



## 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.**

**RECOGNIZING & RELEASING RESISTANCE:** There are times in our lives when there are experiences that we want to have, but there is an energy of resistance inside that disrupts the manifestation process. Recognizing when this is happening isn't always simple. Resistance is often buried in our subconscious beliefs and this resistance isn't visible until we open up to the "knowing" that resides inside, as well. Until resistance is recognized, there can be no recognition and no release. Discovering how our beliefs create flow or create resistance is a vital part of creating space for change and the ultimate realization of our goals and our dreams.



**Welcome Spring!** As we say goodbye to Winter and **Spring Forward**, there is an English proverb that states, "No Matter how long the Winter, Spring is sure to follow." Indeed, on March 20, 2023, we will be in Spring, and for many states, this weekend we have sprung forward. Before we completely take this leap, let's reflect on our accomplishments. We have channel 3 of the 12 powers of Man as described by Charles Filmore: Faith, Strength and Wisdom. **Faith** has **strengthened** our **wisdom** to have the inner knowing, intuition to go within and listen. These past months we have been encouraged to tune into ourselves, learn about ourselves and be guided by Divine Wisdom in all that we do. How has this translated in your family life? What changes have you made as a family? Are you Masterminding? Are you spending more time together as a family? Have you found ways to pay it forward and extend empathy, compassion and kindness to others? What about other wins? Can we celebrate with no family members? Have we shared a loss and learned to embrace and support each other through transition?

We celebrate with you as we continue to let the wisdom of God lovingly continue to guide use and direct us in every needed way.

### Create a Ritual for Winter Release to Spring.

Get a Piece of Paper and Pen and freely write, I am ready and willing and willing to release... keep writing until you feel you have exhausted the list. Feel free to go into as much detail as possible. Parents, help you children create a list as well. This is a great exercise to work at for an individual or family perspective. Then, fold the paper and the hold the paper to your heart and be with the emotions. Then take the paper and wash it away, soak it away and let the words dissolve. Once complete, give this ritual space. No need to talk, just be with the ritual and breathe. Honor the pause. This space will allow the end of winter and give room for new blooms in spring.

**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.



# YOUNG BLACK AMERICAN WOMEN MAKING HISTORY



**Grace Moore, 12, is one of the youngest composers for the New York Philharmonic Orchestra.** She composed an original piece inspired by the global Black Lives Matter protests happening within the coronavirus pandemic (aptly named *Summer*), and it was performed by one of the top orchestras in the world.

**Quil Lemons, 23, is the youngest photographer to shoot a *Vanity Fair* cover.**

He made waves in 2017 for his Glitterboy photo series “unpacking Black masculinity,” and went on to shoot celebs like Spike Lee, Young M.A., and Chloe x Halle before photographing Billie Eilish for *Vanity Fair*’s March issue.

**Amanda Gorman, 22, is the National Youth Poet Laureate we need right now.** She stole the show when she recited her poem “The Hill We Climb” at the Biden-Harris inauguration, as the youngest poet to ever do so. She’s also been making headlines for her historic Super Bowl performance and all-around talent.

**Jay’Aine Patton, 14, developed an app to help kids keep in touch with their incarcerated parents.** She and her father Antoine struggled to maintain communication with each other while he was incarcerated, so together they’ve developed a website and app to help keep families connected. It lets kids write letters and upload photos to their parents for free, cutting out costly prison phone and mail fees.



**Dasia Taylor, 17, was honored for creating color-changing sutures that detect infection.** She conducted research for a year to develop this potentially life-saving invention, and entered her final project into the Regeneron Science Talent Search. She’s one of 40 finalists, earning her \$25,000 and a chance to win the final competition.

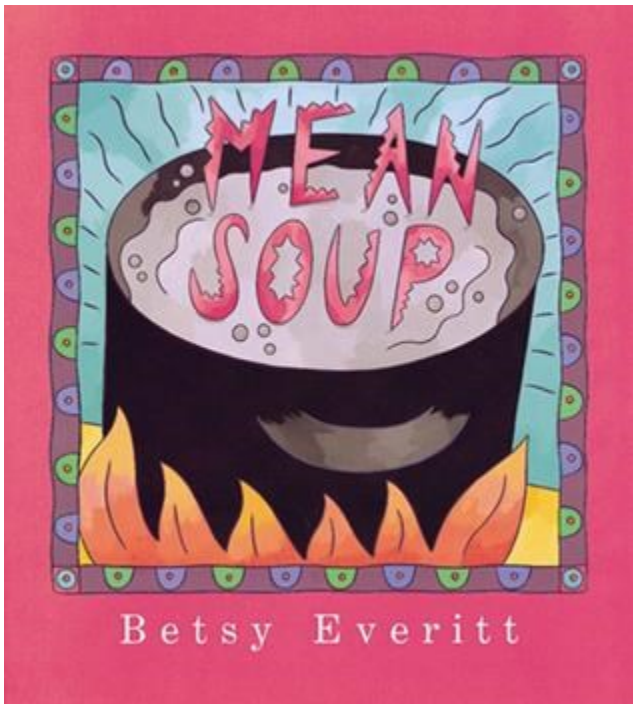
**15) Alexis Williams, 19, single-handedly coded a website to help people support the Black Lives Matter movement.** She designed the website for folks looking to help but who didn’t know where to start. It has educational resources to learn about topics like cultural appropriation or colorism, as well as direct links for taking action and donating

## 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.

## FAMILY ACTIVITY

Read/YouTube "Mean Soup" by Betsy Everitt: <https://www.youtube.com/watch?v=4E2EWdaR7Uk> or [https://www.youtube.com/watch?v=eTca94q\\_ZoQ](https://www.youtube.com/watch?v=eTca94q_ZoQ)



Horace had a bad day at school, but his mom has the perfect solution. Mix one part love, a cup of smiles and a dash of silly when making MEAN SOUP. The perfect recipe.... er BOOK to fix anyone's bad day!

### Story Focus

When we are feeling upset, we need to find a way to become peaceful again.

### Activity:

As a Family on a bad day or any day that you may just need to release, get together and make some MEAN SOUP. Afterwards, add some potatoes, vegetables, meat or other your family like and eat way the challenge day.

### Discussion

- What are some of the things that happened to Horace?
- What did they cause him to feel?
- What was he doing because of the way he was feeling?
- What happened when he got home?
- What did his mother suggest?
- How did Horace respond?
- What happened next?
- How was Horace feeling at the end of the story?
- Tell me about a time when you were feeling really upset or angry?
- How did you respond?
- How did your response make you feel?
- How did others around you respond to your anger?
- How would you like it to have been?
- What are some ways that you can lessen your anger?
- How can you make yourself feel better?
- How would you like to respond when you feel angry or upset?
- What positive outcome comes from getting back to a peaceful feeling inside?



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

RECONCILE  
JUSTICE  
DAWN  
WITNESS  
UNFINISHED  
VISION  
NATION

RISE  
DESCENDED  
RECITING  
PRESIDENT  
POET  
DEMOCRACY  
REVOLUTION

INHERIT  
LAUREATE  
AMERICA  
POLISHED  
PRISTINE  
REDEMPTION  
BRAVE

ERA  
CULTURE  
CHARACTER  
COLOR  
VICTORIOUS  
PREVAIL  
GENERATION

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

# Famous Women In History

## DIRECTIONS:

Find and circle the CAPITALIZED names in the grid. Look for them in all directions including backwards and diagonally.



ANGELOU, Maya: 1928 - 2014, Author

ANTHONY, Susan B.: 1820 - 1906, Activist

AUSTEN, Jane: 1773 - 1817, Author

BARTON, Clara: 1821 - 1912, Nurse

CADY STANTON, Elizabeth: 1815 - 1902, Activist

CLEOPATRA: 69 BC - 12 AD, Ruler

CURIE, Marie: 1867 - 1934, Scientist

EARHART, Amelia: 1897 - 1939, Aviator

FRANK, Anne: 1929 - 1945, Writer

GOODALL, Jane: 1934 - present, Anthropologist

JOAN OF ARC: 1412 - 1431, Heroine

KAHLO, Frida: 1907 - 1954, Artist



KELLER, Helen: 1880 - 1968, Author

LOVELACE, Ada: 1815 - 1952, Mathematician

MOTHER TERESA: 1910 - 1997, Missionary

NIGHTINGALE, Florence: 1820 - 1910, Nurse

O'CONNOR, Sandra Day: 1930 - present, Judge

PARKS, Rosa: 1913 - 2005, Activist

RIDE, Sally: 1931 - 2012, Astronaut

ROSS, Betsy: 1732 - 1836, Upholsterer

SACAIAWEA: 1788 - 1812, Explorer

THATCHER, Margaret: 1925 - 2013, Stateswoman

TRUTH, Sojourner: 1797 - 1883, Abolitionist

TUBMAN, Harriet, c. 1820 - 1913, Abolitionist

QUEEN VICTORIA: 1819 - 1901, Ruler

WINFREY, Oprah: 1954 - present, Businesswoman

YOUSAFZAI, Malala: 1997 - present, Activist

# FIND 12 HIDDEN OBJECTS IN THE PICTURE

