



Master Mind: I BELIEVE

Weekly Family Activities for March 2023

The Power of Wisdom

I THANK THE MASTER MIND, GOD, FOR THE POWER OF WISDOM, MY INTUITIVE KNOWING THAT CALLS ME FORWARD ON THE PATH I AM CALLED TO TRAVEL.

A POWER GREATER THAN MYSELF: What does believing in a power greater than yourself mean to you? How does this belief influence your spiritual journey? When in your life have you tapped into this power and what have you learned about yourself?

Wisdom

Wisdom is awakened in me now. I have all the Wisdom I need, to experience and express my highest good, with ease and grace, today.

Wisdom: The blend of knowledge from the head and heart.

Affirmation: I am guided by divine wisdom in every thought, word, and action.

I am guided as I listen to my inner knowing. I tune in and I focus on the silence. Peace fills my heart and soul and I am guided by Divine Wisdom in all that I say and do.

The disciple is James, son of Zebedee.

The corresponding color is **yellow**, and the location is the pit of the stomach.

God, a Higher Power as we understand is our source of guidance and positive change. This doesn't mean we're not responsible for ourselves. We are. But we aren't in this alone. With a perspective of spiritual judgement, we can be guided from an inner, intuitive light.

Shining a Light from Within: The three disciples who were with Jesus on many significant occasions in were Peter, representing faith, and the brothers James and John, standing for wisdom and love. Faith, wisdom, and love should be brought into everything we do. Wisdom without love is cold. But love without wisdom is misguided and impulsive.

Wisdom, the highest form of spiritual knowing, includes divine judgment, discrimination, intuition, and other activities of mind that come under the heading of pure knowing.

Wisdom is not dependent on reasoning or intellectual understanding. It simply shines as the light from within that illumines the way and reveals whatever needs to be shown. Our purpose in developing this faculty is to let the light of Spirit shine through us, directing all our thoughts, words, actions, and motivations. Wisdom must also be employed in directing the activities and unfoldment of the other 11 powers.

A Meditation on the Power of Wisdom By Rev. Bronte Colbert

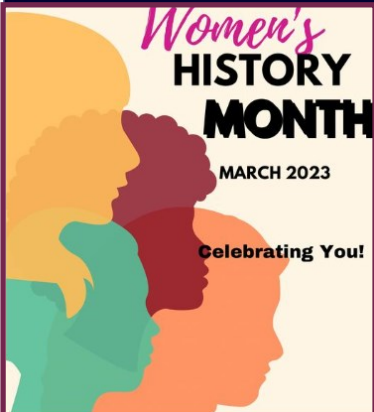
As I pause and turn within, I feel divine wisdom flowing through me, energizing and renewing all areas of my life. It is my guidance system, my spiritual compass. I apply this inner wisdom to the decisions I make, the words I choose, the ideas and beliefs I hold in my mind. I trust in divine guidance and wisdom. They join with my goals and desires to illuminate the clearest path forward. I am blessed to have this core of wisdom for decision-making. Because of that, my steps are in order and my thoughts rise to new heights. Centered in Spirit, my decisions are made with direction and confidence. I am clearly and purposefully guided to that which is mine to do.

MY SPIRITUAL JOURNEY CHALLENGE: Find and share a movie or book that helped to strengthen your belief in a higher power and rise-up from a difficult experience in your life, bringing you closer to Spirit. If desired, share this movie or book with someone you care about and ask if they would be open to discussing their awareness with you as you share yours with them.

"The desire to reach the stars is ambitious. The desire to reach hearts is wise and most possible." - Maya Angelou



WOMEN OF WISDOM



March is *Women's History Month* – commemorating and encouraging the study, observance and celebration of the vital role of women in American history.

It is a month dedicated to teaching people about the significant contributions made by great women in the past and today. Women's strength and willpower are something that the world should celebrate not just on one day but every day. Because she's someone who can give birth to new life in this world, and by seeing the history of all the hardships a woman has been through to now being the one to take charge of the world, the status of women has evolved with changing times.



Poet, dancer, singer, activist, and scholar Maya Angelou was a world-famous author. She was best known for her unique and pioneering autobiographical writing style .

Angelou's interest in the written word and the English language was evident from an early age. Throughout her childhood, she wrote essays, poetry, and kept a journal. When she returned to Arkansas, she took an interest in poetry and memorized works by Shakespeare and Edgar Allen Poe.

Dr. Maya Angelou was also noted for her talents as a singer and dancer, particularly in the calypso and cabaret styles. In the 1950s, she performed professionally in the US, Europe, and northern Africa, and sold albums of her recordings.

She was recognized by many organizations both nationally and internationally for her contributions to literature. In 1981, Wake Forest University offered Angelou the Reynolds Professorship of American Studies. President Clinton awarded Angelou the National Medal of Arts in 2000. In 2012, she was a member of the inaugural class inducted into the Wake Forest University Writers Hall of Fame. The following year, she received the National Book Foundation's Literation Award for outstanding service to the American literary community. Angelou also gave many commencement speeches and was awarded more than 30 honorary degrees in her lifetime.

Angelou died on May 28, 2014. Several memorials were held in her honor, including ones at Wake Forest University and Glide Memorial Church in San Francisco. To honor her legacy, the US Postal Service issued a stamp with her likeness on it in 2015. (The US Postal Service mistakenly included a quote on the stamp that has long been associated with Angelou but was actually first written by Joan Walsh Anglund.)

In 2011, President Barack Obama awarded Angelou the Presidential Medal of Freedom, the country's highest civilian honor. It was a fitting recognition for Angelou's remarkable and inspiring career in the arts.

LENTEN SEASON CHALLENGE FROM REV. GLENN MCINTOSH:

Get up and Give away plan: Fasting on: —Anger, Apathy, Anxiety, Bitterness, Blame, Busyness, Chaos, Competitiveness, Complaining, Criticism, Darkness, Discontent, Discouragement, Doubt, Drama, Fear of being alone, Fear of change, Fear of Illness, Fear of Lack, Indecision, Insecurity, Judgment, Limitation, Negative Thinking, Obligation, Updated Beliefs, the Past, Perfectionisms, Pessimism, Resentment, Resistance, self-Pity, Shame, Sorrow, Stress, Struggle.



Maya Angelou and Unity

Maya Angelou was in a vocal class in 1955 when she experienced a spiritual turning point. She was reading aloud from H. Emilie Cady's classic [Lessons in Truth](#), the book she had selected for the class, when the instructor asked her to read a passage over again. Angelou felt she looked foolish, being asked to read it again. As a young aspiring dancer in a room full of serious singers, she was already self-conscious, plus she was the only student of color and the youngest in the class.

So when the instructor, Frederick Wilkerson, asked her to repeat that line, "God loves me," she said it louder and more strongly.

"God loves me ... this God that made the leaves, the stars and rivers ... and you, loves me, Maya Angelou."

It was humbling, Angelou would later recall. Those words gave her a newfound freedom to go out and do good things and to do them well.

"That's why I am who I am, because God loves me, and I'm amazed at it," she said in a 2003 TV interview with Oprah Winfrey in 2013. ([Watch the interview.](#))

In that instant, she knew she was a child of God, and had to leave the room. Once away from the others, she started weeping because of what she realized.

From this experience Angelou gained a new appreciation for praying. Her prayers focused on offering thanks, "Thanking God for God, thanking God for Jesus, and thanking Jesus for Jesus."

In 2002 the poet published her sixth memoir title *A Song Flung Up to Heaven*. In this autobiographical work, she described her return from Africa to the United States, her civil rights activities, and the writing of *I Know Why the Caged Bird Sings* (1970). She sent a personal copy of *A Song Flung Up to Heaven* to Unity minister Rev. Eric Butterworth, whom she considered a mentor.

Butterworth wrote back to Maya. "You have a unique gift of so energizing your words that they bring the reader right into your experience. You will never know how many people you bless by enabling them to get in touch with their long-buried deep feelings waiting and needing to be addressed."

Of Angelou's life journey, Butterworth wrote: "Both Olga [Butterworth's wife] and I feel that a great composer could transpose your journey, which encompasses the full scale of human emotions and spiritual ecstasy, into a living symphony. It could then be lyricized into an opera."

Through the years Angelou shared her love for Unity with her family members. Her niece Rosa Johnson, who Angelou "loved like a daughter," recalled her Aunt Maya introducing Daily Word when she was just 14 years old.

"When I was a child, [Aunt Maya] instilled in me the truth of the oneness of all people." Johnson also remembered her aunt taking her to a Unity center in San Francisco near where they lived. Whenever Angelou traveled, her niece would call her each day and read the word for the day to her.

Her affiliation with the Unity movement through the years and her profound influence earned her an honorary degree. Plans were made to award the degree at Unity World Headquarters but Angelou transitioned shortly before the ceremony. Angelou died May 28, 2014.

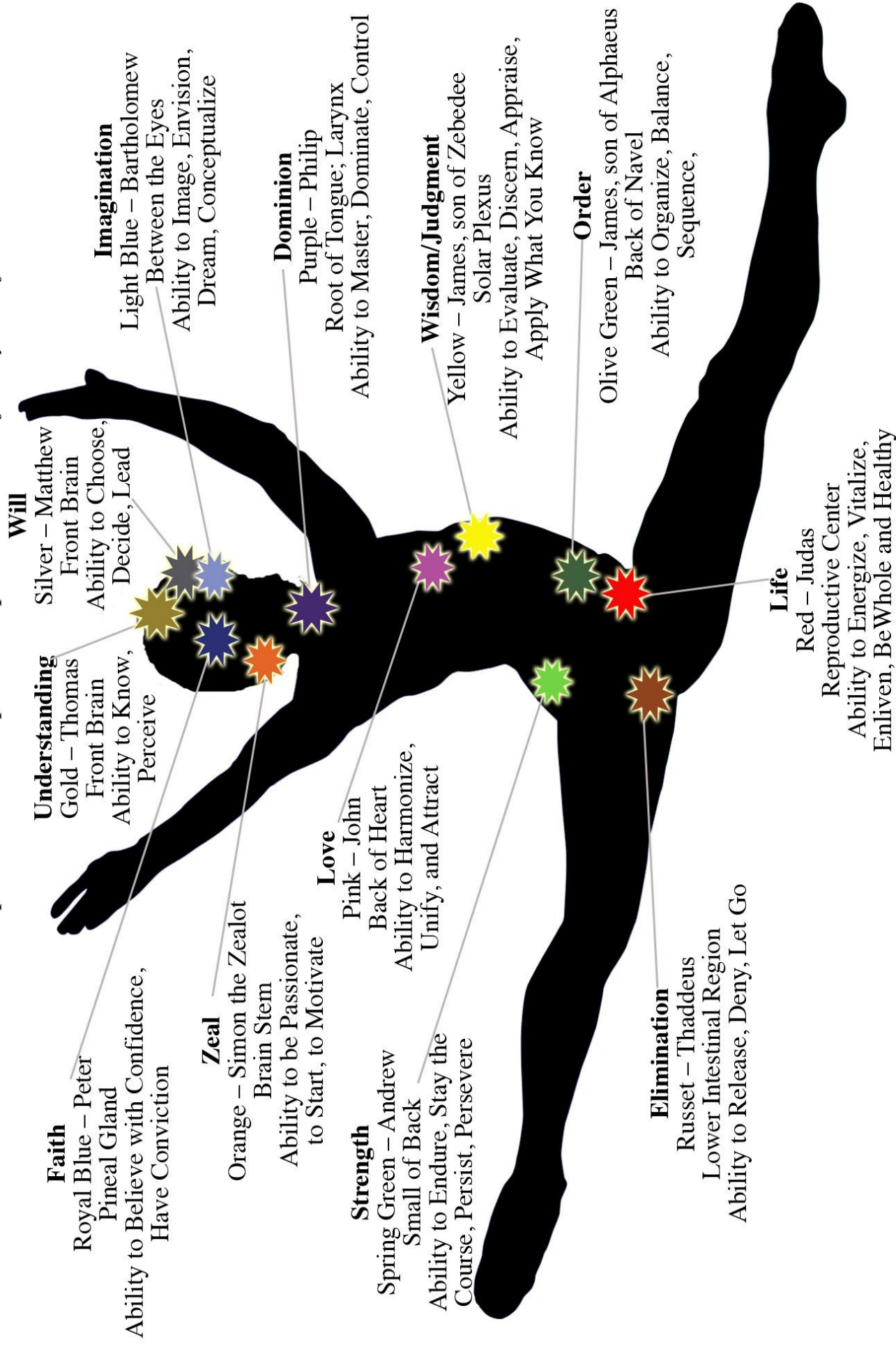
To accommodate the sad circumstances, Unity representatives Lynne Browne and Pat Williamson attended Angelou's memorial held at Wake Forest University in Winston-Salem, North Carolina, on June 7, 2014.

At the service, they sat in front of the Chapel in an area reserved for guests, Pat engaged in a conversation with a Mrs. Clay seated next to him and immediately struck a friendship. Mrs. Clay introduced Williamson and Brown to other friends, including Marguerite, who knew Maya Angelou for decades. Marguerite commented on Maya's love of Unity and managed to get the two Unity representatives into a private area reserved for the immediate family. Pat Williamson presented the honorary degree to Maya Angelou's son, Guy Johnson, and they met other family members and friends, including President Bill Clinton.

"It was a perfect way to honor Maya, intimate and personal, creating a space for us to share words of support with family members," Lynne Brown said. "The entire experience was filled with meaning and grace."

The Twelve Powers/Abilities

You have within you twelve incredible Powers, which have their own special Abilities and can be developed and called upon to empower and transform your life!

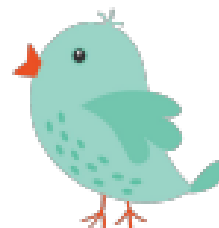
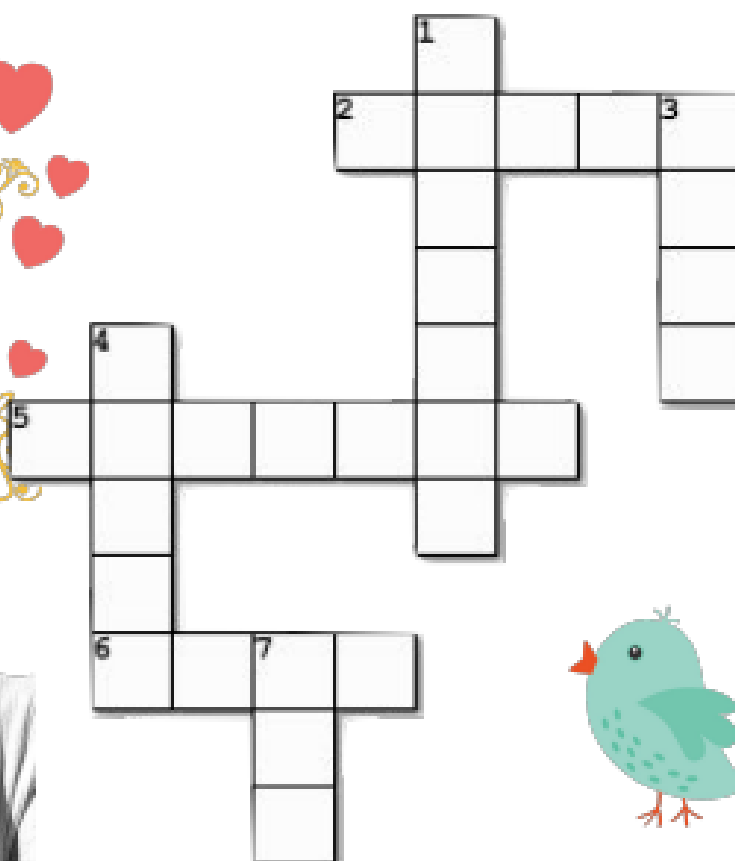


Name: _____



Book Title Crossword

Complete the crossword puzzle by supplying the word that will complete Maya Angelou's book title.



ACROSS

- 2. All God's Children Need Traveling _____
- 3. Wouldn't Take Nothing For My _____ Now
- 5. Gather Together In My _____

DOWN

- 1. My Painted House, My Friendly _____ and Me
- 3. _____ Flung up to Heaven
- 4. The Heart of a _____
- 7. Mom & Me & _____

Name: _____



Right Choice

Recall what you've learned about Maya Angelou by answering the following questions. Encircle the letter of the best answer.

What is Maya Angelou's first book?

- A. I Know Why The Caged Bird Sings
- B. And Still I Rise

What play did Maya Angelou earn a Tony Award for?

- A. Look Back
- B. Look Away

What is the name of Maya Angelou's son?

- A. Gunn Johnson
- B. Guy Johnson

What university did Maya Angelou first teach in?

- A. One Forest University
- B. Wake Forest University

What is the name of the leader to whom Maya Angelou wrote an elegy for?

- A. Martin Luther King, Jr.
- B. Nelson Mandela

At what age did Maya Angelou die?

- A. 86 years old
- B. 96 years old

What film did Maya Angelou write that made her one of the first African-American female screenplay writers?

- A. Atlanta, Georgia
- B. Georgia, Georgia



Name: _____



Poetry Analysis

Read the poem "Harlem Hopscotch" by African-American poet Maya Angelou then answer the following questions.

"HARLEM HOPSCOTCH"

*One foot down, then hop! It's hot.
Good things for the ones that's got.
Another jump, now to the left.
Everybody for hisself.*

*In the air, now both feet down.
Since you black, don't stick around.
Food is gone, the rent is due,
Curse and cry and then jump two.*

*All the people out of work,
Hold for three, then twist and jerk.
Cross the line, they count you out.
That's what hopping's all about.*

*Both feet flat, the game is done.
They think I lost. I think I won.*



Why do you think the poem is entitled Harlem Hopscotch?

After reading the poem, what do you think 'hopscotch' is a metaphor for? Why?

PHENOMENAL WOMAN

Pretty women wonder where my
secret lies.
I'm not cute or built to suit a fashion
model's size
But when I start to tell them,
They think I'm telling lies.
I say,
It's in the reach of my arms
The span of my hips,
The stride of my step,
The curl of my lips.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

I walk into a room
Just as cool as you please,
And to a man,
The fellows stand or
Fall down on their knees.
Then they swarm around me,
A hive of honey bees.
I say,
It's the fire in my eyes,
And the flash of my teeth,
The swing in my waist,
And the joy in my feet.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.



Men themselves have wondered
What they see in me.
They try so much
But they can't touch
My inner mystery.
When I try to show them
They say they still can't see.
I say,
It's in the arch of my back,
The sun of my smile,
The ride of my breasts,
The grace of my style.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

Now you understand
Just why my head's not bowed.
I don't shout or jump about
Or have to talk real loud.
When you see me passing
It ought to make you proud.
I say,
It's in the click of my heels,
The bend of my hair,
The palm of my hand,
The need of my care,
'Cause I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

WRITTEN BY
MAYA ANGELOU



You may write me down in history
With your bitter, twisted lies,
You may trod me in the very dirt
But still, like dust, I'll rise.

Does my sassiness upset you?
Why are you beset with gloom?
'Cause I walk like I've got oil wells
Pumping in my living room.
Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise.

Did you want to see me broken?
Bowed head and lowered eyes?
Shoulders falling down like teardrops,
Weakened by my soulful cries?

Does my haughtiness offend you?
Don't you take it awful hard
Cause I laugh like I've got gold mines
Diggin' in my own backyard.

You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your hatefulness,
But still, like air, I'll rise.

Does my sexiness upset you?
Does it come as a surprise
That I dance like I've got diamonds
At the meeting of my thighs?

Out of the huts of history's shame
I rise
Up from a past that's rooted in pain
I rise
I'm a black ocean, leaping and wide,
Welling and swelling I bear in the tide.

Leaving behind nights of terror and fear
I rise
Into a daybreak that's wondrously clear
I rise
Bringing the gifts that my ancestors gave,
I am the dream and the hope of the slave.
I rise
I rise
I rise.

