

FEBRUARY CALENDAR

2/1/19 B.T- LADY INEZ WOODS

OFFICIATOR: ELDER YEHUDAH BEN ZION

SPEAKERS: ELDER SHAGREE & LADY ALICE EVANS

2/5/19 ROSH CHODESH ADAR

2/8/19 B.T.- RABBI DAVID BEST, SR.

OFFICIATOR: ELDER NORMAN GLADDEN

SPEAKERS: ELDER ANTHONY AND LADY NINA GLOVER

2/10/19- RABBI ELIJAH, SR. AND RABBINIT SHELLY LAPRINCE SPEAKING EVENT

BETH HILLEL LIBRARY 1001 REMINGTON RD., WYNNEWOOD, PA 9:45-11 AM

2/15/19 B.T.- RABBI SHEMUEL McCLAM

OFFICIATOR: ELDER SHAGREE EVANS

SPEAKERS: LADY SHORYN EVANS & LADY SONJA EDWARDS

2/16/19 NY EVENT: CHIEF RABBI LEVI BEN LEVY COMMEMORATION SHABBAT (DELEGATES NEEDED)

BETH-ELOHIM, 189-31 LINDEN BLVD., ST. ALBANS, NY-10:30 AM -7PM

2/22/19 B.T.- ELDER ANTHONY GLOVER

OFFICIATOR: ELDER STEVEN SCOTT

SPEAKERS: ELDER NORMAN AND LADY MONIQUA GLADDEN



2/2/19

PARSHA MISHPATIM

EXODUS 23:20-25—EXODUS 24:15-8

HAFTORAH: JEREMIAH 33:25- 26, 34:8-22

2/9/19

PARSHA TERUMAH

EXODUS 26:31-36—EXODUS 27:17-19

HAFTORAH: I KINGS 5:26 -6:13

2/16/19

PARSHA TETZAVEH

EXODUS 29:19—21—EXODUS 30: 1-10

HAFTORAH: EZEKIAL 43:10-27

2/23/19

PARSHA KI TISA

EXODUS 33:12—16—EXODUS 34:27-35

HAFTORAH: I KINGS 18: 1-39



- 2/1/1865— The 13th Amendment to the US Constitution, which abolished slavery, was adopted by the 38th Congress.
 - 2/4/1913 Rosa Parks is born.
- 2/7/2196— Negro History Week originated by Carter G. Woodson is observed for the first time.
 - 2/10/1964- US House of Representatives passes the Civil Rights Act of 1964.
 - 2/12/1909- NAACP Founded
 - 2/14/1867 Morehouse College organized in Augusta, GA.
 - 2/25/1948- M.L.K. ordained as a Baptist Minister.
 - 2/22/1979 Frank E. Deterson, Jr. named first black general of the Marine Corps.
- 2/27/1988— Figure skater Debi Thomas becomes first African American to win a medal at the Winter Olympic Games.

FIREEDOM IS NOT FIREE







BRO. KALEB YOUNG
BRO. JEHESEKIAL GOLDBERG
MO. CARRIE KITCHEN
ELDER PINCHAS WITHERSPOON
MISS JADAH STANLEY
ELDER ELTON EVANS II
LADY YEMIMA SAMUELS
SIS. ZIPPORAH WITHERSPOON

RABBI ERNESTO RIVERA BRO. ALBERT SMITH MO. SUZANNA KIRKLAND BRO. DAVID BEST, III SIS. MIRIAM POWELL SIS. SHERRI GOLDBERG RABBI DAVID BEST, SR. MISS MIMI KIRKLAND

SIS. LAUREN SCOTT

Let's Discuss: PICKING YOUR BATTLES

with Dr. Shelly LaPrince Co-Founder, Family Management Services



Happy House Happy Life - Pick your battles!

Do you want the relationship more or Do you prefer to always be right?

Remember that just because you got the last word doesn't mean you've won! Do you agree? It's normal to disagree with your spouse. However, we are all human and it's easy to want to get our point across which ultimately can lead to arguments. Arguing with your spouse will never lead to peace or a happy home. Therefore it's important for both parties to choose what's most important and let the small stuff slide (or at least address it in a different manner).

For example your spouse may choose to leave their shoes in the middle of the floor. No matter how many times you ask them not to leave the shoes there they still do it.

Well you have a few options:

- --You can become annoyed and make sure you remind him/her every time they leave their shoes. You are annoyed and will get your point across until something happens.
- --You can wait and watch the shoes and see how long it takes for him/her to move the shoes and how tall the shoe pile will get.
- --You can pick up the shoes and put them where they belong.

It's easier to comment and request that your spouse complete the task. However, they may never do it and you will continue to argue about it. If you take the approach to just pick up the shoes you may feel like if you do it, it will be your permanent job and that's the last thing you're looking for.

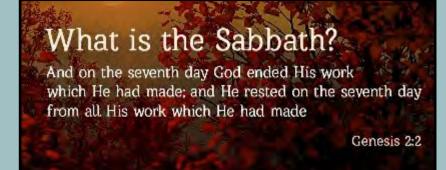
There are other techniques that work. You can pick up the shoes and ask "Hunny I'm going upstairs, I have the shoes you forgot in the living room, where would you like for me to put them?" After a few times they will get the picture and realize that this is something they can easily do. The patient and calm approach invites your spouse to become a part of what you're doing.

I used shoes as a simple example, but you really can try this strategy for anything. There's no need to argue over the small things. The important things that require attention are worth spending more time on, while the other issues can be easily resolved.

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"Six days a week we seek to dominate the world.
On the seventh day we try to dominate the self."

Rabbi Abraham Joshua Heschel
The Sabbath





BETH'EL COUPLES TALK TORAH



Elder Chaim Ross

Lady Rebecca Ross

<u>Parsha Terumah</u>- In this Parsha, offerings as well as tithes are discussed. There is also a "great offering" that is said to be used as food for the Kohen. When giving a gift or offering to God, it should be your best. The same can be said in marriages and families. What are some ways you can give your very best to your family?



I feel the best way you can give you're very best to your family is time. Quality time is very important also Love & support .Have a positive attitude when trying to help. No matter what the situation is. Love and kindness goes a long way with spending time.

Some of the best ways I can give to my marriage and family is Love unconditionally, stay committed, uplift one another and always pray. "A family that prays together stays together"



Rabbi Sholomo Grimmage

Rabbinit Taleah Grimmage

<u>Parsha Ki Tisa</u>- This Parsha shares the story of the infamous Golden Calf that the people fashioned as an idol. We also see Moshe becoming so upset that he breaks the tablets carved by God and is instructed to painstakingly carve them all over again, himself. Moses learned the hard way that some mistakes are harder to correct than others. What do you do when one of you makes a mistake tin your marriage hat may be costly? How do you work together to correct things and move on even if it's a painful process?



Moshe didn't consider the consequence of his actions. We as humans get caught up in a moment which usually last for a short period of time, not realizing the effects that will last a lifetime. Moshe slamming down the two tablets left them in an irreparable state, but the Creator didn't smite him for his actions and get another leader for his people. Instead, the Creator had Moshe carve out two more tablets. Which wasn't an easy task at all!

Sometimes we make bad decisions within our marriages. The hurt and betrayal might be too much to overcome, but that doesn't mean the Creator will not allow you another chance to get it right. Moshe carving out those two tablets left me with this perspective; there was no way Moshe would allow anything to negatively happen to them. After all of the pain staking effort it took to fashion them from stone. There was another level of care placed over them naturally. So, when you are given a second chance to make things right, cherish every moment as if it is your last chance.

For those couples that are trying to figure out how to start over after a bad decision. I will share some things that I believe can help a marriage stay strong.

Do things together- Find ways to have fun doing things you both like, (2) Fully face your feelings- (3) Admit how you feel and communicate with your partner, (4) Develop a deeper level of emotional intimacy- (5) Be willing to be open and honest., (6)Seek professional help when you get stuck- (7) Start fresh- Pray together, forgive one another, and allow each other time to heal in your own individual time.

Surround yourself with people who encourage you to be committed to your marriage.

It's impossible to be married and avoid conflict and mistakes because we're all human. In order for a couple to handle the issue, they need to be realistic about whether or not they can actually get past what has occurred. The offending party should acknowledge their mistake and the hurt caused. If both parties agree that they can move on, they should agree on how and why the mistake occurred, survey the damage caused, and then make a *realistic attempt* to repair what's been broken. That attempt should involve professionals if necessary.

If one partner's spending habits has caused a bankruptcy, it may be beneficial to work with a financial counselor. If a couple experiences infidelity in the marriage, they should seek out marital counseling and attempt to understand the circumstances that caused the affair. Open, honest communication is vital to working together. If you don't know how to communicate, find a professional, book, podcast etc. to help you learn. I would also caution against broadcasting or advertising your issues or your spouse's flaws unless it's <u>AFTER</u> you've worked through things and are sharing a testimony.

Many couples end up attacking each other, instead of the problem. It's not **me vs. you**, it's **us vs. the problem at hand**. A marriage is like a bank account. You must put something in, if you want to withdraw from it. Invest in your marriage and your mate. When you learn to communicate and are committed to working through your problems so when mistakes happen, you are already equipped to handle it together.

JEWISH TELEGRAPHIC AGENCY

EST 1917

African Jewish communities get some mainstream recognition after years on the margins

BY JOSEFIN DOLSTEN

JANUARY 29, 2019 4:15 PM



Rabbi Capers Funnye, left, and Martha Leah Williams, at the Jewish Africa Conference in New York, Jan. 29, 2019. (Josefin Dolsten)

NEW YORK (<u>JTA</u>) — At a conference here on Jewish life in Africa, Magda Haroun spoke of being only one of a handful of Jews left in Egypt, a country that was once home to a Jewish community of 80,000.

Abere Endeshaw Kerehu shared the struggles faced by the approximately 8,000 Jews still living in Ethiopia who face anti-Semitism at home but have not yet been allowed to immigrate to Israel.

But others offered a more optimistic picture. Rabbi Levi Banon said Casablanca, Morocco is home to "a small but very vibrant" Jewish community that operates 22 active synagogues, while Remy Ilona urged acceptance of a growing community of Nigerian Igbo people who he says are practicing rabbinic Judaism.

The conference, hosted by the American Sephardi Federation and the Morocco-based Association Mimouna from Sunday through Tuesday, is noteworthy not only because of the range of perspectives it offered but also because it included speakers from emerging Jewish communities in Africa, such as Ilona's group, alongside those from established communities in countries like Egypt and Morocco.

Though there is an increasing number of people seeking to practice Judaism in sub-Saharan Africa, they have largely been ignored by the mainstream Jewish community and Israel. Organizers say this is the first conference to focus on Jewish Africa that is not exclusively for academics.

Marla Brettschneider, a professor at the University of New Hampshire who researches Jewish communities in Africa, said it was significant that the conference was being hosted by the American Sephardi Federation, a mainstream Jewish group.

"It's potentially huge," she told JTA on Monday.
"Most of the work that I know of in the area is super marginalized, and I'm one of the few people in that field as an academic who has a relationship to the rest of organizational and mainstream Jewry. The divide is a big gulf, so it's really interesting to me to see that [there's] work generated from organizations that have infrastructure, that are long term organizations, trying to bridge the gap."

Some 250 people attended the conference, including ambassadors and representatives from Morocco, South Sudan, Ethiopia, Egypt, Israel, Egypt and Nicaragua. Malcolm Hoenlein, the executive vice chairman of the Conference of Presidents of Major American Jewish Organizations and Adama Dieng, the United Nations Secretary-General's Special Adviser for the Prevention of Genocide, delivered opening and closing remarks, respectively.

Bonita Nathan Sussman, vice president of the Jewish outreach group Kulanu, said the conference was a sign the larger Jewish community is paying attention to Africa.

"What this conference is doing is that mainstream Judaism is beginning to notice them," Sussman said. "This is a huge accomplishment and a huge gift to be seen and spoken about in the same breath as they do North African Jews because for the most part North African Judaism really had very little to do with newly emerging communities. "

The New York-based group, which organized a film festival that was part of the conference, has facilitated community conversions in countries such as Madagascar and Cote d'Ivoire.

Critics of such work in Africa say that groups should not be converted en masse when there is no local Jewish community or infrastructure to support them. Many of the people Kulanu work with believe they have Jewish roots, claims that have not been corroborated.

Jason Guberman, the executive director of the American Sephardi Federation, said the event grew out of his work with Association Mimouna, an organization founded by Moroccan Muslims to educate about Jewish history in their country as well as an increased interest in Africa in the Jewish community.

"This idea of Jewish Africa grows out of [our connection with Association Mimouna] and our working together and the recent pivot to Africa of many in the Jewish community, of many in the Moroccan community, of Israel of course, looking to Africa and seeing both some of the oldest and some of the newest Jewish communities," he said.

Guberman sees his community as a connector between the mainstream groups and African Jews. The traditional Sephardic diaspora includes Jews who trace their lineage to Spain and Portugal, as well as the Mediterranean basin, the Balkans, the Middle East, Africa and Asia.

"It's the natural role of the Sephardic community, that has the experiences in these countries," he said. That includes some of the emergent groups on the continent.

"It's the greater Sephardic umbrella, and it's this idea that we have in some cases these communities that are claiming biblical descent, in other cases new communities that are coming to Judaism, as Malcolm [Hoenlein] said yesterday, we have an open door, we would love to welcome some of these communities and have them join the Jewish people in a meaningful way."

El Mehdi Boudra, the president and founder of Association Mimouna, sees the conference as a way to think ahead.

"This is the goal of this conference, to bring an emerging circle of leaders to promote and think about the future of African Judaism," he said.

Boudra flew in from Rabat to attend but next year he won't have to travel as far. Boudra and Guberman are already planning a second conference, which they say will take place next year in Africa, most likely in Morocco.

The event not only strengthens ties between the mainstream Jewish community and Jews in Africa, but also between white and black Jews, said Rabbi Capers Funnye, chief rabbi of the International Israelite Board of Rabbis, an Africa American Hebrew Israelite body.

"It means a great deal to the African American Jewish community [and] the Jewish community of West Africa, because we've been a long time in saying we're here," said Funnye, who leads the Chicagobased Beth Shalom B'nai Zaken Ethiopian Hebrew Congregation.

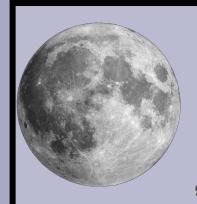
Although the Hebrew Israelite movement is usually considered outside the mainstream by Judaism's main denominations, Funnye has undergone a conversion by Conservative rabbis and is eager to build bridges with the mainstream Jewish community. He said that he was planning to reach out to both Ashkenazi and Sephardi Jewish communities following the conference.

"They have done their part, we have to reciprocate, we have to reach out to the Sephardi community, to the Ashkenazi community," Funnye said.

MAZEL TOV! JAIDEN MALACHI AMARI MCCLAM 01/25/2019 at 2:26 A.M.



Congratulations to Trisha McClam and the McClam family!



ROSH CHODESH

ADAR

February 12, 2019

* service begins promptly at 6:30p

In Case You Missed It....



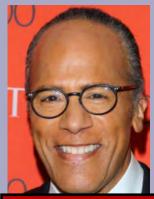


PRAYER LIST

RABBI & DR. BOWEN RABBI MARVIN MATHEWS **BELL AND HOWZE FAMILIES** CTB'E MINISTERS CTB'E COLLEGE STUDENTS CTB'E MILITARY FAMILIES RABBINIT YOHONATAN SIS. BENITA MILLER Mo. Carrie Kitchen Mo. Fannie Butler Mo. suzanna kirkland LADY CATHY BERRY SIS. RITA SWINT SIS. GLORIA SCHOLFIELD B'NAI ADATH KOL BETH ISRAEL BETH SHALOM B'NAI ZAKEN ETHIOPIAN CONG. BETH SHALOM Tree of Life- Or L'SIMCHA USA GOVERNMENT STATE OF ISRAEL

prayers powerful

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ANGELA RYE
CNN COMMENTATOR AND
NPR POLITICAL ANALYST



EARLONNE WOODS HOST OF "EAR HUSTLE" PODCAST

Bersti Kids Konnen

100 Days of School Celebration









Did You Know/_



MARSAI MARTIN
IS THE YOUNGEST BLACK
EXECUTIVE PRODUCER IN
HOLLYWOOD HISTORY?

HER FILM

"LITTLE" STARRING HERSELF,

TARAJI P. HENSON AND ISSA RAE

WIL BE IN THEATERS LATER THIS

YEAR.

CELEBRATE (N) BLACK HISTORY MONTH

- Conduct a read-aloud of Dr. Martin Luther King Jr.'s famous "I Have a Dream" speech, then invite your children to write their own speeches about what they are inspired to change in the world.
 - Visit the African American Museum in Philadelphia.
 - Spend time discussing family traditions and recipes.
- Explore CNN's Black In America, which continues CNN's investigation of the most challenging issues facing African-Americans. Soledad O'Brien reports on people who are using groundbreaking solutions to transform the black experience.
- The Free Library of Philadelphia has a month-long calendar of events dedicated to Black History. It can be viewed here: https://libwww.freelibrary.org/calendar/main/home/page/2/type/black-history-month/terms/african-american/having/all
- Make a goal to read at least 1 work by a Black writer this month, or challenge yourself with one book per week.
 - Stream, rent or buy films centered on African Americans and have a movie marathon with friends. Watch the movies with a critical eye. Are the characters represented uniquely and truthfully? Ask yourself if the films fall back on stereotypes of spin off of them.
- Black History didn't start at slavery, push yourself to find new stories and narratives that explore African culture and history.



JORDAN PEELE

"GET OUT", "US"





Congregation Temple Beth'El

Adventure in Israel

Led by Rabbis Debra and Earl Bowen June16-28, 2019

TRIP HIGHLIGHTS:

- Spend Shabbat in Jerusalem, including Friday night services at the Western Wall
- · Meet the Black Hebrews Community of Dimona
- Explore the desert and feel what it would have been like to have been an Israelite over 3,000 years ago
- Meet Rabbi Sharon Shalom and hear the incredible story of his journey from Ethiopia "home" to Israel
- Tour the Mystical City of Zefat and meet with a Kabbalistic artist
 - · Meet soldiers in action in the north
 - See why Israel is called the Startup Nation
 - Plus many more wonderful sites, speakers and experiences!

Come meet Keshet's Geoff Winston on Sunday, December 16 at 12:00 at the Temple!

For more information contact Rabbi Earl Bowen: earlbowenjr@aol.com www.keshetisrael.co.il

SAVE THE DATE
SUNDAY, MAY 5, 2019
5TH ANNUAL
PRE-MOTHER'S DAY LUNCHEON
WITH DR. SHELLY LAPRINGE

HOPE TO SEE YOU AT THIS AMAZING EVENT

Past Presenters

- Dr. Holly Sawyer, Clinical Director/Therapist
- Dr. Martha Russell, Restorative Specialist
- Dr. Martha Russen, Restorative Special
 Karen Eskridge, COO John Hopkins Health
- Councilwoman Cherelle Parker, 9th Council District
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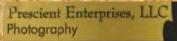


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Sheila D. Miller
"I am a Living Witness"
Isaiah 43:10
Jeremiah 32: 17 & 27

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