA (Gorman)
AMY (Sherald)
CORETTA (Scott King)
CORI (Coco Gauff)
HARRIET (Tubman)
IDA (B. Wells)
JESSICA (Watkins)
KAMALA (Harris)
KETANJI (Brown Jackson)
KIZZMEKIA (Corbett)
MADAM CJ (Walker)
MAXINE (Waters)
MAYA (Angelou)
MICHELLE (Obama)
MISTY (Copeland)
NAOMI (Osaka)
ROSA (Parks)
SERENA (Williams)
SIMONE (Biles)
STACEY (Abrams)
SYMONE (D. Sanders)
VENUS (Williams)



EVENTS

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

7pm – 10pm, Fridays – May 12th, 19th and 26th

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.

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

12pm – 1st30pm, Fridays – May 12th, 19th and 26th

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

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/?>

► **Family Health and Wellness Day** | SS. Cyril & Philomena School

41 E. Baltimore Ave, East, Lansdowne, PA 19150

Saturday, May 13th, 1pm – 4pm

Join SS Cyril and Philomena Catholic School and the FOCUS Youth Network for a day of family fun! Family Health and Wellness Day promotes what we call "Living a Lifetime of Wellness" by taking control of your physical, mental, and social well-being.

This event will feature a Bounce House for kids, Team building games and activities for families, cooking demonstrations, healthy food options, presentations on proper exercise and nutrition, raffles, and much much more!

Pre-Registration is required to be entered into our door prize raffle.

Click here to register: <https://www.focusyouthnetwork.org/event-details/family-health-andwellness-day/form>

► **Birds of the Meadow Walk** | Wissahickon Environmental Center – Tree House

Friday, May 19th, 530pm – 7pm

Join us for a Friday family-friendly evening walk! Late May is the end of spring migration. On this walk, we will look for late migrants and returning birds that nest in Andorra Meadow, such as Orioles, Buntings, and more! Binoculars available. Best for children 7 and up. Meet at the Tree House. FREE

► **A Day of Leisure | Presented by Hope Through Leisure Foundation | 224 E. Gowen Ave, Phila, 19119**

Saturday, June 3, 2023, 10am – 4pm

A community and City-wide event where Caregivers are the VIPS. The day will be filled with fun, shopping, music and of course, food!

For more information, please contact HOPETHRULEISURE@GMAIL.COM or visit our website: www.hopethroughleisure.org

► **Rail Park Block Party | 1300 Noble Street**

Saturday, June 10, 2023, 12pm – 5 pm

Let's kick off summer together with a music festival, performances, family activities, and local food & drinks!! Full announcement and lineup to come.



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

We have listed food resources that we know are in operation and are also providing information for you to 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, May 13th and 20th

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 – 10th, 17th, 24th and 31st

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 - 10th, 17th and 24th

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 reducedcost: <https://findhelp.org>
- ▶ Anyone facing food insecurity cal 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)

Covid-19 is still with us. What should you do if you begin to feel ill? Get tested. While you wait for your results, self-isolate in your home. If you live with others, self-isolate in a private room and use a private bathroom if possible. Make a list of close contacts you have had from two days before you became sick (or tested positive if you did not have symptoms) until you began isolation. Close contacts are people who have been within 6 feet of you for 15 minutes or more. A close contact could also be someone you had extremely close contact with (face to face) even if less than 15 minutes or if you spent time with an individual while you felt sick. Interact with others as little as possible. Wear a tight-fitting mask if you must be around others. If you develop additional symptoms or if your symptoms get worse, contact your healthcare provider for instructions.

■ 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.

■ Finding Covid Vaccines

To find COVID-19 vaccine locations near you: **Search** 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](#).



Tolerance and compassion are active, not passive states, born of the capacity to listen, to observe, and to respect others."

Indira Gandhi



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.

▶ PA Free Home Repair Program

The state has 125 million dollars allocated for this program, which is available to homeowners and landlords. Get your houses repaired for up to \$50,000.00. The application process opens in the summer of 2023. Here is the link - http://philadelphiasenateonaging.org/?page_id=775

HOUSEHOLD Resources

▶ FREE GUN LOCKS

If you have a gun and children at home, PLEASE 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 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, May 13th, 3pm to 4pm

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

► **Household Hazardous Waste Drop-off**

4800 Parkside Ave., Phila, 19131

Safely get rid of toxic, corrosive, flammable or reactive household hazardous waste.

Click here for details on products that will be accepted.

► **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**

► **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>

► **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).

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.

► **Women's Opportunity Resource Center Family Savings Account Orientation**

WORC | 2010 Chestnut Street, Phila, PA 19103

Tuesday, May 2, 2023, 6pm – 8pm

The Women's Opportunity Resource Center (WORC) runs a Family Savings Account program, which is a savings and match program created to assist low-income individuals achieve self sufficiency. Funds can be used in several ways, including funding a business. WORC holds monthly orientation sessions for anyone interested in learning more about this program. Sponsor: WORC - Women's Opportunity Resource Center Cost: Orientation is FREE. More information and registration:

<http://www.worcpa.com/contact-events.html>



► **CEA Learning Series | Building Coalitions** | via Zoom | Wednesday, May 17th, 6pm – 730pm

Join this month's CEA Learning Series to learn how to engage the right people and resources around a shared goal.

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

► **Volunteer Support Program | Centering Accessibility & Inclusion | via Zoom**

Thursday, May 18th, 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 training, we'll offer guidance on how organizations can center accessibility in their volunteer recruitment, management, and retention efforts. Registrants will receive a link to the Zoom meeting by email closer to date. RSVP at <https://bit.ly/VSPtrainings>

MIND, BODY, SPIRIT

How are you taking care of yourself? How are you setting yourself up to be the exceptional woman or man God created you to be? Are you always on the run, always thinking about the next thing you have to do, losing sleep because you can't shut your mind off from thinking about the things you didn't get done today and the multiple things you have to do tomorrow? It's time for you to rest, relax and unwind. God never intended for us to work 24/7. He did not build us to go go go all the time. He declared a rest day for everyone, even Himself when He created the world. If it was important for Him, it should be important for us. Take some down time from your normal, daily, work routine. When you come home, leave work and the outside world outside on the doorstep. When you step into your home, let it be the sanctuary it was meant to be. Take some time to quiet yourself and thank God for getting you through the day. Consider journaling your blessings for the day. Put on some music that you like and relax. If you live with others, check in on them and find out how their day went. Eat a meal without the television or the phone, enjoy the music or the silence. If you live with others, possibly fix the meal together and sit and enjoy each other's company. Make a call or two to a family member or friend you haven't had time to visit or talk with in awhile. Go to bed and have a good night's sleep, so you can wake up in the morning feeling refreshed and renewed in your mind, body and spirit. Thank God for a brand new day, a day you've never seen before and will never see again but one in which there are many opportunities and blessings that await you and have a nice day! .

► **Connect to Wellness - Sleep Deprivation** | Chestnut Hill Hospital | Virtual

Thursday, May 11, 2023 - 12pm – 1pm | 8835 Germantown Ave, Phila, 19118

Sleep deprivation and other sleep disorders can have a serious effect on your health. In older adults, sleep disorders can lead to hypertension and sleep apnea, and those who take sleep medications or experience sleep deprivation symptoms may also be at an increased risk for falls or accidents. Learn the latest remedies for sleep disorders from Temple Lung Center pulmonologist and sleep specialist Marc Diamond, MD, and discover how home testing, or the Sleep Lab at Temple Health-Chestnut Hill Hospital, may be able to help. Registration required.

[LEARN MORE/REGISTER](#)

► **Connect to Wellness - Managing Chronic Pain** | Chestnut Hill Hospital | Virtual

Thursday, May 18, 2023 - 12pm – 1pm | 8835 Germantown Ave, Phila, 19118

Pain management is designed to treat chronic pain and allow people to live full, enjoyable lives. All the options for pain relief require dedication, commitment, and knowledge to achieve the best results. Join Temple Health-Chestnut Hill Hospital experts to learn more about the differences between non-invasive, non-drug pain management, pain management (medications), and invasive pain management (injections) and which may be the best treatment option for you. Registration required.

LEARN MORE/REGISTER FOR MANAGING CHRONIC PAIN – USEFUL TOOLS AND APPROACHES

- ▶ **Connect to Wellness – Back and Neck Pain** | Chestnut Hill Hospital | Virtual
Thursday, May 25, 2023 - 12pm – 1pm | 8835 Germantown Ave, Phila, 19118
Moving is a key part of protecting your spine. In today's digital world, people experience back and neck discomfort from logging long hours in front of a computer, TV, or other digital devices. Don't let back pain stand in the way of your active lifestyle. Join expert Temple Health-Chestnut Hill Hospital Amy Spiegel, DPT, to explore pain management and ergonomic tips that promote a healthy spine and a healthier you and learn ways to effectively alleviate and manage neck and back pain. Registration required.

LEARN MORE/REGISTER FOR BACK AND NECK PAIN

SPIRITUAL ENRICHMENT

- ▶ 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

- ▶ 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. 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.

Voting

Are you ready for election day?
Do you know who you're going to vote for?

Tuesday, May 16th, 7am – 8pm.

You only have a couple of days to figure it out!

This will be a primary election day, where each political party selects its candidate to run for office during the general election (11.7.23). For each party, the candidate who gets the highest number of votes in the primary will be the one who runs in the general election.





TRIVIA QUESTION ANSWER

What flower is associated with Mother's day?



The Carnation

The carnation generally symbolizes love, with many of its color having different meanings. Red means deep love and admiration, white, purity and good luck. Wearing a red carnation on Mother's day symbolizes your mother is living; wearing a white carnation symbolizes your mother has passed.

Moms and grandmothers alike can thank Philadelphia activist Anna Jarvis for the carnation tradition — and even the holiday itself. On May 10, 1908, Jarvis sent hundreds of white carnations, her late mother's favorite flower, to her hometown church in West Virginia for a celebration honoring all mothers. That same day, she hosted a similar event in Philadelphia. Over the next few years, as the number of Mother's Day celebrations across the country increased, so did the popularity of the white carnation, which came to symbolize a mother's love. (Thanks to Jarvis' campaigning, Mother's Day became a national holiday in 1914 under President Woodrow Wilson.)

For additional DESTINY information, visit:

Our Website - www.yourdestinyishereinc.org | YDH Broadcast - www.blogtalkradio.com/yourdestinyishere

Comments or questions? Email:
lindaivey81@gmail.com
