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## 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.

As spiritual beings living a human life, our relationship with our ego's can be contentious and sometimes painful. There is great wisdom available to us, when we are able to explore and learn from the parallel relationship that exists between our spirit and our ego. How do you define your ego? How do you define your spirit? What wisdom have you found on your spiritual journey as you've experienced these relationships?

### EGO = Edging God Out

By Rev. Ellen Debenport

A provocative question has arisen about the law of attraction and the idea that our thoughts and feelings create our experience: **If we believe that we create our own reality, where is God?**

How presumptuous, some might say, to imply that we are in charge! Isn't that just running rampant with our egos, thinking we can control everything, when in fact we should be seeking God's will? Who are we to see ourselves as creators of our own experience? Shouldn't we turn to God for guidance rather than ourselves?

I struggled with these questions years ago, and I still hear them frequently from people just learning about the law of attraction. **One man said that trying to understand that he attracts everything into his own life has been a "God-shattering experience."**

I remember that feeling. When I first heard the idea that I was a co-creator with God, it sounded grandiose and blasphemous. I was being encouraged to relocate God as being within me instead of out there watching and tending to my needs. But that made me feel I was praying to myself, which seemed wrong! And when ministers and teachers told me I had all the answers within, I felt bereft. Obviously, I thought, if I had the answers, I would be using them.

**I am a spiritual being having a human experience.**

I am an expression of God on earth. I am divine at my essence, my core, and I am never separate from God. As Jesus said, the Father and I are one. That means I have access to infinite divine wisdom, guidance, love, and strength, like a desktop computer tapped into the Internet. I have a higher self or inner being—my God-connection—that knows exactly what I need and draws it to me. I simply set an intention, and the universe rushes to support me.

Practicing the law of attraction means consciously and deliberately using our thoughts and feelings to bring more abundance into our lives. It may be love, health, strength, prosperity or anything else, but it all comes from God. It all originates in invisible substance and is brought into form through our thinking. It already has been provided for us as part of Creation.

**We are made in God's image, and God is nothing if not creative, so we are creators too.** What an amazing aspect of Creation that we can draw anything into our lives with our thinking! What we hold in our hearts and minds appears in our reality. I have come to believe that we are never more spiritual, never more in touch with God, than when we are co-creating our lives with the Divine. It is exactly what we came to earth to do. - *Ellen Debenport is a longtime Unity minister currently working as vice president of publishing for Unity World Headquarters*

A Rich man who does not know himself is worth less than a poor man that does ✨ African Proverb



# I am Black History



Random Acts of Kindness  
By Ebonie Johnson Cooper

New York City is the land of “anything goes.” From clothes, to food, to well just about anything. People have a misconception about New York and it’s people. They say we’re mean, we’re cold, etc. Truth is New Yorkers are some of the kindest, most helpful and giving people. **Just smile at us and chances are once every five miles, we’ll smile back.**

New York is also known for its exorbitant homeless population. For one reason or another it’s bad- real bad. You’ll see the homeless panhandling on the subway, asking for change on the streets, or making their beds in the doorway of a closed store. It’s a problem I’m sure every mayor has attempted to tackle but sometimes we have to take matters into our own hands. I witnessed the everyday goodness of one New Yorker that touched me unlike anything is seen in a long time.

**Meet Kevin Anderson.** I’ve seen Kevin before on the train but this time I decided to stop him and ask why he does what he does. We had 60 seconds between stops to chat, and this is what he told me...

*“Is there anyone on this train who is hungry? Not every becomes homeless but everyone becomes hungry.” – Kevin Anderson*

**Ebonie: What is the name of your cause?**

**Kevin: Food for the Homeless and Hungry**

**Ebonie: Why do you do this?**

**Kevin: At one point I was homeless myself.**

**Ebonie: How many people do you feed a day?**

**Kevin: 300 – 500**

**Ebonie: How do you fund this?**

**Kevin: Donations**

**Ebonie: Where do you make the sandwiches and snacks?**

**Kevin: At home.**

**Ebonie: How often do you do this?**

**Kevin: Every day**

**Ebonie: Where?**

**Kevin: All trains. Midtown. Harlem. Mainly we do the trains for donations.**

**Thanks to Kevin for taking a moment to share with me his good deed. May his kindness come back full circle.**

Friday, February 17, 2023 was Random Acts of Kindness Day. This is a day set aside to focus on helping others and to bring a focus to kindness as a default expression of humanity. In alignment with this week’s Spiritual Journey focus, let’s set aside our individual EGOS and see each other as Kevin Anderson did, as people that at some point were hungry. In the Spiritual sense, we are hungry to be in union with Spirit. Ego is not who we are, it is who we think we are. It is the mask of hunger that we wear to meet cultural, social or family expectations. When we feed ourselves with knowledge of self, self-worth, God’s Love, our Christ light, we will be full and open to feeding others and simply being kind.

**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.

# THE YOU

True self  
We  
Unity  
Understanding  
Friendliness  
Forgiveness  
Love  
Gratefulness  
Co-Happiness  
Happiness  
Humble  
Spiritualism  
Peace

# THE EGO

False self  
Me  
Seperation  
Blame  
Hostility  
Resentment  
Pride  
Complain  
Jealousy  
Anger  
Power  
Materialism  
War

| TheMindsJournal





It takes **A**  
— whole —  
**VILLAGE**  
to **RAISE A**  
child



-African Proverbs-

# Random act of kindness

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

understanding  
friendship  
teamwork  
character matters  
friendly  
forgive and forget  
pay it forward  
generous  
make eye contact

courage  
responsibility  
acceptance  
generosity  
appreciate  
be grateful  
kindness  
compassion

patience  
honesty  
respect  
altruism  
show empathy  
random acts of kindness  
walk a mile in their shoes  
smile



## A Spiritual Understanding of Diversity

There is great diversity among human beings. Physically we differ from each other in things such as size, body structure, skin color, and facial features. We also differ from one another mentally, emotionally, psychologically, and spiritually.

One of the greatest challenges of a healthy spirituality is learning to tolerate the differences we find in one another and not to view these differences as threats to ourselves.

Moreover, a healthy spirituality should lead us to celebrate our differences and to see them as a reflection of God's beneficence and creativity.

*- Melannie Svoboda from Traits of a Healthy Spirituality*



## 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



Most Loving and Merciful God,

In whose law we find our guidance, in whose Love we find our healing and joy, and in whose will we find our peace, rule over our spirits with the freedom of those who trust you and need have no anxiety for themselves.

Empower us, O God to be open to the seasons of life and give of our hearts Love generously to all in need. Grant us the silence of heart so that we can grow in your word.

As we go through "Black History Month", help us to never forget our history and instill in us the willingness to share our history with our youth and others throughout the year.

Now Lord God, fill us with the solemnity of the faith of the great commission; but also provide us with the strength and the will to stay in Loving and Joyous relationships with one another and the world.

With joy we release the ego self to embrace the Spirit of you!

- Author Unknown