



Congregation Temple Beth'El Newsletter

6am and 7pm prayer zoom 234 450 739 password 421948

12 noon time prayer -remembering those on our

special prayer list and your families

Candle lighting is at **5:51pm** on Friday, October 23, 2020

We are still in a Pandemic Alert!!!! Just a reminder, STOCK UP!!! Prov. 6:8

How much emergency food should you have?

How much emergency food you should have depends in large part on your specific situation, but FEMA does offer some general guidelines and recommendations for facing an unexpected disaster. They suggest having at least a three-day supply of non-perishable food that will feed your entire family. Keep in mind this is just the minimum and that two weeks is a preferable baseline. If you have the storage space and financial means to do so, many advisors recommend even having upwards of a month or even a year's worth of storage.

How much emergency water should you have per person per day?

Emergency water needs can differ according to individual needs and situations. However, the general rule of thumb is that you should store a minimum of one gallon of water for each family member, per day. FEMA recommends having a minimum water storage approximating to about two weeks' worth of proper hydration and sanitation. Don't forget your pets, either—those family members will need water storage of their own as well.

What foods are good for emergency storage?

Shelf-stable, nutrient-rich foods that do not require refrigeration are fantastic choices for emergency storage. You have many options but a good place to start is with dry cereals, granola, protein bars, ready-to-eat meals, and special food for infants and pets.

Can you live on rice and beans?

Rice and beans may help keep you from starving, but they are far from providing all of the essential nutrients needed to maintain a healthy lifestyle. They are an inexpensive component of any emergency food supply and a good addition to your line-up of diverse and nutritious foods. Since high morale is considered one of the biggest keys to survival, adding more flavorful dishes to your emergency food diet can be just the thing that lifts the spirits in a time of stress.

What is the best survival food with a long shelf-life?

Grains, rice, beans, and pastas tend to have an incredibly long shelf life of upwards of 30 years, especially if the supplier processed and packaged the food with longevity in mind. This can mean that they've vacuum-sealed their packaging or took other strict considerations in packing their products. You can also add kitchen staples to your food storage, such as oils, sugars, and cooking stocks, since they also have relatively long shelf lives.

How do you store emergency food?

It is best to store your emergency food supply in a cool, dry place. Remember that your storage area should also help keep the food safe from pests.

Final Thoughts

When looking for the best emergency food supply, look for quality products that have a long shelf life, taste good, and provide critical nutrients that will sustain you and your family in case you ever need them.

Ants teach us to look ahead. *"Provides her supplies in the summer, and gathers her food in the harvest"* (Prov 6:8). In the summer and in the harvest, food is plentiful. Yet the ant refuses to take her ease—instead working harder, storing up against the coming time of scarcity. "The ants are a people not strong, yet they prepare their food in the summer" (Prov 30:25). One of our great failings is only looking at the few feet in front of our nose—not preparing for the future or considering the consequences of our action—and inaction.



THE PIW WEBINAR COMMITTEE
PRESENTS:

**GAME DAY!
A VIRTUAL GAME OF
BINGO**

**TUESDAY, OCTOBER 20, 2020
12 PM - 1 PM**

Join us for an hour of fun and laughter 😊 😊
MEN & WOMEN 55+ Welcomed

Join us in the SILVERCARE VIRTUAL
ZOOM ROOM
824 4584 4496

October 23 Erev Shabbat Speaker Elder Alexander Marques

October 24 D'rasha Rabbi Debra Bowen
Sabbath School
Sabbath Evening Speaker Zaken Glover

Shomray Hab'reet Presents:



The Virtual 5k For Breast Cancer Awareness

Sunday: October 25, 2020 at 9AM

Walk For A Cause and Help Those In Need

- Registration is \$55, which includes your pink Breast Cancer Awareness T-shirt as pictured above.
- Your shirt will be mailed to you.
- Register via email at shomrayhabreet@aol.com
- Please include names, shirt sizes and contact email.
- * You walk the 5K you want in your neighborhood.
- * Share via Zoom your progress.
- * Donate to a great cause.
- * Become Health Aware, and not just aware.
- * Visit us at ShomrayHabreet.com for all the details

Shomray Hab'reet : We are The Keepers Of The Covenant.

Our Mind, Body and Soul Virtual Health Awareness Week of events are dedicated to improving community awareness on the importance of Spiritual, Financial, Mental, & Physical Health. During the weeklong series of events, we will address these needs by showcasing awareness sessions & activities.

Every year PIW partners with American Cancer Society "Making Strides Against Breast Cancer" by hosting an Annual Gala to raise awareness with the mission to reduce cancer related death rates in men & women. This year, we are delighted to collaborate with "The Israelite Men's Association" with spreading the motto #YourHealthMatters !!!!

(Please use the link to register)

<https://www.eventbrite.com/e/mind-body-soul-health-awareness-week-tickets-124200443871>



PIW
PRESENTS

"Mind, Body, and Soul"
HEALTH AWARENESS WEEK
A VIRTUAL CELEBRATIONS OF EVENTS

Monday Oct. 26, 2020 - Sunday Nov.1, 2020

THE WEEK OF EVENTS/SESSIONS:
Monday: 6 pm - 8 pm - Men's Health Session
Tuesday: 6 pm - 8 pm - Financial Health Session
Wednesday: 6 pm - 8 pm - Women's Health Session
Thursday: 8 am, 12 noon & 6 pm - Live Cook-A-Thon (PIW vs. IMA)
Friday: 6 am, 7:30 am, 4 pm, 5 pm - Spiritual Health Sessions
(around the clock prayer line services)

PIW
3rd Annual
Awareness Benefit (Virtual) Gala
Sunday November 1st, 2020
1:00pm - 3:00pm

These events are in partnership with
ISRAELITE MEN ASSOCIATION
Registration Is Required to participate via Zoom Meeting
One-time Registration Donation
\$18.00 (elders 70+), \$40.00 General Body (Price includes process fees)
eventbrite
<https://www.eventbrite.com/e/mind-body-soul-health-awareness-week-tickets-124200443871>

October 30 -31 G'vt Chaya Plummer and the BYOM Weekend



Noach (Comfort or rest) Genesis: 6th Chapter: 9 -11th chapter

Questions

- 1 According to the Torah what was the Primary purpose of the tower that the people wanted to erect?
- 2 In what land was the Tower of Babel being built?
- 3 If the Most High had not interceded do you believe the Tower of Babel would have been built?
- 4 How many days did the flood waters stay on the earth?
- 5 Read Genesis 6:21. What do you believe was the food eaten by humans, cattle, fowls, and the creeping things on the ark?
- 6 Read Genesis 7:1-3. Based on the information in this passage do you believe that the dietary law was given to mankind before it was given to Moses and the Israelites at Mount Sinai?
- 7 According to the Torah Is it TRUE that all humans living today are descendants of one of Noah's three sons?
- 8 Name the four sons of Ham, name the seven sons of Japheth, and name the five sons of Shem.
- 9 Give the meaning of the names of Noah's sons: Ham, Shem, and Japheth. Give their birth order.
- 10 Who is accredited with being the founder of the city of Nineveh?
- 11 According to the Holy Torah there was a time when all humans spoke one language. Does the Torah specify what that language was? What do you believe was the language, please explain your answer? Research and found what scholars say is the oldest language on earth.
- 12 How many years did Noah live after the Great Flood?
- 13 Were the wives of Noah and his son's descendants of Cain or Abel?
- 14 According to this reading how many days did Noah have to gather the animals on the ark before the flood rains began?
- 15 What is the Covenant of Noah? Also, gather information about the Noahide Code.
- 16 The earth was flooded as a result of forty days of rain. The number forty appears many times in the Hebrew Bible. What does the number forty symbolize in Judaism?
- 17 Other than confusing the language of the people that wanted to erect a tower what additionally did the Most - High G-D do to them and why?
- 18 Using the information from this Torah reading give a reason or reasons why you would defend the fact that fish and other creatures that live full time in the water did not perish because of the flood waters.

- 19 Name the colors of the rainbow. Also, what is the Symbolism of the rainbow and rain in Judaism?
- 20 Research and collect information about both the raven and the dove. Noah used both of these birds after the flood waters subsided from the earth. Why do you believe Noah used these birds?
- 21 According to the Torah, the ark that protected Noah and his family from the flood waters settled on a mountain in the mountain range of Ararat. What is the modern name of the country that this range is located?
- 22 Who was the architect for the ark that Noah built?
- 23 Using the system of measurements used in the USA give the length, the height, and the width of Noah's ark.

After Reading the Torah Reading

- 1 What is the major theme in this Torah reading, if there is any found in this Torah reading?
- 2 What did you learn after reading this Torah reading?

Let Us reason Together

Do you feel that parent's prayers and or petitions still have power today concerning their children good or bad?

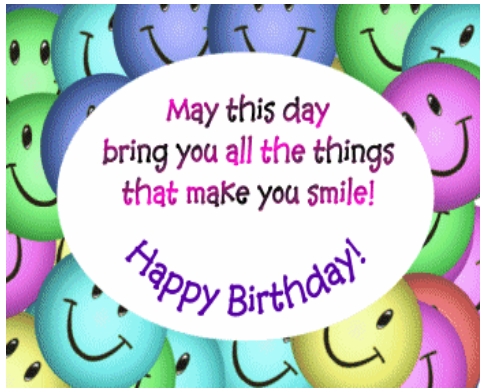
Do you believe that parents should have an opinion or be involved in their adult children's affairs?

Deductive Analysis

Eber was the father of Peleg. It is recorded in the Hebrew Bible that Eber gave his son this name because there was a great division or scattering (of people) in the earth at the time of his birth. The word peleg basically means open, canal, or split. What division or separation do you believe occurred right before, during, or soon after the birth of Peleg?

What Would You Do?

Two old and longtime friends come to you with a dispute. They both agree to let you judge the matter. Therefore, both of the friends tell you their side of the story. After hearing the two versions you in your mind clearly see who is at fault in this situation. However, you feel that if you reveal what you believe, it may cause a split between the two longtime friends. Do you nevertheless give your verdict; do you refuse to give your verdict and tell the friends to go elsewhere for adjudication; or do you tell the friends to pray about the matter?



October 2020 Birthday List

2 Dahmir (dada) Stanley

9 Amber Grimmage

9 Alexis Grimmage

11 Emah Yael People

12 Lady Frances Miller

12 Rabbi Elijah LaPrince, Sr.

13 Emah Pearl Woods

13 Kayln Gary

15 General Mother Gibson

18 Ortiz

20 Catherine Berry

20Kather Leadt

22 Rebecca Ross

22 Elijah LaPrince, Jr.

23 Tinijia McClam

24 Sholomo Grimmage

28 Rabbinit Daniels

29 Chaya Plummer

30 Yisrael LaPrince

31 Philip Johnson

Hospitality Corner — "Give a little bit of your love today"

Lady Tovah T'Shuraw Burton, Hospitality Committee President

(610) 337-1775 Ext. 5580, Richard Holmes Room #242 email:

www.rich45holmes@gmail.com mailing address is Manor Care, Attention: Mr. Richard Holmes, 600 West Valley Forge Road, Room 242, King of Prussia, PA, 19406.

Emah Mai(Amzah) Miller

Chief Joseph (Yosef)

General Mother Gloria (Yocheved) Gibson

Emah Carrie (Yael) Kitchen

Rabbinit Janie (Leviah) Daniels

Emah Marylee (Miriam) McClam

Emah Cleona (Yael) People

Emah Frances (Rakel) Miller

Have a business card or advertisement and would like to be featured in our newsletter. Submit to ctbnewsletter@gmail.com

Order your Hannukah Gifts, cards, cups, etc....

EK. Cooper, Inc. (follow on Social Media -Facebook)
for more information 347 885 9289



**Hadassah Harris
(Shebrews)**

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ANJ'A BEST



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wrinkles, itching, eczema



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form of self care. It's time to level
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not limited to blemishes,
ect.

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Semcah Joy Twiggs



Stacey Moore

