



#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.

EMBRACING VULNERABILITY: When we choose to share our fears, our hopes, our dreams, our life experiences, our prayer requests, we encounter some level of vulnerability. Allowing others into our minds and hearts, creating spaces where judgement could happen, these are not simple acts. Embracing vulnerability begins with understanding why so many of us avoid it and why it can be one of the greatest gifts we could ever give ourselves.



There are many reasons why people may hesitate to be vulnerable. Often these reasons are associated with some past fear, personal trauma, or friendships gone awry. These memories can be painful and as a consequence, we may decide to stay guarded and put up barriers or even become defensive. “When we resist vulnerability, we’re listening to a “voice” that’s telling us we shouldn’t be open, but in truth, we’re actually denying the people close to us by not allowing them to fully know us. We fear we will be hurt or rejected, but vulnerability actually draws people in. We’re doing ourselves and the other person a favor by being open.

“Vulnerability is about having the courage to show up and be seen.” - Brene Brown

Many of the strongest relationships may then come from embracing genuine vulnerability, whether it’s showing empathy, sharing information with someone you trust, or simply expressing needs and wants openly without judgment .

What does it mean to embrace vulnerability? Many of us struggle with vulnerability because of fear, but we also fail to fully realize all of the ways we protect and distance ourselves from others. It may feel like we’re doing the right thing by keeping our mouths shut, when in fact, we should be doing just the opposite. Being vulnerable involves the following actions:

Ask for what you need. When we’re hurting, it’s easy to dismiss our pain or try to protect ourselves and the people around us by closing off. Achieving close connections means being willing to speak up when we’re in need. Admitting that we need someone to lean on or that we’re struggling or need help allows our loved ones to feel for us and respond to us in ways that bring us closer.

Be willing to expose your feelings. Sometimes we are afraid to expose our feelings even to ourselves. But acknowledging and accepting our feelings is an important part of being in touch with ourselves and sharing ourselves with others. A big part of strengthening our connections involves being willing to share how we feel with someone else.

Say what you want. Instead of blaming others or complaining, try to say what you want . It’s touching to see the connection people feel for each other when they’re strong enough to be vulnerable and say directly what they want.

Express what you really think. In addition to expressing our wants and needs, it’s important to be honest about our point of view and showing our real selves. Our relationship should be a space in which we aren’t afraid to say what we really think. This doesn’t mean being insensitive or unnecessarily hurtful, but it does mean offering an authentic exchange. We should be open to giving and receiving feedback without being overly defensive. Remembering that we are all human and therefore flawed can help us have more self-compassion and interest as we engage in more honest exchanges.

Slow down and be present. Part of vulnerability is being willing to be in the moment with someone else. When we listen to our critical inner voice or spend a lot of time in our heads, we can miss out on intimacy. Looking our partner in the eye, listening to what they have to say, and being willing to give time and attention to the moment are acts of vulnerability that are often harder to do than we imagine. Yet, engaging in each of these behaviors keeps us closer to one another and to our own feelings. <https://www.psychalive.org/embracing-vulnerability-strengthens-connections/>

Lenten Season Challenge from Rev. Glenn McIntosh: 40 Day 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.

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



I am Black History

This Sunday we celebrate the **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 wasn't expecting to write this much

but I have a filling, I mean, a feeling that you're good with it! Lol. Enjoy your blessed life! I love you! (Can't wait to see you soon!) Todd.

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.

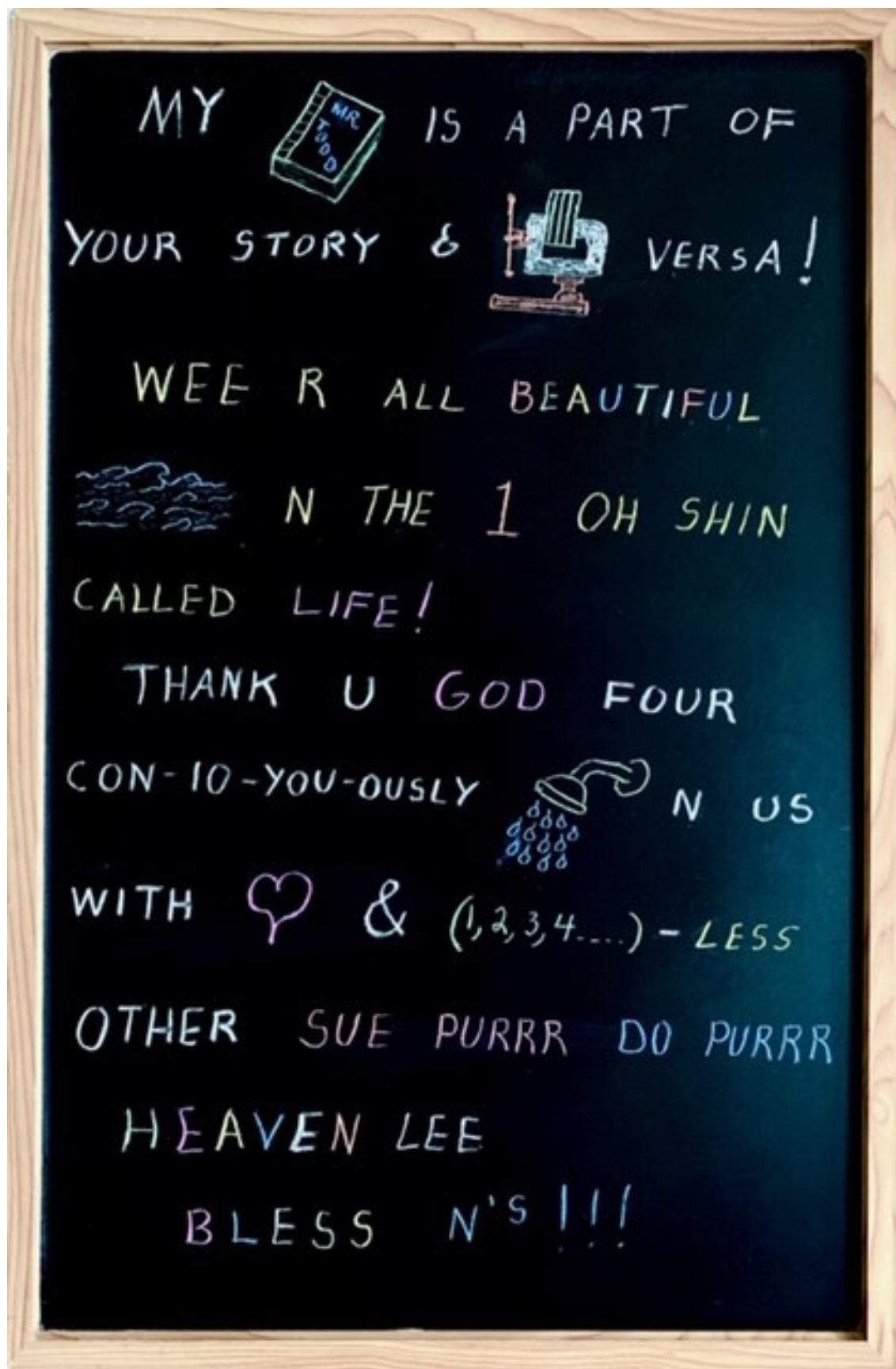
Birthdays are important because they remind us that we are alive and have another year to live. Also, birthdays help us appreciate what we have in life: work, family, friends, and so on.

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.

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

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.

Mr. Todd is famous for his many boards. Sharing one of his board about the Unity of all with Todd. His story is part of many of our stories.



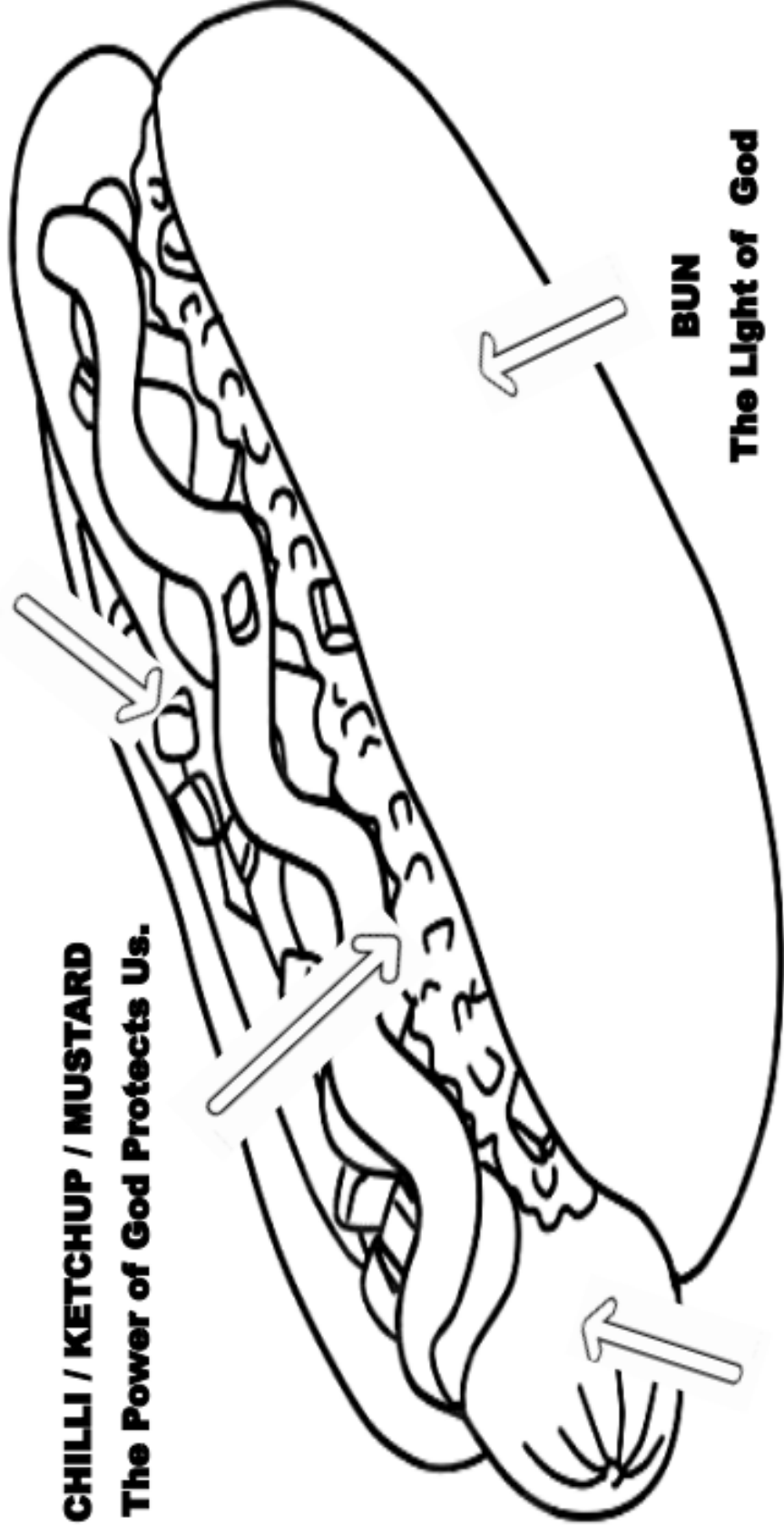
Prayer for Protection

SHREDED CHEESE / RELISH

The Presence of God Watches over Us.

CHILLI / KETCHUP / MUSTARD

The Power of God Protects Us.



BUN

**The Light of God
Surrounds Us.**

HOT DOG

**The Love of God
Enfolds Us.**

Wherever We are God Is and All is Well



<https://play.howstuffworks.com/quiz/hot-dog-quiz>

MR. TODD

How many words can you make with MRTODD?

D___, M___, ___D

R___, M___, O___, ___T, ___M, ___D

Lenten Word Scramble:



PMLAS _____

ETNL _____

LYHO RDUTAHYS _____

HESAS _____

TAREES _____

NACEPEN _____

SORSC _____

LUEPPR _____

UJSES _____

VESRSASPO _____

LSEBS _____

REPTE _____

DOGO DIFARY _____

ILADEN _____

**I'M BLACK HISTORY CAUSE;
IT'S A MYSTERY HOW I SURVIVED THE PAIN FROM MY PAST
I'M BLACK HISTORY CAUSE;
I HAVE A STORY ABOUT HOW I CAN SING FREE AT LAST
I'M BLACK HISTORY CAUSE;
I'M BLACK AND BOLD WITH A HEART OF GOLD AND,
MY INTEGRITY AND CHARACTER COULD NEVER BE BOUGHT OR SOLD.
I'M BLACK HISTORY CAUSE;
I'M ALIVE TODAY WHEN MANY OF MY BLACK SISTERS PASSED AWAY
I'M BLACK HISTORY CAUSE;
MY FAMILY TREE CONSISTS OF THOSE WHO FOUGHT AND
LIVED THROUGH SLAVERY
I'M BLACK HISTORY CAUSE;
GOD'S GLORY SHINES ON ME AND MY LEGACY WILL LIVE
THROUGHOUT CENTURIES
I'M BLACK HISTORY CAUSE;
I'VE BEEN RAPED, ABUSED, AND MISUSED BUT;
NONE OF THESE LEFT AN ETERNAL BRUISED
BECAUSE I'VE TO CHOOSE
TO FORGIVE AND FORGET
INSTEAD OF A LIABILITY,
MY AFFLICTION BECAME MY ASSET
I'M BLACK HISTORY CAUSE;
MY LOVELY FAIR COMPLEXION
REPRESENTS THE
MANY SHADES OF BLACK SKIN
I'M BLACK HISTORY CAUSE;
I'M OUTWARDLY BEAUTIFUL AND WITHIN
I'M BLACK HISTORY**

Shakina Small




Let America Be America Again



Let America be America again.
Let it be the dream it used to be.
Let it be the pioneer on the plain
Seeking a home where he himself is free.
(America never was America to me.)
Let America be the dream the dreamers
dreamed—
Let it be that great strong land of love
Where never kings connive nor tyrants
scheme
That any man be crushed by one above.
(It never was America to me.)

- Langston Hughes




Freedom



Freedom will not come
Today, this year
Nor ever
Through compromise and fear.

I have as much right
As the other fellow has
To stand
On my two feet
And own the land.



I tire so of hearing people say,
Let things take their course.
Tomorrow is another day.
I do not need my freedom when I'm dead.
I cannot live on tomorrow's bread.

Freedom
Is a strong seed
Planted
In a great need.
I live here, too.
I want my freedom
Just as you.

- Langston Hughes

