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## 2020 – 2021 WORKSHOP TOPICS

## OCTOBER 2020

**COVID-19 AND REMOTE LEARNING**

The Coronavirus has undoubtedly impacted all of us in one way shape or form. We will forever remember the spring of 2020 and one day tell our children and grandchildren how we survived the Coronavirus Pandemic! Remote learning or online learning is not a new concept but was primarily used in adult education or during the latter years of high school. Remote leaning was not one of the structures used in an elementary school setting. Parents were essentially expected to “home school” their own children and quickly play the roles of both teacher and parent. It has been overwhelming to say the least. However we are seeing that remote learning has since become a new norm, with many schools across the country opting into remote learning as the school year begins. We know that remote learning cannot compare to in person teaching, but this is our reality for right now. So here are just a few tips to better support your child/children while they are learning from home:

Create a daily schedule:

* 1) Wake up time
* 2) Breakfast Time
* 3) Online Learning
* 4) Lunch
* 5) Leisure Activity (child’s choice)
* 6) Online Learning
* 7) End of day

The amount of time spent on each activity depends on the child’s age. The younger the child/children are the more support they will require. Structure is key in making remote learning a success! In the spirit of unity and togetherness, let's attend this months’ workshop and see how online learning is going!

***By Sister Tameka Solomon***

***Manhattan Temple***

## NOVEMBER 2020

**Let’s Talk About…MENTAL STRESS**

**Mental Stress** is defined as a form of stress that occurs because of how events in one's external or internal environment are perceived, resulting in the psychological experience of distress and anxiety.

**Mental Stress can impact both your physical and mental health.**

Stress is different for each person. No one is exempt from it no matter who you are, what you do or who you know. The only difference is how we choose to handle the events, people, work, school, teachers, etc. that may cause such stress in our life. As an Israelite we are taught to bring our burdens to the Lord for he will give us rest when we are heavy laden. (Matthew 11:28). The scripture also tells us to “cast thy burden upon the Lord, and he will sustain thee” (Psalms 55:22). Bishop Bobby told us during the 2020 General Assembly that we can “*Lean On Me*” which means we can lean on him, we can lean on our pastors, and we can lean on one another. This is one way to deal with the mental stress that may occur in your life.

We want to live in perfect health with the God of Israel and as I stated above mental stress can affect you both physical and mental health. Below are a few ways it can impact your health:

* **Headaches**
* **Stomach pains**
* **Chest pains**
* **Not being able to get proper rest**
* **Anxiety**
* **Under and overeating**
* **Bad decision making**

Can you think of other ways that mental stress can affect your own health? Have you had a time in your life that your stress caused you to be unhealthy? I want you to really think about what are some things that have caused you mental stress or are causing you mental stress right now? Have you or are you dealing with it in a healthy way?

Let’s come to this workshop prepared to tackle mental stress and come up with an action plan on how to deal with it healthy in our life so we can continue in perfect health with the God of Israel. Remember no weapon formed against thee shall prosper (Isaiah 54:17) not even **mental stress**!!

***By Reverend Ebony Blue***

***Seattle Temple***

***DECEMBER 2020***

**GOD I WANNA START OVER!**

As we go through life we make many decisions; some good choices, some bad choices. The bad choices we regret and wish we could start over again. The God of Israel is a God of second chances if your heart is good. He is a God of grace and mercy. Children always try to do the right thing. If you make a wrong decision, pray and ask for forgiveness. Then you can start over. Come to this workshop and tell us when you were given a 2nd chance!

***By Sister Bell Cunegin***

***Ypsilanti Temple***

***JANUARY 2021***

**2020 Pandemic – Coronavirus – Everything is Virtual**

The 2020 Pandemic has forced all of us to make serious and sometimes difficult changes and decisions in our life. Such as: Staying home, not able to see relatives and friends, virtual learning, not allowed to play outside, wearing a mask every time we leave the house and many more changes.

Most importantly, going to church virtually has been a blessing. Knowing that through it all, the God of Israel is with you, protecting you and your family. What are your thoughts? What are your Challenges? And how do you deal with them? How do you feel about all of these changes? Come to this workshop and share what coping mechanisms you have acquired!

***By Elder Bride Mother Linda Alston***

***Manhattan Temple***

***FEBRUARY 2021***

**HOW WELL DO YOU KNOW YOUR HISTORY**

Black History is not just one month per year. We should explore the real history of our people and the impact that we have had on the United States and in the world. In 2020 we saw people around the nation learn about and embrace Juneteenth.

Juneteenth was well known in parts of the south among African-Americans but not much in the North and especially outside of the black community. Our young people are the future but they will make the same mistakes if they do not know where we have been. This topic is one that should cause our youth to go and explore unknown stories about our people in History.

Come to this workshop and share some less commonly known African-American’s in history that have accomplished small and great things so that we build the knowledge of our young and old people in Israel. An example, who is a prominent black person from the battle at the Alamo that is often glazed over in the story?

***By Sister Elaine Thompson***

***Manhattan Temple***

***MARCH 2021***

**I Can’t Wait ….BUT MAYBE I SHOULD HAVE**

* To Be on my own
* To Eat what I want
* To Say what I want
* To Dress the way I want
* To Sleep as late as I want
* To Spend my money the way I want

“But, Maybe I Should Have……”

* Now I have to pay Bills
* Cost of Food is so High – how much for a box of Frosted Flakes $5? – you are kidding me???
* Can’t sleep late need to get to work – boy I would rather be in college getting a degree
* What! There is a Dress Code at work? No Spandex?
* Can’t talk to you the way I want? My boss just suspended me for saying what I said. To me it wasn’t bad – go figure
* I just got paid and my check was $700; Paid my bills – Now I have $60 left until next pay! Need a Higher Paying Job!

***“My Dear – it’s time to get up and get ready for School……!” Said Mom.*** “Wow I’m glad that was a dream – I’m only 13, I Can Wait Until it’s time to Be on My OWN!” Come to this workshop and let us know if **“YOU CAN WAIT”!**

***By Reverend Mother Barbara Freeman***

***Michigan Temple #1***

***APRIL 2021***

**WHAT MY FRIENDS SAY ABOUT WHO I AM**

Have you ever heard the phrase “you are the company you keep? It means that the people who you hang around reflect who you are. It means that you become close to people with whom you share common views or interests.

It’s important to ask ourselves - What are those views? What are those common interests that my friends and I share? Are these things righteous? Are they in line with what the God of Israel would have them to be?

Come to this workshop and discuss how we see ourselves in the friends we choose.

***By Trustee Kevin Yarbrough***

***Manhattan Temple***

***MAY 2021***

**How to Handle Peer Pressure**

Through-out your life you will meet people who do not have the same values and beliefs as you. Some may become your close friends’ and others may be associates. You must be mindful of the people you surround yourself with because some might ask you to try things that you are not comfortable with. If you are ever in a situation where one of your friends is trying to get you to do something that you know is wrong here are some things you can do:

1) Say NO! – You do not have to do anything you don’t want to do. If you know it’s wrong then do not do it.

2) Remove yourself from the situation – If saying no is not enough, leave the environment so you won’t be tempted to give in.

3) Consider what may happen if you decide to give in to peer pressure. Will your parents be upset? Will it cause you any harm? Will you be happy with yourself after giving in?

4) Remember who you are - You are an Israelite, you’re not like everyone else, you’re chosen so there is no need for you to try and fit in with the crowd. You stand out because you are special; don’t try to be like everyone else.

5) Seek support from positive friendships and family – Don’t be afraid to talk about peer pressure with your positive friends and family members. Express your feelings and be open about how you felt when being peer pressured. Your family is there to support you and reinforce that you are doing the right thing by not succumbing to peer pressure.

Come to this workshop and learn how to handle this situation!

***By Sister Qiyama Moore***

***Seattle Temple***

***JUNE 2021***

**HONESTY & TRUTH**

We have heard the saying “honesty is the best policy”. How important is it to be honest?

Maybe some of you have heard the story of the boy who cried wolf. To make a long story short; there was a boy who would always cry there was a wolf and people would come to help every time; and when they would arrive there would be no wolf. One day the boy cried wolf and no one came; and this time there really was a wolf.

We live in a time where alternate facts and misrepresenting information is common; everyone is doing it. **That is false!** Everyone is not misrepresenting truth or going by alternate facts; and even if everyone else is; as Israelites we do not. We never want to misrepresent like the boy who cried wolf and when we are in need no one comes because you have now been known to be dishonest.

Yes, sometimes speaking the truth or being honest is not always popular BUT with the God of Israel and His spirit being alive in us He will always speak to us to tell us how and direct us to the pathway of **honesty** and **truth.** All we have to do is listen; He will also give us the courage to do so as well.

Come to this YOP workshop and share with us the importance of being honest and truthful!

***By Sister Latrice Solomon***

***Manhattan Temple***

***JULY 2021***

**Misplaced Priorities**

We all have goals in life that we would like to accomplish and as youth, the sky's the limit. However, there are times in which the things that we thought would help us grow may end up sabotaging our growth. This is due to the fact that sometimes we focus on the wrong things which can end up being detrimental to our growth.

Some examples of focusing on the wrong things include paying more attention to your friendships or extracurricular activities rather than your studies, etc. These different factors may seem important and interest you in the short-term however will it have a positive impact on your life in the long term? This is why it is important to focus on your growth, priorities and long– term goals.

Come to this workshop and discuss different factors and scenarios that may serve as a distraction from you achieving your long-term goals; why it is important to focus on your long-term goals; and how the God of Israel has a positive impact on you achieving these goals.

***By Sister Kayla Bosket***

***Manhattan Temple***

***AUGUST 2021***

**Me and My Pout**

**This is why I Pout when you ask me:**

* To Clean my room
* To Help with the dishes
* To Clap my hands and sing along in church
* To Speak on the lesson or theme
* To Say my Bible verses
* To Come straight home from school or work

It hurts me to my heart when I’m asked by you to do these things. You don’t need to ask me these things. I want to live and be free. I don’t want to be a helper – team player – social with you and your demands. But, if you ask me to go outside and play – watch TV – play my video games – things I like I will SMILE. Let me be free and stop asking me and the Pout will Stop! Don’t Know Why I Do This.

Thinking out loud….What if my Parents or Guardian did the same thing when I ask them:

* To Buy me some new clothes or Jordan’s
* To Buy me a new cell phone or pay my cell phone bill
* To Find out what’s for dinner
* To Take me to an outing that I so dearly want to go to
* Can’t talk to you the way I want. My boss just suspended me for saying what I said. To me it wasn’t bad – go figure

I hope they don’t think like I do. So it is in my better judgment to stop the Pouting and do more Smiling and Willingness to assist. Come to this workshop and share how you control your POUT!

***By Reverend Mother Barbara Freeman***

***Michigan Temple #1***

***SEPTEMBER 2021***

**MENTAL HEALTH**

Do you sometimes feel stressed, depressed, lonely, worried and frightened? These are some of the emotions our youth experience, and are considered mental health problems. Mental health in youth/students is something that is glossed over at school, and at home. According to the CDC children who are diagnosed with depression from the ages of 3-17 are also diagnosed with anxiety and it has gotten worse since 2003.

Also according to the NASSP (National Association of Secondary School Principals) mental health is typically not assigned a high priority for schools to talk about, even though there is a large stigma surrounding the idea of mental health.

**I think it is important for us to talk about this topic** especially with incoming middle and high school students because they need to understand that it is okay to have problems or for friends to have problems. I also think it is important to give different ways to make yourself feel better if you are having these issues, such as: if you’re stressed you could relax and listen to music, or if you are sad or depressed write down what you are feeling to let out all that is in your mind.

I know from personal experience that sometimes school, having a social life, and doing extracurricular activities becomes extremely stressful. When I get super stressed or worried about an upcoming test I would always say my 23 Psalms and just remember that the God of all Israel always had my back and would help me get through this. Sometimes when I would feel sad I would write down how I was feeling and then when I was done I would pray that I would feel better soon. I always make sure I am allowing myself to feel the things I am feeling, I really try to not say “I am okay,” when I’m really not. I also make sure to remind myself that everything I am feeling is normal and okay to feel.

Have you experienced these emotions? How do you deal with them?

Research these sources: Data and Statistics on *“Children’s Mental Health Mental Health in Middle Level and High School”* and come to this workshop to discuss what you have learned!

***By Sister Lauren Alston***

***Manhattan Temple***