

## He that hath an ear, let him hear: Deacon Malachi



**What is your favorite scripture?**

**DM:** Proverbs 3:5-6 “Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”

**What motivates you?**

**DM:** Seeing growth. I love to see growth in brothers and sisters in the body.

**How do you measure growth?**

**DM:** Growth is how you change when you come into this truth. You change by being consistent, putting in your bricks, and becoming a different person.

**What advice do you have for our young prophets and princesses?**

**DM:** Listen to your fathers and mothers. Do not let peer pressure get to you. As long as your fathers and mothers lead you in the scriptures, you will be alright.

**As DOA approaches, what do you reflect on?**

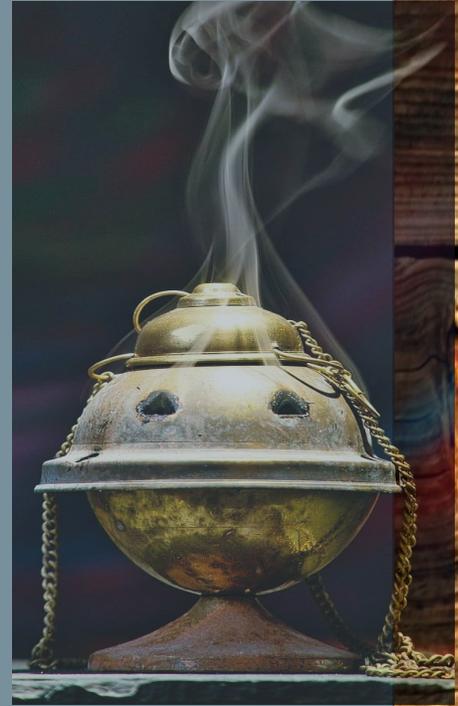
**DM:** I reflect on all my hangups and short comings through the year. I appreciate The Most High giving me another day to get it right. I know with The Most High we will all get there.



# Kidz Korner Newsletter

Day of Atonement is a very important High Holy

Day for the world of Israel. We fast, pray, rest, and congregate. When we do this on this High Holy Day The Most High forgives all our sins.



You may be wondering, what does atonement mean? An atonement is a reparation (payment) for an injury or wrong.

Why do we need to atone? As **Israelites we are commanded to examine ourselves**. There are times you may **say** words that are not kind or upright. We may not **do** our best when it is possible. We may even **THINK** things that are foolish. These things are **SIN** and against The Most High and must be paid for. We show our repentance by fasting and asking for forgiveness and strength to stop doing those sins we are atoning for.

# Kidz Korner Newsletter

## Preparation for Day of Atonement

As we prepare for Day of Atonement, we should think about the things we need to cut off that will stop us from growing and becoming better for our nation and being good servants to The Most High. Prepare your heart with these scriptures: **Leviticus 23:26-29, Jonah 3:5-7, and Matthew 6:16-18**



You can prepare your body for the fast by filling up on hydrating foods and drinking lots of water. Hydrating foods are filled with water. Foods like watermelon, strawberries, and lettuce can help you fight off headaches being tired.

Is there someone you have offended or wronged? Reach out to them, apologize, and ask their forgiveness. We want to come together as a nation in love like The Most High commands us.



## Paradise Smoothie

Full of nutrient rich ingredients

Yields: about 9 cups

By Chana Israel H.O.O. Rosh



### Ingredients

2 cups pineapple (diced)

2 cups frozen mango (diced)

1 ¼ cup orange juice

1 inch nub fresh ginger (peeled & sliced)

2- 3 sprigs fresh mint

2 tbsp honey or agave nectar

1 banana (peeled & halved)

1 ripe pear (seeded & stemmed)

½ cup lemon juice

2 tbsp ground flax seeds

3 cups coconut water

Tools Needed: a blender, cutting board, chef's knife, paper towels & serving pitcher (optional- a fine mesh strainer & large pitcher)



**Tips-** The fresh pineapple can be substituted with frozen. However, I often find that the frozen pineapple isn't as sweet. For a smooth undiluted flavor & consistency, do not use ice! Make this deliciously nutritious drink a few days prior to the Day of Atonement to help prepare your body for the big fast. You could also break fast with it afterwards... Remember to label & date it. It will last for 3 to 5 days in the refrigerator.

### Procedure

(Fruit Prep)

Children remember to do this with an adult. Do not handle sharp objects without adult supervision!

Thoroughly rinse all the fresh produce in cold water

Thoroughly clean & rinse the outer skin of the pineapple before cutting. Pat it dry.

Remove the rind from the pineapple, remove the core & cut about half of the fruit into large cubes.

Core the pear & dice it up

Pull the mint leaves off of the stem

Peel the fresh ginger. This can be done easily with a spoon. Then thinly slice it.

### (Assembly)

Now it's time to bring all the ingredients together.

Add the cut pineapple, mango, pear, ginger & the mint into the blender.

Add the banana, the orange & lemon juices, the flax and the honey as well

To the blender, add the coconut water

Blend all the ingredients until smooth. This may take 2 or 3 blending rotations. Taste it and adjust the acid levels by adding more lemon. Or, if it isn't sweet enough for you, add a bit more honey.

If the blender did not liquify all the components, you can strain the excess pulp out using a large wide-mouth pitcher & a fine mesh strainer.

**Pour the tasty drink into a serving pitcher & enjoy!**

## DOA Word Scramble

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Use the words from the newsletter to unscramble the words in the left column. HAVE FUN!