

40 DAYS

OF *PRAYER & FASTING*



Wholistic Ministry For The Whole Family
Reverend Dr. Alyn E. Waller, Senior Pastor

Enon Tabernacle Baptist Church
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Philadelphia, Pennsylvania 19150
230 West Coulter Street
Philadelphia, PA 19144

Reverend Dr. Alyn E. Waller, Senior Pastor



Then Jesus came near and said to them, "All authority has been given to me in heaven and on earth. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe everything I have commanded you. And remember, I am with you always, to the end of the age." Matthew 28:18-20

Once we are saved, our charge is to go and help others develop in the faith or to make disciples. However, in order to help others, become disciples, we must first be disciples ourselves. I do not take lightly my responsibility as your Pastor to guide you, encourage you, and give you tools to grow deeper in God. One way that we grow deeper in God is to worship Him through fasting and prayer. During this Lenten season, the 40-day period between Ash Wednesday and Resurrection Sunday, I will again lead you in the spiritual discipline of fasting.

Lent is a time when Christians customarily fast in identification with the 40 days that

Jesus fasted in the wilderness (Matthew 4). Lent is also a season for self-examination and repentance. We fast so that we change. Then, we help others to change. It's about cultivating community! We have developed a number of tools to help you on this 40-day spiritual journey. You will hear much more about weekly classes, literature, web-based resources, recipes, and conference calls for prayer and encouragement. It is my prayer that we all emerge from this Lenten season empowered to impact the community in a new and more effective way.

Finally, Lent prepares us for that great celebration of the resurrection. Despite our human failings, God loved us so much that He made a way for us to be reconciled to Him through Christ's death and resurrection. I look forward to closing out the Lenten season with you here at the Tab as we celebrate together as one body God's extraordinary love for all people!

Shabach,
Reverend Dr. Alyn E. Waller Senior Pastor
Enon Tabernacle Baptist Church

About The Book

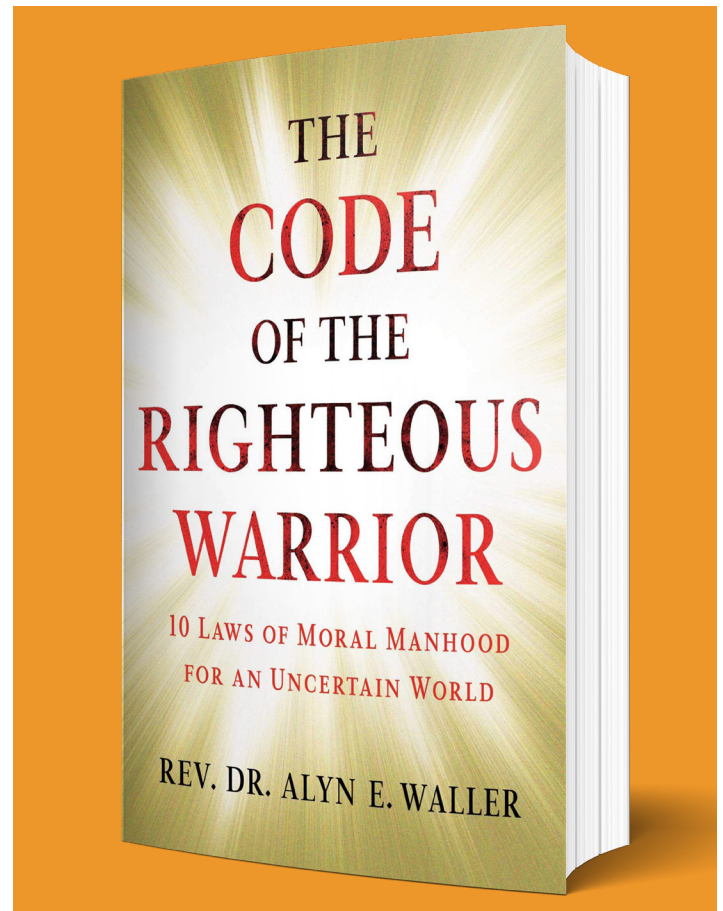
T.D. Jakes' He-Motions meets The Art of War in this accessible guidebook to help today's man navigate and thrive in these unpredictable times.

Rev. Dr. Alyn E. Waller, pastor of the mega-church Enon Tabernacle, shares wisdom from his ministry and longtime martial arts experience to inspire and offer moral guidance to navigate the complex challenges today's men face in daily life.

Where do I fit in the job market and will I ever feel financially secure? How can I lead my family without being a chauvinist or blocking my partner from living fully and expressing her gifts? How do I deal with the fact that my partner makes more money—or has a better job, or owns the home we live in, or is more educated—than I am?

These are but a few of the questions that Waller has heard over and over again as he's counseled thousands of men, many of whom seek a new set of skills to thrive in modern society. Dramatic shifts in our nation's cultural, economic, social, and political landscape have upended their lives, leaving them feeling betrayed and lost.

In this eye-opening and inspirational book, Waller draws from his Christian teachings and the lessons he's learned from martial arts and extreme adventures to offer men innovative strategies to help them fight today's challenges in ways that affirm their manhood. He offers ten crucial and accessible life tenets such as: prioritize the immediate threat then handle first things first; conserve your resources; and you can survive fear and pain. Code of the Righteous Warrior empowers us to live our best life and rise above any difficulties we may face.



The Code of the Righteous Warrior
10 Laws of Moral Manhood for an Uncertain World
www.Amazon.com



Decide on Your Purpose for the Fast

What do you need? Do you need help with a relationship? Wisdom about your personal finances? Do you want to learn how to strengthen your faith for answered prayer? Do you want to submit more of who you are to the Lord? What are the desires of your heart? How do you want to grow?

Take a few minutes and think about your life and your needs. Your Father wants to meet you there. He wants to help you. And then decide on a purpose for your fast. Write it down. Find some scriptures that teach you God's promises. And then start to seek the Lord and His wisdom. Open your heart to Him. Lean into Him. God hears us and He answers our prayers. Mark 11:24 teaches us this truth from our Lord Jesus: "I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them."

That's a clear promise. Our part of that equation is to believe. God's part is to fulfill His Word and His promises.

Fasting can serve as a powerful time to develop our faith so we believe God and His Word with our whole heart. Not just head knowledge. But heart knowledge. We want to get to the point that we know that we know that we know.

Fully convinced that we've received from God even before the fulfillment is tangible. This is a work of our faith. And sometimes our faith muscles need to be strengthened so we can believe with no doubt in our hearts.

What Will You Believe and Expect from God?

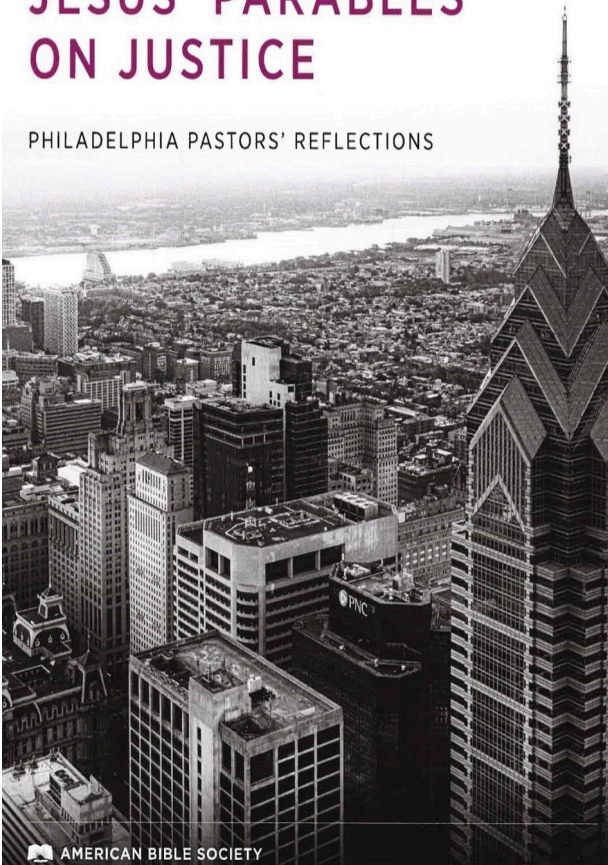
As you prepare for your fast, decide what your purpose will be for your study, your declarations, and your faith. Draw near to God and He will draw near to you. And when you pray, believe you receive, and you will have what God has already promised to give you!

<https://www.daniel-fast.com/fasting-purpose-daniel-fast/>

Our Reading For the Journey

JESUS' PARABLES ON JUSTICE

PHILADELPHIA PASTORS' REFLECTIONS



We are happy to see this New Year - 2020, the year of perfect vision! The year is off to an amazing start with our 31 Day Challenge for Building Healthy Habits. Pastor Waller encouraged each of us to spend 31 minutes in prayer and Bible study, including reading a chapter from the Book of Proverbs, and engaging in 31 minutes of physical activity during the month of January. We trust that it has been a fruitful experience that has set the course for a healthier year both spiritually and physically. And hopefully this discipline has provided a platform for our 40 Day Journey which begins on **Ash Wednesday, February 26, 2020**. As a church, we observe the Daniel Fast during the Lenten season in recognition of the sacrifice of our Lord and Savior Jesus Christ.

Our book for this year's 40 Day Journey is called **Jesus' Parables on Justice**. This resource offers thirty reflections on eleven parables of Jesus as recorded in the Bible. Along with the American Bible Society, many pastors from the Philadelphia area who come from various denominations, dif-

ferent backgrounds, and different theological emphases created this wonderful resource designed to help us think about our City of Brotherly Love and Sisterly Affection through the lens of justice. There are two to three reflections on each parable which are designed to help us hear Jesus' words. It's our hope to practice Jesus' teaching about what it means to truly love God and show love to our neighbor as well as ourselves.

Our devotional practice will begin with a straight read of the parable and from that reading we will form our own individual thoughts and ideas. The following day we will read one of the reflections, one per day. These reflections will deepen our understanding of what God's justice looks like and how we can live out those principles in our lives on a daily basis.

Pastor Waller will provide insight to each new parable and the Prayer Line Ministry will use this resource throughout the Lenten Season for the devotional message each day.

We are excited about our theme for this year, The Next Wave, and look forward to that new and fresh thing God will work in our lives. We hope you will join us on this 40 Day Journey!

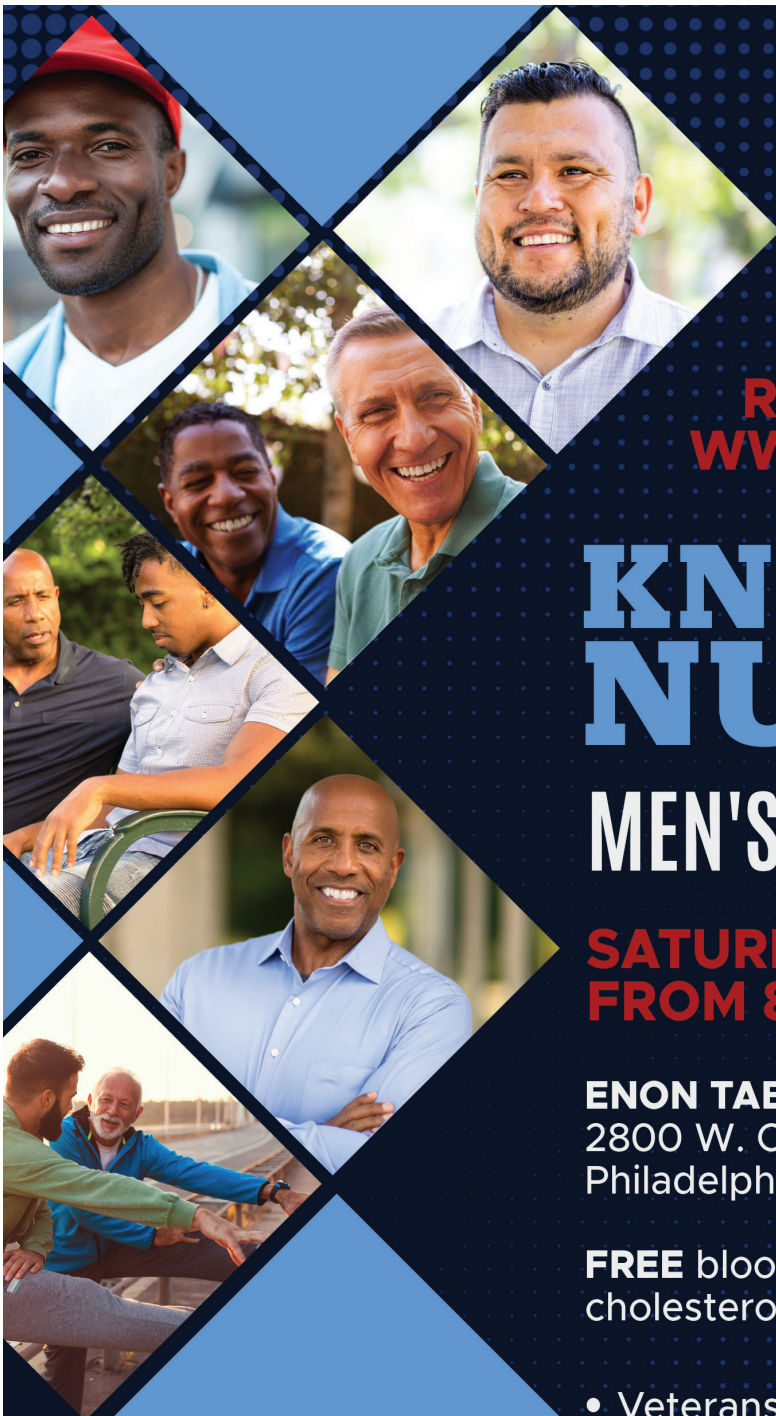
You may download this booklet FREE of charge at www.philly.bible on Enon Tabernacle Baptist Church website: www.enontab.org . A limited number of hard copies will be available at the church until supplies run out.



ENON TABERNACLE BAPTIST CHURCH

PRAYER LINE

PRAYER LINE CALL IN NUMBER
1-712-775-7031
ACCESS CODE: 376804#
DAILY 6:00 AM
PLAYBACK NUMBER 1-712-775-7029



**REGISTER ONLINE
WWW.ENONTAB.ORG**

KNOW YOUR NUMBERS

MEN'S HEALTH INITIATIVE

**SATURDAY, MARCH 14, 2020
FROM 8A.M. UNTIL 8P.M.**

ENON TABERNACLE BAPTIST CHURCH
2800 W. Cheltenham Avenue
Philadelphia, PA 19150

FREE blood pressure, diabetes,
cholesterol, prostate and HIV screenings.

- Veterans Support Mobile Office
- Men's Clothing Closet (formal & casual wear)
- Job Fair (11am - 2pm) Re-entry Friendly Employers
- Dental, Vision & PVD Screenings
- FREE Breakfast, Lunch & Dinner
- Barber & Grooming Services On-site



Wholistic Ministry For The Whole Family
Reverend Dr. Alyn E. Walker, Senior Pastor

FEBRUARY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 Valentine's Day	15
16	17 Presidents' Day	18	19	20	21	22
23	24	25 Family Fellowship Bible Study Parables Booklet Distribution 7pm Enon East (pre-fast assessment screening)	26 FAST BEGINS Introduction by Reverend Dr. Alyn E. Waller & The Persistent Widow / Luke 18:1-8 Living Fit Series #1	27 The Persistent Widow / Luke 18:1-8 (Pastor Jackson)	28 The Persistent Widow / Luke 18:1-8 (Reverend Edward W. Smith)	29 The Publican and the Pharisee / Luke 18:9-14

The 40 Days of Fasting and Praying begins *Ash Wednesday, February 26th* and ends *Easter Sunday, April 12th*. All Living Fit Series presentations will be held at Enon Tabernacle Baptist Church (East) 2800 W Cheltenham Avenue Philadelphia, PA 19150 at 6:15pm. The parables booklet can be downloaded at www.philly.bible free of charge.



MARCH 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 The Publican and the Pharisee / Luke 18:9-14 (Dr. Donald D. Moore)	The Publican and the Pharisee / Luke 18:9-14 (Pastor Frederick Harvey III)	4 The Publican and the Pharisee / Luke 18:9-14 (Reverend Chauncey P. Harrison) Living Fit Series #2	5 The Unforgiving Servant / Matthew 18:21-35	6 The Unforgiving Servant / Matthew 18:21-35 (Reverend Clarence E. Wright)	7 The Unforgiving Servant / Matthew 18:21-35 (Reverend Dr. Ethel L. Moore)
8	9 The Unforgiving Servant / Matthew 18:21-35 (Bishop Eric A. Lambert, Jr.)	10 The Good Samaritan / Luke 10:25-37	11 The Good Samaritan / Luke 10:25-37 (Reverend Quincy C. Hobbs, Jr.) Living Fit Series #3	12 The Good Samaritan / Luke 10:25-37 (Reverend Jose Aris Sanchez)	13 The Good Samaritan / Luke 10:25-37 (Reverend Joe Watkins)	14 The Rich Man and Lazarus / Luke 16:19-31 Men Know Your Numbers Health Event & Panel Discussion 8am – 8pm
15	16 The Rich Man and Lazarus / Luke 16:19-31 (Reverend Bo Ubbens)	17 The Rich Man and Lazarus / Luke 16:19-31 (Reverend William T. Martin)	18 The Rich Man and Lazarus / Luke 16:19-31 (Reverend Dr. Cory L. Jones) Living Fit Series #4	19 The Rich Fool / Luke 12:13-20	20 The Rich Fool / Luke 12:13-20 (Reverend Dr. Michel J. Faulkner)	21 The Rich Fool / Luke 12:13-20 (Pastor Clayton Hicks)
22	23 The Rich Fool / Luke 12:13-20 (Pastor Mark Novales)	24 The Sower / Matthew 13:1-23	25 The Sower / Matthew 13:1-23 (Pastor J. Dykeman Brown) Living Fit Series Closeout Dinner	26 The Sower / Matthew 13:1-23 (Reverend Dr. Quintin L. Robertson)	27 The Sower / Matthew 13:1-23 (Reverend Dr. Marsha Brown Woodard)	28 The Prodigal Son / Luke 15:11-32
29	30 The Prodigal Son / Luke 15:11-32 (Pastor Bob Oliver)	31 The Prodigal Son / Luke 15:11-32 (Archbishop Mary Floyd Palmer) YA Revival				



APRIL 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 The Two Sons / Matthew 21:28-32 YA Revival	2 The Two Sons / Matthew 21:28-32 (Dr. Hengjiang Zhao) YA Revival	3 The Two Sons / Matthew 21:28-32 (Pastor Robert Kim)	4 The Two Sons / Matthew 21:28-32 (Pastor Audrey Moody)
5 Palm Sunday	6 The Two Servants / Matthew 24:45-51	7 The Two Servants / Matthew 24:45-51 (Reverend Cedric Hughes Jones, Jr.)	8 The Two Servants / Matthew 24:45-51 (Dr. J. Edward Crenshaw)	9 The Two Servants / Matthew 24:45-51 (Reverend Charles W. Quann) Maundy Thursday	10 Good Friday The Sheep and the Goats / Matthew 25:31-46 (Reverend Erik L. Larson)	11 The Sheep and the Goats / Matthew 25:31-46 Reverend Dr. Phaedra D. Blocker) Silent Saturday
12 Easter Resurrection Sunday	13	14	15	16	17	18 Post 40 Day Fast Health Assessment Screening (3pm - 6pm)
19	20	21	22	23	24	25
<p>Wholistic Ministry For The Whole Family Reverend Dr. Alyn E. Waller, Senior Pastor</p>						
26	27	28	29	30		



Fasting and Prayer Points

Don't make a song and dance about it!

Jesus was very clear that the sort of prayer that God values is prayer that is done in secret (Matthew 6:6)

Likewise, with the act of fasting - we are to appear as though we are doing nothing different (Matthew 6:16-18)

Practical Tips for Spiritual Fasting

It may not be appropriate or medically advisable to fast food - e.g. if pregnant or if you are involved in work which involves extensive physical exercise etc.

The purpose of the fast is not to lose weight! The goal of your fast is draw near to God. (If you lose some weight it is great)

Fasting can mean skipping one or two meals, not eating at all between meals, not eating for a day or even three days or more.

Consider fasting other things than food. Remember that the whole point of fasting is to draw close to God - sometimes other things can get in the way of this. Examples of things to consider abstaining from:

- Facebook
- Chocolate
- Tea or Coffee
- Computer Games

These are just some examples - what is difficult for one person to abstain from may be easy for someone else. Remember that fasting is a personal thing between you and God, so consider carefully something that would be difficult for you to give up (for a period). If it's difficult for you to do, then this is probably the best thing to go for!

Breaking the fast If you haven't eaten for a while (more than a day) then be careful not to eat too much to begin with, as this can be a shock to your system. This is especially true for long fasts, where eating needs to be reintroduced gradually.

DIABETES

What Is Diabetes Mellitus?

Diabetes mellitus, also called diabetes, is a term for several conditions involving how your body turns food into energy.

When you eat a carbohydrate, your body turns it into a sugar called glucose and sends that to your bloodstream. Your pancreas releases insulin, a hormone that helps move glucose from your blood into your cells, which use it for energy.

When you have diabetes and don't get treatment, your body doesn't use insulin like it should. Too much glucose stays in your blood, a condition usually called high blood sugar. This can cause health problems that may be serious or even life threatening.

There's no cure for diabetes. But with treatment and lifestyle changes, you can live a long, healthy life.

Diabetes comes in different forms, depending on the cause.

- PREDIABETES
- TYPE 1
- TYPE 2

If you have nutrition questions email Deaconess Brown mbrown@enontab.org

References

- Academy of Nutrition and Dietetics www.eatright.org
- Vegetarian times www.vegetariantimes.com
- Vegetarian Resource Group www.vrg.org/nutrition/protein
- Pop Sugar www.popsugar.com

HEART DISEASE

What is heart disease?

The term “heart disease” refers to several types of heart conditions. The most common type of heart disease in the United States is coronary artery disease (CAD), which affects the blood flow to the heart. Decreased blood flow can cause a heart attack.

What are the symptoms of heart disease?

Sometimes heart disease may be “silent” and not diagnosed until a person experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia. When these events happen, symptoms may include¹

- Heart attack: Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.
- Arrhythmia: Fluttering feelings in the chest (palpitations).
- Heart failure: Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

What are the risk factors for heart disease?

High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease. About half of Americans (47%) have at least one of these three risk factors.² Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including

- Diabetes
- Overweight and obesity
- Unhealthy diet
- Physical inactivity
- Excessive alcohol use

What is cardiac rehabilitation?

Cardiac rehabilitation (rehab) is an important program for anyone recovering from a heart attack, heart failure, or some types of heart surgery. Cardiac rehab is a supervised program that includes

- Physical activity
- Education about healthy living, including healthy eating, taking medicine as prescribed, and ways to help you quit smoking
- Counseling to find ways to relieve stress and improve mental health

A team of people may help you through cardiac rehab, including your health care team, exercise and nutrition specialists, physical therapists, and counselors or mental health professionals.

Resources



HAPPYCOW
ONLINE SERVICE

Find Vegan Places Where Ever You Are
www.happycow.net



<https://www.wholefoodsmarket.com>



<https://www.oathpizza.com>



Featured Restaurants



310 South 48th St
Philadelphia, PA 19143
215-939-3298



6381 Germantown Avenue
Philadelphia Pa 19144



6108 Germantown Ave 19144
(215) 821-7298

8419 Germantown Ave 19118
(215) 242-2250



817 Old Your Rd,
Jenkintown, Pennsylvania
19046
(215) 886-5555

Vegan Onion Dip

Ingredients

1. 1 pkt. onion soup/dip mix
2. 16 oz. vegan sour cream

Instructions

1. Combine the onion soup/dip mix and vegan sour cream and mix well.
2. Chill in the refrigerator for at least 30 minutes. (This is optional.)
3. Enjoy with veggies, chips, or whatever your heart desires!



Healthy Triple - Layer Smoothie



Ingredients

1. 3 cups banana chunks, frozen
2. 1 20-oz. can pineapple chunks, juice reserved
3. 1/2 cup kale or spinach leaves
4. 1/2 cup raspberries
5. 1 cup blueberries

Instructions

1. Add 1 cup of the frozen banana chunks and 1 cup of the pineapple chunks to a blender and blend until smooth. Divide evenly among 3 glasses.
2. Blend together another cup of the frozen banana chunks, 1/2 cup of the pineapple chunks, and the kale or spinach. Add some pineapple juice, if needed, to keep things moving. Carefully pour into glasses and serve immediately

Vegan Avocado Reuben Sandwich

Ingredients

1. 2 slices of Ezekiel Bread
2. Mustard
3. Vegan Thousand Island Dressing
4. 1/2 avocado, pitted, peeled, and mashed
5. 1/4 cup sauerkraut

Instructions

1. Spread one slice of bread with some mustard, the other slice with Thousand Island dressing.
2. Place the bread slices, dry side down, in a lightly oiled skillet. Top one slice with avocado, and the other with sauerkraut.
3. Over medium heat, grill the sandwich until lightly browned and hot, about 5 minutes. Put the sandwich halves together and enjoy!

Makes 1 sandwich



Thousand Island Dressing

Ingredients

1. 1 cup vegan mayonnaise
2. 1/3 cup ketchup
3. 1/2 tsp. onion powder
4. 1/4 tsp. salt
5. 1/8 tsp. garlic powder
6. 3 Tbsp. sweet pickle relish
7. 2 Tbsp. minced stuffed green olives

Instructions

1. Blend the ingredients thoroughly in a mixing bowl or blender.

Makes 2 cups

Strawberry - Almond - Kale Salad With Citrus Vinaigrette



Ingredients

1. 1 bunch kale, stemmed
2. 1 lb. strawberries sliced
3. 1/4 cup sliced almonds
4. Juice of 1 lemon
5. 2 tbsp. olive oil
6. 1 tbsp. agave
7. 1/8 tsp. salt
8. 1/8 tsp. black pepper
9. 3-4 tbsp. orange juice (optional)

Instructions

1. Tear the kale into bite - sized pieces and massage with your hands until soft, about 30 seconds. (This makes the kale easier to eat.) Place in a bowl and add the strawberries and almonds.
 2. To make the dressing, combine the lemon juice, olive oil, agave, sea salt, and pepper and pour over the salad. For an extra kick, splash orange juice over the salad and enjoy!
- - Eat whole, real, fresh, organic, unprocessed food
 - Eat a lot of fruit and vegetables full of colorful phytonutrients
 - Eat foods with plenty of fiber
 - Eat foods containing omega - 3 fats

Breakfast Scramble Tacos

Ingredients

1. 1 tbsp. oil
2. 1/2 block tofu, pressed
3. 1/2 cup soy chorizo
4. 1 cup chopped kale or spinach
5. 6 small corn tortillas, warm
6. Optional toppings: cilantro, vegan sour cream, vegan cheese, cayenne pepper



Instructions

1. Warm the oil in a pan over medium heat and crumble in the tofu. Cook, stirring regularly, for about 5 minutes.
2. Add the soy chorizo and mix well. Heat for a couple of minutes, then add the chopped greens and cook until wilted.
3. Divide evenly among the warmed tortillas and add desired toppings.

Preparing for the Daniel Fast

Michelle Brown Clinical Dietitian/Certified Diabetes Educator



The Daniel Fast review

- Includes whole fruits (fresh, frozen)
- All vegetables
- Whole grains
- Nuts and seeds
- Beans/Legumes
- Quality oils – Olive, corn, vegetable
- Beverages (spring water, caffeine free herbal tea)



SEVEN DAY DANIEL FAST SAMPLE MENU

"But Daniel made up his mind that he would not defile himself with the king's choice of food or with the wine which he drank..."

Daniel 1:8

DAY	BREAKFAST	LUNCH	DINNER	SNACK	DESSERT
MON	Fruit Smoothie made with soy yogurt , flaxseed and nuts	Burrito with black beans, brown rice, guacamole and fresh salsa	Miso Soup	Fruit or nuts	Homemade vegan lemon bars Minimalistbaker.com
TUE	Fortified vegan cereal with sliver almonds, vegan milk and a banana	1 cup of hummus, ten carrot sticks, Greek olives, green salad with sprouts and vinaigrette	Beans and broccoli over polenta	Fruit and nut butter	Homemade vegan ice cream Minimalistbaker.com
WED	2 slices of Ezekiel bread with almond butter, and apple butter and 1 cup of vegan milk	2 cups three bean salad mixed with diced avocado and drained marinated artichoke hearts	Black bean burgers on Ezekiel bun or lettuce with toppings	Roasted chickpeas	Blackbean brownies Minimalistbaker.com
THU	Banana and 1/2 cup mixed raw almonds and raisins	Pita filled with hummus, avocado slices and chopped lettuce drizzled with your favorite vegan dressing.	Brown rice, roasted sweet potato fries, sautéed kale and tempeh cubes drizzled with Bragg's Liquid Aminos	Rice cakes and avocado	Cinnamon rolls Minimalistbaker.com
FRI	Oatmeal with Agave, nuts, raisins, cinnamon, banana	Lentil soup side of sliced red peppers	Cauliflower Chickpeas curry over quinoa	Popcorn with nutritional yeast	Macadamia Nut Cheesecake Minimalistbaker.com
SAT	Vegan British beans on toast	Leftover chickpeas and quinoa in a pita	Creamy broccoli soup with rice balls	Homemade granola	Peanut butter icecream Minimalistbaker.com
SUN	Cornbread muffins with soy sausages	Left over broccoli soup and toasted bread with Earth Balance	Large salad with crumble tofu, garbanzo beans, tomatoes, olive oil and lemon juice	Peanut butter and banana bites	Vegan cupcakes Minimalistbaker.com

WALKING



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Plan your routine

As you start your walking routine, remember to:

- **Get the right gear.** Choose shoes with proper arch support, a firm heel and thick flexible soles to cushion your feet and absorb shock. Wear comfortable clothes and gear appropriate for various types of weather. If you walk outdoors when it's dark, wear bright colors or reflective tape for visibility.
- **Choose your course carefully.** If you'll be walking outdoors, avoid paths with cracked sidewalks, potholes, low-hanging limbs or uneven turf. If the weather isn't appropriate for walking, consider walking in a shopping mall that offers open times for walkers.
- **Warm up.** Walk slowly for five to 10 minutes to warm up your muscles and prepare your body for exercise.
- **Cool down.** At the end of your walk, walk slowly for five to 10 minutes to help your muscles cool down.

Stay motivated

Starting a walking program takes initiative. Sticking with it takes commitment. To stay motivated:

- **Set yourself up for success.** Start with a simple goal, such as, "I'll take a 5- or 10-minute walk during my lunch break." When your 5- or 10-minute walk becomes a habit, set a new goal, such as, "I'll walk for 20 minutes after work."
- Find specific times for walks. Soon you could be reaching for goals that once seemed impossible.
- **Make walking enjoyable.** If you don't like walking alone, ask a friend or neighbor to join you. If you're energized by groups, join a health club or walking group. You might like listening to music while you walk.
- **Vary your routine.** If you walk outdoors, plan several different routes for variety. If you're walking alone, tell someone which route you're taking. Walk in safe, well-lit locations.
- **Take missed days in stride.** If you find yourself skipping your daily walks, don't give up. Remind yourself how good you feel when you include physical activity in your daily routine, and then get back on track. Once you take that first step, you're on the way to an important destination — better health.

Should I stretch before I walk?

Most experts advise stretching only after you have warmed up. To warm up, walk slowly for a few minutes before picking up the pace.

Stretching gently at the end of your walk may help build flexibility. Do not bounce or hold your breath when you stretch. Do each stretch slowly and move only as far as you feel comfortable.

If you think that stretching before walking may help you, ask your doctor when and how to do so safely. You may want to discuss these exercises as examples.

Side Reach

Reach one arm over your head and your hips steady and your shoulders side. Hold for 10 seconds and repeat



to the side. Keep straight to the on the other side.

Wall Push

Lean your hands on a wall and about 3 to 4 feet away from the knee and point it toward the wall. leg straight with your foot flat and pointed straight ahead. Hold for 10 repeat with the other leg.



place your feet wall. Bend one Keep your back your toes seconds and

Leg Curl

Pull your right foot toward your your right hand. Stand straight and knee pointing straight down. Hold for repeat with your other foot and



buttocks with keep your bent 10 seconds and hand.

Hamstring Stretch

Sit on a sturdy bench or hard surface stretched out on the bench with your toes pointing up. Keep your other foot flat on the surface below. Straighten your back, and if you feel a stretch in the back of your thigh, hold for 10 seconds and then change sides and repeat. If you do not feel a stretch, slowly lean forward from your hips until you feel a stretch.



The Weight-control Information Network (WIN) offers many free resources to help you begin working on your health and fitness goals. Visit <http://www.win.niddk.nih.gov> to download and share this brochure and other WIN materials.

NIH... *Turning Discovery Into Health*[®]

National Institutes of Health

NIH Publication No. 07-4155 Updated February

2014

Photo credit (bottom left, front panel):

Source: Yale Rudd Center for Food Policy & Obesity

A Sample Daily Walking Program

This program is only a guide. Your walking sessions may be longer or shorter based on your ability and the advice of your doctor. If you are walking fewer than three times per week, give yourself more than 2 weeks before adding more.

Warm-up Time <i>Walk Slowly</i>	Brisk-walk Time	Cool-down Time <i>Walk Slowly and Stretch</i>	Total Time
WEEKS 1-2			
5 minutes	5 minutes	5 minutes	15 minutes
WEEKS 3-4			

Internet: <http://www.win.niddk.nih.gov> Like WIN on Facebook:

<http://www.facebook.com/win.niddk.nih.gov>

Knee Pull

Lean your back against a wall. Keep and feet in a straight line. Pull one your chest, hold for 10 seconds, with the other leg.



your head, hips, knee toward and then repeat



Walking...

A Step in the Right Direction



Eating doesn't have to be boring.

It's all about finding the right balance that works for you.

When you're managing diabetes, your eating plan is a powerful tool. But eating healthy can feel boring and dull, right? Well, it doesn't have to because there are tons of things you can do to add flavor to your daily routine—including healthy twists on your favorite foods.

So, don't give up. The one key to feeling your best lies in the food you eat—so start working with a dietitian or registered dietitian nutritionist (RDN) or your loved ones to make an eating plan today. Be sure to include foods you like and don't be afraid to try something new.



Most importantly, remember that eating well—and adding activity to your daily routine (moving more)—are important ways you can manage diabetes. And we're here to help you every step of the way.

Plan Your Meals

Planning one week of menus for breakfast, lunch, dinner, and snacks will free you from the trap of giving too much attention to what you will eat on the Daniel Fast. Use the pages in Your Daniel Fast Journal to plan your menus. Then each day you already have your decisions made! Planning your meals will save you money, time, and anxiety!

You'll be free to spend more time in prayer, meditation, and study. Plus, you'll gain a sense of calm and control as you experience this powerful spiritual adventure of faith.



The Daniel Fast Food List

All fruit – fresh, frozen, dried, juiced, or canned.

All vegetables – fresh, frozen, dried, juiced, or canned.

All whole grains – amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat.

All nuts & seeds – almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; unsweetened almond milk. Nut butters are also included.

All legumes – canned or dried; black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.

All quality oils – avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.

Beverages – distilled water, filtered water, and spring water.

Other – unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, Bragg's Liquid Aminos, soy products, and tofu.



Making Sense of Food Labels

You can use the Nutrition Facts label to help inform your food choices. These food labels are especially helpful if you use carb counting to plan your meals.

Serving size Start by looking at the serving size. All of the information on the label is based on the serving size listed. If you eat more, that means you'll be getting more calories, carbohydrates, etc. than what is listed.

Using amount per serving The information on the left side of the label tells you the total of the different nutrients in one serving of the food. Use these numbers to compare labels of similar foods.

Calories If you are trying to lose or maintain your weight, the number of calories you eat is important. To lose weight, you need to eat fewer calories than your body burns. Use labels to compare similar products to determine which contains fewer calories. To find an estimate of how many calories you need each day, check out this [Mifflin St. Jeor Calculator](#) to determine how many calories you need. For an even better estimate of the calories you need, talk with a [registered dietitian](#).



Total carbohydrate Total carbohydrate on the label includes all types of carbohydrate - sugar, starch and fiber. It's important to use the total grams when [counting carbs](#) or choosing which foods to include. Below the Total Carbohydrate (carbs), you will find a breakdown of the types of carbohydrate in the food. Soon, added sugar will also be a required listing to help you know the difference between sugar that occurs naturally in the food (like yogurt or fruit) and sugar that was added during processing (like cookies, candy and soda).

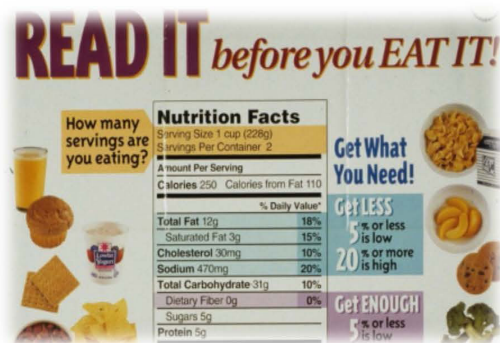
Fiber Fiber is part of plant foods that is not digested – or for some types, only partially digested. Dried beans such as kidney or pinto beans, fruits, vegetables, and grains are all good sources of fiber. The recommendation for fiber is to eat about 25 grams per day for women and 38 grams per day for men. But many Americans are only getting about half the fiber that they need per day. In general, more fiber per serving is better.

Sugar alcohols Sugar alcohols include sorbitol, xylitol and mannitol, and have fewer calories than sugars and starches. If a food contains these, it would be listed on the label under Total Carbohydrate. Foods that contain sugar alcohols are not necessarily low in carbohydrate or calories. And, just because a package says "sugar-free" on the outside, that does not mean that it is calorie or carbohydrate-free. Always check the label for the grams of total carbohydrate and calories.

Total fat, saturated fat, trans fat, and cholesterol Total fat tells you how much fat is one serving of the food. It includes both healthy and unhealthy fats. Healthy fats (unsaturated like mono and poly unsaturated fats) help lower your cholesterol and protect your heart. Unhealthy fats (saturated and trans fats) raise your cholesterol and increase your risk of heart disease. When it comes to fat, try to choose foods with the least saturated fat and no trans fat on the label. Too much of these "unhealthy fats" can increase your risk for heart disease and stroke. Both saturated and trans fat are listed out on the label under total fat. Fat is calorie-dense. It has more than twice the calories of carbohydrate or protein per gram. Although some types of fats, such as mono and polyunsaturated fats are considered healthy fats, it is still important to pay attention to the overall number of calories that you consume to maintain a healthy weight.

Sodium Sodium does not affect blood sugar. However, many people eat much more sodium than they need. Table salt is very high in sodium. You might hear people use "sodium" in lieu of "table salt," or vice versa. With many foods, you can taste how salty they are, such as pickles or bacon. But there is also hidden salt in many foods, like salad dressings, lunch meat, canned soups, chips and other packaged foods. Reading labels can help you find these hidden sources and compare the sodium in different foods. Whether you have diabetes or not, 2300 mg or less per day is the general recommendation. If you have high blood pressure, talk with your healthcare team to find out the best goal for you.

List of ingredients Ingredient lists can be a helpful tool. Ingredients are listed in order by weight with the first ingredient being the highest amount in the food. The ingredient list is a good place to look for heart-healthy ingredients such as olive, canola, or peanut oil; or whole grains, like whole wheat flour and oats. To find bread high whole grains, the word "whole" should be at the start of any grain listed (like whole wheat, or whole oat flour).



Journal During the Fast

Buy a journal or use a notebook. Use your journal for prayer requests, praises and answers to prayers. Record what the Lord shows you during this fast.



ZUMBA



Beverly Brown
Certified Zumba Instructor

WEDNESDAY EVENINGS IN
THE FAMILY LIFE CENTER

7:15 pm - 8:30 pm

ENON EAST

2800 CHELTENHAM AVENUE

PHILADELPHIA PA. 19150

Our mission is to pave the way to a healthier life style
through exercise and better nutritional choices.

Emphasizing the importance of taking excellent
care of one's body, the Temple.

Exercise and good health is not optional.





VERNELL BAILEY

EXPERIENCED PERSONAL TRAINER + NUTRITION COACH

BOOT CAMP

FALL & WINTER SEASON ENON WEST

SATURDAYS 7:00 AM

230 REV. ALYN WALLER WAY

(COLTLER STREET)

SPRING & SUMMER ON THE FOOTBALL FIELD

ENON EAST

OR

SURPRISE POP-UP LOCATION

To join mailing list email templebuilders@enontab.org

or call 267-736-6112

Self Defense Training



Our Tactical Self-Defense (TSD) curriculum has been developed to teach the basics of self-protection. BFSDD TSD incorporates elements of martial arts and self-defense tactics as part of the overall health and wellness. TSD self-defense utilizes the Naphtali Martial Arts System (Naphtali).

TSD takes participants on a systematic journey towards self-protection, empowerment and personal safety. The TSD team training class ends with the “Pressure Test” where each woman demonstrates what the student has learned from thinking on their feet, how to proactively maintain a self-defense perimeter. Classes are held at Enon Tabernacle Baptist Church (West) 7:30pm-8:30pm cost is \$125.00 for a three (3) class bundle.

What will I learn:

1. **Situational Awareness** is the ability to identify, process, and comprehend the critical elements of information about what is happening around you no matter where you are. More simply, you must pay attention to what is going on around you at all times. Situational awareness is especially important in work places where the number of people, employees and visitors can be quite high and may lead to serious consequences (work place violence, hostage situations).
2. **Prepare to fight:** When you’re in a confrontation, you only have a few seconds and a few moves to try before the fight may be decided. Before an attacker has gained full control of you, you must do everything you can—conserving as much energy as possible—to inflict injury so you can get away.
3. **Getting Home:** “The primary goal of self-defense is to avoid becoming the victim of violence. The best way to do this is to not be where violence is likely to occur. Of course, that’s not always possible—but without question, it is your first and best line of defense. If you visit dangerous neighborhoods at night, or hike alone and unarmed on trails near a big city, or frequent places where drunken young men gather, you are running some obvious risks.”

The Best Self-Defense is Prevention. Attackers, whatever their objectives, are looking for unsuspecting, vulnerable targets. So be sure to follow general safety tips like being aware of your surroundings, only walking and parking in well-lit areas, keeping your keys in hand as you approach your door or car, varying your route and times of travel, and other personal security precautions.

Instructor: Rev. Mark Corbin

Lead Instructor | Saints of Valor Martial Ministry | 215-433-4839

Instructor - Marilynne Cornell

llenrocprod@netzero.net

Text 215 219-1943



Free Senior Dance & Exercise Classes
(Membership NOT required)

Oak Street Health Roosevelt Mall Cottman & Bustle- ton Mondays 1:00pm - 2:00pm	Oak Street Health Cheltenham & Ogontz Tuesdays 11:30am - 12:30pm	Oak Street Health Fern Rock 1200 Godfrey Ave- nue Wednesdays 11:00am-12:00pm	Interfaith House of Germantown 18 W. Chelten Ave- nue Thursdays 10:30am - 11:30am	Oak Street Health Germantown Chelten & Pulaski Fridays 9:45am - 10:45am
1 st week Seated Aerobics	1 st week Seated Aerobics		1 st week Seated Aerobics Brain Health	1 st week Line dance
2 nd week Jazz Dance	2 nd week Jazz Dance	2 nd week Seated Aerobics	2 nd week Seated Aerobics Brain Health	2 nd week Line Dance
3 rd week CLOSED	3 rd week Adult Ballet		3 rd week Seated Aerobics Brain Health	3 rd week Line Dance
4 th week Zumba	4 th week Zumba	4 th week Line Dance	4 th week Seated Aerobics Brain Health	4 th week Line Dance



Health Benefits

- Heart Healthy – lower cholesterol levels, low saturated fat
- Lower blood pressure – goal lower than 130/80
- Improved control of diabetes – high complex carbohydrates
- Cancer prevention – lower fat, high fiber, more phytochemicals (beta carotene, lycopene, vitamin C & E)



Hydration

- Adequate intake of water prevents dehydration
- Fluid needs increase with an increase in fiber
- The amount of water needed varies depending on weight
- “8 by 8” rule – drink eight/eight ounces (2 quarts)
- Divide your weight in pounds by two (2)

150lbs = 75 ounces of water daily



Wholistic Ministry For The Whole Family
Reverend Dr. Alyn E. Waller, Senior Pastor

THE
NEXT
Wave

MATTHEW 28:18

*"And Jesus came and spake
unto them, saying, All power is given
unto me in heaven and in earth."*