



I USE MY INNER STRENGTH FOR LOVING MY LIFE!



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** and Our Spiritual Journey Intention to Loving our Lives!

Joy in Everyday Moments: As we travel the road to spiritual peace, it is powerful to explore ways we can find joy in our small, everyday experiences. Often a shift in our perspective that is "now" oriented and receptive to the simple joys of life can transform ordinary moments into sources of meaning and happiness giving us a foundation for loving our lives.

Affirmations for Self-Love and Acceptance: How can we create and use affirmations that encourage self-love and acceptance? As we recognize our inherent goodness and the presence of divinity in every person, how can you establish practices that reinforce your positive self-image and self-appreciation carrying you further on the road to spiritual peace.

The Role of Positive Relationships: One of the greatest challengers of spiritual peace is the presence of relationships that don't appear to align with our higher selves. In this awareness, it is helpful to think about the importance of nurturing positive and supportive relationships, recognizing the potential value in every relationship (including the ones that challenge us) and taking the value received to help us grow. How can you cultivate and maintain relationships that enrich life and bring joy.

Finding Purpose in Daily Activities: Sometimes even the most mundane activities can be meaningful when aligned with one's values and intentions. How can you find purpose and fulfillment in everyday tasks while emphasizing the Unity principle of living intentionally.

MY SPIRITUAL JOURNEY CHALLENGE: *our relationship with spirit shows up consistently in our love relationships (family, partners, children, friends). Consciously (and more often unconsciously), we express spirit through our love languages.*

Are you familiar with Dr. Gary Chapman's 5 Love Languages? Do you express and receive love through words of affirmation, acts of service, receiving gifts, quality time or physical touch? In this month's challenge, identify your love language and consider how it plays into your relationships. Can you sense the presence of spirit in the way you interact based on your love language?

If you have a love partnership, ask your partner to identify his/her/their love language. Encourage your partner to contemplate the presence of spirit in their language and how this connects to your spiritual journey together. —Mastermind Journal 2024

"It's the magic within each of us that give us the potential to inspire the world " Kobe Bryant



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.

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.



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



Celebrating Diversity

Almighty God, through your Holy Spirit you created
unity in the midst of diversity;

We acknowledge that human diversity is an expres-
sion of your manifold love for your creation;

We confess that in our brokenness as human beings
we turn diversity into a source of alienation, injustice,
oppression, and wounding.

Empower us to recognize and celebrate differences
as your great gift to the human family.

Enable us to be the architects of understanding, of
respect and love;

Through the Lord, the ground of all unity, we pray.

- Author Unknown

I am Black History

National Day of Todd. This is a day that our Renaissance Unity comes together to celebrate one of all time favorites, Todd Porter's birthday. Who is Todd Porter, well, let him tell you for himself:



Hi, I am Todd Porter aka Mr. Todd 😊 - 3rd grade teacher for over 20 years in Children's Ministry at RU and now on the board of trustees have a strong desire to meet you; soul purposes only sis! I am assuming that our paths have crossed in the past but I run around back and forth so much after services mingling with more family that I can understand why there has not been a hug or many exchanged between us! 😊 But nevertheless, I see that changing soon! Yayyyyy! Oh! More about me to make you even more comfortable about our joining into an exciting and love-filled journey together! I try to keep my soul balanced between silliness and compassion! I choose empathy over sympathy just about every time; except when it comes to dropped coneys! I am married! My wife Venetta is totally awesome! My daughter and grandson uplifts my soul like Venetta to no end! My kids from Children's Ministry also! I love coney's and everyone should know this! Lol. I retired from the Detroit Fire Department just about 3 years ago as a Lieutenant after 25 Blessed years! And I am in the process of finishing 4 books; but have a ways to go! I cherish afternoon naps while listening to Eckhart Tolle, Deepak and other deep thinkers! And two of my 7 favorite movies are Pootie Tang and E.T.. Wow, I

WHY DO WE CELEBRATE BIRTHDAYS?



Birthdays are about celebrating the life of someone. They are not about buying gifts or throwing a party for family and friends. Rather, they are about celebrating a person's life. Birthdays commemorate life in all its wonderful ways and make it more special.

We celebrate birthdays to remember, acknowledge, and appreciate the life of a person who has been born.

Birthdays are important because they remind us that we are alive and have another year to live. Also, birthdays help us appreciate what we have in life: work, family, friends, and so on.

We do it because it is fun to celebrate something that brings us joy and people celebrate birthdays because it is a chance to appreciate life.

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
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 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

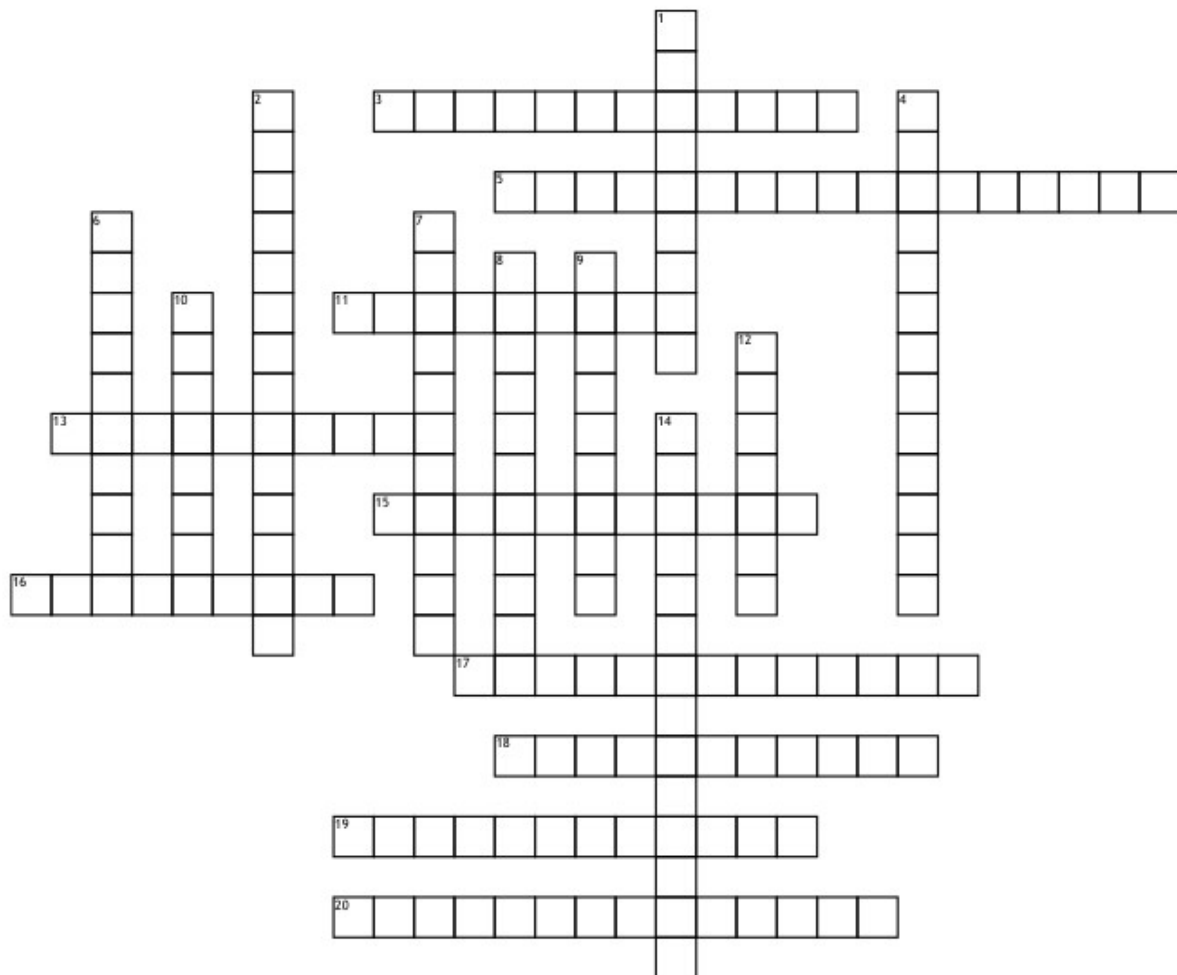
JinxyKids.com



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"

Children's Black History Quiz

Questions:

1. Who was the first black woman in space?
2. What is the name of a famous spider, often spoken about in African stories?
3. Which month is Black History Month celebrated in the UK?
4. Whose iconic speech included the words 'I have a dream'?
5. What did Rosa Parks refuse to do in 1955?
6. Name 3 Caribbean Islands.
7. Where in London, since 1966, does an annual carnival take place?
8. Nelson Mandela was the president of which country?
9. Which famous black nurse died in London in 1881 after saving many British soldiers during the Crimean War?
10. Who was the first black president of America?
11. Name 3 African countries...
12. Name 3 of the fruits in Handa's basket from the book Handa's Surprise.
13. Laurie Cunningham was the first black football player to represent England in an international match, where in London was he from?
14. Queen Nefertari was queen of which country?
15. Which famous black British artist's recent project had photographic portraits of over 75,000 Year 3 school children displayed at the Tate Britain?
16. Unscramble these words to spell out an African country:
 - a. NAYKE.....
 - b. AGRINIE.....
 - c. BIZAMA.....
17. Why is the Port of Tilbury in Essex significant in black British History?
18. Name the tallest animal living in Africa?
19. What is the longest river in the world called and in which continent can it be found?
20. What is the next line in this Bob Marley song? 'Don't worry about a thing...



Answers:

1. Mae Jemison
2. Anansi
3. October
4. Martin Luther King Jr
5. Give up her seat up for a white man in Montgomery, Alabama.
6. Any 3 Caribbean islands
7. Notting Hill
8. South Africa
9. Mary Seacole
10. Barack Obama
11. Any 3 African countries
12. Banana, Guava, Orange, Mango, Pineapple, Avocado or Passion fruit
13. Haringey
14. Egypt
15. Steve McQueen
16.
 - NAYKE - KENYA
 - AGRINIE - NIGERIA
 - BIZAMA – ZAMBIA
17. It is where the Empire Windrush ship docked in 1948 (the ship and its passengers became know as the start of the Windrush Generation)
18. Giraffe
19. Nile, Africa
20. *...Cause every little thing gonna be alright'*

