



#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.

Renaissance Unity is founded on the energy of love. The pillars of our shared spiritual home stand strong lifting us into the active expression of kindness, inclusivity, equity, truth, and the freedom to be celebrated exactly as we are. In our commitment to these pillars, we seek out tools that we can use and share with each other to lift us and keep us choosing from our higher selves. We choose not to spiritually bypass the wounds of our world. We choose to address our past, our present and our future without blinders. What are some of the tools that you use? What is your spiritual journey founded on? What are your personal pillars?

THIS WEEK'S FOCUS— The FREEDOM of SELF LOVE

True freedom is found in the ability to desire and to choose the good. **Pope John Paul II share his opinion of Love and Freedom: "Freedom exists for the sake of love. Man longs for love more than for freedom – freedom is the means and love is the end." And the evidence of true love is a sense of healthy responsibility toward those we love.**" There is a connection with Love and Freedom—Growth in true freedom expands the capacity to love, and growth in love expands freedom.

What can you do to grow in love by cultivating a better use of your freedom?



One of the biggest freedoms, I believe we may struggle with, is the freedom to love and value ourselves,. However, showing others how you love yourself, gives them the freedom to love you in the way you deserve. More importantly, being the love of your life, breaks the barrier of seeking love externally. You can be the love you never received.

We are often looking for the love outside of ourself, that we overlook that we are the spark of divinity and that spark comes from within.

Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself. **Matthew 22:37-39**

The greatest commandment helps us see self-love as a prerequisite and assumption before we can truly love others. As true descendants of the Divine Christ, we are worthy. Our True Freedom is in knowing who we are, and whose we are. Our self awareness of our true divinity recognized the love we are seeking is within.

Thank you God for creating the greatest love of all in ME!

The Freedom of Self-Love Challenge: Write down 100 things you love about yourself. Are they written? Then Look in mirror and say them to yourself. If you are brave, record the list and listen to it all week.

As Parents, help your children with their list, offer some suggestions. As a bonus, tell them 100 things you love about them.

"Am I good enough? Yes, I am! — Michelle Obama ✨ Weekly Activities, continue ➔



I am Black History

Black History Month... And Beyond Honor Our Ancestors with Radical Self-Love

"In a society where we are made to feel invaluable and unloved, we are disrupting systems of oppression by showing ourselves the love and kindness we deserve."

by Kai Belton
Awaken Everyday Blog



This month is Black History Month, and as a Black woman, I am always excited about shining a light on the beauty of Blackness. Black is beautiful all year long but this month we are illuminating our history, our strength, and our brilliance. Because oppression has been this constant light dimmer, we can forget how beautiful we truly are. In celebration of Black History Month, I welcome you to join me in honoring our ancestors by practicing radical self-love. Radical means, "to affect the fundamental nature of something" and self-love means, "to show regard for one's own well-being and happiness." Together, we are taking radical action on the way that we love and treat ourselves. In a society where we are made to feel invaluable and unloved, we are disrupting systems of oppression by showing ourselves the love and kindness we deserve. The ancestors that we celebrate knew our value and the beauty of our Blackness. Sometimes we forget that the brilliance and resilience they possessed lives within us. We need to remind ourselves of this and honor them by finding radical ways to love ourselves. I will share three ways we can do this together, acknowledging that this may not apply to everyone and there are many ways to practice radical self-love.

- 1. Let our light shine bright.** Sometimes we can feel like we don't belong in certain spaces and dim our light to make others comfortable. We don't always use our voice for fear of sounding unintelligent or not as smart as others. We receive these messages from society and internalize these negative messages that create self-doubt. From this moment forward, anytime you are doubting yourself in any space listen to the voices of your ancestors. Their voices are saying, "You belong in every space you are in. Everything you have to say is valuable. Your voice matters." Shine your beautiful light and embrace the power within you.
- 2. Show yourself some compassion.** We need to find peace in expressing how we feel and what we feel. You are an exquisitely beautiful being and deserve the same kindness and compassion you show others. Always give yourself grace because you deserve it. I like to practice love and kindness affirmations when I am not feeling my best. I put my right hand over my heart, my left over my right and say these words out loud: "I am worthy of love and respect. I accept me just as I am. I am free to let go of other peoples' judgements." I offer this practice to you, as well.
- 3. Spend some time practicing wellness.** You deserve to be well. The long-standing health disparities are no secret to our community and they create a state of vulnerability that can't be ignored. We must take radical action and love ourselves enough to survive and thrive. Try this short practice to connect with our ancestors as we start our journey of radical self-love:
 - Close your eyes and take 5 deep breaths in through your nose and out through your mouth.
 - Visualize the people who came before you.
 - Name the people who fought hard for you to be where you are. You aunt, your grandmother, Harriet Tubman...whoever comes to mind.
 - Hold your hands out palms up welcoming them in and connect to them
 - Feel them in your heart. Say thank you or anything else you feel you need to
 - They are here to help you on journey.
 - Together with your ancestors repeat these words as many times as you need to
 - I resist by loving myself unconditionally

Black History Month is nationally recognized in February, but our history lives in our hearts. Yes, there is a lot of pain that is associated with our past but there is so much more to our story. There is love, strength, and resilience. We have the power to write the next chapters of our story by learning from our ancestors and truly embracing the beauty within us. Remember to shine that bright light of yours everywhere you go. *Kai is a Community Social Worker, Wellness Activist, and Healing Artist. Kai has spent the last 15 years advocating for Black Mental Health and Wellness.* —<https://www.copperbeechinstitute.org/blog/black-history-mo-self-love>

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.

HOW TO START LOVING YOURSELF

Research all the different types of self-care



Know that you were always worthy.

(even when people made you feel otherwise)

Get to the root of why you don't love yourself

Create boundaries with toxic and damaging people in your life

Don't shy away from working on yourself

Stop waiting until you're "perfect" or you meet a goal. Start now.

Get to know yourself. Hobbies, strengths, the things about you that are lovable and admirable.

Practice self-care and listen to your needs, daily.

Read even more on **Blessing Manifesting**

B I N G O

Say "I am (name) and I can do anything I set my mind to."	Name 3 things that you are good at.	Say "I love myself" 3 times.	Complete the statement: Self-love is when _____.	Give a short message to your future self.
Open your camera and show a big smile.	Say something positive about yourself.	Complete the statement: I love myself because_____.	Give a compliment to the person to your left.	Share an inspirational message to your classmate.
Share your favorite book.	I am happiest when I _____.	Free!	Share your favorite song or genre of music.	Share the greatest compliment you have ever received.
Give a compliment yourself.	Share a happy event in your life.	IT'S YOUR LUCKY DAY !	Give a compliment the person to your right	Name an accomplishment you are proud of.
Give a heart sign on the zoom meeting.	Name 3 things that makes you happy.	Give a compliment to someone in the virtual classroom.	Talk about 3 things you are grateful for.	GOT YA ! PICK ANOTHER TILE.

Don't settle for anything less than what you want in life.

**People are different and that's okay.
We can see each other's differences and still show kindness and respect.**

**You have a voice and your voice matters.
Use your voice and speak up when you have something to say.**

Don't be afraid to be yourself.

Everyone is an individual and should feel free to be who they truly are in their heart.

**Things can always get better, no matter how bad things might seem in any moment.
Hang in there.**

Steer clear of mean people.

Be the kind of friend to others that you want them to be to you.

If something would hurt your feelings or make you feel bad, don't do it to other people.

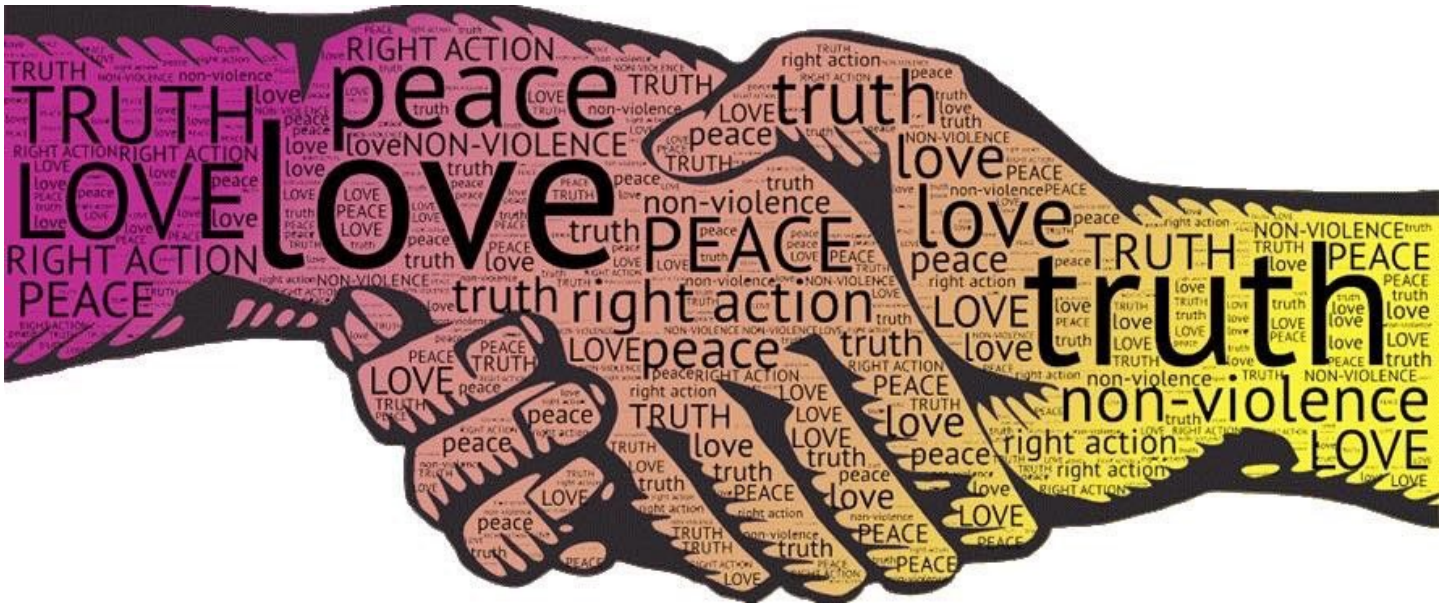
Look for the good in people, but don't tolerate unhealthy behavior or people who treat you badly.

I will always love you no matter what.

I am so happy to be your mom!

Remember how much I love you!

You are beautiful exactly as you are - inside and out!



I Dream a World

I dream a world where man
No other man will scorn,
Where love will bless the earth
And peace its paths adorn
I dream a world where all
Will know sweet freedom's way,
Where greed no longer saps the soul
Nor avarice blights our day.
A world I dream where black or white,
Whatever race you be,
Will share the bounties of the earth
And every man is free,
Where wretchedness will hang its head
And joy, like a pearl,
Attends the needs of all mankind-
Of such I dream, my world!

- *Langston Hughes*



Lord, Lord, Open Unto Me

Open unto me, light for my darkness
Open unto me, courage for my fear
Open unto me, hope for my despair
Open unto me, peace for my turmoil
Open unto me, joy for my sorrow
Open unto me, strength for my weakness
Open unto me, wisdom for my confusion
Open unto me, forgiveness for my sins
Open unto me, tenderness for my toughness
Open unto me, love for my hates
Open unto me, Thy Self for myself
Lord, Lord, open unto me!

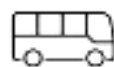
- Howard Thurman, from "Meditations of the Heart"

Thurman who was born in 1899 and raised in the segregated South. He is recognized as one of the great spiritual leaders of the 20th century renowned for his reflections on humanity and our relationship with God. Thurman was a prolific author (writing at least 20 books); perhaps the most famous is *Jesus and the Disinherited* (1949), which deeply influenced Martin Luther King, Jr. and other leaders of the Civil Rights Movement. Thurman was the first black person to be a tenured Dean at a PWI (Boston U). He also cofounded the first interracial pastored, intercultural church in the US.

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'*

