



# 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 **4:34pm** on Friday, Nov 7, 2020



Nov 6 Erev Shabbat Speaker G'vt Hannah Lowry  
Nov 7 D'rasha Rabbi Bowen  
Evening speaker Rabbinit Taleah Grimmage  
  
Nov 13 Erev Speaker Dr. Shelly LaPrince  
Nov 14 D'rasha Rabbi Bowen  
Evening Speakers Zaken Daveed, Jr. & Lady Best

*Make sure you test positive for FAITH, keep your distance from DOUBT, and isolate yourself from FEAR. Trust in GOD through it All. Amen*

Anj'a

Nov. 20 Erev Shabbat Speaker Zaken Sha'gree Evans  
Nov 21 D'rasha Rabbi Bowen  
Evening Speaker Emah Yael People

Nov 27 Erev Shabbat Speakers Zaken Yisrael & Lady Raia LaPrince  
Nov 28 D'rasha Rabbi Bowen  
Evening Speakers Bro. Bobby & Rabbinit Adriell Eckells

# *Hospitality Corner –*

*“Give a little bit of your love today”*

## Attention all Seniors in Philadelphia and surrounding Counties:

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There will be two Zoom meetings on our regular line 234 450 739 password 421948

“Cherita Odums of The O Group LLC”

**When:** Tuesday 11/17/20, 5:00 p.m. - 7:00 p.m.

Thursday 11/19/20, 10:00 a.m. - 12:00 p.m.

All are welcome to attend both sessions just so you get clarity in making the right choice.

- Deciding on the best Health Insurance coverage for you!
- Make a decision about your Medicare coverage for 2021; keep it or change.
- There are some changes that may benefit you greatly
- December 7, 2020 is the deadline or you will have to keep your current health insurance.

Let's hear the new changes together for 2021.

Lady Eudora Burton, Hospitality Committee President

If you know a senior member of CTB who is sick and shut in email Lady Burton to have it posted in our next newsletter, eudorasarah@gmail.com with their contact information (Name – Address-Phone number. Names will be rotated each month due to limited amount of space and situation. People in hospitals and Nursing Homes generally cannot have visitors however you can contact the facility and inquire what they can receive and if they have access to a phone. I am sure everyone on the list will appreciate hearing from you, Send a card, send flowers or plants or a simple how are you can go a long way in recovery!

Rabbi Harold Purnell  
Rabbinit Eunice Purnell  
Elder Elton Evans, III  
Emah Pearl Woods  
Elder Aaron Burno  
Rabbi General Burno  
Queen Mother Ceretha Burno

Rabbi David & Rabbinit Lois Best  
Lady Jeanette Register  
Lady Viola Woodard  
Lady Shoryn Evans  
David Pringle (Ronnie Register-Pringle)  
Ministering Mother Mary Lou Pierce.

### **The 5-Day Plan to Prescription to Build Up Your Immunity**

*by Jeannine Morris Lombardi*

Make these little additions to what you eat daily to get your body back on track.

- Add Mushrooms, broccoli sprouts
- A cup of blueberries
- A glass of Green or black tea
- A hand full of Healthy nuts: Almonds, Cashews, Walnuts, Pecans, and Hazelnuts
- A serving of leafy greens



Make a pact with yourself to try one of these tips per day and pay attention how you feel.

**Dr. OZ**

2020 IMA Chief of Chief

Recipient

Dr. Buna

Bowen



# MAZEL TOV




2020 PIW Rabbinit Barbra Mathews

Recipient

Geveret



Nasiah Levi






IMA  Phenomenal Israelite Women

**Live Virtual Cook-a-thon Battle**  
**Serving Breakfast, Lunch & Dinner!**  
 We are bringing cooks from across the globe for a Live Cook-a-thon.  
 Cooking up healthy meals for the Mind, Body & Soul!



Chef Tahora Benjamin    Gvt Yerusha Yehudah    Shenice Evans

Ithamar Yehudah    Shaatiel Mnasheh    Yakariel Yehudah

AND THE **WINNERS** ARE...  
 IMA  
 ISRAELITE MEN'S ASSOCIATION

"SAY INTO THEM:  
 THIS SAITH  
 YAH ELOHIM:  
 BEHOLD I WILL TAKE  
 THE STICK OF JOSEPH  
 WHICH IS IN THE HAND OF  
 EPHRAIM, AND THE TRIBES  
 OF ISRAEL HIS COMPANIONS;  
 AND I WILL PUT THEM UNTO  
 HIM TOGETHER WITH  
 THE STICK OF JUDAH, AND  
 MAKE THEM ONE STICK,  
 AND THEY SHALL BE  
 ONE IN MY HAND."  
 EZEKIEL 37: 19

## Shabbat Torah Studies

### **Vayyera (And He appeared)      Genesis: 18<sup>th</sup> – 22<sup>th</sup> chapter Questions**

1 In the Torah readings Vayyera (*Genesis 20: 2-7*) and Lech Lecha (*Genesis 12: 11-20*) the actions of

Abraham almost made two people sin against the laws of the Almighty. What lesson(s) can be learned from these episodes?

2 Was Lot saved from the destruction because of his righteousness or that of Abraham's?

3 What did Abraham serve the three men (angels/messengers) to eat and drink that he encountered?

4 What elements did the Almighty use to destroy Sodom and Gomorrah?

5 Who visited Abimelech the king of Gerar in a dream?

6 Abraham and Sarah were blood siblings, they later became husband and wife. Did they violate the law in *Leviticus 18: 9*?

7 Is it true, false, or unknown? Lot's daughters were named Tovah and Tikvah.

8 In this Torah reading, where was the first place that the Almighty appeared to Abraham?

9 What does the word Ishmael mean?

### **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**

According to the information found in this Torah reading, Abimelech clearly knew the G-D of Abraham. Moreover, the Almighty prevented Abimelech from sinning. **Question:** Do you believe Abimelech and his people worshipped the Almighty and followed His laws, statutes and judgments. Or do you believe Abimelech and his people were aware of the Almighty but did not worship Him.

### **Deductive Analysis**

In this Torah reading it is revealed that Abraham and Lot were so wealthy that they could not coexist in close proximity of each other. After the great destruction of the two great cities (Sodom and Gomorrah) and the plains, would it be safe to say or assume that Abraham was wealthier than Lot.

### **What Would You Do?**

What if you were stranded, lost and cut off from civilization and many days have passed. You haven't had any water or food during this period and your life is in the balance. Just when things look bleak you come across a pig, **Question:** Do you kill and eat the pig to stay alive and ask for forgiveness of the Almighty or do you hold fast to G-D's dietary law? **Explain for answer.**



**6 Queen Mother Ceretha Bueno**

**7 Tondeleyo Claybrook**

**8 Chaya Grimmage**

**18 Emah Mary Warner**

**14 Anita Grimmage**

**Jayonna Grimmage**

**Isaiah Purnell**

**6 Chai Ewuize**

**Patricia McClam**

**Kevin Gleaton**

**18 Hadassah Harris**

**14 Jaz'Mine James**

**Shemeyah Moses**

**Sonya Edwards**