



Ofc Kidon(50) Explains the Day of Atonement, Sis Chauna suggests another Treats, and Micah shows forgiveness Plus more...



Ofc Kidon (50) explains how to prepare to forgive and how to prepare for the Day of Atonement

The Day of Atonement is a different high holy day from all the other high holy days that Most High has given us. When New Moons, Passovers and other high holy days come, we gather together and learn. Afterwords we eat, dance, laugh, tell jokes, sing and enjoy our family. The Day of Atonement is different. It is a day where we ask Most High for forgiveness for all of our sins. It is a very special time that all Israelites keep.

I caught up with Ofc. Kidon to find out how little prophets and princesses could prepare for the day and to find out just what is so special about forgiveness.

"Children have to prepare in two ways for D.O.A." According to the officer, the first way to do that is, "physically, by getting their bodies prepared to fast." In the book of Jonah, chapter 3 verse 7, fasting is described as a time when Israel sought the Most High by not eating or drinking while praying and thinking about the Most High's words. Ofc Kidon suggests that we eat fruit and drink water as we get ready for D.O.A's fast. Fruits like watermelons, strawberries and pineapples help us to get ready.

The other way young Israelites can prepare for D.O.A. is spiritually. The officer points out that to do this, young prophets and princesses must ready their mind for forgiveness.

"Forgiveness is key to clean the slate or fault of another," the he explained. Officer Kidon mentions the book of Isaiah, chapter 58 verse 6. In it, we learn that fasting gets rid of sins, bad thoughts, and differences we have with brothers and sisters that can hold us down or make us sad and tired.

Little prophets and princesses: On the Day of Atonement we fast for forgiveness. We get rid of our offences with each other, and we also ask Most High to let go of our offences against Him. It is a very different, serious, and important high holy day that all of Israel must keep because we all need a clean slate with each other and with the Most High.

Easy Berry Tartlets



- (Filling)
- Cream cheese (softened) 8 oz.
 - Lemon Juice- ¼ tsp
 - Pure vanilla extract- ½
 - Heavy cream- 1 tsp
 - Strawberry jam- 3 tsp
 - Lemon zest- ½ tsp
 - Sea salt- pinch
 - Sugar- 2 ½ tbsps

- (Other items)
- Bakes tartlet shells (can buy) 24 ea
 - Strawberries & raspberries ¼ ea (rinsed and dried)
 - 1 tbsp strawberry jam (glaze)

In a bowl, add all ingredients for the filling. Whisk until fluffy & well combined.

Put the filling in a piping bag & fill the tartlets half way full. Let them setup in the fridge while prepping the fruit.

Then, top the tarts with the berries without pushing down too hard. Heat 1 tbsp of jam in the microwave. Glaze the berries gently with the hot jam using a pastry brush. Enjoy.

By Sis. Chauna H.O. Ofc Rosh





anger. rage. resentment.
bitterness. anger. pain.
fury. hurt. hatred. grief.
injure. revenge. regret.
remorse. shame. sorrow.
disappointment. blame. wound. ache

Forgiveness.

"That's mine," Micah yelled loudly. He reached forward to grab the Spryzen beyblade but fell forward out of his chair. The other boys laughed. Being the youngest and smallest, Micah had a hard time keeping up with his beyblades. The older boy would usually grab the toy and play keep away.

Micah felt hot tears as he got up. "I'm tired of being the smallest." He walked off to find a corner where he could be by himself. Hezekiah came over and tossed the Spryzen to Micah. "Here little Jew," he said. "Come on man, we were just playing."

But Micah didn't want to go. He was sad, and his feelings were hurt. "If I was bigger, I would use my beyblade, and it would be stronger! So strong it would beat all your beyblades," the little prince blurted out. This only made Hezekiah chuckle, but Micah didn't see anything funny. Hezekiah's laughter made him feel worse. "I don't want to play with you all anymore! You are not my brothers!"

Hezekiah became quiet. The little Jew was very serious. He could see that Micah was offended. What Micah had said reminded Hezekiah of some of the scriptures he had heard leadership bring out, and Luke 17:2 was ringing in his head. Hezekiah wanted Micah to grow up in the brotherhood... So he sat down beside his sad little brother. "Micah, your beyblade is very cool and strong. I'm sorry for taking it from you. Please forgive me." Micah peered over his folded arms and looked up at Hezekiah. The corners of his mouth slowly turned upward. Micah grabbed his beyblade and almost tripped as he raced back to the group of princes across the room.

Hezekiah was amazed at how quickly the young Jew let go of the offence as if nothing had happened at all.

Day of Atonement 2019

S	W	D	H	V	A	P	L	W	G	J	H	G	F	T
R	R	W	S	E	S	T	U	Y	C	B	K	K	O	U
E	H	W	C	G	S	J	O	D	A	Y	T	G	B	H
H	O	U	Q	N	E	C	A	N	Z	I	S	C	Y	Z
T	L	U	O	O	N	G	E	H	E	H	O	N	T	S
O	Y	V	R	I	E	C	G	O	B	M	M	S	X	Q
R	G	L	A	T	V	E	H	P	Y	I	E	R	K	Y
B	I	R	N	C	I	C	L	V	T	S	J	N	V	P
D	H	Q	I	I	G	P	Z	L	N	I	W	L	T	K
H	G	L	G	L	R	M	U	E	M	M	A	N	C	I
T	O	E	N	F	O	V	F	Y	A	J	G	R	F	Z
S	E	A	P	F	F	F	A	F	O	I	Z	X	J	K
S	B	R	P	A	O	X	X	L	K	L	Y	Y	B	N
R	B	S	F	S	R	E	T	S	I	S	J	H	E	N
G	E	I	Q	F	U	R	L	S	H	I	G	H	C	D

MOST
HIGH
HOLY
DAY
FORGIVENESS
ATONEMENT
OFFENSES
BROTHERS
SISTERS
ISRAEL
AFFLICTION

