

TRUTH ~ WISDOM ~ POWER

TRIUMPH LIFE CENTER

FALL 2024 NEWSLETTER



FROM THE DESK OF NADIA GAPUR, EXECUTIVE EDITOR



It has been quite some time since we last released a newsletter in Fall 2022. Can you believe October is almost ending and we only have two months left in 2024? October is an important month with many events and holidays happening.

If you didn't already know, October is Domestic Violence Awareness Month (DVAM). One of the biggest misconceptions about domestic violence is that it always involves physical violence. In reality, it is much more complex than that. It can also include [coercive control](#); [psychological and/or emotional abuse](#); [physical abuse](#); [sexual abuse](#); [financial abuse](#); [harassment](#); [stalking](#); and/or [online or digital abuse](#). Men also face domestic violence. If you know anyone who might be abused, here is the National Domestic Violence Hotline number 1.800.799.7233. They are available 24/7 and can provide interpretation.

Breast Cancer Awareness Month is also during this month. Our very own Rev. 'Lady Mother' Saundra Addison-Britto is a breast cancer survivor. Breast cancer is the most common cancer in women in the United States, besides skin cancers. It accounts for about 30% (or 1 in 3) of all new female cancers yearly. Black women have been disproportionately affected by breast cancer. They have the highest death rate compared to any other racial or ethnic group. A breast self-exam helps identify any changes that might cause concern. Remember to talk to your doctor if you notice any

changes and get regular mammograms, especially starting at age 40. Keep in mind, that anyone can have breast cancer.

There have been countless happenings from around the world, many of which were tragic. We need to keep educating ourselves so we can make better decisions and not make assumptions. Last October, Palestinians' lives will never be the same. This is nothing new, Palestinians have been suffering for decades. However, the US continues to arm Israel with billions of dollars of weapons and innocent lives are taken each day. I am sure everyone has read, heard, or seen about the genocide and atrocities happening while the biggest powers in the world refuse to do anything about it. We should not be silent about such an important matter. There are entire families in Palestine being wiped out and a ceasefire is nowhere to be reached. How many more lives are to be taken until this all stops?



With that being said, remember to vote next month. Whether you agree or disagree with what either of the political parties/candidates has said, it is crucial to do your part. Four years is a long time and we simply cannot let it go to waste. We are not free until Palestine, Sudan, Haiti, Congo, and Yemen are free.

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Music, Culture & The 'Forces of Nature'

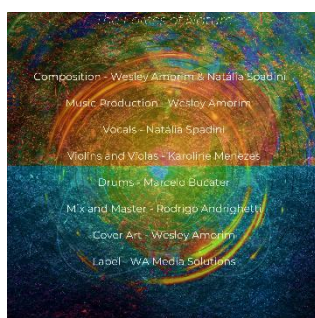
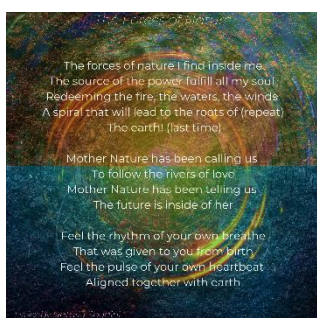
Wesley Amorim, Triumph Life Center's Creative Arts & Music Director



Released on Mother's Day, "Forces of Nature" serves as a tribute to the mother of us all—Mother Nature. The song reminds us of our deep connection with the earth, highlighting that we are all part of one family with shared roots. Through its lyrics and melody, the track speaks of the interconnectedness between the elements of nature, symbolizing how returning to nature helps us reconnect with our core selves. The song celebrates this bond, blending diverse musical styles to represent our cultural ancestors and their connection to the land.

This collaboration between Triumph Life Center and Natália Spadini marks the 10th single in our music project. Composed by Natália Spadini and Wesley Amorim, the song was created through multiple Los Angeles

sessions involving a balance of composition and recording.



Musically, the song was inspired by a simple melody rooted in Negro spiritual influences, repeated in a circular canon form to create a mantra-like loop. From this foundation, we developed a powerful chorus and incorporated elements of R&B and jazz, with a touch of pop and rock in the verses. To further enhance the looping effect, real violins and violas were added, creating a counterpoint to the melody. A Brazilian nylon guitar was also kept throughout the track to maintain our cultural roots, as Brazilian artists from diverse musical backgrounds entirely recorded the song.

The song was produced by Wesley Amorim, who recorded guitars, percussion, and bass, and arranged the track. He also designed the cover art. Violin and viola parts were performed by Karoline Menezes, while drummer Marcelo Bucater, Natália Spadini's husband, contributed an intricate drum arrangement that added dynamic layers and texture to the composition. Mixing and mastering were expertly handled by Rodrigo Andrighetti.

You can learn more about the artists on our website at [Triumph the Church of the New Age](https://www.triumphthelifechurch.com). Forces of Nature and Triumph's music catalog is available on Apple Music, Spotify, iTunes, & other digital platforms. Listen now on the YouTube Channel:

www.youtube.com/@TriumphLifeCenterMusicMinistry



Natália
Spadini



Karoline
Menezes



Marcelo
Bucater

Rodrigo
Andrighetti



What's Happening



Art & Soul with Brenda Echeverry

Art & Soul Sessions are a virtual space for the community to engage in creativity and healing together. We practice mindfulness through interactive visual art and music activities and share simple ways to incorporate the arts into your healing journey. The sessions are led by Brenda Echeverry, an artist and academically trained therapist based in Boston, MA.



Zentangle By Brenda

In the first session, the group created Zentangles; a form of drawing or 'doodling' to facilitate relaxation and spark dormant creativity.

The sessions are held monthly on the third Thursday of each month from 7:00 PM – 8:00 PM (EST). You can join us in the ZOOM Room ID: 566 003 8482 – Passcode: TLC2024 - YouTube recording of the first art and soul session:

<https://www.youtube.com/live/tOIVYLNoyOA?si=5nIQrbAjDciQJi0V>

For additional information on 'Healing Through The Arts, you can contact Brenda on her Instagram Page Art And Soul Clinic at (@artandsoulclinic)



October Domestic Values Awareness Month

Take The Domestic Values Awareness Quiz Myth or Fact?

- Domestic Values are grounded in biblical principles.
- Revitalizing Domestic Values necessitates rebuilding the family structure with a male figure as the household leader.
- Domestic Values emphasize loving-kindness, gender equality, and mutual respect.
- Domestic Values require intimate partners to stay together even when there is violence in their relationship.
- Domestic Values emphasize the importance of a wife's submission to her husband.
- Single-parent families do not exemplify Domestic Values.

The answers are on page eight.

"You are the light of the world!
Just as the stars light the night sky, and as the sun turns night to day;
Bring forth your light so that all creation may experience your love, generosity, joy, and peace; so
they too might be the world's light!" —The Book of Marion 2:16
The New Bible For Our Time © Rev. 'Ladv Mother' Sandra Addison-Britto



What Do You know about IQ, & EQ?
What about SQ & 3Q?



10/26; 11/2; 11/9 & 11/16
10:00 AM – 11:00 AM
Virtual On
YouTube & Zoom

What is Spiritual Intelligence?



Facilitator
Rev. "Lady Mother"
(Professor)
Saundra Addison-Britto

Spiritual Intelligence

A Four-Part Series

Proponents Embrace It Completely Opponents Reject It Outright

"SPIRITUAL INTELLIGENCE IS EMERGING AS THE NEXT STAGE IN THE EVOLUTION OF COLLECTIVE CONSCIOUSNESS."


JOIN 'REV. 'LADY MOTHER' (PROFESSOR) SAUNDRA ADDISON-BRITTO AS SHE FACILITATES A SERIES OF THOUGHT-PROVOKING SEMINAR-STYLE LECTURES ON THE FUTURE OF SPIRITUAL INTELLIGENCE.

THE SEMINARS WILL BE HELD VIRTUALLY ON ZOOM AND YOUTUBE

**DATES: 10/26; 11/2/ 11/9 & 11/16
TIME: 10:00 AM - 11:00 AM**

TRIUMPH SCHOOL OF INTEGRAL STUDIES SPONSORS THE LECTURE SERIES.

WATCH THE OCTOBER 26, 2024 SEMINAR ON YOUTUBE: VIDEO LINK: <https://youtube.com/live/-8ZRz3Wm51M?>



Mahatma Gandhi

"To see the universal and all-pervading Spirit of Truth face to face, one must be able to love the meanest of creation as oneself. And a man who aspires after that cannot afford to keep out of any field of life. That is why my devotion to Truth has drawn me into the field of politics; and I can say without the slightest hesitation, and yet in all humility, that those who say that religion has nothing to do with politics do not know what religion means." (A, pp. 3701)

[Religions and Politics | Mind of Mahatma Gandhi |](#)

DEMOCRACY, FAITH, POLITICS, AND THE 2024 PRESIDENTIAL ELECTION

"...those who say religion has nothing to do with politics, do not know what religion means." --Mahatma Gandhi [A. pp. 3701]

I recently listened to a video clip of a 'white' evangelical pastor in Louisiana, my mother's home state, brow-beat Black Christian religious leaders who are supporting the candidate of the other party.

Historically, religious leaders have grappled with the tension between democracy, faith, and politics. This current presidential race is no exception. Indeed, the tension within the religious community, both racial and evangelical, could not be more divisive.

VOTE 2024

Faith & Politics Quiz

1. I do not vote...because?
2. I vote...because?
3. My faith informs my vote...how?
4. My faith leader influences who I vote for...how?
5. Policies inform my vote...what policies?
6. I vote for candidates with the same core values as myself...my values are?
7. I vote in my self-interest are...
8. My key concerns in this election are...?

On the other hand, as we approach the upcoming election on November 5, I sense, that some church parishioners in our communities feel left out of the conversation.

Yet, other church-goers are single-issue voters and will not vote for any candidate who is not on the 'right' side of their issue; i.e., abortion, the war in Gaza, immigration, etc.

The question for religious leaders is can you hold an unprincipled candidate and conflicting political policies in conversation without compromising your faith? Gandhi responded to this question when he said,

"The politician in me has never dominated a single decision of mine, and if I seem to take part in politics, it is only because politics encircle us today like the coil of a snake from which one cannot get out, no matter how much one tries." (YI, 12-5-1920, p. 2)

[Religions and Politics](#) | [Mind of Mahatma Gandhi](#) | [Philosophy](#)

The question is not about walking the tightrope of religion and politics; rather to what degree does faith inform your participation in politics?

Politics is about who will govern. This is important, primarily because those that govern set priorities for the governed and determine how resources will be allocated. Therefore, can we separate our lives, religious or otherwise from the political system in which we live?

Gandhi explains his position on religion and politics as follows:

"I could not be leading a religious life unless I identified myself with the whole of mankind, and that I could not do unless I took part in politics. The whole gamut of man's activities today constitutes an indivisible whole. You cannot divide social, economic, political, and purely religious work into watertight compartments. I do not know any religion apart from human activity. It provides a moral basis to all other activities which they would otherwise lack, reducing life to a maze of 'sound and fury signifying nothing'. (H, 24-12-1938, p. 393)

[Religions and Politics](#) | [Mind of Mahatma Gandhi](#) | [Philosophy](#)

The United States of America is a Democratic Republic meaning, the power is held by the people through their elected representatives. A democracy works...only when the people participate in the decision-making process by voting.

"The world is unprincipled. It's dog-eat-dog out there! The world doesn't fight fair.

But we don't live or fight our battles that way—never have and never will. The tools of our trade aren't for marketing or manipulation, but they are for demolishing that entire massively corrupt culture.

We use our powerful Divine tools to smash warped philosophies, tearing down barriers erected against the truth of the Divine Feminine; aligning every thought, loose emotion, and impulse into alignment with the spirit of life. The spirit of life is shaped by truth, love, and justice.

Our tools are ready at hand for clearing the ground of every obstruction and building lives of peace, joy, and freedom."

2ND Colquitt 10:20

(The New Bible For Our Time) ©

Rev. 'Lady Mother' S.Y. Addison-Britto



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Throughout the United States, we are seeing a move to reinstate the discriminatory practices and laws that targeted people of color and minority groups creating barriers to registering to vote and to voting.

I was two years old when President Dwight D. Eisenhower signed the Civil Rights Act of 1957 to combat violence, intimidation, and state restrictions on the voting rights of African Americans, primarily in the Southern states.

I was nine years old when President Lyndon B. Johnson signed the Civil Rights Act of 1964, the Act intended to end discrimination based on race, color, religion, or national origin. Perhaps the most important part of the 1964 Civil Rights Act, which is often overlooked, is Title I which guarantees equal voting rights by removing registration requirements and procedures biased against minorities and the underprivileged.

I am also a descendant of formerly enslaved peoples... and as such, let me remind you that we have gained nothing in this country without a fight... every gain was hard fought and always met with a backlash... yet we continued to pursue the stated vision of the founders...

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness." --Declaration of Independence

[Declaration of Independence: A Transcription | National Archives](#)

My ancestors knew through their experience of being enslaved that these truths were not self-evident to the founders although they wrote these words. The equality the founders wrote about was gained through the long travail of chattel slavery, lynching, reconstruction, the domestic terror invoked by the KKK, Jim Crow, and segregation... we have come this far by faith, by fighting, and by the vote. This is why we cannot stop having faith, fighting, and voting!

In my lifetime, I have witnessed the changes brought about through faith, fighting, and voting, and the backlash... I have experienced the struggle and triumphs... I have also witnessed the disappointment when hard-fought gains appeared to be lost; Roe v. Wade 2023. My maternal grandmother gave birth to my uncle before she had the right to vote because she was a woman. She gave birth to my mother when the 19th Amendment granting women the right to vote became law in 1920.

The year I graduated from High School, 1973, Row V Wade became the law of the land. I came of age when a woman's right to choose, I thought, was enshrined in the law. I never thought my granddaughters would live in a world like the one my mother and grandmothers lived in when women did not have legal control of their own bodies and reproductive health.

**Congratulations
Triumph's National Team
Celebrating '5' Years
Since October 19, 2019**



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RELIGION
OUT OF MY
UTERUS**

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P.O. Box 2157
Newark, NJ 07114**

\$ triumph2020

**Scan the QR Code
To Donate**



The struggle continues... we cannot give up now...I urge you...more than ever, now is not to time to sit out this election. The Democratic process works when you the 'voter' works it.

As a church and non-profit organization Triumph does not participate in partisan politics or tell anyone whom to vote for. What is important to me as a leader in a faith community is to encourage my community to participate in the democratic process... the basic level is to register to vote and then vote.

This election is consequential as is every election... not just the presidential election but the entire ballot... which includes your local and state representatives...it is important to know who the candidates are and do your due diligence before you cast your vote.

In 2000, Bush v. Gore, was extremely disappointing to me... who knows if '9/11' would have happened if Gore had become President? Or if his response to the attack would have been different?

It is my opinion that if Bush v. Gore had not happened as it did, Obama, the first 'Black' President would not have happened when it did. This is where my faith intersects with my politics. Whatever the outcome of the election, I firmly believe that ultimately all things are working together for our good even when it does not seem like it is.

The pendulum continues to swing between extremes, but what I know for sure is that justice will prevail... truth will rise and love will win...

As a spiritual leader, my faith, fight, and vote are not so much for myself but for the generations to come... my grandchildren and their unborn children; the silent voices and invisible people who live amongst us, the ones who are no longer counted in the aggregate of who matters.

My faith informs my belief that we have a moral obligation and divine mandate to replenish this earth... to give back more than we take. To be trusted stewards of the earth's resources and to leave this world better for having lived on this planet.

In the United States of America, we the people have the power to determine who will govern. My faith dictates that collectively we have the power to call forth the good within each one of us and to hold our elected representatives accountable to govern with integrity, compassion, justice, and liberty for all.

Therefore, let us arise, go forth and **'VOTE.'**

---Rev. 'Lady Mother' S.Y. Addison-Britto

Mark Your Calendars UPCOMING EVENTS



950 Bergen Street, Newark, NJ 07112
12:00 PM [EST] Sunday, November 24,

Healing Circle

Whoever wins the presidential election, there will be some hurting people on either side.

Join Triumph in a powerful **'Healing Circle,'** post-election, where collective healing begins. Share your story, release your pain, and breathe new life with us through Open Mic, Ceremonial Breathing, and Circle of Healing.

Triumph, The Church of the New Age
950 Bergen Street, Newark, NJ 07112
Sunday, November 10, 2024:
12:00 PM – 6:00 PM
Potluck Meal

ZOOM Access:
ID: 566 003 8482
PASSCODE: HEAL24



"The most common way people give up their power is by thinking they don't have any."
---Alice Walker

As quoted in The Best Liberal Quotes Ever: Why the Left is Right (2004) by William P. Martin, p. 173.



Accept YOURSELF

Domestic Values Awareness Quiz Myth or Fact? Answers

- ⇒ Myth: Some biblical principles may align with Domestic Values; such as kindness, compassion, and forgiveness. However, Domestic Values are based on universal principles of love, respect, and shared humanity.
- ⇒ Myth: Domestic Values are built on mutual respect and love between intimate partners and not control or power over one partner by the other.
- ⇒ Fact: Domestic Values emphasize loving-kindness, gender equality, and mutual respect.
- ⇒ Myth: Violence comes in many forms including physical, emotional, psychological, and others. Violence is never okay in any Domestic or Intimate Partner relationship and are being violated in any way there is help for you to get out. If you are the perpetrator of violence there is help for you. (See hotline number below.)
- ⇒ Myth: Domestic Values are about loving relationships and intimacy in marriage. Marriage is a relationship between equals, therefore neither partner should have to submit to the other. However, love in its purest sense is the submission of one's ego to one's higher self.
- ⇒ Myth: Domestic Values are determined by the marital status of a parent. Single, coupled, or otherwise, parenting is about loving your children, nurturing their gifts, and helping them to develop character and integrity for life's journey.

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For more information:

[Domestic Violence Support](#) | [National Domestic Violence Hotline](#) Call: 800-799-SAFE (7233)

## IN LOVING Memory



FATHER ELIAS DEMPSEY SMITH  
FOUNDER  
1865 - 1920

THE RTE. REV. MILTON F. BRITTO  
SENIOR BISHOP  
MARCH 5, 1928 – NOVEMBER 14, 2022



*Triumph, The Church of the New Age, Inc.*



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