



Triumph Life Center & Spiritual Connections Café

May & June 2021 – Newsletter

From The Desk of the Executive Editor, Nadia Gapur



The long awaited summer is here at last. Who would have thought that half of the year has gone by already? There were many key events that happened in these two months including Governor Andrew M. Cuomo's announcement of the end of COVID-19 restrictions. Once again, the city will be filled with locals and tourists alike.

May is Mental Health Awareness Month and we focused on themes regarding mental health. The first of May is International Workers' Day. We did a special tribute to all of our mothers/mother figures on Mother's Day this past May 9th. On May 16th, Dr. Nathanael H. Pollard, Jr., PhD, ThD. hosted an amazing lecture. Pentecost, also called Whitsunday, is usually celebrated in May. To end the month, we remembered the forgotten history of Memorial Day and had a discussion about the COVID-19 vaccine and POC community.

This June, the main theme for the month is joy. Every year, June is designated as Pride Month in the United States. Pride Month is celebrated around the world as well. New this month is segments that feature various Triumph members. We have Travis Mills with his Pop Culture Summary, Around the World - TCNA Nigerian Connection with Obinna Anyanwu, What's Happening Here In The USA with Brenda Echeverry and TCNA What We Believe by James E. Coleman. Also every June, Father's Day is celebrated in many countries.

Important news events that occurred within these past two months include Juneteenth becoming a federal holiday after President Biden signed the bill. Governor Cuomo reopened New York on June 15. Primary Elections in NYC were held on June 22nd. With all these events that took place, I wonder how New York and the rest of the country will continue to help keep the coronavirus at bay. We will definitely hear about that in the upcoming weeks. In the latest trial over George Floyd's death, Derek Chauvin is sentenced to 22 1/2 years for murder. While this is a step forward, it is simply not enough.

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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The Rte. Rev. Milton F. Britto, Senior Bishop (Emeritus)
P.O. Box 2157, Newark, New Jersey 07114

Scripture of the Month

(From: The New Bible for Our Time)

Thank you!

Everything in me says "Thank you!"

Angels listen as I sing my thanks.

I kneel in worship at the holy place within me and say it again: "Thank you!"

Thank you for love, thank you for faithfulness.

**Most holy is the Eternal.
Most holy is my Temple.**

The moment I awakened to the Eternal within me; at that very moment it made my life large with strength.

I now live in joyful awe of the power, love and knowledge of the Eternal within me.

**Let me share this good news, the Eternal dwells within you!
Give thanks...**

--- Psalm 138:1

Real Power In Your Life

By, James E. Coleman, MDiv



I can smell the freshly baked bread. It is a smell that can only mean one thing. It is time to eat. And you know when a smell drives you to action, now that is real power.

It seems like a natural thing, smelling the food, getting hungry, wanting to eat, eating, feeling satisfied, enjoying the fullness, waiting until the hunger returns with the trigger of a new smell and doing it all over again.

It is a natural thing...but it is not random...it doesn't just happen. There are conditions and resources that are required to make it happen. Even in this simple story of eating there are actions that happen outside of us - the cooking of the food, for example. There are actions that we must take - we do the eating! There are processes that are automated and make it possible: the growing of the ingredients, healthy body maintenance (so we can actually do the smelling), cleansing of the air, cleansing of the waters, etc. The story does not just happen, but is the result of many carefully controlled and regulated processes that allow us to enjoy it.

Eating is just one of many needs that when met make for a wonderful life and we use symbols as part of the process to get the job done. The smell of the bread meant it was time to eat. One experience (the smell) becomes a symbol for another experience (eating) and gets us to take action to experience a new experience (get me to the food!).

No smell. No action. No meaning. No action. No right action. No satisfaction.

Real power in your life comes from observing what is happening around you, turning the observations into meaningful symbols, and using those meanings to inform effective action. If your life is not full of the smells of fresh bread, perhaps it is time to upgrade your observations and your symbol systems.

A Father's Day Riddle



(1) "Two fathers and two sons are in a car yet there are only three people in the car. How is this possible?"

(The answer is on page 6. From: Riddlester.co <https://www.riddlester.co/25-tricky-riddles-for-kids/>)





Answers

By Brenda Echeverry (2021)

I look to el cielo and the heavens above
 And beg for an answer, will I ever find love?
 'Please, por favor, tell me what to do.'
 The stars shine down and say,
 'Mami, the answers are all within you.
 Trust in your soul, for its knowing is true.
 Listen to the body, for it speaks to you too.
 Mija, the answers are all within you.'

I look to la tierra and the earth beneath my soles
 And beg for an answer, how will I reach my goals?
 'Please, por favor, tell me what to do.'
 The bones of my ancestors say,
 'Mami, the answers are all within you.
 Believe in your light, for it will shine through.
 See with your heart and you'll have a clear view.
 Mija, the answers are all within you.'

I look to el agua and the creatures of the sea
 And beg for an answer, how will I be free?
 'Please, por favor, tell me what to do.'
 The waves crash to the shore and say,
 'Mami, the answers are all within you.
 You are free in your mind and in your heart, too.
 With each breath you take, you are born anew.
 Mija, the answers are all within you.'

Words to Live By...

"To those that wait, all things reveal themselves, provided that they have the courage not to deny in the darkness what they have seen in the light."

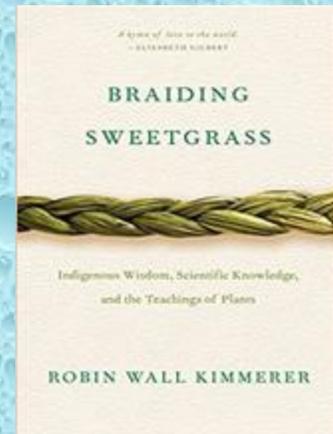
-Dr. Howard Thurman, *The Inward Journey*, New York: Harper & Row, 1961. Pp. 81-82

We are family!

Triumph Church is a diverse and inclusive community that embraces a spirituality grounded in *universal consciousness*. We are a safe and sacred space where you can grow and pursue your spiritual path in a supportive environment. To join Triumph, review our *Seven Life Affirming Principles* (Basis of Union) online and if you agree, submit your membership application online at:

<https://triumphthechurchofthenewage-international.org/become-a-member>

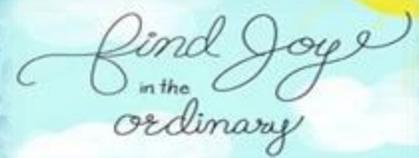
Book of the Month



"Dr. Kimmerer presents this book as a gift of braided stories 'meant to heal our relationship with the world' by weaving together the three strands of 'indigenous ways of knowing, scientific knowledge and the story of an Anishinabekwe scientist trying to bring them together in service to what matters most.' That is, the necessity for humankind to be rejoined with its relationships to nature, and to understand the implications of the Earth's gifts and our responsibility to return these gifts."

[Longwood Gardens Community Read]

<https://longwoodgardens.org/sites/default/files/wysiwyg/DiscussionAndQuestionGuideBraidingSweetgrass.pdf>



Triumph is a 501(c)(3) Non-profit and donations are accepted at:

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Mail checks payable to:

Triumph, The Church of the New Age, Inc.

P.O. Box 2157

Newark, New Jersey 07114

Poetry Corner

By Travis Mills



Destroy

To break what can't be healed
The devil's favorite game
Is spin the wheel
The devil learned us so well
The devil doesn't have to pick
and choose
The devil's mission is to
weaken the weakening
Take advantage of what they
don't know
The devil's plan is to stop us
from growing.

Broken

To see a crack in a glass
The pain of a broken leg
A child with no parents
A bird with a broken wing
To endure toxic and abuse
To be sick and denied medicine
To have a need not a desire
To have a pen but can't write
How can two wrongs make a
right?

Artist Spotlight...

Alphonso Horne is one of the most sought-after musicians today. Known for his high level of musicianship, Horne has performed with some of the leading musicians in jazz including, touring with Wynton Marsalis and Jazz at Lincoln Center (2013), performing on the PBS Special: Lady Gaga and Tony Bennett (2014), playing in the house band of the Late Show with Jon Batiste, and playing on Grammy nominated albums (*Jamison*, 2015; *My Favorite Things*, 2015). Horne was also featured in the 2019 film *Bolden*, playing a cameo role. <https://www.alphonsohorne.com/>



Alphonso shared, "It was a year ago when I was recording for the 2020 Pops Is Tops Film when I tripped, fell, and fractured my femur due to a benign 'Giant Cell Tumor.' It has been a long road of recovery and I am so grateful for all my family, friends, and community that have supported me."

Alphonso Horne's Thank You Video:

<https://www.youtube.com/watch?v=QoD-5J396hc>

Alphonso Horne at Triumph Life Center:

<https://www.youtube.com/watch?v=u4YZ62S51WI&t=40s>

What's Happening Spotlight...



June is PRIDE Month!

Here is some info about the Stonewall Riots based in NYC that sparked the LGBTQ+ movement! Here is a link to a video from the History Channel: [How the Stonewall Riots](#)

[Sparked a Movement](#) You can also watch a longer documentary about the riots here: [Stonewall Forever - A Documentary about the Past, Present and Future of Pride](#). More info about the different Pride flags here: <https://www.marieclaire.com/culture/g32867826/lgbt-pride-flags-guide/>

Join Triumph Life Center's July & August Live Sunday Gatherings

Themes: 7/4 Independence; 7/11 Love; 7/18 Unity; 7/25 & 8/1 Diversity & Justice Parts I & II; 8/8 1st ACG - Via ZOOM: <https://www.zoom.us/>
Meeting ID: 826 6126 7212 – Passcode: TCNA2021
11:45 AM – 1:15 PM Eastern Time (US and Canada)

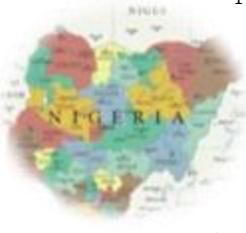
Can you answer this?

- (2) "What has to be broken before it can be used?"
- (3) "Which weighs more, a ton of concrete or a ton of feathers?"



(The answers are on page 6. From: Riddlester.co <https://www.riddlester.co/25-tricky-riddles-for-kids/>)

TCNA's Nigerian Connection...



Nigeria's National Independence Day is October (1960); however, this year the holiday was celebrated on June 12, 2021 with demonstrations and protest.

Father's Day is also celebrated in Nigeria and this year one of our newest members Brother Obinna during our Father's Day live gathering on June 13, 2021 spoke about the different foods, carnival, diverse cultures and languages of his native land.

Brother Obinna is a candidate for TCNA ministry training program and he and his team in Nigeria will be working to open the first TCNA church registered on foreign soil!

YouTube: <https://youtu.be/4dNLO-8XKq4> & <https://youtu.be/r5Umfty12Z0>

Dr. Nathanael H. Pollard, Jr. Ph.D., Th.D.

Featured Sunday Gathering – Sunday, May 16, 2021

Topic: The Story of Evolution: *"How the soul conducts the parallel evolutions of the body into spirit...." "What is consciousness? Consciousness is that in which all experience appears... is known and is made."*

Watch on YouTube: <https://youtu.be/dKKbRhHfgI>

Congratulations Class of 2021



Triumph celebrates all of our students and youth. You persevered through 2020 and proved that you are unstoppable. Keep moving don't let the distractions of this world deter you from realizing your potential and fulfilling your purpose. The Christ within you is greater than any challenge you might face from the outside. We, the Elders, believe in you, stand with you, and are cheering you on!

Song of the Month: *A Felicidade* (Happiness – English Translation)



Wesley Amorim preformed this song during our Sunday gathering on June 27th; below are the lyrics and a link to the song performed by various artists. <https://lyricstranslate.com/en/felicidade-happiness.html-1>

Sadness never ends
Happiness does
Happiness is like a drop
Of dew on a flower pedal
It shines quietly
And then swings lightly
and falls like a love tear drop

Happiness is a crazy thing
But it's also so delicate
It has flowers and love
Of all colors
It has bird nests
All good things
And because it is so delicate

Is that I always treat it very well *Sadness never ends* *Happiness does*



TCNA New Members

Obinna A
John M
Judith O
Mary Jane O

Lemons, Limes or Oranges?



"A gem cannot be polished without friction, nor can we be perfected without adversity."
- Unknown

"You never know how strong you are until being strong is the only choice you have."
- Bob Marley

"When you look deeply into your anger you will see that the person you call your enemy is also suffering. As soon as you see that, then your capacity for accepting and having compassion for them is there."
- Thich Nhat Hanh

Summer Breeze

Good Morning Incredible
Submitted by Travis Mills



2 bushes of spinach
3 kiwi
3 green apples



Answer #1: They are grandfather, father and son.

Answer #2: An egg.

Answer #3: They both weigh exactly the same!

Look what's happening at Triumph!



Annual Conference to Convene August 6, 7 & 8, 2021

The 25th International Religious Congress and 1st Annual Community Gathering will convene virtually via zoom on August 6, 7 & 8, 2021. Registration is required for the Friday, August 6th & Saturday, August 7th sessions. The Sunday service will be held via zoom and broadcast live on social media, all are welcome to attend.

What you can expect!

Triumph, The Church of the New Age, Inc. - International will officially and formally transfer the ecclesiastical (ministry) responsibilities from the Senior Bishop to the *General Evolution Confirmers*, our name for the Ecclesiastical Board. The GEC will be responsible for ministry training, licensing, policies, and procedures, just as the Board of Trustees is responsible for church business operations including fiscal oversight.

How will these changes occur?

On Friday and Saturday of the conference details will be shared for the members to make an informed choice on this last transition from the Episcopalian form of governance. Offered for consideration is how the GEC will function, a new doctrinal statement, the ordaining of two new ministers and the appointment of a commissioned minister. These considerations set the stage for further clarification of internal ministry operations and its dynamic relationship with the increasing ministry needs.

Wow... is there anything else?

Yes, we will officially confirm the establishment of our first international mission located in Owerri, Nigeria.

What do I need to do to attend and participate in the conference?

To register go to: <https://forms.gle/GmvywxHbedNtDXtQA>

You can register as a current member or as a guest. Registration and fees are due no later than July 20, 2021. You can also ask to have your registration fee 'waived' if you are experiencing a financial hardship due to COVID19 or other circumstances. Also, there are opportunities to volunteer during the conference and you do not have to be a member of Triumph to volunteer. The conference registration fee for volunteers is being waived. For more information email Brenda Echeverry, the Conference Coordinator, at: triumphlifecenter@gmail.com.

Find us online!

Click on the link below...[TLC Resource guide](#)

Facebook: [Triumph Life Center & Spiritual Connections Café](#)

Website: [Triumph The Church of the New Age - International](#)

Instagram: [@TriumphLifeCenter](#); YouTube Channel: [Triumph Life Center](#);

Spotify [playlist](#); Email: triumphlifecenter@gmail.com