



#iamblackhistoryru #rublackhistory

## Weekly Family Activities for February 2023

### The Power of Strength

I AM GRATEFUL FOR THE POWER OF STRENGTH WHICH GIVES ME THE POWER OF PERSEVERANCE, HELPING ME HOLD ON UNTIL THE DIVINE LIGHT REVEALS ITSELF.

What does it mean to surrender? Is it an act of love? Is it a resignation? What does surrender give you? What does it take away? Surrender is a word that is full of different meaning to different people. What's most important is what it means to you. How does understanding surrender impact your relationship with Spirit and the world around you?

### THIS WEEK'S FOCUS— THE STRENGTH OF SURRENDER



**Strength**—The ability to endure, stay the course, persevere.

**Affirmation:** *I have the strength to accomplish all that is mine to do.*

**The disciple Andrew** represents the stability

that lies at the foundation of every true character.

The corresponding color is light green, and the location is the small of the back.

This month we shift our focus to the Twelve Power Of **Strength**. If you are on our Master Mind Journey, we are looking at the principle of Surrender. "MASTER MINDING MY SPIRITUAL JOURNEY Step 1: Surrendering: I surrender, I admit that, of myself, my ego is powerless to solve my problems, powerless to improve my life. I need help."

This week, let's focus on the relationship between Strength and Surrender. Strength is not simply a physical quality. Strength is vitality, endurance, the ability to persist. "In the mental area of expression, strength is that quality of mind which enables one to lead, to accomplish, to follow through on decisions, to establish purposes in life, and

to hold firm to spiritual principles in daily living."— Winifred Wilkinson Hausmann There is a tremendous power in surrender. Strength is found in letting go and releasing the weight and stress that comes from holding onto anger, a situation, a person, a concept. By surrendering, you release the burden of maintaining what you deem a perfect life should be, and free yourself of the load you carry on your shoulders. Surrendering is having the strength to let go of resistance. It is the act of truly letting go and accepting. It actually opens up the potential for positive change to flow. Surrendering to the ebbs and flows of life builds our ability to trust in the process, to cultivate patience and learn to enjoy the journeys that we are on. With Strength, we can surrender and we turn our ego and self-will over to a deeper wisdom and knowing within us—our higher self. When we surrender to our higher self, we let go of the painful distortion of certainty, duality, and separateness, and we embrace the truth of uncertainty, connection, and unity.

**MY SPIRITUAL JOURNEY CHALLENGE:** We often experience the presence of the Master Mind, God, inside the vibrations of music. Listen for a song that clearly expresses the vibration of love that you feel when you surrender yourself to Spirit. Choose a family member that you can share this challenge with. If desired, ask someone close to you to identify their song as well. Share why your song triggers feelings of love when you let go and ask why your someone feels this way when they listen to their song.

"If you Surrender to the wind, you can ride it!" — Toni Morrison ✨ Weekly Activities, continue ➔



# I am Black History

Each February, National Black History Month serves as both a celebration and a powerful reminder that Black history is American history, Black culture is American culture, and Black stories are essential to the ongoing story of America — our faults, our struggles, our progress, and our aspirations.

In 1915, in response to the lack of information on the accomplishments of Black people available to the public, historian Carter G. Woodson co-founded the Association for the Study of Negro Life and History. In 1926, the group declared the second week of February as “Negro History Week” to recognize the contributions of African Americans to U.S. history. Few people studied Black history and it wasn't included in textbooks prior to the creation of Negro History Week.

This week was chosen because it includes the birthdays of both Frederick Douglass, an abolitionist (someone who wanted to end the practice of enslaving people), and former U.S. president Abraham Lincoln. President Lincoln led the United States during the Civil War, which was primarily fought over the enslavement of Black people in the country. Many schools and leaders began recognizing the week after its creation.

The week-long event officially became Black History Month in 1976 when U.S. president Gerald Ford extended the recognition to “honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history.” Black History Month has been celebrated in the United States every February since.

“Black History Month is a reminder to all Americans that their country would not be as wealthy and sustainable today if it were not for the innovation, hard work, intellect, and courage of Black Americans that came before us. There are so many to give credit to! Just know that for me, because of the innumerable amount of Black folk that dedicated their lives to change, Black History Month re-affirms the fact that I, a proud Black woman, have no excuse to not impact my community, this nation, and ultimately the world.” - **Nia Hill**

## WEEKLY/MONTHLY FAMILY ACTIVITY—Explore Black History that relates to you

ALWAYS REMEMBER  
YOU HAVE WITHIN YOU THE  
STRENGTH, THE PATIENCE,  
AND THE PASSION  
TO REACH FOR THE  
STARS TO CHANGE  
THE WORLD.  
- HARRIET TUBMAN

This Week's /this Month's we challenge you as a Family to discover your Black History and how Black History has impacted you. This challenge can be done regardless of your race identification. How can you do this? Explore websites, talk to your older family members, set aside a weekend to go to the Black History Museum. Pick up one of our Coloring Books, “**Colors of the World**, Coloring and Activity Book” by Crayola.

Here are some links you can use to engage and learn:

Black History Quiz: •<https://theundefeated.com/features/black-history-quiz-like-you've-never-seen-before>

### Resources to Learn About and Celebrate Black History Month:

A collaboration of seven national organizations, including the United States Holocaust Museum, the National Gallery of Art, the National Park Service, and the Library of Congress, the [African American History Month](#) website also offers a wealth of resources such as class activities, blog posts, and historical audio and video recordings. You can also visit the [Center for Racial Justice in Education](#) to find volunteer opportunities, events, a reading list, and Black History Month resource guides.

Countless [Black authors](#), including Brittney Cooper, Ta-Nehisi Coates, Malcolm X, and Roxane Gay, have written books on Black history and culture. The books “[Self-Portrait in Black and White: Unlearning Race](#)” by Thomas Chatterton Williams and “[Racecraft: The Soul of Inequity in American Life](#)” by Karen E. Fields and Barbara J. Fields offer alternative ways of thinking about race, as does “[Free Your Mind](#),” a podcast with

Dr. Sheena Mason.

# A Prayer of Surrender

I come before you with focused heart.  
How can I begin to express my gratitude  
for your great love for me?

The depths of your love are so wide  
And so deep... and so long

That I can only attempt  
To understand the vastness.

While my mind can't comprehend Your  
Greatness in entirety,  
My heart's desire is to follow Your lead.

Every step and every corner,  
I surrender to Your plan,  
no matter where it leads.

While I haven't always been so willing,  
I'm renewing my vows to you, Lord.

I beg you to take me and use me  
As only you can.

No matter the time or place.  
It truly is my joy to say  
Your will. Your way.

Amen.

[rachelwojo.com](http://rachelwojo.com)





**Spirit of Abundance, God of Grace, Mother of Hope, let us pray,** 🙏

We pause now to remember those stories that are all around us But so often passed over

Those stories that, when told, are shared because Of what someone is, not who they are.  
This month in our nation's character Is Black History month.

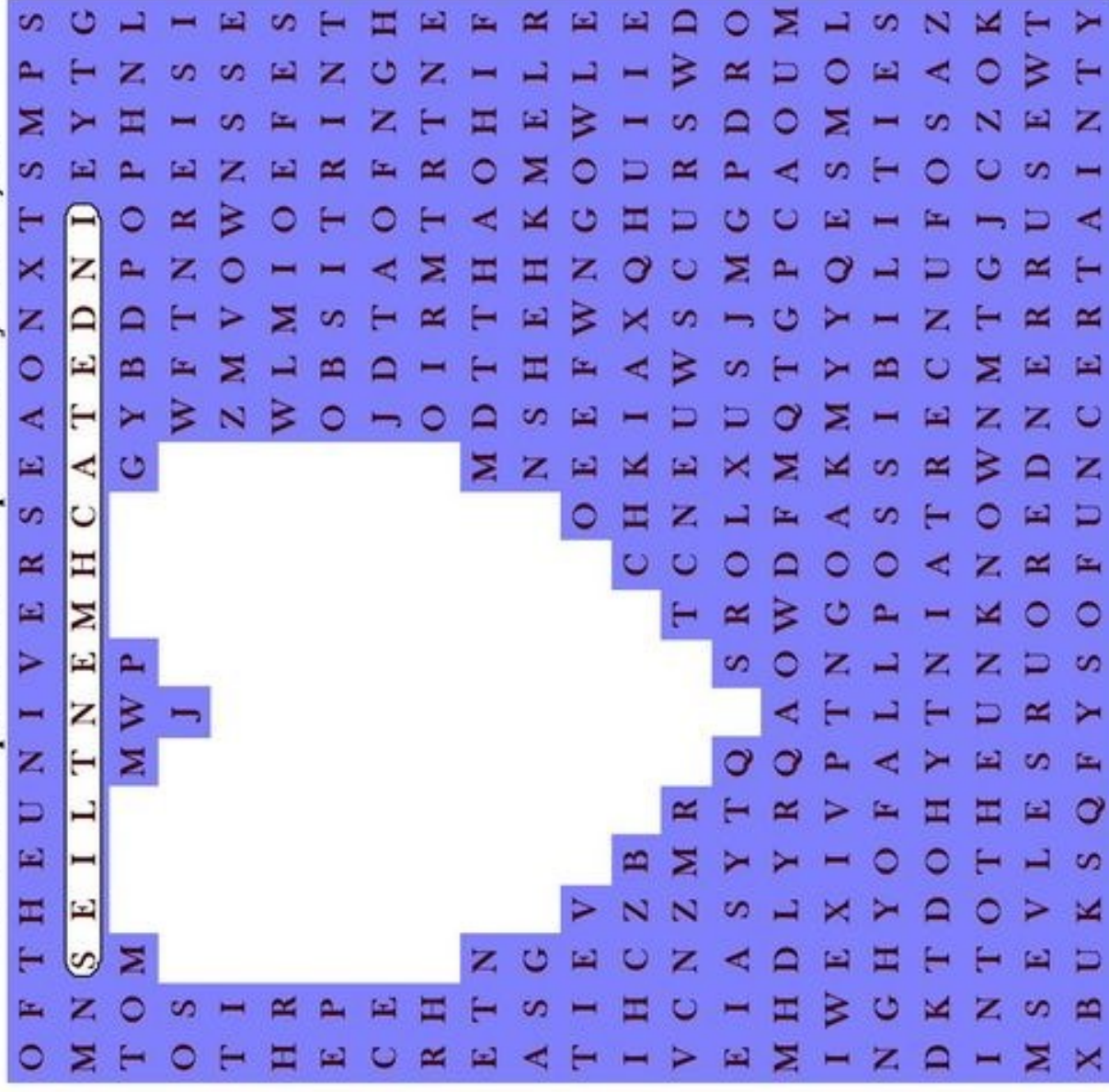
Please help us to realize that Black history is All of our history. May the day come when  
these stories Are so wildly taught that no month need Be separately divided. We know  
this day will not come until we make different choices.

We pray now for those new choices. May we come to see a day when the prison system  
Becomes redemptive, not punitive. A day when the legal system learns to focus more  
squarely on the facts, And the not colors of our skin. A day where our schools are as well  
funded as the needs demand. May our role models be allowed to excel when they thrive,  
And not be taken down for their rich heritage. We know this will require a power shift.  
And this can be scary for some. Give those full of fear – hope. May we come to know  
grace, So that our hearts will not be hardened to the pain around us. There are so many  
beautiful stories needing to be told. And we need to get the chance to hear them. Widen  
our vision so that the history that is shared this month, And every month, Becomes to be  
known as our history too. We are most human when we see the humanity in others.

– Author Unknown

- ♥ in detachment lies
- ♡ the wisdom
- ♡ of uncertainty
- ♡ in the wisdom
- ♡ of uncertainty
- ♡ lies the freedom
- ♡ from our past
- ♡ from the known
- ♡ which is the prison
- ♡ of past conditioning
- ♡ our willingness
- ♡ to step
- ♡ into the unknown
- ♡ the field
- ♡ of all possibilities
- ♡ we surrender ourselves
- ♡ to the creative mind
- ♡ that orchestrates
- ♡ the dance
- ♡ of the universe

# Words that Empower Mundaka Upanishad 3<sup>rd</sup> By Kate Ellis, ccht



Circle word-lines in grid up, down, diagonal, backwards, forward until complete.

# Black History Month

Guess the famous African-American

- |                 |                  |
|-----------------|------------------|
| 1. 🌹 🚌 _____    | 11. 👤 🌱 _____    |
| 2. 🇺🇸 🦋 🐝 _____ | 12. 🏃 🌞 _____    |
| 3. 🏆 🏃 _____    | 13. ✕ 👤 🏠 _____  |
| 4. 📺 👤 💰 _____  | 14. 🏠 🌱 🐅 _____  |
| 5. 📺 🇺🇸 👤 _____ | 15. 🏠 🏛️ 👤 _____ |
| 6. 👤 🗡️ 📺 _____ | 16. 🐱 🇸🇪 🎬 _____ |
| 7. ⚾️ 🏃 🏏 _____ | 17. 👤 ✈️ _____   |
| 8. 🏠 🏊 _____    | 18. 👑 👤 _____    |
| 9. 🏊 🏊 _____    | 19. 🏠 🏠 _____    |
| 10. 🏠 🏠 _____   | 20. 🏠 🏠 _____    |

**Instant Download**



Score:



# Black History Month Word Search

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

ABOLITION  
 ARMSTRONG  
 BOYCOTT  
 CIVIL  
 WAR  
 EQUALITY  
 INTEGRATION  
 CROW  
 OWENS  
 RIGHTS  
 SLAVERY  
 TUBMAN

AFRICA  
 ASHE  
 BUS  
 RIGHTS  
 DUBOIS  
 FREEDOM  
 JAZZ  
 MARCH  
 PARKS  
 ROBINSON  
 SOUL  
 TUSKEGEE

ALI  
 BLUES  
 CARVER  
 CIVIL  
 EMANCIPATION  
 GREENFIELD  
 JIM  
 KING  
 RACISM  
 SEGREGATION  
 TRUTH  
 VOTING

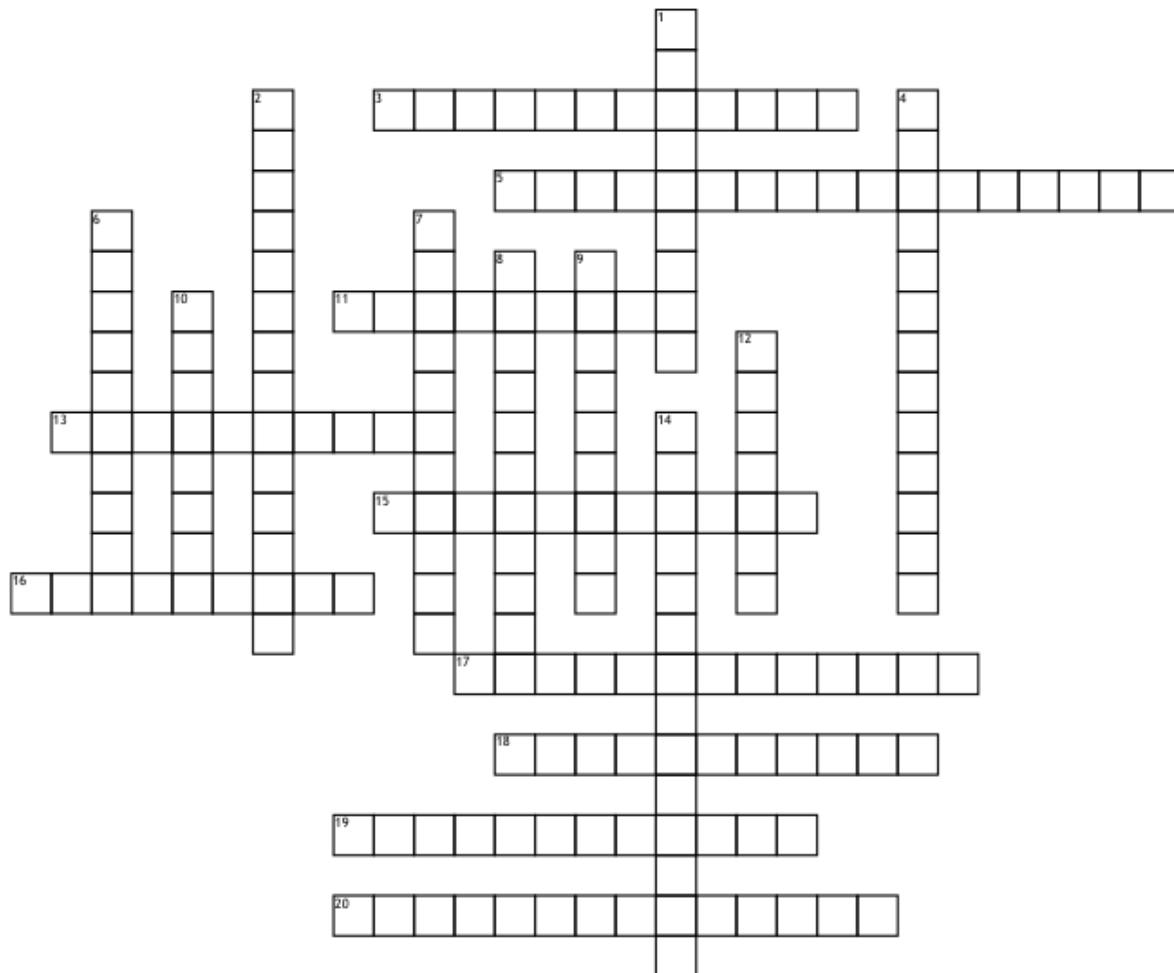
JinxyKids.com



Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Black History Month



## Across

3. Successful t.v. Hostess, producer, and media proprietor  
 5. President of freedoms bank  
 11. Founded the NAACP; African American sociologists who attended Harvard  
 13. Successful singer and songwriter; was a part of new edition  
 15. The first African American female millionaire  
 16. 11 time world champion at the Olympic Games  
 17. Former First Lady of the US; graduated from Harvard University

18. One of the most famous and influential African American poets and writers

19. Two time democratic presidential candidate; founded PUSH

20. First African American to receive his PhD

## Down

1. Famous rapper and clothing line franchisee  
 2. First African American MLB player  
 4. Most remembered player from the Chicago bulls

6. Former POTUS from 2008-2016

7. NBA player who is a 3 time NBA championship holder

8. Famous boxer who won the WBA, WBC, and lineal heavyweight title

9. Civil rights leader known for not giving up her seat in Birmingham, Alabama

10. One of the first African American NFL players in the league

12. Appointed national spokes person for the Nation of Islam

14. "King of Pop"