

MARCH



NEWS

Erev Shabbat & Shabbat Speakers

March 25 Elder Zephanyah Gladden
March 26 Rabbinit Nasiah Purnell

Torah Teaching 9am on zoom

INSTRUCTORS

March 26 Rabbi Gonzeles



Happy Birthday!

March

1 Lady Eudora Burton	4 Rabbinit Sandra Register
5 Rabbinit Gonzales	6 Pastor Ronald Register
7 Larry Scott	Jadah Register
Bresha Register	Uriel Nemesis
Elder Jeremiah Goldberg	
14 Ezekiel Evans, Security Chief	14 Aleya Stanley
15 Lady Antoinette LaPrince	16 Jordyn Ewuzie
17 Tiffany McClam, Sr.	Michael LaPrince, Sr
21 Emah Amzah Miller	21 Michelle Kirkland
Antonia Carswell	23 Eunice Purnell
23 Elder Norman Gladden	23 Ashael Gladden
25 Elder Gerald Harris, z'l	25 Asriel Grimmage
29 Chief Elder Joseph Gibson	

Upcoming Feast Day 2022 High Holy Days 5782

Pesach Seder April 15th Friday @ eve
Unleavened Bread April 16th Saturday
Pesach (7th Day) April 22nd Friday

Fees:

Ages 20yrs & up	\$60.00
Ages 13-19	\$30.00
Ages 7-12	\$15.00
Ages 3-6	\$ 5.00
Ages birth -2	\$00.00

Membership Fees:

Everyone 70yrs and up are exempt from membership fees only..

Spiritual Leader, Rabbi	\$500.00
Spiritual Leaders	\$200.00
Rabbis	\$100.00
Elders	\$ 50.00
Rabbinit	\$ 50.00
Ladies of Dignity	\$ 25.00
20yrs & up	\$ 10.00
Birth to 19	\$ 5.00

102.6 THE SITUATION
 Online Radio for Everyone
 WE'RE NOT JUST ANOTHER CHANNEL

ON AIR

STR8HT NO CHAZER
HOSTED BY CORI!!!!
AIRING EVERY SUNDAY @10:30AM ON THEE 102.6 THE SITUATION

SITUATION'S MEDIA ENTERTAINMENT



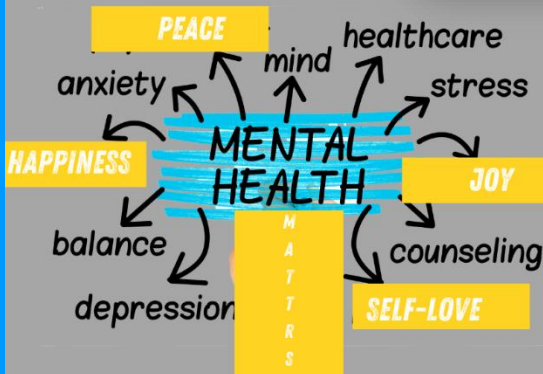
Mental Health Monday W/ Dr. Earl Bowen Jr.

Live On:
www.1026thesituation.com
 Every Monday @
 9:00AM EST



07.

earlbowenjr@aol.com



IMMEDIATE JOB PLACEMENT

- SUBSTITUTE TEACHERS
- TEACHER ASSISTANTS

APPLY NOW!!!!



email resume to:
info@thexposurenetwork.com



Sunday, March 27, 2022

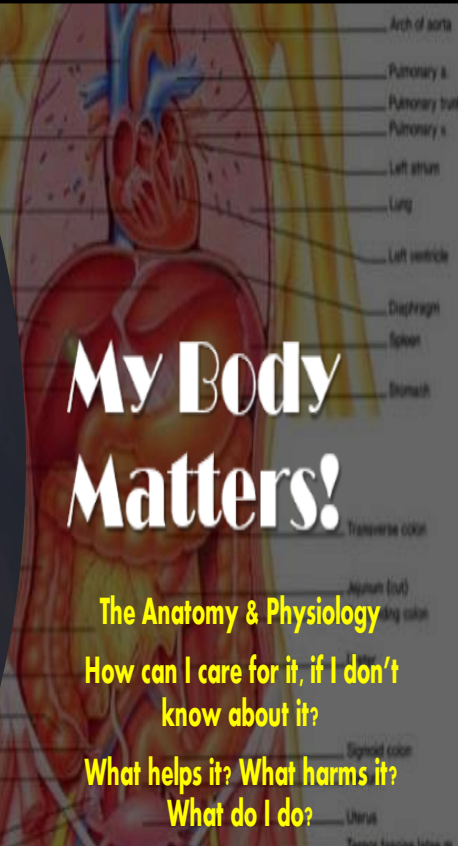
Time: 11 -1pm
 CTB zoom: 234450739 pw4216948
 Sponsors: Nurse Nina Glover;
 Nurse Sherri Goldberg, Abiyah
 Williams, and Rabbinit McClam, Emah
 Shoshana m

My Body Matters!

The Anatomy & Physiology

How can I care for it, if I don't know about it?

What helps it? What harms it?
 What do I do?





10 Ginger Benefits

www.fitlife.tv We're in this together

Amazing for you

OVARIAN CANCER TREATMENT

Ginger may be powerful weapon in the treatment of ovarian cancer. A study conducted at the University of Michigan Comprehensive Cancer Center found that ginger powder induces cell death in all ovarian cancer cells to which it was applied.

COLON CANCER PREVENTION

A study at the University of Minnesota found that ginger may slow the growth of colorectal cancer cells.

MORNING SICKNESS

A review of several studies has concluded that ginger is just as effective as vitamin B6 in the treatment of morning sickness

MIGRAINE RELIEF

Research has shown that ginger may provide migraine relief due to its ability to stop prostaglandins from causing pain and inflammation in blood vessels.

COLD AND FLU PREVENTION & TREATMENT

Many people also find ginger to be helpful in the case of stomach flus or food poisoning, which is not surprising given the positive effects ginger has upon the digestive tract.

PREVENTION OF DIABETIC NEPHROPATHY

A study done on diabetic rats found that those rats given ginger had a reduced incidence of diabetic nephropathy (kidney damage).

MOTION SICKNESS REMEDY

Ginger has been shown to be an effective remedy for the nausea associated with motion sickness.

REDUCES PAIN AND INFLAMMATION

One study showed that ginger has anti-inflammatory properties and is a powerful natural painkiller.

HEARTBURN RELIEF

Ginger has long been used as a natural heartburn remedy. It is most often taken in the form of tea for this purpose.

MENSTRUAL CRAMP RELIEF

In Chinese medicine, ginger tea with brown sugar is used in the treatment of menstrual cramps

Ginger Juice Recipe

FEEL GOOD FROM ROOT TO TOP GINGER JUICE

Ingredients

- 1 inch slice ginger root
- 1 fresh lemon
- Juice of 5 – 6 carrots with tops
- 1 seeded apple

Directions

Juice all ingredients with a juicer or use a high powered blender and strain the mixture with a nut milk bag.



SUBSCRIBE TO:
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Info Source: healthdiaries.com/eatthis/10-health-benefits-of-ginger.html
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Drew Canole
FitLifeTV

