



“Resilience and Resistance is
Wisdom:
The Call to Return to Sacred
Wisdom to Reclaim
What Has Been Lost...”

Rev. jennifer s. leath, Ph.D.
18 April 2026

Words for Wise Women Retreat
Rise Sistahs Ministry
Cathedral of Grace – St. John Church

© 2026 jennifer s. leath - ALL RIGHTS RESERVED
DO NOT REPRODUCE OR SHARE WITHOUT PERMISSION

Black Women

We are voters

2/3 of us . . . and we prioritize reproductive health, economic justice & community development

We are caretakers

18% of us are unpaid; we are 19% of all childcare workers and roughly 25-30% of home health/personal care aides in the USE

We are educated

Between 29 and 38% of us have earned (at least) a bachelor's degree; among Black students, we account for 64% of bachelor's and 71% of master's degrees.

We are sick

60% of us are obese; 59% of us over 20 have some form of cardiovascular disease (i.e., our number one killer, followed by cancer, stroke, and diabetes); 40% of us have perinatal mental health conditions.

We are underpaid

We earn about 63-65 cents for every dollar paid to white, non-Hispanic men.

We are overqualified

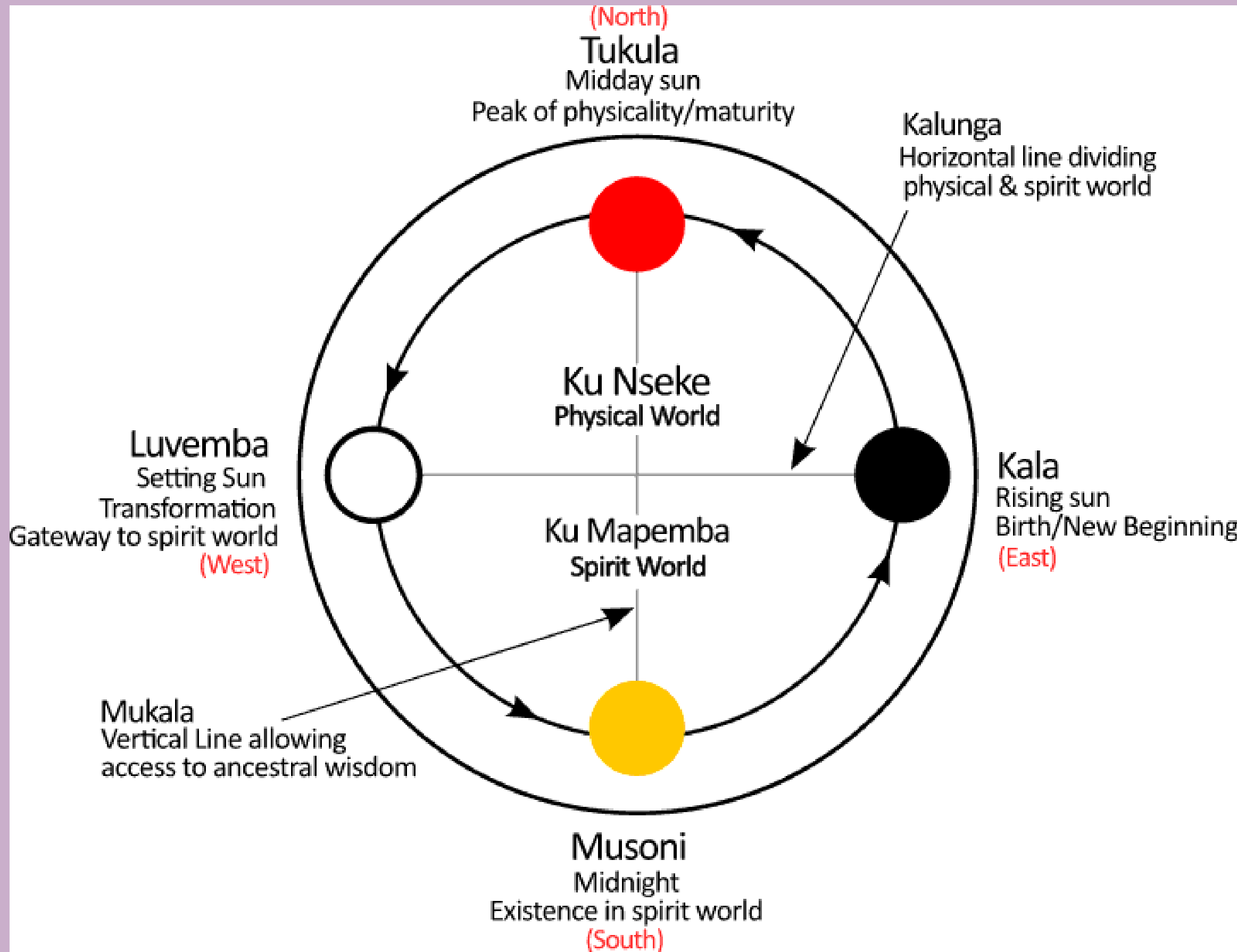
"Over 1 in 4 Black women work in occupations where they are heavily overrepresented, usually in jobs that offer lower wages, such as personal care aides and child care workers." (Note)

We are contingent

We lost 300,000 jobs in 2025.

And some of us
have hacked
– and are hacking –
the code

**Dikenga - The Turning - Cogo Cosmogram - Yowa Cross
Balance & Intentions**



Tukula Falling - Autumn

We must testify

We must witness

Luvemba Falling - Winter

We must plant

Kala Rising - Summer

We must dance

We must sing

Musoni Rising - Spring

We must anoint

We must pray

We Must Testify



Kehinde Wiley, *Naomi and Her Daughters*, 2013

“Handwriting on the Wall,” Dottie Peoples

We Must Testify

Make Noise

Share

“23 You have exalted yourself against the Lord of heaven! The vessels of his temple have been brought in before you, and you and your lords, your wives, and your concubines have been drinking wine from them. You have praised the gods of silver and gold, of bronze, iron, wood, and stone, which do not see or hear or know, but the God in whose power is your very breath and to whom belong all your ways, you have not honored. 24 “So from his presence the hand was sent and this writing was inscribed. 25 And this is the writing that was inscribed: mene, tekem, and parsin. 26 This is the interpretation of the matter: mene: God has numbered the days of your kingdom and brought it to an end; 27 tekem: you have been weighed on the scales and found wanting; 28 peres: your kingdom is divided and given to the Medes and Persians.” 29 Then Belshazzar gave the command, and Daniel was clothed in purple, a chain of gold was put around his neck, and a proclamation was made concerning him that he should rank third in the kingdom.” daniel 5.23-29 nrsvue

We Must Testify

Make Noise

Share

“Then Jesus told his disciples a parable to show them that they should always pray and not give up. 2 He said: ‘In a certain town there was a judge who neither feared God nor cared what people thought. 3 And there was a widow in that town who kept coming to him with the plea, “Grant me justice against my adversary.” 4 ‘For some time he refused. But finally he said to himself, “Even though I don’t fear God or care what people think, 5 yet because this widow keeps bothering me, I will see that she gets justice, so that she won’t eventually come and attack me!”’ 6 And the Lord said, ‘Listen to what the unjust judge says. 7 And will not God bring about justice for his chosen ones, who cry out to him day and night? Will he keep putting them off? 8 I tell you, he will see that they get justice, and quickly. However, when the Son of Man comes, will he find faith on the earth?’” luke 18.1-8 nrsvue

We Must Witness



Mikalene Thomas, Resist, 2017

"Move, Daniel," McIntosh County Singers



We Must Witness

Lay Low

Whistle

“The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid?” psalm 27.1 nrsvue



We Must Witness

Lay Low

Whistle

see danger at a distance (. . .)

see danger up close (_ _ _)

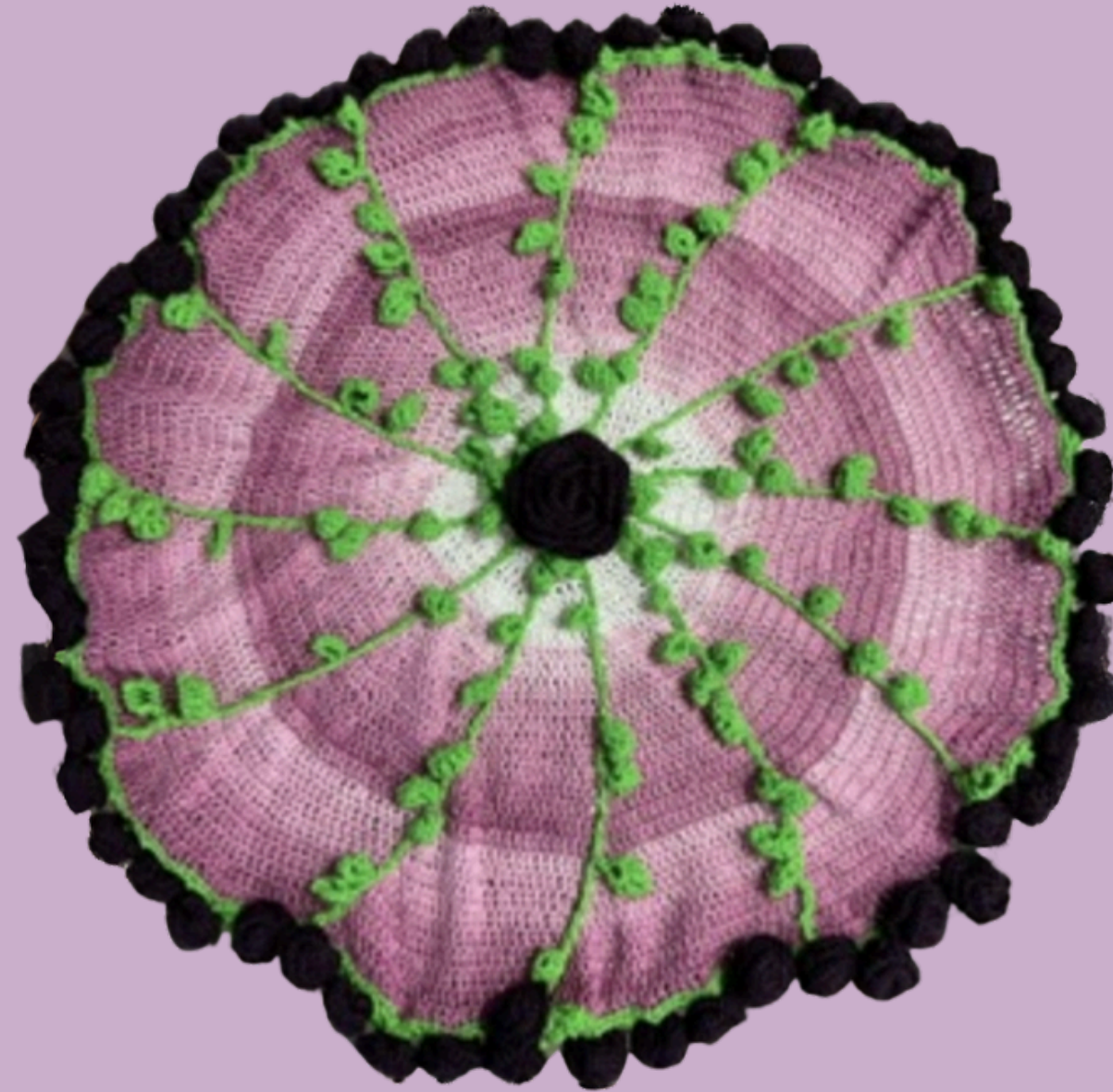
be safe

bear witness

make a record

crowd for safety

We Must Plant



Jaenae Thomas, Untitled Crochet, 2026

"Take Me To the Alley," Gregory Porter



We Must Plant Plant in the Spring Plant

"7 Do not be deceived; God is not mocked, for you reap whatever you sow. 8 If you sow to your own flesh, you will reap corruption from the flesh, but if you sow to the Spirit, you will reap eternal life from the Spirit." galatians 6.7-8 nrsvue



We Must Plant Plant in the Spring Plant

“In all toil there is profit, but mere talk leads only to poverty.” proverbs 14.23

“Whoever is kind to the poor lends to the Lord and will be repaid in full.” proverbs 19.17

We Must Pray



Solomon Irein Wangboje, *Mother and Child*, 1960s

"A Praying Spirit," Karen Clark Sheard



We Must Pray

Know & Pray "The Word"

Pray

"so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose and succeed in the thing for which I sent it." isaiah 55.11 nrsvue



We Must Pray

Know & Pray "The Word"

Pray

light and lamp reveal
what tornadoes spin around
and only you heal

We Must Anoint



Amalia K. Amaki, Latch Key, 2014

"Broken, But Healed," Byron Cage

We Must Anoint Have "The Talk" Anoint

"16 And whenever you fast, do not look somber, like the hypocrites, for they mark their faces to show others that they are fasting. Truly I tell you, they have received their reward. 17 But when you fast, put oil on your head and wash your face, 18 so that your fasting may be seen not by others but by your Father who is in secret, and your Father who sees in secret will reward you." matthew 6.16-18 nrsvue

We Must Anoint
Have "The Talk"

Anoint

anointing on me:
aware of dangerous winds,
healing precedes harm

We Must Sing



jennifer s. leath, Maât, 2014

"I Was Created for This," Tweet



We Must Sing

Nurture Creativity & Freedom

Sing

“How could we sing the Lord’s song in a foreign land?” psalm 137.4 nrsvue



We Must Sing

Nurture Creativity & Freedom

Sing

“25 About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them. 26 Suddenly there was an earthquake so violent that the foundations of the prison were shaken, and immediately all the doors were opened and everyone’s chains were unfastened.” acts 16.25-26

We Must Dance



Mickalene Thomas, Landscape with Camouflage, 2012

"Draw Me Close to You," Marvin Winans; "SEEN," Jay Versace



We Must Dance

Become Dunia Terrastorial

Dance

“David danced before the LORD with all his might; David was girded with a linen ephod. 15 So David and all the house of Israel brought up the ark of the LORD with shouting and with the sound of the trumpet.” 2 samuel 6:14 nrsvue



We Must Dance

Become Dunia Terrastorial

Dance

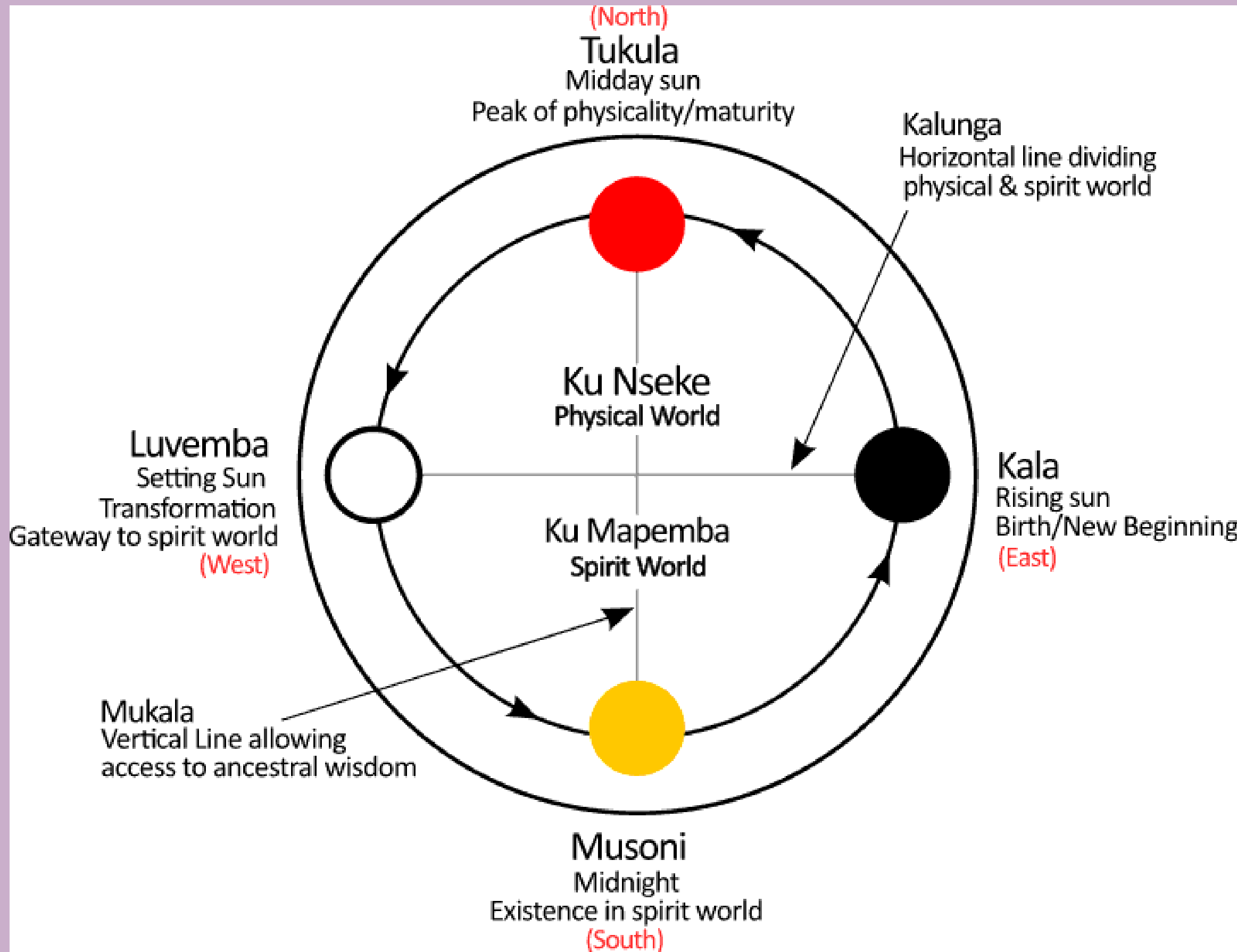
Sudan, Ethiopia & Eritrea

Trinidad, Venezuela, and Cuba

United States of Empire (USE), IsRAIL & İRAN

uCRANE

**Dikenga - The Turning - Cogo Cosmogram - Yowa Cross
Balance & Intentions**



Tukula Falling - Autumn

We must testify

We must witness

Kala Rising - Summer

We must dance

We must sing

Luvemba Falling - Winter

We must plant

Musoni Rising - Spring

We must anoint

We must pray

thank you!

