

# Triumph Life Center & Spiritual Connections Café

'Welcome to the Tree of Life'

## March & April 2021 - Newsletter

*From The Desk of the Executive Editor, Nadia Gapur*



Springtime is finally here after what felt like months of cold and darkness. With that being said, April showers bring May flowers. May we see brighter days ahead of us. As more and more Americans become eligible for the vaccines, we can use this opportunity, while wearing the appropriate face coverings and observing social distancing, to spend some time outdoors and reflect.

March is Women's History Month. In this edition, we featured our fellow board member Cheryl Hall, a truly phenomenal woman. Also our very own Senior Bishop Milton F. Britto celebrated his 93rd birthday this last March 5th. For the month's Sunday gatherings, we discussed topics regarding love and mental health.

This April, we formally introduced Triumph School of Integral Studies (TSIS). We are currently accepting applications for our Spring & Summer semesters. Come and learn more about our course offerings. In our April Sunday gatherings, we explored themes on truth and music. We showcased special musical guests, Alex Hamburger, Jose Luiz and readings from Suzy Kassem. Earth Day is also celebrated every April 22nd. Our precious mother earth needs to be looked after every day.

Some key news events that occurred within these past two months include the trial of Derek Chauvin, who was found guilty on all three charges on April 20th, almost a year after George Floyd's death. Shortly before the trial, two innocent individuals Daunte Wright and Ma'Khia Bryant sadly fell victim to yet another incident of fatal police shootings. Chauvin's conviction is only the beginning; we have to keep fighting for everyone that has lost their lives due to police brutality. Where are the good cops? Are they afraid to stand up to those that fail to protect lives? We can only hope they can find the courage to do so. Meanwhile, President Biden's first 100 days just recently finished. We look forward to what his administration can achieve.

As always at Triumph Life Center, we strive to provide a safe space where all conversations are welcome. We are an inclusive community and open to all opinions as we build upon a foundation that affirms life. – *Nadia*



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Professor Sandra Y. Addison-Britto, ~ (Om Prakash) Rev. Dr. John Gilmore ~ Pastor Eric G. Andrews ~ Cheryl Hall, MBA  
The Rte. Rev. Milton F. Britto, Senior Bishop (Emeritus)  
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## Recipe Corner



### Black Beans, Submitted by Brenda Echeverry

Soak dried beans overnight in cold water. Drain and rinse beans after soaking. Add chopped garlic and onion to a pot with olive oil and sauté until golden. Add beans and about 8 cups of water. Add spices including salt, pepper, saffron, chili powder and sage. Boil for about 1.5 hours or until soft and most of the water has evaporated. Enjoy with rice, on tortillas or over salad.



### Smoothies of the Month Submitted by Travis Mills

#### The Green Snake

- 2 cups of almond milk
- 1/2 pineapple
- 2 bananas
- 1 handful of kale
- 1 handful of spinach

#### The Purple Monster

- 2 cups of almond milk
- 1/2 bowl of blueberries
- 1/2 bowl of strawberries
- 2 bananas



## Cheryl Hall, MBA

President & CEO WisEngineering

Article Written by Nadia Gapur

Every March we celebrate Women's History Month and how fitting that we should feature one of our very own TCNA-I Board of Trustees' Cheryl Hall. Click on the link to read Cheryl's full bio: <https://triumphthechurchofthenewage-international.org/cheryl-hall>

**Nadia:** So, Ms. Cheryl, please tell us more about yourself.

**Cheryl Hall:** Okay. Thank you. It is a pleasure. Well, again, my name is Cheryl Hall from Montclair, New Jersey. I currently own a business called WisEngineering, which provides engineering services and program management services to primarily the Department of Defense U.S Army at Picatinny Army Base. I pretty much started my business back in 1998. I was laid off from a fortune 100 company, and I used that as a launching pad to kind of fulfill my dream of starting my own business and you know, directing the path of my destiny, so to speak. So having done that, I learned a lot about the different aspects of government contracting because prior to that, one of my jobs was for a big contracting firm that was technical advisors to the United States Air Force. And we just had to make sure that it was all accessible and that they were, you know, to everyone. And so that kind of planted a seed in my head of what could be, and, I chose to kind of venture out on my own.

**Nadia:** As the president and CEO of a woman owned small business, how are you raising awareness or how do you incorporate social justice initiatives into your work and even your personal life?

**Cheryl Hall:** Well, one of the things I do, I'm constantly talking with my human resource folks, as well as my recruiter and our talent acquisition, and part of what our goals are is to make sure that we're inclusive in our personnel selection. And we're also really trying to monitor that and make sure that those goals are attainable and that it's on everyone's radar that we must make sure that we have inclusivity amongst our recruiting practices. So I have actually participated in outreach activities where we started an internship at one of the local colleges. We brought in some of the graduates and undergraduates that were going for their degree in either animation or gaming. We had a selection of different nationalities across the board. And we also did a nice little video clip of the graduates and the things that they learned and everything. So again, we are very cognizant and proactive in making sure that we recruit from across the board, not just in one area of selected people.

## Sacred Poetry Corner



### *Un-screw Myself* By Travis Mills

God said I love you so much  
I want you to heal  
I want to give you a second  
chance  
I will not lie to you  
Healing is painful  
Let's heal those wounds the right  
way  
Let's go inside  
Let's go in the mind  
I will give you strength  
But you have to do the work  
I promise you  
This will be a new you  
I can't wait to see the new you

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### *The Inner Child* By Travis Mills

God stated  
The inner child  
Needs love  
God stated the  
The inner child  
Needs abundance  
God stated  
The inner child  
Needs protection  
God stated  
The inner child  
Needs freedom

**Nadia:** Was there a particularly difficult moment or time in your career that you had to overcome?

**Cheryl Hall:** Absolutely. There were times when I might go into or have a meeting where I could be the only black female; and in my arena, it's mostly a white male dominated environment. So to be able to walk into a room and be like the person that stands out it was like, why are you here? It's always a constant, let me prove myself. Also, being able to find those people that can help and mentor you has been a challenge. But again, you find occasionally there are people that discriminate or maybe have a biased opinion because of not what you are, but who you are. So you just have to understand that there are people that have really different feelings, but there's always a way of trying to deal with it in a positive way. And it's better to, try to be together then to divide. So with faith, you know, just keep the prayers of God in front of you and know that what you're striving for is something far beyond just you, but increasing the value and opportunities for others to walk in your footsteps.

**Nadia:** Your proudest achievements that you have accomplished?

**Cheryl Hall:** Oh some of the proud things that I've done, well I've been able to secure multimillion dollar contracts and to successfully execute them. So to me, that's definitely a proud moment. To be able to say I'm still standing and have a business that is flourishing and doing well, as well as having the opportunity to grow, to me is absolutely rewarding. And of course I have a daughter who's just secured her PhD in Psychology. She tells me all the time I was a role model. So that makes me a very proud parent to know that people have looked upon me as, a role model and I try to live up to it.

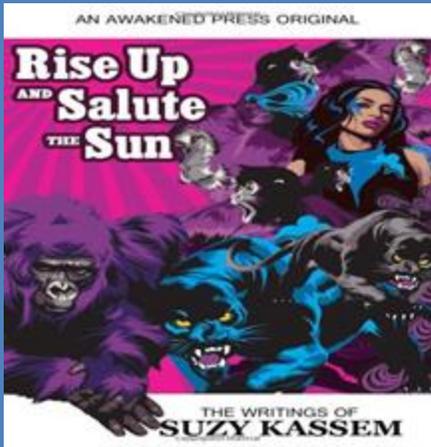
**Nadia:** Oh, this is a fun question. What is Ms. Cheryl Hall outside of her company? Who is she?

**Cheryl Hall:** Oh right. Well, I like cycling, bike riding and swimming. So I believe in having a little downtime and enjoying life. I used to go over to New York and ride the Riverside. I guess it's the Riverside Park bike paths from uptown to downtown, which I really loved. And also I liked watching good movies, reading and just relaxing to reset and try to rest.

**Nadia:** So what are your goals and dreams in the future in general?

**Cheryl Hall:** My future goals would be to, some of the things that really make me happy and I find gratifying is, being able to have community involvement and making sure that I extend a handout to those that are trying to climb; and also being able to offer advice as well to help. So those are some of the things that I dream about or that I really look forward to. And that is how I make an impact for the

## Book of the Month



### *What is Truth?*

(Excerpt: Part 3 The Stars, Page 162)

*“Truth is in your heart,  
And only through your heart  
Can you enter the mouth of God.  
He who is not motivated by his heart  
Will not see Truth.”*

### Lemons, Limes or Oranges?



*“There are two ways to be fooled.  
One is to believe what isn't true;  
the other is to refuse to believe  
what is true.”*

—Soren Kierkegaard

*“Beware the person who stabs  
you and tells the world they're  
the one who's bleeding.”*

—Jill Blakeway

*“Until we have seen someone's  
darkness, we don't really know  
who they are. Until we have  
forgiven someone's darkness we  
don't truly know what love is.”*

—Marianne Williamson

betterment of mankind, especially in these times of turmoil that we are experiencing. I think it's very important to have a good heart in wanting to help and also knowing that people look at you to follow as an example. So you want to try and move to be the best you can.

**Nadia Gapur:** And before we conclude is there anything else you would like to share?

**Cheryl Hall:** I found that, hard work, being really focused and unwavering support of friends and family, as well as your mentors and your faith is very important. Prayer has definitely proved itself over and over again, to bring you to the higher calling, that you may be called to do in life. [End Interview]

For more information on Cheryl's company, WisEngineering, click the link below to watch a short promotional video:

<https://www.youtube.com/watch?v=SLS7nOPEdk4>

## *The Resurrection: A Love Story*

Professor (Minister) Saundra Addison-Britto

Sunday, April 4, 2021



Mary, who was overcome with grief, went early to the tomb where her beloved was laid. Feeling helpless, yet so full of love, she desperately wanted to anoint his body with her precious oils.

But when she arrived at the tomb something was different; the stone that marked the place of his burial was removed. Through her tears Mary heard a voice calling her name. So full of grief she didn't recognize the voice; a familiar voice, one that had encouraged her, comforted her, consoled her and loved her so many times before.

As Mary slowly turned towards the voice her heart saw what she longed for... it was her beloved, standing in the shadow of the sunrise. Mary reached for him, but he pulled away and said, *“Mary, look I have changed! Don't waste your time grieving who I used to be. Let me go. My love 'the real me' remains forever with you and in you. Don't weep for me but rejoice because our love is eternal. Mary, you loved me in life and even in death. You never left me; you were always there loving me even through your tears. You already have the best of me ... you have my love. Spread the word, tell everyone, do not fear death; love can never die it is all there is and all there will ever be! Tell everyone, when you awaken to the love within, you shall live a thousand lifetimes and though you may die you will be reborn.”*

Mary's heart was ecstatic; so full of life sparked by love eternal she stood still for a moment; then she ran, faster and faster, she had to tell the others: Love lives... Life is eternal... Look within yourself; you are Love Eternal! --The Book of Mary Magdalene Chapter 20: 1-18

## Featured Gatherings

Sunday, March 7, 2021  
93<sup>rd</sup> Birthday Celebration  
Senior Bishop Milton F. Britto



Special Guest  
Pastor Eric G. Andrews  
Senior Pastor, Full Gospel Love & Fellowship Center

Watch on YouTube:  
[https://youtu.be/\\_G1Oa44ljuk](https://youtu.be/_G1Oa44ljuk)

Sunday, April 11, 2021  
Theme: *Music & Truth*  
Special Guest Musicians:  
Alex Hamburger & Jose Luiz



Watch On YouTube:  
<https://youtu.be/z9laYYv1q2M>

Here's how you can connect with Triumph...  
Website: <https://triumphthechurchofthenewage-international.org/>  
Click on the link for: [TLC Resource guide](#)  
Facebook: [Triumph Life Center & Spiritual Connections Café](#) & [Triumph The Church of the New Age - International](#)  
Instagram: [@TriumphLifeCenter](#)  
YouTube Channel: [Triumph Life Center](#)  
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Email: [triumphlifecenter@gmail.com](mailto:triumphlifecenter@gmail.com)  
Triumph School of Integral Studies:  
[triumphschoolofintegralstudies@gmail.com](mailto:triumphschoolofintegralstudies@gmail.com)

## Look what's happening at Triumph!



Triumph School of Integral Studies (TSIS) is open! Enrollment for the Spring/Summer Semester is available online for at:

<https://triumphthechurchofthenewage-international.org/triumph-school-tsis-1>

### TSIS Spring & Summer Course Offerings

<p>Triumph School of Integral Studies</p> <p>Register online for <a href="https://triumphthechurchofthenewage-international.org/triumph-school-tsis-1">triumphthechurchofthenewage-international.org/triumph-school-tsis-1</a></p> <p><b>INTRODUCTION TO WOMEN'S SPIRITUALITY</b></p> <p>6 Week Course - Meets Virtually Via ZOOM Wednesdays, May 5 - June 30 7:15 pm - 8:30 pm EST</p> <p>Instructor: Sandra Addison Britto Triumph School of Integral Studies</p>	<p>Triumph School of Integral Studies</p> <p>Register online for <a href="https://triumphthechurchofthenewage-international.org/triumph-school-tsis-1">triumphthechurchofthenewage-international.org/triumph-school-tsis-1</a></p> <p><b>LANGUAGE BEYOND SKIN COLOR</b></p> <p>An exploration of language patterns, racial identity and cultural abuse</p> <p>4 Week Course - Meets Virtually Via ZOOM Tuesdays, April 27th - May 18th 7:15 pm - 8:30 pm EST</p> <p>Instructor: James Coleman</p>	<p>Triumph School of Integral Studies</p> <p>Register online for <a href="https://triumphthechurchofthenewage-international.org/triumph-school-tsis-1">triumphthechurchofthenewage-international.org/triumph-school-tsis-1</a></p> <p><b>BEGINNER GUITAR CLASSES</b></p> <p>8 week course - Meets virtually via Zoom Tuesdays, April 20th - June 22nd 5 pm - 5:50 pm EST</p> <p>Instructor: Wesley Amorim</p>
<p>Triumph School of Integral Studies</p> <p>Register online for <a href="https://triumphthechurchofthenewage-international.org/triumph-school-tsis-1">triumphthechurchofthenewage-international.org/triumph-school-tsis-1</a></p> <p><b>GUITAR FOR INTERMEDIATE/EXPERIENCED LEARNERS</b></p> <p>8 Week Course - Meets Virtually Via ZOOM Tuesdays, April 20th - June 22nd 6 pm - 6:50 pm EST</p> <p>Instructor: Wesley Amorim</p>	<p><b>LIVE LAUGH LEARN &amp; LOVE</b></p>	<p>Triumph School of Integral Studies</p> <p>Register online for <a href="https://triumphthechurchofthenewage-international.org/triumph-school-tsis-1">triumphthechurchofthenewage-international.org/triumph-school-tsis-1</a></p> <p><b>SELF-LOVE: A MENTORSHIP GROUP FOR TEENAGE BOYS</b></p> <p>Ages 16-17 years old</p> <p>6 Week Course - Meets Virtually Via ZOOM Mondays, May 3 - June 16 4 pm - 5:15 pm EST</p> <p>Instructor: Trevis Mills</p>
<p>Triumph School of Integral Studies</p> <p>Register online for <a href="https://triumphthechurchofthenewage-international.org/triumph-school-tsis-1">triumphthechurchofthenewage-international.org/triumph-school-tsis-1</a></p> <p><b>LIVING THE PARTNERSHIP WAY: VERTICAL TO HORIZONTAL LIVING</b></p> <p>6 Week Course - Meets Virtually Via ZOOM Mondays, June 14 - July 19 7 pm - 8:30 pm EST</p> <p>Instructor: Rev. Dr. John Gilbreath</p>	<p>Triumph School of Integral Studies</p> <p>Register online for <a href="https://triumphthechurchofthenewage-international.org/triumph-school-tsis-1">triumphthechurchofthenewage-international.org/triumph-school-tsis-1</a></p> <p><b>CREATIVE ARTS EXPRESSIONS</b></p> <p>8 Week Course - Meets Virtually Via ZOOM Wednesdays, June 30 - August 4 6 pm - 7:30 pm EST</p> <p>Instructor: Brenda Deberry</p>	<p>Triumph School of Integral Studies</p> <p>Register online for <a href="https://triumphthechurchofthenewage-international.org/triumph-school-tsis-1">triumphthechurchofthenewage-international.org/triumph-school-tsis-1</a></p> <p><b>CONVERSATION CIRCLE FOR ENGLISH LANGUAGE LEARNERS</b></p> <p>6 Week Course - Meets Virtually Via ZOOM Thursdays, July 1 - August 5 7 pm - 8 pm EST</p> <p>Instructor: Barbara DeBerry</p>

Triumph's (TCNA-I) reach has extended to Pakistan! Professor (Minister) Sandra Addison-Britto was the guest preacher at Agape Church, Rawalpindi, Pakistan with Pastor Aneel Yousaf. TSIS is offering a combined six weeks course in Women's Spirituality & Conversational English for five Pakistani Women.

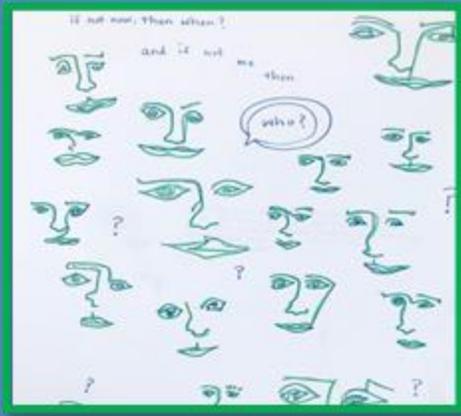


*"There is a crack in everything, that's how the light gets in." --Leonard Cohen*

## Creative Arts Corner

*Truth Tellers,*

Sketch with Ink & Marker  
by Brenda Echeverry (2020)



when the world comes crashing at  
your feet  
it's okay to let others  
help pick up the pieces  
if we're present to take part in  
your happiness  
when your circumstances are  
great  
we are more than capable of  
sharing your pain

\_ community

Poem (Untitled) by Rupi Kaur from *The Sun and Her Flowers*



Triumph is a 501(c)(3) Non-profit:

Donations accepted at:

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PayPal

Mail checks payable to:

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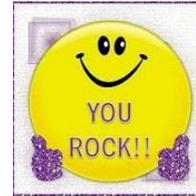
P.O. Box 2157

Newark, New Jersey 07114

## Breaking News...



*Its official, Brenda has her  
Motorcycle License!*



*Wesley Amorim was one of two  
Grand Prized Winners of the  
Dreamcatcher Guitar Contest!*



## Upcoming Events!

**Dr. Nathanael Pollard, Jr.** of Triumph the Church and Kingdom of God in Christ will be our guest speaker on Sunday, May 16<sup>th</sup> at 12:00PM [EST] on the topic: *"Father E.D. Smith's 3,800 years of evolution that began in 1921 to evolve the human body to a new structure and immortal type of matter."*

ZOOM Meeting ID 950 5098 0120 – Passcode TNCA2021

**The concluding Twenty-Fourth IRC and the First Annual Community Gathering (ACG)** will convene August 6 – 8, 2021.

Registration will be held June 6 through July 20 for active members; those who would like to renew your membership; new member applicants and visitors. Information and Registration will be online at our website under the 'Events' tab:

<https://triumphthechurchofthenewage-international.org/>

### What shall we say to these things?



*"In the end only three things matter: how much you loved, how gently you lived, and how gracefully you let go of things not meant for you." – Buddha*

*"You can spend minutes, hours, days, weeks, or even months over-analyzing a situation: trying to put the pieces together justifying what could've, would've happened... or you can just leave the pieces on the floor and move on." –Tupac Shakur.*