



WINTER EDITION 2024

# FELLOWSHIP OF THE FIRST RESURRECTION

5405 Fox Plaza Dr Unit #108-F, Memphis, TN 38115

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*Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air. 1 Thessalonians 4:17*

## History Nugget

**MALIK AMBAR  
(1548 - 13 MAY 1626)**

*A military leader who served as the Peshwa (Prime Minister) of the Ahmadnagar Sultanate in the Deccan region of India.*

Born in the Adal Sultunate, which comprised parts of present-day Ethiopia, Somalia, and Djibouti, Malik was sold by a slave merchant and brought to India as a slave. There he created a mercenary force numbering greater than 50,000 men. It was based in the Deccan region and was hired by local kings. Malik became a popular Prime Minister of the Ahmadnagar Sultanate, showing administrative acumen.[6]

He is also regarded as a pioneer in guerrilla warfare in the region. He is credited with carrying out a revenue settlement of much of the Deccan, which formed the basis for subsequent settlements. He is a figure of veneration to the Siddis of Gujarat. He challenged the might of the Mughals and Adil Shahs of Bijapur and raised the low status of the Nizam Shah.[7][8]



Portrait of Malik Ambar by Mughal court artist in 1620 [1][2]

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# New Moon Dates

ADAR 12 th month 2/10/24

ADAR-II 13th month 3/10/24

ABIB 1 st month 4/9/24

ZIF 2ND month 5/8/24

SIVAN 3 rd month 6/6/24

4 th month 7/6/24

CHAMIYSHIY 5 th month 8/4/24

ELUL 6 th month 9/3/24

ETHANIM 7 th month 10/3/24

BUL 8 th month 11/1/24

CHISLEU 9 th month 12/1/24

TEBETH 10 th month 12/31/24



AND IT SHALL COME TO PASS THAT  
FROM ONE NEW MOON TO ANOTHER,  
AND FROM ONE SABBATH TO  
ANOTHER, ALL FLESH SHALL COME  
TO WORSHIP ME, SAYS THE LORD  
ISAIAH 66:23



# Feast Days

## Spring Feast



### Passover/Pesach

**PESACH** begins Monday April 22nd, 2024 at nightfall and ends April 23rd, 2024 at nightfall.

**Service begins April 22nd 2024 at dusk CT.**

*Please contact the church if you are unclean because of a death or pregnancy and need to partake of the Second Passover*

### 1st Day of Feast of Unleavened Bread

**1st day of Feast of Unleavened Bread** begins on Tuesday April 23rd, 2024 at nightfall and ends Wednesday April 24th, 2024, at nightfall.

**Service begins April 24th 2024 at noon 12:00pm CT.**

### Last Day of Feast of Unleavened Bread

**Last day of Feast of Unleavened Bread** begins on Monday April 29th, 2024, at nightfall and ends April 30th, 2024, at nightfall.

**Service begins April 30th 2024 at noon 12:00pm CT**

### Pentecost/ Shavuot

**Shavuot** begins on Saturday June 15th, 2024, at nightfall and ends June 16th, 2024, at nightfall.

**Service begins June 16th 2024 at noon 12:00pm CT.**

A close-up photograph of several round, golden-brown matzah breads stacked on top of each other. The breads have a slightly textured surface and are arranged in a circular pattern.

Find  
Unleavened  
Recipes on pg  
25 - 27

# Preparing for The Feast of Unleavened Bread

Leviticus 23:6 And on the fifteenth day of the same month is the feast of unleavened bread unto the Lord: seven days ye must eat unleavened bread.

Leaven means “puffed up”.

Leavened Items to throw out:

All “BREAD” products (i.e. Breads, Waffles, Donuts, Cookies, Brownies, Croissants, Breaded Chicken/Fish, Pancakes, etc.) that are leavened (Puffed Up) should be removed from your home before the end of Passover.

Do Not have to throw out:

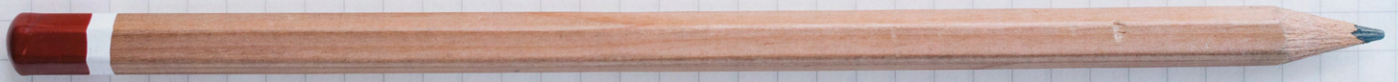
You do not have to throw away your baking powder, baking soda or yeast during this feast because these products are in dry form and haven’t been mixed with water, or other liquid and dry ingredients to activate them. Dry mixes (bread mix, cake mix, etc.) containing leavening agents do not have to be thrown out because they have not been leavened (puffed up).

Unleavened Bread Options:

Matzo (Matzah) bread, Hot Water Cornbread, Chapati Bread or Pita Bread. If you purchase Pita Bread make sure that it isn’t puffed up.



P L A N N I N G



## Passover & Feast of Unleavened Bread Do's & Don'ts

Passover

You can: Work,

Buy, Sell, Trade and

Cook. You must

have bread and

wine at nightfall

You CAN'T:

1st & 7th Day **NO** working, buying, selling or trade

Feast of

Unleavened Bread

On the

1st & 7th Day you

must have a Holy

Convocation: You

can Cook and do

your Pleasures

Throughout Week

you may cook, work,

buy, sell, trade &

pleasures (If falls on

weekly sabbath

than NO)

*You Must Eat Some form of  
Unleavened Bread All Week*

### Early Life

Malik Ambar was born in 1548 in Harar[9] as Chapu. [10] Mir Qasim Al Baghdadi, one of his slave owners eventually converted Chapu to Islam from traditional religion and gave him the name Ambar, after recognizing his superior intellectual qualities. [11] Ambar is believed to have been of Oromo descent[10] While other sources claim he was from the Maya tribe.[12] Between the 14th and 17th centuries, the Orthodox Christian Ethiopian Empire (led by the Solomonic dynasty) and adjacent Muslim states such as the Oromos gathered many of their slaves from non-Abrahamic communities inhabiting regions like Kambata, Damot and Hadya, which were located to the south of their territory. Malik Ambar was among the people who were converted to Islam, and later dispatched abroad to serve as a warrior.[3] According to the Futuhat-i `Adil Shahi, Malik Ambar was sold into slavery by his parents. He ended up in al-Mukha in Yemen, where he was sold again for 20 ducats and was taken to the slave market in Baghdad, where he was sold a third time to the Qadi al-Qudat of Mecca and again in Baghdad to Mir Qasim al-Baghdadi, who eventually took him to Deccan Plateau. He was described by the Dutch merchant Pieter van den Broecke as, "a black kafir from Abyssinia with a stern Roman face." [13][14] Malik Ambar was then purchased by Chengiz Khan, a former Habshi slave who served as the peshwa or chief minister of the Sultanate of Ahmadnagar. [15]



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FROM ABYSSINIA WITH A  
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Malik Ambar and Murtaza Nizam  
Shah II

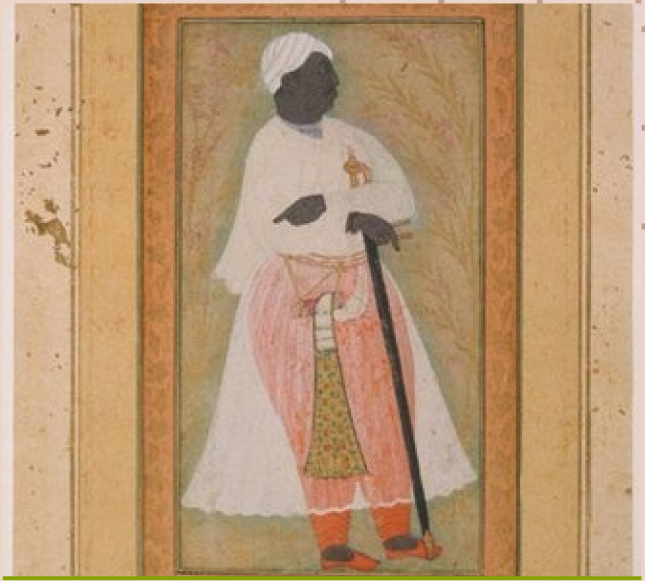
### Political Background

Muslim slaves known as habshi, were recruited in the Deccan since the rule of the Bahmanid empire, founded by North Indian Muslims known as the Deccanis. Slaves were generally recruited where hereditary authority was weak, such as in the case of the Deccan, where a deadly and violent struggle between the two dominant and antagonistic factions within the Bahmanid empire, the Deccanis (Indian Muslims) and the Westerners (Persian migrants from the Gulf), caused a chronically unstable environment which created a market for culturally alien military labor. The interdependent relationship between the Deccanis and the Habshis engendered bonds of mutual trust, as the Deccanis had both kin and inherited authority, but lacked sufficient numbers, while the Habshis were able to provide support while lacking kin and inherited authority. This explained why high ranking army commanders were willing to entrust their most important official duties to their Habshi slaves. As the Habshi slaves became freemen on the death of their masters, continuing the military careers as freelancers, they generally allied themselves politically and culturally with the Deccani class in their rivalry against the Persians, embracing the Deccani Muslim identity and language.[16]

## Career

Once his master died, Malik Ambar was freed by his master's wife. He got married, and after getting freed, Ambar briefly served the Sultan of Bijapur and gained the title "Malik" during this time. But Ambar quit this service after citing insufficient support before entering service in the Nizam Shahi Army.[11] Malik Ambar was the regent of the Nizamshahi dynasty of Ahmednagar from 1600 to 1626. During this period he increased the strength and power of Murtaza Nizam Shah II and raised a large army. He raised a cavalry which grew from 150 to 7000 in a short period of time and revitalized the Ahmadnagar sultanate by appointing puppet sultans to repel Mughal attacks from the North.[15] By 1610, his army grew to include 10,000 Habshis and 40,000 Deccanis.[15] Over the course of the next decade, Malik Ambar would fight and defeat Mughal emperor Jahangir's attempts to take over the kingdom.[15] Jahangir considered Malik Ambar his arch-nemesis and had publicly expressed his anger towards him. He criticized Ambar as "the ill-starred" and "the black fated". Abu'l Hasan, a chief painter at Emperor Jahangir's court, has created a painting, under Jahangir's commission in 1615, depicting Jahangir shooting arrows at the severed head of Ambar.[17][18] Malik Ambar changed the capital from Paranda to Junnar and founded a new city, Khadki which was later on changed to Aurangabad by the Prince Aurangzeb in 1650s when he was viceroy of Deccan. Malik Ambar is said to be one of the proponents of guerrilla warfare in the Deccan region. Malik Ambar assisted Shah Jahan wrestle power in Delhi from his stepmother, Nur Jahan, who had ambitions of seating her son-in-law on the throne. Malik Ambar had also restored some credibility to the Sultans of Ahmadnagar, who had been subdued by the earlier Mughals (Akbar had annexed Ahmadnagar).[19] However, he was defeated later when Shah Jahan led a massive army against the 12/20/23, 4:53 AM Malik Ambar - Wikipedia

[https://en.m.wikipedia.org/wiki/Malik\\_Ambar#](https://en.m.wikipedia.org/wiki/Malik_Ambar#) 5/10 dwindling Ahmednagar. Later Malik Ambar offered full control of Berar and Ahmadnagar to the Mughal as a sign of surrender.[20]



Portrait of Malik Ambar c. 1610-20

## Second conflict with Mughals

Malik Ambar defeated the Mughal General Khan Khanan many times and often attacked Ahmadnagar. Lakhuji Jadhavrao, Maloji Bhosale, Shahaji Bhosale, Ranoji Wable and other Maratha chiefs had gained great prominence during this period. With the help of these Maratha chiefs, Malik Ambar had captured Ahmadnagar Fort and town from the Mughals. But in one of the battles Malik Ambar was defeated by the Mughals and had to surrender the fort of Ahmadnagar. Many Maratha Chiefs and especially Lakhuji Jadhavrao joined the Mughals after this. Shah Jahan once again laid a crushing blow to Malik Ambar in one of the battles and further decreased his power

## Death

He died in 1626 at the age of 77. Malik Ambar had by his wife, Bibi Karima two sons; Fateh Khan and Changiz Khan and two daughters.[21][22] Fateh Khan succeeded his father as the regent of the Nizam Shahs. However, he did not possess his predecessor's political and military prowess. Through a series of internal struggles within the nobility (which included Fateh Khan assassinating his nephew, Sultan Burhan Nizam Shah III), the sultanate fell to the Mughal Empire within ten years of Ambar's death. One of his daughters was married to a prince of the Ahmednagar royal family, who through Malik Ambar's aid was crowned as Sultan Murtaza Nizam Shah II. [23] The eldest and youngest daughters respectively were called Shahir Bano and Azija Bano, the latter of whom married a nobleman named Siddi Abdullah.[24] His youngest daughter was married to the Circassian Commander of the Ahmednagar army, Muqarrab Khan, who later became a general under the Mughal Emperor and received the title Death

12/20/23, 4:53 AM Malik Ambar - Wikipedia  
[https://en.m.wikipedia.org/wiki/Malik\\_Ambar#](https://en.m.wikipedia.org/wiki/Malik_Ambar#) 6/10  
Rustam Khan Bahadur Firauz Jang.[25][26] He became famous for his involvement in several important military campaigns, such as the Kandahar Wars against Shah Abbas of Persia. He was killed by Prince Murad Baksh in the Battle of Samugarh during the Mughal War of succession in 1658.[27] Malik Ambar's tomb lies in Khuldabad, near the shrine of the famous Sufi saint Zar Zari Baksh. [28]



Malik Ambar's Tomb at Khuldabad in  
2022

## Legacy

There are conflicting perspectives on Ambar's long-term impact in Deccan, and its surrounding Indian states. Historians who subscribe to Harris's point of view credit the former slave with creating a long-lasting legacy of Africans rising to power in the eastern regions of the world, namely India.[29] Others agree more with historians like Richard Eaton. He cites Ambar's military prowess as the reason he rose to such influence during his life, but claims that a string of decisive defeats at the end of his career instigated distrust and resentment amongst those in his close administration. Eaton and his proponents claim Ambar's journey is an impressive story of success, and gave Africans representation in India for a short while, but also believe his lack of positive leadership in the final years of his tenure prevented him from solidifying his influence, as his successors quickly worked to reverse many of Ambar's policies.[30] Regardless of his posthumous impact on the Deccan, and Indian states generally, it cannot be disputed Ambar was an avid supporter of education and a patron of the arts. Historians Joseph E. Harris and Chand cite Ambar's patronship of the arts and learning as a shining achievement of his tenure as Malik of Deccan.[31] Malik Ambar cherished strong love and ability for architecture. Aurangabad was Ambar's architectural achievement and creation. Malik Ambar the founder of the city was always referred to by harsh names by Sultan Jahangir. In his memoirs, he never mentions his name without prefixing epithets like wretch, cursed fellow, Habshi, Ambar Siyari, black Ambar, and Ambar Badakhtur. Some historians believe that those words came out of frustration as Malik Ambar had resisted the powerful Mughals and kept them away from Deccan.[32]



## Foundation of Aurangabad

He founded/inhabited the city of Khirki in 1610.[33] After his death in 1626, the name was changed to Fatehpur by his son and heir Fateh Khan. When Aurangzeb, the Mughal Emperor invaded Deccan in the year 1653, he made Fatehpur his capital and renamed it as Aurangabad. Since then it is known as Aurangabad. Two former imperial capitals - Pratisthana, the capital of Satavahanas (2nd BC to 3rd AD), and Devagiri, the capital of Yadavas and Muhammad bin Tughluq, are located within the limits of Aurangabad District.



Portrait of the Nizam Shahs

## Aurangabad canal system

Malik Ambar is especially famous for the Neher water system of the city of Khadki (modern Aurangabad). Malik Ambar completed the Neher within fifteen months, spending a nominal sum of two and a half lakh Rupiyahs. This city is situated on the banks of the Kham, a small perennial stream which takes its rise in the neighbouring hills.[34] Water was supplied to the city from the famous Panchakki water mill which drove the water down the canal from the Kham. The blades of the Panchakki used to rotate by the water falling on them from that stream and with the aid of a wooden valve turn the flow into that canal for the city.[35] The canal was an impressive engineering feat as it consisted of a 7 feet (2.1 m) deep tunnel large enough for a man to walk through. The canal had 140 manholes and it worked efficiently without the need for any maintenance or cleaning for 321 years until it finally needed cleaning in 1931.[36]

## Janjira Fort

Malik Ambar is credited with the construction of the Janjira Fort in the Murud Area of present-day Maharashtra India.[37] After its construction in 1567 AD, the fort was key to the Sidis withstanding various invasion attempts by the Marathas, Mughals, and Portuguese to capture Janjira. [38]

## See also

Neher water system

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## External links

Mentioned on page 9 (<https://web.archive.org/web/20041110>Wikimedia Commons has 050459/[http://www.cr.nps.gov/crdi/publications/Africanisms-Cmedia related to \*\*Malik Ambar\*\*. hapter1.pdf](http://www.cr.nps.gov/crdi/publications/Africanisms-Cmedia%20related%20to%20Malik%20Ambar.hapter1.pdf))

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# KIDS CORNER

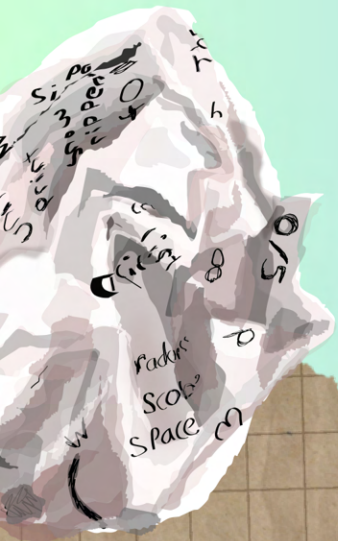
Psalm 127:3-5

Lo, Children are an heritage of the Lord:  
And the fruit of the womb is his reward. As  
arrows are in the hand of a mighty man; So  
are children of the youth. Happy is the man  
that hath his quiver full of them: They shall  
not be ashamed, but they shall speak with  
the enemies in the gate.



Proverbs 22:6

Train up a child in the way he  
should go: And when he is old, he  
will not depart from it.





LESSON PLAN

# Moon Phases With Cookies

[THEODORE ROOSEVELT NATIONAL PARK \(HTTPS://WWW.NPS.GOV/THRO/INDEX.HTM\)](https://www.nps.gov/thro/index.htm)



## Essential Question

How does the moon change and why does the moon look different every night?

GRADE LEVEL: Lower Elementary: Pre-Kindergarten through Second Grade

SUBJECT: Science

LESSON DURATION: 30 Minutes

## Objective

Students use the frosting of Oreo cookies to visualize the phases of the moon using the contrast of the frosting and cookie to represent light and shadows on the surface of the moon as seen from Earth.

## Background

The moon fully orbits around Earth about once every month. During its orbit, we can see the moon in different phases. The phases are controlled by the amount of sunlight reflected off the moon that we can see from Earth at any point during its orbit.

You Will Need:

- 8 Oreo Cookies
- A popsicle stick or other tool for scraping the frosting

## What to Do:

1. Slowly twist an Oreo open to leave as much frosting on one side of the cookie as possible. If it doesn't work, eat the cookie and try again!
2. Use the popsicle stick or scraper to create the phases of the moon out of the frosting.
3. Arrange the phases of the moon in order.

## Preparation

This activity is most successful when students understand the movement of the moon around the Earth and have some background on the different phases of the moon

## Materials

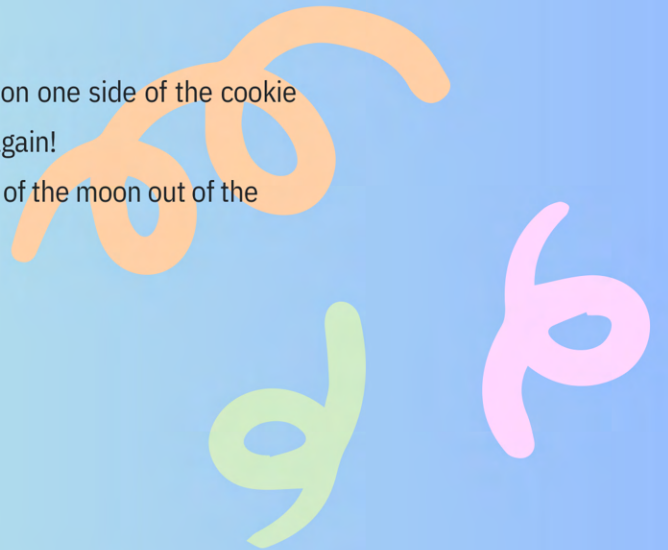
Download Printable - Cookie Moon Phases

(<https://www.nps.gov/common/uploads/teachers/lessonplans/Printable-Cookie Moon Phases2.docx>)

## Procedure

- Prepare materials for your class. This activity is most successful when students can work alone or in pairs. Each student or pair will need 8 cookies and one scraper (per person)
- Prompt students to think about each kind of moon they have seen (full moon, half moon, crescent moon, new moon, gibbous moon)
- As the students come up with their responses, have them scrape the frosting off of the cookies to create the different phases of the moon
- Once they have created each phase, have students arrange their cookies in order. Since the phases occur in cycles, it is a good idea to have them arrange the pattern in a circle.

For an optional addition: add an object to represent Earth in the middle of the phase circle and a sun on the outside of the circle to identify the light source.



## Additional Resources

This model is a great visual representation of a simple cycle of the phases of the moon. To better visualize the phases of the moon, you may place an object in the center of the moon phase circle and place another object on the outside of the moon phase circle to represent the sun.

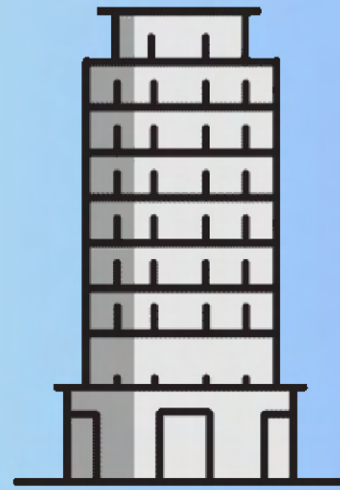
<https://spaceplace.nasa.gov/oreo-moon/en/> (<https://spaceplace.nasa.gov/oreo-moon/en/>)

<https://sciencebob.com/oreo-cookie-moon-phases/> (<https://sciencebob.com/oreo-cookie-moon-phases/>)





# Crossword Puzzles



## Tower of Babel

Every word listed is contained within the group of letters.  
Words can be found in a straight line horizontally, vertically, or diagonally. They may be read either forward or backward.

BRICK	ONE
CITY	PLAIN
CONFOUND	SCATTERED
HEAVEN	SHINAR
LANGUAGE	TOWER
MORTAR	WHOLE EARTH
NAME	

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

# Mary & Martha

ANOINTED

LOVED

BETHANY

MARTHA

CHOSEN

MARY

DEVOTED

MIRACLE

FEET

NEEDFUL

FOLLOWERS

RAISED

FRIENDS

REBUKED

GOOD PART

RECEIVED

HAIR

SAT

HELP

SERVE

HOSTESS

SISTERS

HOUSE

TAKEN

JESUS

TOMB

LAZARUS

TROUBLED

LISTENED

WEEPING

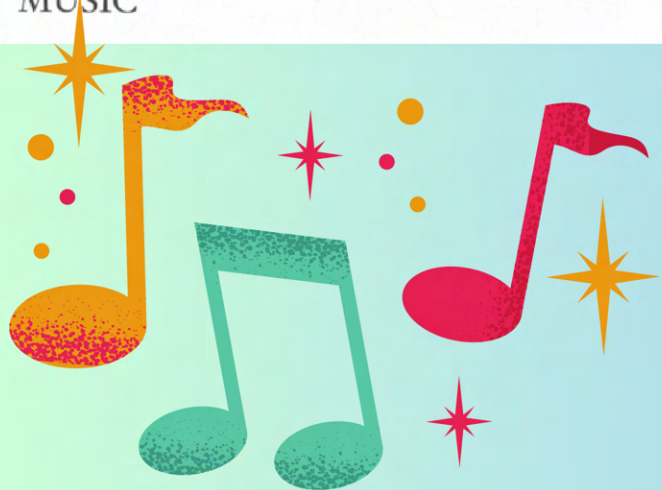
T T W F R I E N D S D L L R  
H A A N O I N T E D E O N A  
O K K F T L R E C L V S E I  
U E C E J O L G H E I R S S  
S N E E U C I O D H E E O E  
E F S B A N S O W B C T H D  
N U L R P T T D E E E S C U  
S E I L E R E P E T R I T M  
D M E S O I N A P H E S A A  
Y H S D O A E R I A B R S H  
N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

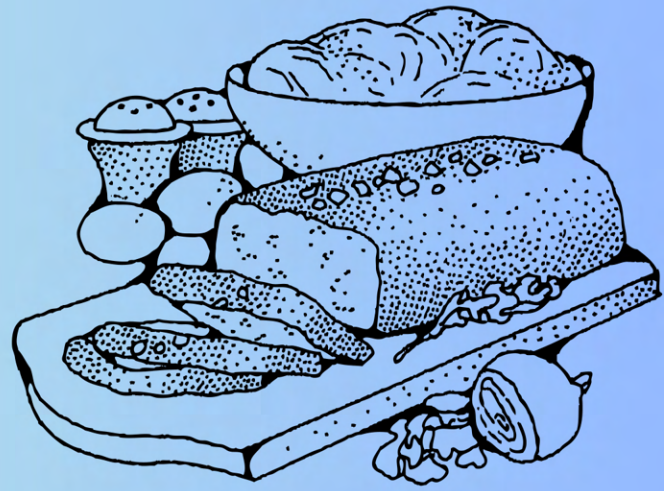


# Music in the Bible

- |            |              |
|------------|--------------|
| BELLS      | PIPE         |
| CLAP       | PRAISE       |
| CORNET     | PRAYER       |
| CYMBALS    | PSALM        |
| DANCE      | RAM'S HORN   |
| DAVID      | REJOICE      |
| FLUTE      | SELAH        |
| HARP       | SHOFAR       |
| HYMN       | SINGERS      |
| INSTRUMENT | SISTRUM      |
| JOYFUL     | SONG         |
| LAMENT     | TABRET       |
| LUTE       | THANKSGIVING |
| LYRE       | TIMBREL      |
| MIRIAM     | TRUMPET      |
| MUSIC      |              |

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





## Food in the Bible

ALMONDS	GRAPES
APPLES	HONEY
BARLEY	LAMB
BEANS	LENTILS
BREAD	MILK
BUTTER	MINT
CATTLE	MUSTARD
CHEESE	OLIVES
CINNAMON	ONIONS
CORN	POMEGRANATE
CUCUMBER	QUAIL
DATES	RAISINS
DILL	SALT
EGGS	SHEEP
FIGS	VINEGAR
GARLIC	WHEAT
GOAT	

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



# The Last Supper

ANDREW	JESUS
APOSTLES	JOHN
BARTHOLOMEW	JUDAS
BETRAY	LAST SUPPER
BODY	MATTHEW
BREAK BREAD	MEAL
COVENANT	PASSOVER
CUP	PETER
DISCIPLES	PHILIP
DRINK	PRAYER
EAT	SIMON
EUCCHARIST	THADDEUS
FESTIVAL	THOMAS
GIVEN	TWELVE
JAMES	WINE
JERUSALEM	

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





## Exodus

AARON	LEADER
BLOOD	LICE
BOILS	LIVESTOCK
BURNING BUSH	LOCUSTS
CROPS	MIRACLE
DARKNESS	MOSES
DESERT	PASSOVER
EGYPT	PHARAOH
EXODUS	PLAGUES
FIRSTBORN	PROTECT
FLIES	PUNISH
FROGS	RED SEA
GOD	SHEPHERD
HAIL	SLAVES
ISRAELITE	SPEAK

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







He

Is

Risen





# UNLEAVENED RECIPES

## 5-Ingredient No-Bake Chocolate Covered Brownies

*Sweet*

### Ingredients

- 7.05 oz Medjool dates
- 4.29 oz tahini
- 5 tbsp cocoa powder
- 1/4 tsp salt
- 5.29 oz dark chocolate

### INSTRUCTIONS

Add the dates to a food processor along with the tahini and blend until you have an even mixture. Add the cocoa powder and salt and blend again to combine.

Press the mixture into a cake tin lined with baking paper – I used a 22×12 cm loaf tin.

Freeze for 30 minutes, then slice into 8 squares. You can make a smaller bite size version if you prefer.

Dip each brownie into the melted chocolate, then place on a chopping board lined with baking paper and refrigerate until the chocolate is set.

Store in an air-tight container at room temperature or in the fridge for up to 5 days.

Enjoy!



# CHAPATI BREAD

## Ingredients

1 cup whole wheat flour (Can use all-purpose flour) 1 cup all-purpose flour  
1 teaspoon salt  
2 tablespoons olive oil  
3/4 cup hot water or as needed  
Add all ingredients to list



## Directions

**Prep Time 15 minutes Cook Time 15 minutes Ready In 30 minutes**

**1. In a large bowl, stir together the whole wheat flour, all-purpose flour and salt. Use a wooden spoon to stir in the olive oil and enough water to make a soft dough that is elastic but not sticky. Knead the dough on a lightly floured surface until it is smooth. Divide into 10 parts, or less if you want bigger breads. Roll each piece into a ball. Let rest for a few minutes.**

**2. Heat a skillet over medium heat until hot, and grease lightly. On a lightly floured surface, use a floured rolling pin to roll out the balls of dough until very thin like a tortilla. When the pan starts smoking, put a chapati on it. Cook until the underside has brown spots, about 30 seconds, then flip and cook on the other side. Continue with remaining dough.**

# Sis Jennifer's Rice & Beans

## Rice

3 cups of water

3 cups of rice

3 tablespoons of oil

Salt (to liking)- I like to do one quick big circle in the pot

Boil the water with oil and salt

Once it boils pour the rice in (I like to wash the rice before putting it in)

Heat on high

Once water dries out put temp on low

Mix rice with a spoon (I like to create a mini mountain with the rice)

Then cover it and let it cook for like 30-45 minutes



## Canned beans

- 2 spoons of tomato paste

- Minced garlic to your liking

- A packet of Sazon Goya

- Cilantro (to your liking)

- Oregano (to your liking)

- Chicken broth or 1 cube of chicken flavor bouillon

Pour the beans in the pot with all of the ingredients-stir and let it simmer on medium heat until it thickens

And a sprinkle of adobo to the beans

Adobo can be really salty so taste as you add



## The Original St Louis Style Pizza

All of these pizzas are made on thin unleavened crust. If you love pizza this is a cool substitute during Feast of Unleavened Bread. You can order IMO'S frozen pizza online.

<https://www.imospizza.com/>



# Baptism

Passover April 6, 2023



## NEED A TUTOR??

Available for private one one tutoring.

K-8 all subjects / 9-12 Social Studies and English  
Remote tutoring available for 9-12.

### QUALIFICATIONS

Undergrad Major: History & Minor Africana Studies  
Graduate Studies: Social Science Education  
Former Sylvan Learning Center Teacher  
Long Beach Unified School District College Aid & Teacher  
Former Licensed Teacher in the state of Mississippi

**Lanny Ross**

Contact for Pricing & Availability

<https://firstresurrectionnotary.com/> 901-300-0910



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**Amber C. Ross**

**901-300-0910**

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