

Congregation Temple Beth El

July 2022

MONTHLY

NEWLETTER

July Birthdays Round-up

Mayella Matthew
Brandon Stanley
Janiah Twiggs
Sabrina Register
Johnathan Pleasant
Dafnis Miller – Abou
Sara Howze
Yarona Grimmage
Rueben Register
Annette Register
Benjamin Plummer
Alice Evans
Dr. Earl Bowen
Faith Register
Ariel Grimmage
Nayonna Purnell
Viola Woodard

Shakera McCoy
Shaniqua Watts
Zamorah Gleaton
David Howze
Hope Pleasant
Ethan Ewuize
Aiden Witherspoon
Sereiah Yisrael
Victoria Leech
Gary Samuels
Amara Jonas
Aubrey LaPrince
Hosea McClam, Sr
Stephen Alston
Anthony Hughes
Titiana McClam
Marlene Kendall

102.6 The Situation

Weekly:

Dr. Bowen
Mondays @ 9 am

Weekends:

Balynda Ali
Sundays @ 9:30 am

Shaniqua
Sundays @ 3 pm



CONGREGATION TEMPLE

BETH EL

ORAL HISTORY PROJECT

Mission Statement: To preserve the history of Congregation Temple Beth EL and to leave a legacy for future generations through an organized series of interviews with individuals who can convey first-hand accounts and knowledge of historical events. Moreover, this work entails

a collection of audio/video recorded stories followed by subsequent steps designed to transcribe, edit, analyze, interpret, and publish stories that reflect resilience, pride, faith, hope, and love of family, community, and Torah.

If you are interested in learning more about CTB oral history project and how you can contribute to its mission, please reach out to Rabbi Buna or Lady Tikvah Pleasant for further details.

Lady Tikvah: (267) 736-4525/ pleasant0826@gmail.com

Rabbi Buna: (215)285-2932/earlbowenj@aol.com

HEBREW TEXT AND WORKBOOK INFO

Biblical Hebrew, Second Ed. (Text and Workbook): With Online Media
by Bonnie Pedrotti Kittel, Victoria Hoffer, Rebecca Abts Wright

You can purchase from Barnes and Nobles or other bookstores in your area, online or in-store.

following ISBN Numbers:

ISBN-13: 978-0300222647

ISBN-10: 0300222645

Both numbers will work and get you the same book.

JULY EVENTS

ANNIVERSARY

JULY 22-24

THEME:

**"HOLD ON TO EL'S UNCHANGING HAND. HE IS
THE LIFTER OF YOUR SOUL"**

COLORS: *WHITE w/ A TOUCH OF PURPLE
& YELLOW.*

CTBETES SESSIONS

Sunday July 17.

JULY HEALTH TIP



	sunday	monday	tuesday	wednesday	thursday	friday	saturday
week 1	B: Have an apple L: Make a bean salad D: Add walnuts to meal	B: Add wheat bran to cereal L: Have a fruit parfait D: Eat sweet potatoes	B: Have a plum L: Eat a salad D: Add cooked greens to your meal	B: Have a peach L: Have lima beans D: Add flaxseeds to meal	B: Have a veggie omelet L: Have coleslaw D: Have stir fry	B: Have a bowl of high fiber cereal L: Sautéed spinach D: Have cauliflower rice	B: Have 2 kiwis L: Have red beans D: Make a hearty veggie soup
week 2	B: Make avocado toast L: Add lentils to meal D: Make a chickpea curry	B: Have a cup of berries L: Add black beans to meal D: Add almonds to dinner	B: Pair apples with almond butter L: Have steamed broccoli D: Have whole grain pasta	B: Have a bowl of oatmeal L: Add 2 veggies to your meal D: Eat fruit instead of drinking juice	B: Have whole grain english muffins L: Have massaged kale D: Have spaghetti squash	B: Have an orange L: Add a flax seeds to meal D: Eat brown rice	B: Have a pear L: Have raw carrots and/or cauliflower D: Add 2 veggies to your meal
week 3	B: Have a bowl of oatmeal L: Swap side dish for quinoa D: Enjoy fruit for dessert	B: Have a smoothie with chia seeds L: Add pinto beans to meal D: Eat a baked potato	B: Have an orange L: Have cooked chickpeas D: Eat lentil pasta	B: Make avocado toast L: Carrots + hummus D: Add brussels sprouts to your meal	B: Have a cup of grapes L: Add bulgar wheat to meal D: Add black beans to brownie mix	B: Have a fruit parfait L: Have a side salad with sunflower seeds D: Add mushrooms to meal	B: Make a chia pudding L: Add pecans to meal D: Have baked beans
week 4	B: Have a pear L: Eat whole grain bread D: Add chia seeds to meal	B: Have a green smoothie L: Eat whole grain crackers D: Eat fruit salad	B: Have a veggie omelet with spinach L: Have navy beans D: Have stir fry	B: Have a bowl of bran flakes L: Eat a cup of dried fruit D: Add black beans to entree	B: Have a bowl of oatmeal L: Eat fruit D: Add green beans to entree	B: Make avocado toast L: Add lentils to meal D: Have trail mix with popcorn	B: Make oatbran muffins L: Have celery + hummus D: Have zucchini noodles



HIGH FIBER

