

## **OCTOBER 2024**

### ***HEY THERE! IT'S US YOUR YOP!!***

Congratulations! It's a new school year. Some of you are still in elementary school but you scored high enough on your exams to move on to the next grade level. Others of you have graduated and are now in Middle School or High School. A lot of changes have occurred in a brief period.

You've had to get used to new and different environments. Some of you may not be seeing old school friends as often anymore while others of you are having to make brand new friends. You have new classmates and new teachers; new lessons to learn and a huge amount of new information to absorb. Some of you are even learning a new language!

There's an ever-increasing number of books to read, homework and school projects and forms and letters for you and your parents to look through. And then there's the racing through the halls to make sure you get to your next class on time. The cafeteria food is the only thing that seems to have remained the same. And, on top of all these changes, you still have responsibilities at home.

It's quite a lot to have to deal with. So, we thought we would pop in to see how you're doing and, if there's anything we can do to help make your transition into your new school environment a little easier. So, what's challenging for you? What do you like and dislike about this new part of your life? Have you found something surprising about school that you really like? Come on out to this month's workshop and share your stories. And by the way...

**IF YOU DON'T HAVE ONE YET...PLEASE. GET A LIBRARY CARD, GUYS!!**

*Submitted by Sister Denise Duncan  
Sumpter Temple*

## NOVEMBER 2024

### "LOVE THY NEIGHBOR WITHIN"

"I Rise to Give Honor to The Holy Father the King of All Israel." That is the first thing you should say and do when you wake up in the morning. Thank The Great & Almighty God of Israel for the "Breath of Life" because when you opened your eyes, did you realize you still had an opportunity to be better than the person you were yesterday? It is a blessing to be in the land of the living. This scripture automatically comes to mind, I Corinthians 3:16-17; "Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are."

You house divine greatness within you, you have a royal guest living in your home and the everyday quality of your life should reflect that. We must take care of our "homes" (bodies) because we only get one. A wise man once said, "If I knew that I was going to live this long, I would have taken better care of myself." Should you wait and wait to have enough money first, to form meaningful relationships first, to have your life lined up exactly the way you want it to be before you fully live your life?

Do you drift through the weeks, only coming alive for the weekends? As our Queen, Elder Bride Mother Gloria says, "Everyday above ground is a great day" and it's worth living. There is nothing wrong with going on vacation and making time for yourself but if you are always on vacation to escape your current reality, it's time to re-examine yourself.

Ask yourself, how much do I love the neighbor looking back at me in the mirror every day? Find time to exercise during your week; stay active, get healthy, and detox. \***Detox** people, places, habits, thinking patterns, and situations that are toxic to your health and well-being.

You deserve a long, healthy, happy, and prosperous life. Anything that costs you your peace is too expensive. Budget your energy or people and situations will place you in overdraft causing your life account to go into the negative.

The God of Israel promised us *Eternal Life* in these bodies, so we encourage you to hold on. Some days are going to feel harder than others. So, what do you do when life is not going your way? Come to this workshop and share your answer to this question with YOP!

*Lovingly Submitted by Sister Ellanolia Herron  
Ypsilanti Temple*

**Detox**\* - Complete and sudden withdrawal from an additive substance.

## DECEMBER 2024

### WHAT DOES 'SOCIAL JUSTICE' MEAN TO YOU?

*Social Justice* refers to the principled pursuit of equal rights and opportunities for all members of society, regardless of race, gender, sexual orientation, religion, or socioeconomic status.

These are a few questions we'd like you to review and be prepared to discuss before coming to this workshop:

- Have you experienced any social injustices?
- Have you experienced bullying or discrimination at school?
- Do you feel like your voice is being heard at school?
- Can you describe a time when you felt treated unfairly because of your race, ethnicity, gender, sexual orientation, religion/spirituality, or socioeconomic status? How did this experience make you feel?
- What impact did these experiences have on your life?
- How does your school address these types of issues?

During this workshop, we will introduce you to and explore key social justice issues relevant to young people. We want to foster critical thinking, empathy, and a sense of responsibility for creating positive change, so we want to make sure you have the tools and resources you need that will help you engage in social justice activism and become an active force for changing systemic injustices.

Come to this workshop and be prepared to discuss and share your experiences, observations, perceptions, questions, and concerns!

*Submitted by Sister Adrienne Turner  
Michigan Temple #1*

## JANUARY 2025

### IDENTIFYING YOUR REAL REASONS FOR PROCRASTINATING!

Are you a procrastinator? Do you wait for the last minute to do your homework, study for tests, get ready for school, doing your household chores?

Procrastination is one of the most common challenges students face, and it negatively impacts students both academically and emotionally. It becomes a defense mechanism: if the student doesn't attempt the assignment, they can't fail. Procrastination can take many forms, from difficulty starting tasks to failing to complete assignments on time to an inability to prioritize important tasks.

These behaviors often lead to a decline in grades and an increase in frustration, stress, and anxiety. Over time, this combination of external and internal pressures may adversely impact a student's self-confidence, which in turn may **exacerbate**\* procrastination tendencies. Not only can procrastination be frustrating for students, but it can also take a toll on caregivers, who often struggle to understand why their child procrastinates and how they can help.

How do you overcome procrastination? What tools are available to help you overcome? YOP has the answers to these questions. Come to this workshop and learn how to kick Procrastination to the curb!

*Submitted by Reverend Bride Mother Barbara Freeman  
Michigan Temple #1*

Adversely\* - Harmfully  
Exacerbate\* - Worsen

## FEBRUARY 2025


### THE EARLY BIRD CATCHES THE WORM!

There are still a few months left before summer break and you've been discussing with family and friends the possibility of getting a summer job. You'll have a lot of competition for summer jobs so it's best that you get started right away. Like, right now!

Your first and best resource will be your parents. Ask them to inquire whether their jobs are hiring for the summer. Follow up with aunts, uncles, and cousins and, don't forget your grandparents. They may not still be working but they may know someone who can help you with your search. Let your guidance counselors know you're looking for a summer job. They have all kinds of resources. There might be something available right there at your school. In addition, don't be shy about approaching your teachers. They may have resources that your guidance counselor doesn't have. And don't forget to inquire at your local YOP. We would be delighted in helping you! Remember this: You won't know if you don't ask.

The fast-food restaurants may be a starting point for you, however, there's lots of other job opportunities. Do your research on what's available for your age group. Try your local stores, like Kroger's, Sam's Club, Walmart, and Home Depot. Check out the amusement and recreation parks and movie theaters. Your library may be looking for teen hires to help place books back on the shelves. Babysitters, dog sitters, production companies needing backstage workers. If you're interested in becoming a barista, Starbucks hires teens.

Your individual states and employers require that teen workers have a work permit and a signed letter from your parents that you have their consent to work. Inquire at your schools about filling out the job permit online or, you can ask your parents to help you with the form at home. It's a lot to get done but we know you can do it. **Just do it as soon as possible!** We'd love to hear about your progress. Won't you join us this month and tell us all about it?

**The Internet is your friend. Use it to your full advantage!** 

*Submitted by Sister Denise Duncan  
Sumpter Temple*

**MARCH 2025**

***CHOOSING TO OPERATE IN HIGH ENERGY VIBRATION MODE!***

I have learned that, as spiritual beings, we operate through vibration and divine energy. Understanding this truth should motivate us to maintain a positive outlook, knowing that we experience the most joy and peace when we vibrate at higher levels. When our vibration is low, we experience the most sorrow and sadness.

Often, we allow life circumstances to determine our vibration frequency but imagine if you found a way to vibrate high despite the things you see, hear, or experience. Every day you wake up, you must choose what vibration level you want to operate in. I'm aware that things happen no matter what vibration you choose, but you still have the choice to exercise faith over fear.

When you make the God of Israel the source of your vibration, you will always see light at the end of the tunnel, and connecting to His vibration gives us reason to vibrate high even in our darkest moments.

This month let's explore the power of high vibration and energy. Michelle Obama once said, "When they go low, we go high." What does that mean to you? Have you experienced a time when you vibrated high during a challenging situation? What about a time when your vibration was not so high and things around you seemed out of control?

Come to this workshop and let's talk!

*Submitted By Evang. Elder Dr. Joseph Lathan  
Compton Temple*

**APRIL 2025**

**WORKSHOP DISCUSSION FREEFALL!**

This workshop will be a mix of exciting topics some youth have suggested we discuss. Topics that they want to dive deep into to find answers to their questions.

Here are a few of the topics that were submitted:

- How to go about getting a work permit and a driver's license and the responsibilities behind them.

**By Jr. Deacon Miles Harice, Compton Temple**

- How, When and Where to apply for college.

**By Jr. Deacon Preston Harice, Compton Temple**

- How to deal with older siblings (especially brothers).

**By DOZIT Maliya Harice, Compton Temple**

- The good and the bad about social media. Why do some parents prevent, and some parents do not prevent their children from having certain apps such as Snap Chat, Twitter, Instagram and Tic Toc?

**By Sister Caidy Walls and Bro. Eric Kinney Jr.,  
Compton Temple**

Come to this workshop so we can discuss these issues as a group!

*Submitted by Sister Danita Barnes  
Compton Temple*

**MAY 2025**

**YOUR JOB INTERVIEW IS TODAY!**

So. You've searched and searched and finally scouted out the summer job that you want. You've filled out an application and have submitted it. And all your efforts have finally paid off. You've been called in for an interview today!

You're happy and excited but you're also a little bit nervous. What should you wear? How long will the interview last? Will you start working today? So many questions and thoughts running through your mind. Don't worry. Your YOP is going to do its very best to help you sail through that interview with flying colors!

Using role play, participants will assume the role of an Interviewer and a Job Candidate. At the end of the exercise, you will be asked to evaluate the performance of the Interviewer and the Job Candidate and give obvious reasons why you think their performance was professional enough or that it needs a bit more work.

Here are a few things you might want to look out for during the exercise:

**The Interviewer** - Was he or she properly dressed? Did they seem interested in the candidate's answers to their questions? Were they professional enough in their role?

**Job Candidate** - Overall appearance. Speech - Too loud? Not loud enough? Comfortable or nervous? Were they late?

**NOTE:** This is a learning exercise. Its sole purpose is to introduce you to the interview process while hopefully, providing you with a few tips, that you can use in your actual job interview while also having some fun as we learn. **At no time should this exercise become a personal attack to hurt or embarrass anyone.**

We encourage you to practice this exercise at home with family and friends, taking turns being the Interviewer and the Job Candidate. Practice makes perfect! And, once you've landed that summer job, come on out to our next workshop and tell us all about it!

*Submitted by Sister Denise Duncan  
Sumpter Temple*



**JUNE 2025**

**SICIA YOP TOWNHALL - "LET'S TALK CHURCH" PART II**

The Townhall during the 2024 General Assembly was such a hit, we decided to bring it back and give our youth another opportunity to have open dialogue with Israel's senior administrative staff, the parents, Israel's members, and other youth.

The goal is to find **synergy\*** in current and future growth opportunities of Israel's youth and the roles and responsibilities that they can fill or implement for the betterment of our organization.

Don't be afraid to share with us your ideas, questions and suggestions. We want to hear from you and want you to feel comfortable talking to us.

So come to this workshop to help prepare you for the big day during the 2025 General Assembly!

*Submitted by Evang. Elder Doctor Joseph Lathan  
Compton Temple*

**\*Synergy - Constructive Interaction**

JULY & AUGUST 2025



**DON'T FORGET TO READ A BOOK WHILE ON VACATION!**

**READING IS FUNDAMENTAL AND YOP STRONGLY  
ENCOURAGES IT!**

**SEPTEMBER 2025**

**WHY DID I DO THAT?**

-  
Have you ever made a decision to do or say something and later regretted it or wondered why you made that decision in the first place? Have you ever said to yourself, “Why did I do that?” Did you ever make decisions that hurt someone?

Were any of the decisions you made influenced by your peers or peer pressure?

We have all made decisions that we have had second thoughts about and are not proud of having made them. It’s a normal occurrence in our thinking and learning process. However, there are a few steps that may help your decision making have a better outcome for your peace of mind.

Come to this workshop and let’s learn together a few steps that may help you make better and more mindful decisions!

*Submitted by Mother Betty Wright  
Colorado Mission*