

HA NASHHEEM

SOCIAL JUSTICE ISSUE



TORAH IS PRACTICAL

SUMMER 5781



Our Elohim is One, Our Nation is One, Our Sisterhood is One

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ARISE, JACOB, AND RETURN AS YAH'S PEOPLE!

In his acclaimed 1996 book entitled “The Coming Race War in America: A Wake-Up Call”,¹ award-winning journalist and statesman, Carl T. Rowan, wrote this in his preface and opening chapter (an excerpt) the following:

“Signs of a searing, stupid conflict are almost everywhere: in the cruelly bigoted rhetoric that often befouls the well of the House of Representatives; in the swastikas and the Ku Klux Klan symbols that festoon our military barracks; in the “for kicks” murders of two young black people near Fort Bragg, North Carolina; in the Harlem death of a man in a fire provoked by black critics of a Jewish merchant; and in the widespread lawlessness of some 800 militias and paramilitary groups that have sprouted up in the fields and urban haunts of America.” And, “as surely as though they were Third Reich propagandists paving the way for a blitzkrieg, we see the right-wing hatemongers all over the American media, spewing forth the venom that energize the white supremacists. A spirit of violent paranoia pervades this society because of drumbeat (sic) wherein white men feel that black people are inferior and that they are being cheated.”



Remember that this was 1996, and today many will say that our brother may be considered a prophet. As Israelites, we know that true prophets are sent by The Most High. The problem with prophets is that most people don't heed them as sometimes we don't recognize them if they don't say “Thus sayeth Yah.” But we know that inevitably when The Most High sends the prophet, the prophecy is always fulfilled.

Here in America and throughout the world, Israelites have been living out the punishment that was prophesized against us in Deut. 28. We have been the subject of some of the worst atrocities ever committed against humankind even up to the modern day. I will not begin to tell you that I understand why the virtual murder of another Israelite (black)

man has stirred such a reaction worldwide to call for an end to police brutality and injustice. To be truthful, if I had to pick a “victim”, it might have been Breanna Taylor or Botham Jean; the latter two “mistakenly” killed while they were *in their own homes*. Nevertheless, Mr. Floyd did not deserve to have his life snuffed out over what may have been a misdemeanor by a racist police officer, whether we had viewed it or not. Yet somehow this phenomenon has occurred. I guess it feels so unusual because rarely have so many others seemed to stand with us.

The George Floyd incident can't be separated from the larger context of the health and economic crises caused by the coronavirus pandemic, which have affected our people at a disproportionate rate. Incidentally, we're affected at higher rates not due to genetics. Rather, it's because you usually find us in those jobs that are the most dangerous and offer the least protection such as security guards, cleaners, postal workers, delivery persons, servers, product, meat and food processing, truck and taxi drivers, et al. For at least the first few months of the COVID-19 pandemic, the CDC mandated that to get tested, you had to go to a primary care doctor to get a prescription and then in some areas, also get a referral to a specialist that could approve a test because they were in limited supply.² No doubt where that left most of us.

Discontent over months of lockdown measures, combined with the "Very Stable Genius's" incendiary and inflammatory tweets in response to early protests, may have been the tinder that caused the anger in Minneapolis to spread across the U.S. and the world. It appears that black and brown people, not only Israelites, are saying enough is enough. What makes you wonder is that even the descendants of the oppressors are protesting too. Again, I won't tell you that I understand why. His death may have been the spark for a country already on the brink. As Michelle Goldberg quoted in the NY Times: "So many things make America combustible right now: mass unemployment, a pandemic that's laid bare murderous health and economic inequalities, teenagers with little to do, police violence, right-wingers itching for a second civil war and a president eager to pour gasoline on every fire." Add to this the image of a human being, who happened to be black/Israelite, whose life was snuffed out in real time and before our very own eyes as he pleaded for his life and his mother, must have been the fuel that helped to ignite the fire.

**“RACISM IS NOTHING
SHORT OF A PUBLIC
HEALTH CRISIS.”**

MICHELLE A. WILLIAMS, DEAN OF THE
HARVARD SCHOOL OF PUBLIC HEALTH

For our people, it is the repetition of a sad, but familiar story, i.e., Black/Israelite men, women & children being murdered at the hands of white folks, including the police. Just imagine if no one had shot those videos of George Floyd and Ahmaud Aubery being senselessly murdered by white folks who didn't even regard them as human beings! Instead, racism in that video is as visceral as a lynching. However, there is no viral video to galvanize us about other racial inequities:

- There is no video to show that a Black/Israelite boy born today in Washington, D.C., Missouri, Alabama, Louisiana, Mississippi or a number of other states has a shorter life expectancy than a boy born in Bangladesh or India.³
- There's no video to show that black children still are often systematically shunted to second-rate schools and futures, just as they were in the Jim Crow era. About 15% of black or Hispanic students attend so-called apartheid schools that are less than 1% white.⁴

“There is another kind of violence, slower but just as deadly, destructive as the shot or the bomb in the night,” Robert F. Kennedy said in 1968 shortly before his assassination. “This is the violence of institutions; indifference and inaction and slow decay. This is the violence that afflicts the poor, that poisons relations between men because their skin has different colors. This is a slow destruction of a child by hunger, and schools without books and homes without heat.”⁵

Health statistics bear that out. A black newborn in the United States is twice as likely to die in infancy as a white newborn and a black woman is two and a half times as likely to die in pregnancy or childbirth as a white woman.⁶

“Racism is nothing short of a public health crisis,” says Michelle A. Williams, the dean of the Harvard School of Public Health. “That reality is palpable not just in the scourge of police violence that disproportionately kills black Americans, but in the vestiges of slavery and segregation that have permeated the social determinants of health.” (Included in Twitter Chat video of Nicholas Kristoff, NY Times, June 8, 2020)

Although much of the research paints a bleak picture, we must never forget where our hope and redemption lay. We must, absolutely **MUST**, return to the laws, statutes, and commandments of Yah if our situation is to change (See Jer. 30 & Deut. 30). Meanwhile, there was a careful study conducted by the National Academies of Sciences, Engineering and Medicine in 2019 that showed how child poverty could be reduced by half — hugely reducing racial inequality, if only the political will to do so were present.⁷

It has always been largely up to US to remedy our own situation. One of the ways we can do this is by setting aside our petty (even though some may be passionate) differences and work together toward a common goal. Yet we know we won’t win against our oppressors or change their perspectives with the usual instruments of war. Our oppressors are not going to ask if we are Torah-based or otherwise affiliated. And please, don’t get it twisted. I know that whenever we invoke those *false gods* or other people’s *traditions* of worship into the mix, it *will* impede us. Still, and if you truly trust and believe the prophecies Yah gave to our prophets to utter, you’ll understand that:

“For, lo, the days come, saith the LORD, that I will turn the captivity of My people Israel and Judah, saith the LORD; and I will cause them to return to the land that I gave to their fathers, and they shall possess it. And these are the words that the LORD spoke concerning Israel and concerning Judah. For thus saith the LORD: We have heard a voice of trembling, of fear, and not of peace. Ask ye now, and see whether a man doth travail with child; wherefore do I see every man with his hands on his loins, as a woman in travail, and all faces are turned into paleness? Alas! for that day is great, so that none is like it; and it is a time of trouble unto Jacob, but out of it shall he be saved.” (Jer. 30:3 & 7-11)

Certainly I would love to see us put the same fear in our oppressors as they have instilled in us. For one example, I’d like to be able to put a Caucasian effigy in every place a

REFERENCES

hangman's rope is placed to frighten us to counteract this deliberate threat. However, I do know that for that to happen, we still have a lot of work to do. First, we have to realize that we MUST stop fighting with each other and UNIFY. We sometimes become easy prey because we do not stand up for or protect each other. We demonstrated after the so-called end of slavery in places like Greenwood (Tulsa), OK, Rosewood, FL, and Storyville, LA that we could build, live and prosper together despite the jealousy and violence these and our other self-sufficient communities incurred at the hands of hateful Caucasians. If we are ever to be victorious, then, our formula lies in Deut. 30:1-3:

“And it shall come to pass, when all these things are come upon thee, the blessing and the curse, which I have set before thee, and thou shalt *bethink* thyself among all the nations, whither the LORD thy God hath driven thee, and shalt *return* unto the LORD thy God, and hearken to His voice according to all that I command thee this day, thou and thy children, with all thy heart, and with all thy soul; that then the LORD thy God will turn thy captivity, and have compassion upon thee, and will return and gather thee from all the peoples, whither the LORD thy God hath scattered thee.”

May Yah cause the day to come in our lifetime.
Halleluyah!

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YALADEEM QODESHEEM

Felicia Moore Yisrael



Why I Love Yah!

"I love the MOST HIGH because the MOST HIGH gives me life, food, water and shelter. I can accomplish whatever I want to be because the MOST HIGH makes all things happen!" "When I grow up, I want to be a gymnast!"

Mishle Baht Yahdar,
9 years old

SHALOM

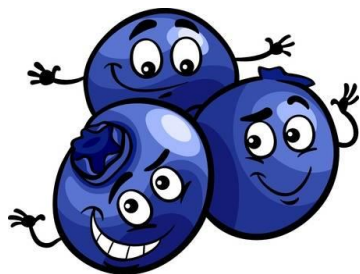
Yeladeem Qodesheem, Holy Children
Welcome to your page!

THANK YOU MISHLE THAT WAS TERRIFIC!

We want to see our holy children grow up healthy and strong, so that is why we're recommending some **AWESOME EATS**



You may already know that berries are power-packed antioxidants & they're good for you in so many ways, besides being absolutely delicious! Take **blueberries** for instance. Blueberries are very good fruits. Blueberries can help heart health, bone strength, skin health, blood pressure, diabetes management, cancer prevention, and mental health.



You wouldn't believe a little berry could do all that would you? Yet it can. They're so good fresh, but are also great when mixed in a smoothie or topped over cereal or yogurt. Why not try this super-food today?



Congratulations
to all of our graduates, from kindergarten to college. May The Most High continue to bless you and your proud families!

Speaking of our graduates, on Sunday, June 28th the Israelite Community Graduation Committee hosted a virtual celebration for our 2020 grads! Participants submitted their information to the committee before June 14th by logging on to: israelitecommunitygrad2020@gmail.com. The committee is dedicated to honoring our children's accomplishments, and are accepting donations to continue making e these events possible, and truly rewarding for our graduates. If you'd like to contribute, please contact Gvrt. Deboprah Mack directly at deborah@bnaiadath.org or through the ICGC email at israelitecommunitygrad2020@gmail.com . Todah rabah.

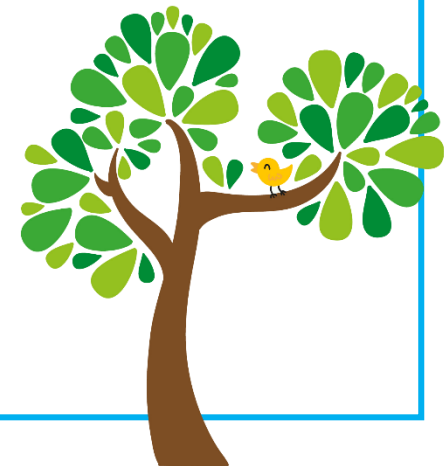
SHEQET MEANS QUIET.

HEBREW WORDS FOR US TO KNOW

Emah and Abba (Daddy and Mommy), sometimes tell us to “**sheqet**” when we are in places where we need to be quiet. (שקט)



SHALOM AGAIN! Did you enjoy your pages? Please be a part of our space. You are our precious children and we want to hear from you. For the column "WHY I LOVE YAH", send the terrific reasons that you love YAH, as well as your name, age, telephone number, and what you want to be when you grow up. Email me at: supremev@gmail.com. I can't wait to hear from you. HAVE A HAPPY DAY!!! PRAISE YAH!!!





**BLACK,
FEMALE &
MISSING**



BLACK GIRLS MISSING! Naami bat Lewi

We know that the spotlight is now, at least temporarily, on Black people who have suffered death and violence at the hands of the nation's police and rightfully so. However, there is another serious issue in our communities that has gone mainly unnoticed and/or unaddressed.

Over the years, a disturbingly disproportionate number of Black women and girls across the United States have gone missing. What's even more alarming is that the media coverage and legislation that missing Black girls are getting seems to be lacking compared to missing white girls.

Recently, the nonprofit [Black & Missing Foundation](#) compiled statistics from the FBI which noted that in 2018 alone, 239,302 individuals of color (out of 612,846 for all races, except that Hispanics are not included) were reported missing in the United States. A stunning 36.8% of those missing were Black teens under the age of 18.

An earlier [2010 study](#) about the media coverage of missing children in the U.S. discovered that only 20% of reported stories focused on missing Black children despite it corresponding to 33% of the overall missing children cases. Conclusively, the report said that missing Black youth — especially Black girls — are underreported in the news and it seems that many people don't even care.

“When Black girls go missing, far too many people don't know, or don't care.”

La'Tasha D. Mayes

These statistics are also corroborated by La'Tasha D. Mayes^a in her 2017 essay, *“Why the Crisis of Missing Black Girls Needs More Attention Than It's Getting”*, published in *Ebony.com*. “In other words, missing Black youth are grossly underreported in the news. For missing girls, it's even worse. When Black girls go missing, far too many people don't know or don't care,” Mayes wrote.

What's more, officials at the National Center for Missing and Exploited Children's CyberTipline said they've received more than 18.4 million reports, most of which led to apparent child sexual abuse images: online enticement (including “sextortion”), child sex trafficking and child sexual molestation. Those statistics, and the seeming lack of media interest, have led to cries of racism and neglect, particularly when it comes to Black girls.

In efforts to address the problem of missing Black children nationwide, Reps. Bonnie Watson Coleman, Robin Kelly, and Yvette D. Clarke initiated the Congressional Caucus on Black Women and Girls in 2016. Through the caucus, they hope to create public policies that “eliminate significant barriers and disparities experienced by black women.” Members of the caucus believe that more federal assistance and collaboration is needed to further eliminate the problem.

Meanwhile, the Black community and organizations utilize social media networks to bring back missing Black girls. Using the hashtag #BlackGirlsMissing, many young women have returned home safely despite the usually limited support from police and minimal reporting from media.

If you wish to help, Black and Missing But Not Forgotten is a great non-profit organization focused on spotlighting and finding missing African Americans. Please, let's bring our girls and women back home.

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DID YOU KNOW?

Pregnant women exposed to high temperatures or air pollution are more likely to have children who are premature, underweight or stillborn, and African-American mothers and babies are harmed at a much higher rate than the population at large, according to sweeping new research examining more than 32 million births in the U.S.

The research adds to a growing body of evidence that minorities bear a disproportionate share of the danger from pollution and global warming. Not only are minority communities in the U.S. far more likely to be hotter than the surrounding areas, a phenomenon known as the “heat island”¹ effect, but they are also more likely to be located near polluting industries.²

PTSD (Post Traumatic Slave Disorder)³ also plays a role. The rate of sexual assault among Black women is 3.5 times higher than that of any other group in this country. Black women are also less likely to report their assault. Many suffer in silence for years, never sharing with anyone what has happened to them. Thus, the trauma remains unnamed, unknown and untreated and the symptoms worsen.

Racism is also a form of trauma that disproportionality affects Black women (and men). Trauma in the form of racism can be directly or indirectly experienced. Driving while Black, shopping while Black, and everyday racial microaggressions are direct examples of racial trauma, which we have seen a lot of lately. The most common indirect examples are the viral videos of unarmed Black women and men being killed. Vicariously witnessing race-based trauma, can be as devastating as the direct form.⁴

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4. Featured: June, 2020 on BlackDoctors.org.



Gvrt. Adirah eshet Rabbi Benyamin Levy was kind enough to share with us a couple of her COVID-fighting & preventative remedies. She tells us that adding berries to your morning regimen is a sure shot winner!:

- 1 cup blueberries
- 1 TBSP concentrated cherry juice
- 1/2 ripe mango (peel included)
- 2 TBSP Lemon Zest
- 2 cups White Grapes
- 2 cups Water

Also, a cup of hot water with a squeeze of lemon is delicious and rejuvenating first thing in the morning. The Vitamin C gives you an amazing boost and you're ready to start your day!

Gvrt. Adirah also advises that you should not wear a mask while alone in your car. Masks are designed to protect other people. Masks should not be worn for more than 2 hours. Breathing in your own CO₂ can be toxic to the body. Get fresh air often. Breeeeeathe...

From BlackDoctor.org:

When it comes to your health, cholesterol may not be top-of-mind, but it should. High cholesterol has no symptoms you feel and can often be overlooked by patients.

It's important to get your cholesterol checked regularly and work with your doctor to adjust your cholesterol levels as if necessary. According to the American Heart Association, lowering cholesterol reduces the risk of heart disease and stroke.

Check out these easy-to-make smoothie recipes that will help you take steps to start lowering your bad cholesterol by incorporating heart healthy psyllium fiber found in Metamucil.



DELICIOUS SMOOTHIES THAT LOWER CHOLESTEROL

Mocha Cooler

If you're craving chocolate and iced coffee, there's no need to run to the nearest coffee shop! This Mocha Cooler recipe packs great flavor and is the perfect way to sneak more fiber into your diet.

INGREDIENTS

- 1 tablespoon instant cocoa mix
- ½ teaspoon instant coffee
- 1 tablespoon brown sugar
- ¼ teaspoon of cinnamon
- 1 cup cold low-fat milk (or milk substitute)
- 1 rounded tablespoon of Unflavored Real Sugar Metamucil Powder

PREPARATION

Combine the cocoa mix, coffee, brown sugar and cinnamon in a glass. Blend in milk (or milk substitute), Metamucil, and ice cubes, if desired. Stir well and garnish with a dollop of whipped cream and a dash of cinnamon.

Tropical Fruit Smoothie

Ready for a taste of the Islands without leaving home? This delicious and healthy Tropical Fruit Smoothie is a good source of fiber thanks to psyllium, mango and pineapple. This smoothie can be savored when you add Metamucil smooth orange powder.

INGREDIENTS

- ½ cup vanilla low-fat yogurt
- ½ medium peeled banana
- ½ cup mango juice or papaya juice
- ¼ cup pineapple juice
- 1 rounded teaspoon of Metamucil Original Smooth Powder – or Meta Appetite Control Smoothie Enhancer
- Crushed or cubed ice (1/2 cup)

PREPARATION

Blend yogurt, banana, juices, and the ice until the ice is crushed. Add Metamucil and blend until mixed in. Garnish with your favorite tropical fruit!

Foods That Detox And Cleanse The Body

1. Cucumber
2. Grapefruit
3. Kale, spinach, and other dark leafy greens
4. Ginger
5. Lemon
6. Pineapple
7. Beans

By Aquiona Russell



Are you the parent of an infant, looking for a way to save money, keep your baby's skin healthy, help heal the Earth AND be cute and fashionable at all times? Cloth diapering is the way to go! I know there are a lot of people who still have reservations about cloth diapering and if you are one of those people, keep reading! Cloth diapers have come a long way since the older times when there was just a flat cloth and some pins to hold it together. By the way, those are still a thing. But now, you have a plethora of cloth diaper styles to choose from. You may want to have an all in one diaper that is styled like your typical disposable diaper with the only difference being that you can wash them and reuse them. There are pockets, which are my favorite, that are like the previously mentioned all-in-one diaper that has inserts that you can place on the diaper shell or stuff inside of the diaper shell. This makes for quicker drying because the absorbent liners and diaper are

separated. There are all-in-two diapers. These are basically like a pocket diaper but the inserts snap in fitted diapers that are basically wool that you have to lanolize to make them leak-proof, and many others. The original cloth design has gotten an upgrade too! There are flat cloths and prefolds that you would use to absorb and snappi or boingo pins that make securing the diaper in place super easy and safer! Do you have to send your child to daycare? Or perhaps a family member would like to change a diaper to help out but hey don't cloth, at all. There are Earth friendly, septic safe, biodegradable, disposable inserts that you can put inside of your cloth diaper shell to make your baby's diaper a breeze to change and did I mention the prints? They are so many great colors and prints to choose from.

I cloth-diapered my firstborn and my youngest. So far I have my favorite diapers that I would like to share with you and I'll tell you why. As a mom with a huge family and a limited budget, I have always loved trying to find a bargain on cloth diapers because if there was anything that made me nervous, it was the huge initial price of cloth diapers. The conventional brands have prices up to \$300 for just 12 diapers! Sure, it's worth the money if you can afford such a big investment, but I was more into looking for something that would be just as good for a price that did not make me want to pass out on sight! Here are my favorite low-cost diapers that are not just affordable, but super effective:



Giggle Life diapers: This is a brand whose company is based in Canada. They sell pocket diapers that have really cute designs. You can choose solids and/or prints and they have different fiber options—microfiber or bamboo and they just released another line which is their most affordable yet, suede. I prefer bamboo inserts more than microfiber because they are better for baby's skin, softer, and way more absorbent. For the quality, you can get an awesome haul for a great price and they last, wash after wash. **Shop** www.gigglelife.com

Simple Being diapers: These pocket diapers can be found on Amazon and they are my favorite because they are designed with blowouts in mind. They have double gussets that contain all the mess. Their prints are amazing and like the other brand mentioned above, they grow with your baby taking them from their first months to potty training. The only drawback that I feel is worth mentioning is that they seem to run a tad smaller than other brands I have tried. However, my baby boy's nickname is "Superchunk", so that may be a non-factor to you. Try them out. I love them and they would be number one in my book if they were stretchier and had options like bamboo. **Shop** www.simplylifehome.com

SimpleBeing

Wegreeco

Wegreeco pocket diapers: I recently found these diapers when pricing diapers on Amazon. I was already familiar with the brand because I had purchased their liners before. For those who don't know what liners are, liners can be bought along with your cloth diapers to separate the liquids from the solids. When your child does No. 2, all you have to do is lift the liner that caught all the solids, dump them in the toilet and then toss the liner in the trash. Now, your cloth diapers are easier to wash on wash day! I discovered their pocket diapers and was sold already on the brand, but the reviews are what sealed the deal for me. I love these because they come with bamboo liners, their designs are super cute and they are stretchy enough to fit "Superchunk". I have not had any issues with leaking at all! **Shop** www.wegreeco.com

So, there you have it! My favorite cloth diaper brands! I am loving the choice that I made to cloth diaper my babies. After the initial investment, it is truly a sigh of relief knowing that I do not have to worry about running out of diapers and they really will last all the way to potty training. As with anything, there is a bit of a learning curve, and it takes time. However, once you get the hang of it, it's uphill from there and you can feel good knowing that you and your little ones are keeping nasty dirty diapers out of the landfill and not further polluting the Earth. Blessings!

Introspection

April 5, 2019

What do I see in my reflection?
 Am I as pure as in my conception?
 Is my kindness off the meter?
 Or am I a mindless over achiever?

Are there blinders on my vision?
 Do I block my own decisions?
 Is my consciousness elevated?
 Is our righteousness celebrated?

Do I inspire or do I hurt?
 Am I admired or an introvert?
 Has life become a positive symbol?
 Is my faith real and simple?

Does my heart ail with compassion?
 Am I indifferent to any reaction?
 Am I numb, anxious or violent?
 Let's reflect here in silence...

Now I aim to walk with humbleness.
 As I fall, I attempt to stumble less.
 I set aside my pride and arrogance,
 instead I vibe peace and elegance.

It's been written out for me,
 yet I still question who I should be.
 No need for second guessing
 in my DNA were left blessings.

Time is precious and unrelenting,
 say something worth mentioning.
 Now repeat after me ...
 "I must be the change I want to see".

Stop my cycle of self-destruction,
 gain back a sense of direction.
 I am under my Eloheim's protection
 Blessed be forever our connection.

Peninnah YISRAEL



Worldwide Systemic Slander

© Ruhamah Baht Yisrael

*The System doesn't want the world to know the truth about me,
My blackness is slandered throughout all countries,*

*The System wants the world to believe that Blacks are incompetent and crazy,
That we accept these demeaned living conditions because we are ignorant and lazy,
When the fact is; it is known that we are a remarkable people who are productive, intelligent,
knowledgeable and truly amazing.*

*For We are the Crescent, the gold, platinum and black crude oil,
We are the original mold created from sacred soil,
We are the Jewels: diamonds precious stones and black pearls,
We are earth's greatest unlimited resources that are shared amongst the entire world.*

*We are an exceptional commodity cleansed for holiness to deliver The Holy Word,
We are the People that the Almighty God of Creation chose protects, loves and prefers.*

*Our ancestors invented multifarious products that are presently used by all of humanity on a
daily
Their achievements were confiscated by slave owners who capitalized off of my ancestors'
innate abilities while they continued to treat them unfairly.*

*Our ancestors had no voting rights nor political power to stand on legally,
But they still persevered through the jealousy, hate, torture and hostility.*

*And I am the existing reality,
A product of their strength, struggles and prayers for God's recovery,
To return us back home to the land The Almighty Yahowah promised me.*

*But There is a #45th Elect in The White House,
He says this is the land of opportunity, the land of the free,
That statement never included my nationality:
How can we be free when we are treated inhumanely and unjustly?
How can we be free tortured publicly and murdered in the streets as an example for whole
world to see?
How can we be free equal opportunity was never intended for me?
Deaths and threats minimized our chances to proudly succeed
We wanted to excel so badly that we took chances and died just to read.*

How can blacks be free blinded by deceit,

*Brainwashed to believe that the system can never be beat,
Counted as 3/5 of a human being to keep us mentally weak,
Blacks were blocked from voting and that was the tactic used to keep us dependent financially.*

*The #45 Elect said, "This is the land of the free,
But there is more to hear and more to see,
Let me expose more lies and truths about other calamities,*

*Because most black men are not incarcerated for their crimes; they are jailed to destroy the
unified structure of black families,
And the system is designed for the authorities to imprison the majority of blacks, poor and
destitute minorities.*

*Bodies are needed to provide free labor for conglomerate companies,
Also, to maintain a circulatory financial support system for
this entire country.*

*A reputable great commentator named Ms. DuVenay, shared this information which is a proven
fact, not a tale
That USA covers 5% of the world's population and 25% of that population are ethnicities in
jail.*

*For the right price in USA any and everything is for sale,
Ask the #45 Elect, he's a shrewd businessman and he's leading this country straight to hell.*

*Land of the free, home of the brave,
A four hundred-year holocaust of Israelites and other ethnic nations dwelling in a mental grave,
Given fictitious gods to praise and deities that cannot save,
The only future the Elect #45 has for people of color and the destitute in this country is:How to
Contain a Slave.*

*My people stand tall you know what's up,
Another Wanna Be will fall he's about to blow up,
Because Yahowah's prophecy is about to erupt,
This is just another Wanta Be Pharaoh and another Egypt,
Yah will gain His glory again when he wakes His people up.*

*There were times we felt small then we grew up,
There were times we crawled but then we walked,
We mentally stalled but then we woke up,
This four hundred-year holocaust only made God's people tough,
Because The Most High God Yahowah still loves, guides and guards us.*

HalleluYah! Amen!

And Still... BLACK PRIDE | A poem by: Aquiona Russell

When the lives of our men, women AND children are snuffed out, justice is NOT swift.
We have to wail to be heard and the "justice" given is a slap on the wrist.
We fear for our lives daily and our only crime is trying to EXIST.
We built this nation.
What have we received?
The illusion of freedom and gentrification.
We fight to be the best just to break even with our oppressor.
No matter how we look or sound we will always be labeled the aggressor.
Not deserving of the benefit of the doubt.
Just constantly shown we are not wanted.
Get. The. F--k. Out.
Every day we are being traumatized
As the media televises our demise.
Our bodies are not handled with care.
Just road kill, left for hours... gore just laying there.
Murder porn for evil eyes.
Not human but dehumanized.
Legalizing our genocide.
And still... we rise.
Black Pride.
We shift our focus.
Self-preservation.
Hashtags of ours sweep the nation.
#TrayvonMartin
#BlackBoyJoy
#KorrynGaines
#BlackGirlMagic
Our situation is tragic.
The world thinks we can tolerate more because we are a different hue.
Newsflash, we aren't superhuman.
We feel pain too.
You hear it in our music,
You feel it when we dance,
You see it in our art.
But to you, we dont stand a chance.
We have lost so much.
And we need you to see the pain inside.
#blacklivesmatter
And still... BLACK PRIDE!



Shalom Mishpachah, All praises to Yah! You are aware that due to the plague of the COVID-19 virus that Yah has sent to strike the earth, many of our Shabbat gatherings cannot take place or do so on a limited basis. Thanks to our King and the wonders of technology, many of these gatherings can now be done virtually via computers and other electronic devices through YouTube, Zoom and other meeting formats. I know that we are overjoyed for the variety of teachings, sermons and forums that we can enjoy electronically. Although nothing replaces being able to meet in person, embrace and feel each other's spirits, these electronic offerings are the next best thing. We have attempted below to list all those that we are aware of so that you can coordinate your participation for these events. However, we realize that we may not have it all correct and ***therefore ask you to submit any corrections, additions, etc.*** that we may have missed. Todah rabah for your assistance **Shalom uvrakote**



WHEN	WHAT TIME	WHO	WHERE	NOTES
Mon./Wed.	8 PM	Quest 4 Wisdom: Rabbi Baruch Yehudah	Zoom Invite: (Information needed) https://us02web.zoom.us/j/8376003698	Topic: Proverbs
Mon.	?	Torah Classes	www.shmayisrael.hic2.com	
Wed.	6 PM	Wellness Wed. Prayerline Flow	ID: 263-128-0405/ Pswd: 024592 Call-In Number:1-301-715-8592 Password: 024592	Cocavyah Baht-Hoshea
Fri. evenings	6-8 PM*	D.C.B./Chief Uzziel Lewi	https://www.youtube.com/channel/UCozS88YB5KP580kQGWOqyfA/videos	Shabbat Talk
	After Sundown*	Sh'ma Yisrael	www.shmayisrael.hic2.com	Presented by Sisters
Shabbat	7:30 AM	Prayerline Zoom	https://us02web.zoom.us/j/2631280405 Password: 024592	Sar Neahman & Cocavyah
	9:30 AM	Beth Shalom Congregation	https://www.gotomeet.me/ Rabbiyeshurun; Pswd: 19000245 Dial In: 1-571-317-3122; A/C #19000245	Weekly Parashat
	10:00 AM*	B'nai Adath Congr.	https://youtu.be/lu3HFwlbYkk	Rabbi B. Yehudah
	10:30 AM*	Shma Yisrael	www.shmayisrael.hic2.com	Sermon
	11:00 AM*	D.C.B. Congregation	https://www.youtube.com/channel/UCozS88YB5KP580kQGWOqyfA/videos	Weekly Parashat

WHEN	WHAT TIME	WHO	WHERE	NOTES
	12 PM	House of YisraEL	Call in: 513-641-4007 or log on:	Moreem
		Cincinnati, OH	https://houseofyisrael.org/broadcast	
	2 PM	Hebrew Family	Via Facebook Page	Cohane
		Of Guyana	www.FB.com	Michael
	4 PM	B'nai Zaqen	Dial In: 206-279-9591	Moreh Aesh
		B'more/Phila.	Code: 679941	Ephraim
Weekly Bible Study	4-6 PM*	(Ahm Zadik)	https://zoom.us/j/93740590646	Codes may change weekly.
			Call: Moreh Yeftakh: 917-804-6420 Call: Zaccar Dan: 917-578-7432	
Services	5-7 PM*	Various	See AM notes for each	Sermon
		Most congregations that present an AM broadcast.		
Virtual Party	Achray Shabbat	D.C.B. Congregation	Check YouTube site for more info.	Rabbi Benyamin
<p>*Times vary according to time zones & seasons. Check with websites for accuracy. We expect to update this list as more information is received. Please send corrections, etc. to: sislevite@hotmail.com. Todah rabah.</p>				



*As we were going to press,
we sadly learned of the transition of Moreh Hesh
Ephraim, elder of Bnai Yagen-
Baltimore / D. C. / Philadelphia. He was a teacher in
Yisrael in his area for many years & the founder of Bnai
Yagen Publications. Our condolences & prayers go out to
his family & all who mourn him. Yahuveh natan,
Yahuveh loqayach. Baruch Ha Shem shel Yahuveh*

EDITED BY

Elder Naami bat Lewi

Akhot Yahisha bat Yehudah

Akhot Chayah Yisrael

Designed by

Mayanah Yisrael

HA NASHEEM NYC