

TRIUMPH LIFE CENTER & SPIRITUAL CONNECTIONS CAFÉ



Fall 2022 Newsletter

FROM THE DESK OF NADIA GAPUR, EXECUTIVE EDITOR



Autumn brings about many changes, with days getting shorter and colder and the leaves changing and falling.

There have been many events that have occurred since our last newsletter publication. A few weeks ago, we celebrated the 125th Anniversary of the Founding of Triumph Church by Father E. D. Smith (October 20, 1897); and the 3rd Anniversary of the opening of Triumph Life Center & Spiritual Connections Café in Brooklyn on October 19, 2019.

However, some of the events have not been the most positive and should serve as a warning that we should take better care of our planet. Hurricane Ian devastated Florida and Cuba among other countries. Every year, hurricanes affect thousands of people, and they only seem to be getting worse because of global warming. The same can be said with the extensive flooding in Pakistan that has been going on since June and has displaced millions of people already.

September to October was full of important dates such as National Hispanic Heritage Month which were on September 15 - October 15. October was Breast Cancer Awareness Month. We encourage everyone, not just women to get a mammogram. Remember, the earlier it is detected, the better the chances for survival are. Our very own (Rev. LC) S.Y. Addison-Britto is a breast cancer survivor as well as one of my beloved grandmothers.

Midterm elections are coming up in November, and those with the means to vote should use this opportunity to elect leaders who can better serve the communities we live in.

We are also continuing our three-part series with (Om Prakash) Rev. Dr. John Gilmore on Evolving Spiritually. Our musical director, Wesley Amorim has been working with various musicians from around the world on singles. We are very excited to see what else is in store.

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.



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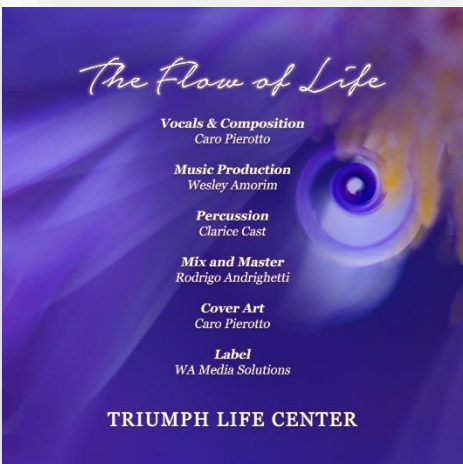
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HEALTH & WELLNESS

COMING SOON !

The Flow of Life, Triumph Life Center's 4th single featuring Caro Pierotto, is a sweet reminder for whoever listens to it, to get out of their head and to come to their heart. With a surprise guided breath meditation at the end, this song is a gift for the avid listener. Its orchestration and lyrics dynamically travel and invite the listener to visit different places in their



subconscious mind intending to heal and achieve self-forgiveness. This song is suggested for New Age, Spiritual, Yoga, Ayahuasca, and other playlists with healing messages. The release date is Friday, November 4 on Apple Music, Spotify, iTunes, YouTube, and other digital platforms. Caro joined us for our live gathering on Sunday, October 30, 2022, watch the full interview with her on YouTube at:

<https://www.youtube.com/watch?v=BhJ347T4Svk&feature=share&si=ELPmzJkDCLju2KnD5oyZMQ>



Happy Anniversary



Triumph Life Center & Spiritual Connections Café
Brooklyn, New York
October 19, 2019... Still going strong!

COMMUNITY NEWS & VIEWS
THE FIRST PERSON OF COLOR
INSTALLED AS PRESIDENT OF
CAMDEN COUNTY COLLEGE



DR. LOVELL PUGH-BASSETT

Dr. Lovell Pugh-Bassett was installed as the 6th President of Camden County College, NJ. She is the first person of color to serve as the college president in its 56-year history.¹ Lovell is a former member of Triumph, The Church of the New Age, who grew up in our Newark Church. Her grandfather, the late Senior Bishop Mark A. Peachey, was her pastor. Lovell's family's history in Triumph dates back to the early 1900s when her great-great-grandfather Bishop J.D. Barber was an official in Triumph, The Church and Kingdom of God in Christ. Bishop Barber, in 1919 traveled to Ethiopia with the founder the late Father E.D. Smith. After Smith's passing in Ethiopia in 1920, Bishop Barber was led to form Triumph, The Church of the New Age and became its first Presiding Senior Bishop. Dr. Pugh-Bassett's installation as President of CCC is a historic moment for the college and a proud moment for the entire Triumph Church family. Although she has since moved on from Triumph Church, Senior Bishop

FALL MOVIE PICK...



This is a compelling story about childhood trauma, abject poverty, despair, and unbelievable degradation. What makes this story a modern-day miracle is that it is a true account of the power of human compassion, forgiveness, and love that supersedes the depth of any pain experienced. This is a must-watch for people especially those who came to ministry on a trail blazed through suffering. *Rev. S.Y. Addison-Britto*
[\(83\) Mully Movie Official Deutsch - YouTube](#)

Milton F. Britto, and the entire Triumph, The Church of the New Age – International family celebrate her accomplishments as a daughter of the Church as well as the continued legacy of her family. Camden County College community is blessed to have her at the helm. *****END*****

To view the installation service and Dr. Lovell's speech visit the College's website by clicking the link: [Installation of Dr. Lovell Pugh-Bassett - Camden County College \(camdencc.edu\)](#)

¹[CBS Philadelphia- MSN.Com Brandon Goldner 10/14/2022]



UPCOMING EVENT...THE CROSS - PART II

Triumph Life Center with (Om Prakash) Rev. Dr. John Gilmore Presents A Three-Part Series On: **UPCOMING EVENTS**
Evolving Spiritually
The Cross: Rest & Wholeness

Om Prakash is an Energy Healer, Massage Therapist, and Wellness Consultant.
 Rev. Gilmore has been doing energy work since 1997 and Massage Therapy and Bodywork since 2003.
 He is currently working through Diana Sarah Holistic Health and focusing on Practical Spirituality. He gives talks on 'The Wisdom App' on various religious topics, converses, and answers questions for callers.
 Rev. Gilmore is a leading member of Triumph's Board of Trustees

October 2, November 6, December 4
 11:45 AM - 1:15 PM
 Via Zoom
 Meeting ID: 843 0319 5755
 Passcode: TCNA2022

Triumph Life Center with (Om Prakash) Rev. Dr. John Gilmore presents a three-part series titled, *The Cross: Rest & Wholeness*. Part I is available on YouTube:

<https://youtu.be/AupbOqHe3VU>

In Part I, presented on October 2, 2022, Rev. John discussed the historical significance of the Cross in different religious traditions.

He discussed the difference between the 'political church' vs Christianity and spirituality. According to Rev. John, the horizontal bar of the Cross stands for life on planet earth and the vertical bar stands for one's spirituality. The process of one's self-development and experience of their inner-self with the external world is symbolized through one's movements toward the center of the Cross.

According to Rev. John the saying, *"...we are sinners saved by grace is not biblical."* But more accurately, *"...we were once sinners saved by grace."* We are now the light of the world a city set on a hill. Repentance is metanoia, meaning rising up to a God consciousness.

Part II will be aired live on Facebook on Sunday, November 6, and Part III on Sunday, December 4, both at 12:00 PM on Zoom:

<https://us06web.zoom.us/j/84303195755?pwd=T3JNUXN4Mm9BZThHWDJMMkZtUldxdz09>

Meeting ID: 843 0319 5755 - Passcode: TCNA2022

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 (Rev. Lc) Sandra Addison-Britto, Supervising Editor
 The Rte. Rev. Milton F. Britto, Senior Bishop Emeritus



BRENDA ECHEVERRY



Paintbox 2022

INSPIRED BY THE SONG:
PACHAMAMA

THIS MURAL WAS CREATED THROUGH THE CITY OF BOSTON'S PAINTBOX PROGRAM, WHERE LOCAL ARTISTS ARE CONTRACTED TO DESIGN AND PAINT ELECTRICAL UTILITY BOXES ALL OVER THE STREETS OF BOSTON. THIS DESIGN, TITLED PACHAMAMA, IS A CALL TO COMMUNITY MEMBERS TO REMEMBER THE DIVINE CONSCIOUSNESS OF THE PLANET AND THE NATURAL ENVIRONMENT AROUND US. THE PLANET WITNESSES AND FEELS THE EFFECTS OF OUR ACTIONS. PACHAMAMA NURTURES US, DELIGHTS IN US, AND SHINES ON US WHILE HOLDING US ACCOUNTABLE FOR OUR ACTIONS. MAY WE NEVER FORGET HER POWER AND UNCONDITIONAL LOVE.

THE DESIGN WAS INSPIRED BY THE SONG PACHAMAMA BY CHANCHA VIA CIRCUITO.

CLICK THE LINK BELOW TO LISTEN TO THE SONG!
[HTTPS://WWW.YOUTUBE.COM/RESULTS?SEARCH_QUERY=PACHAMA MA+CHANCHA+VIA+CIRCUITO](https://www.youtube.com/results?search_query=pachama+chancha+via+circuito)

“HOW CAN I BE SPIRITUAL IF I CAN’T BE ME?”

INTERVIEW WITH WESLEY AMORIM, DIRECTOR OF TRIUMPH’S MUSIC MINISTRY

I interviewed Wesley on Sunday, September 25, 2022, at our Brooklyn location where he shared very intimate details about his upbringing and spiritual evolution. Wesley was born in Brazil where his parents raised him in church. At an early age, Wesley asked the question, “How can I be spiritual if I can’t be me.”

Wesley came to the United States as a young man seeking to find his way. He has been with Triumph since 2019 and shared that when he accepted the role of musician for our Sunday gatherings he identified as an atheist. His

journey in the United States exposed him to different churches, faiths, and people from all backgrounds and outlooks. Wesley shares, “When I left the church and stopped saying the name [G]od, that’s when my spiritual journey started.” Today, he has come full circle to now being a believer. Wesley’s journey of evolving spiritually is not just his own, but what so many people go through who seek to know and experience God as an inner reality rather than as an organized religion in a man-made institution. *By Rev. S.Y. Addison-Britto* [The full interview is available on YouTube: [\(119\) Interview with Wesley Amorim - YouTube](#)]

A Conversation with Wesley Amorim
Evolving Spiritually: Reconnecting to My Divine Self

Triumph Life Center
Ser la brisa
featuring
Brenda Echeverry

TOGETHER WE STAND
Triumph Life Center
-FEATURING JACKIE RIBAS-

Triumph Life Center
JUST BE ME
Featuring: Buzz Valencia

Creating original inspirational music with various artists and different musical genres to reach a cross-section of the global community with music that touches the soul and mind with the message of Triumph.

SECOND ANNUAL COMMUNITY GATHERING



Triumph's Second Annual Community Gathering (formerly International Religious Congress) convened August 4 – 7, 2022 in Newark, NJ. This year's theme was, *Expanding our Local & Global: Message, Ministries & Missions – Organization, Operations & Opportunities.*

The business and training sessions were held at Pillar College, 60 Park Place, Suite 701, Newark, NJ; and our community outreach activities and closing Community Fellowship Service were held at our headquarters church at 950 Bergen, Street, Newark, NJ. Triumph's team, volunteers, and delegates stayed at the Robert Treat/Best Western Hotel at 50 Park Place, Newark, NJ.

A few highlights include a workshop on Community Connections facilitated by Brenda Echeverry; a seminar on Ministry & Governance facilitated by Dr. Nathanael Pollard, Jr., and a workshop on Developing a Leadership Covenant

facilitated by (Om Prakash) Rev. Dr. John Gilmore. ACG reinstated the Scholarship Fund, Benevolent Fund, and Triumph Minister's Fellowship. The Annual Report with Rev. Sandra Addison-Britto's opening address to the meeting is available on our website at <https://triumphthechurchofthenewage-international.org/service-times-%26-locations>. Below are a few captured moments.



UPDATE FROM TRIUMPH CHURCH NIGERIA

All hail!

We are delighted to have you read our newsletter again!

Triumph Church's Nigerian mission has now been duly registered and incorporated in Nigeria with the Corporate Affairs Commission (CAC) and our profound gratitude to the Board of Trustees General Evolution Confirmers (Ecclesiastical Board). So *"... being confident in this, that He who began a good work in us will carry it on to completion until the day of Christ Jesus ."* (Philippines 1:6)

Join us on Sunday, November 20, 2022, at 11:45 AM [EST USA] when we will host the service live from Nigeria.



We believe in and teach the gospel of peace. Our philosophy and core values are based on the principles of life (Seven Life-Affirming Principles), shared strengths, knowledge, and community building. There's an understanding that God is in man and expresses Himself through man. Humanity was not only created in the image and likeness of God but is indeed the embodiment of God. The earth and all that dwell therein are manifestations held within the Universal Mind (Christ).

Here, at Triumph Church Nigeria we care for the aged people amongst us, orphans and the sick. We also care for mother earth as we care for ourselves. By doing so, we shall be entrusted with revelations by the Great Spirit and Universal Consciousness just like Father Smith, Apostle Paul, and other Apostles taught.

I want you to know, that you have value not because of what you do but because of whom you belong to. Don't allow people's rejection or negative words to keep you from your destiny. Fear not and bear your cross with faith for the common root, covenant, spirituality, and unconditional love we share and for the sake of our bearing witness to a new heaven and a new earth.

Therefore, may Christ Himself present us to His father as complete and Christ-like, without fault and blameless. Amen (Ashe).***END *Minister Obinna Anyanwu, Triumph Church, NIGERIA*



Pastor Eric G. Andrews, the Senior Pastor of The Kings Nation World Assemblies, Inc., was voted President of Triumph's Minister's Fellowship in the Second Annual Community Gathering in August. Look for Fellowship guidelines and a calendar of events on our website or email Pastor Andrews at:

pastoreandrews@tcnai.org



RISE
BY THE NAMELESS ARTIST

I SAID RISE
ARE YOU NOT STRONG
I SAID RISE
ARE YOU NOT A WARRIOR
I SAID RISE
I MADE YOU STRONGER
BETTER FASTER
I SAID RISE
I PROMISE THE ENEMY
WILL NOT HARM YOU
YOU ARE NOT WEAK
YOU ARE STRONG
GIVE ME YOUR HAND
I WILL GIVE YOU MINE
NOW RISE



SUBMITTED BY TRAVIS MILLS

CELEBRATING 125 YEARS - OCTOBER 20, 1897

I saw another messenger flying through midheaven. He carried an eternal gospel, bringing good news to all the citizens of the earth—every ethnicity, nation, language, and people.

Revelations 14:6 (VOICE)

Bishop E.D. Smith (known as Father) on October 20, 1897, began having a series of visions that ultimately led him to found Triumph Church. The visions were of three figures; “an eagle, a lion, and a brown-skinned damsel.” Smith interpreted the vision and imagery as the eagle representing truth; the lion representing wisdom and power, and the brown skin young woman representing the oppressed and marginalized communities throughout the world.



The experience awakened Bishop Smith’s consciousness to a new understanding of his purpose and that of the church. The church, he believed, is the agent of liberation from racial, economic, and all forms of oppression. Smith believed that the church was commissioned to lead the way in the pursuit of truth, justice, and community building. He firmly believed that all humanity was not only created in the image and likeness of God but was indeed the embodiment of God on earth. Smith believed that this forgotten truth – once awakened in humanity would be the catalyst for a new world order rooted in truth, justice, and love. That heaven and hell are a state of being (consciousness) and not a place we go to after we die.

Smith, believed that we could live a healthy and long life in our bodies and we could attain a level of ‘Christ’ consciousness that would transform our bodies from a temple of death and transition to eternal life thereby bypassing the grave.

*Father Smith's
Vision*



*“We are not human beings having a spiritual experience. We are spiritual beings having a human experience.”
~ Pierre Teilhard de Chardin*

AFFIRMATIONS FOR LIFE

- I AM TRUTH.
- I AM ETERNAL.
- I AM LIFE.
- I AM LOVE.
- I AM LIGHT.
- I AM DARKNESS.
- I AM SALT.
- I AM EMPTY.
- I AM FULL.
- I AM WISDOM.
- I AM POWER.
- I AM SPIRIT.
- I AM CHRIST.



*change with the
seasons of life.
don't try to stretch
a season into
a lifetime.
~ unknown*

Triumph is a Christ’ centered spiritual community. We are diverse, inclusive, and welcoming of all.

Find us online:

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

Website: [Triumph The Church of the New Age – International. org](#)

Instagram: [@TriumphLifeCenter](#)

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

Spotify playlist

Email: triumphlifecenter@gmail.com



THE GIFT

**“TEACH US TO NUMBER OUR DAYS
SO THAT WE MAY TRULY LIVE AND ACHIEVE WISDOM.”
PSALM 90:12 (VOICE)**

This has been a busy season for myself and Senior Bishop. Our time has been spent doing so much of what we love to do. August we were in Newark for our Second Annual Community Gathering. Our sabbatical began on August 8 – September 8, during which time we took a much-needed rest. We then traveled south to visit family, something we had not been able to do since 2020 when we went on lockdown due to COVID. At the end of August, we had the pleasure of being with our grandson as his parents moved him to his college dorm. What an exciting time to see another generation transitioning to the next phase of life. Our prayers go out to all of our children as they navigate through school and the many challenges of life.

In September we went on vacation for a week and had a wonderful time. Each morning and evening we sat on the balcony of our hotel room and watched the sun rise and set over the ocean. We truly enjoyed ourselves. During the last week in September, we went on a missionary journey to visit the saints in Ohio and Pennsylvania.



We are praying for our beloved Mother Betty Smith and Prince John L. Melvin who have been faithful to Triumph Church and true friends of Senior Bishop for many years. Bishop and Prince Melvin were both ordained on January 6, 1958, in Brooklyn, NY. A memory they reminisced about as we fellowshipped together. We were also delighted to be invited to the home of Bishop Alvin J. McCoy who treated us like family and prepared a spread fit for royalty.

As I reflect on this time of year I am reminded of my journey through Cancer which began in the fall of 1991. I am grateful and feel so blessed to have lived through two cancer diagnoses, several surgeries, chemotherapy, and radiation. I am still here and I give God the glory for giving me a new life on the other side of cancer. My children were very young when I was first diagnosed and now they are grown up, I have five grandchildren and my oldest grandson is a college student...whew!!!

I want to encourage someone who may be going through a serious illness or supporting a family member that is. Know this, there is hope, and hold on you will get through this. It may not be easy but you will come through and the sun will shine again. There was a time when I was going through cancer treatment I was so despondent that I felt like the world was closing in on me. I recall one Sunday morning I had to push myself to get out of bed. I was so sick in my body and mentally out of it. It was around this time of year in the early part of November and the holidays were approaching. I had no energy and was depressed. I was so very weak and I felt so helpless and alone. This particular Sunday I heard a message from a minister on the radio that was enough to stir me to dig deep down within myself. I found my inner strength. It was always there, deeply rooted in my faith. I gained a renewed sense of myself and believed that I could live and not die.

Little by little I took small steps as I slowly recovered. My body begin to heal and I regained my strength. With intention, I leaned into the process of renewing my mind through meditation and prayer. I begin to see and experience new possibilities for myself and in time I looked back over my shoulder and could see the hand of God had always been on my life walking beside me sometimes carrying me but always with me and in me.

I am grateful for my husband, Senior Bishop, who is a great inspiration to me and so many others. At 94 years old he has never lost his faith in God. He has experienced so much throughout his life but his steadfastness is unparalleled.

As we move through the fall and into the winter months headed for a new year let us be intentional about praying one for another. Remember love is what love does. It is in the simple acts of kindness, and thoughtfulness and can be as simple as a smile. Yesterday is gone, and tomorrow may never come; all we ever have is the present and that’s the GIFT. Yesterday may hold precious memories but don’t miss out on the GIFT which is the present. Make every moment count. In the end, all that will matter is LOVE. *** *The Rte. Milton F. Britto, Senior Bishop (Emeritus) & (Lc) Rev. S.Y. Addison-Britto*

BOOK RECOMMENDATION

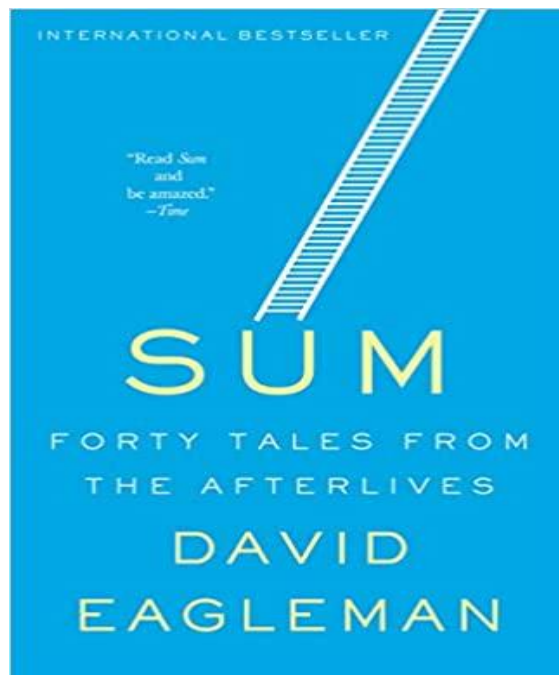
TITLE: SUM

FORTY TALES FROM THE AFTERLIVES

BY DAVID EAGLEMAN

At once funny, wistful, and unsettling, *Sum* is a dazzling exploration of unexpected afterlives—each presented as a vignette that offers a stunning lens through which to see ourselves in the here and now. In one afterlife, you may find that God is the size of a microbe and unaware of your existence. In another version, you work as a background character in other people's dreams. Or you may find that God is a married couple, or that the universe is running backward, or that you are forced to live out your afterlife with annoying versions of who you could have been. With a probing imagination and deep understanding of the human condition, acclaimed neuroscientist David Eagleman offers wonderfully imagined tales that shine a brilliant light on the here and now.

<https://www.amazon.com/Sum-Forty-Afterlives-David-Eagleman-ebook/dp/B001TKA0VO>



HEALTH & WELLNESS

CONSIDER THIS...



How can I be substantial without casting a shadow? I must have a dark side too if I am to be whole, and by becoming conscious of my shadow I remember once more that I am a human being like any other.

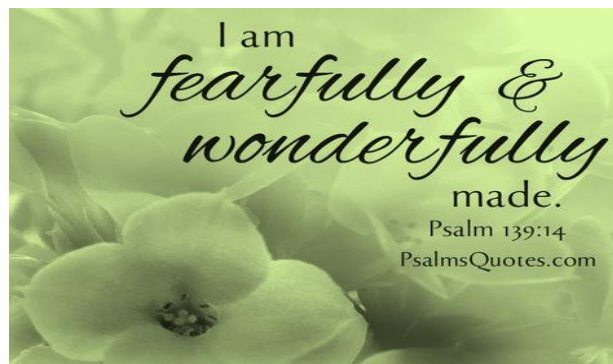
– Carl Jung (CW 16, Page 59)

LOVE SHOULD NOT HURT...



Four Ways to Give...

1. Via Email Invoice: (We will email you an invoice to pay securely online using your credit card)
2. Via CashApp: Triumph2020
3. PayPal at: Triumphchurchpsc@gmail.com
4. Via Mail: Check or Money Order
Triumph, The Church of the New Age
P.O. Box 2157
Newark, NJ 07114



ARE YOU EATING ENOUGH VEGETABLES?



Vegetables are one of nature's greatest gifts! Vegetables are a valuable protective food essential for the prevention of diseases and maintenance of health. With the help of these miracle workers and a bit of discipline, we can reach a perfectly well-balanced diet. Rich in fiber, vitamins, and minerals, and packed with crucial immune-boosting antioxidants, vegetables are the real deal! Before you start planning today's menu, here are some interesting facts about vegetables that'll help you decide what to include in your vegetable servings... Bon appetite!

Did you know?

1. Veggies can help to improve your health all around.

Countless studies have linked the benefits of greater veggie intake to a reduced risk of chronic disease, heart disease, diabetes, and lifestyle-related cancers.

2. Vegetables can keep you hydrated.

Since veggies contain lots of water, they are also essential for hydration and digestion while consecutively delivering fuel for your body's useful bacteria.

3. Mushrooms are amazingly good for you.

Do you need help with cognition, heart health, and disease prevention? Then, start eating mushrooms.

4. Why not swap meat for mushrooms?

If you replace meat with mushrooms it will positively affect your body weight and overall health.

5. Kale is a superfood.

Your favorite leafy green kale is chock-full of vitamin K, just ½ cup provides about 440% of the recommended daily value! A portion of kale also supplies 10% of your daily value for calcium. Good to know if you're lactose intolerant!

6. Lentils are ideal meat alternatives in many cases.

Lentils are both a vegetable and a protein, which makes them a smart and budget-friendly choice.

7. Tomatoes could help you fight cancer.

P-coumaric and chlorogenic acids are the two cancer-fighting substances in the tomato. Tomatoes are also a good source of vitamins A and C. The lycopene in the tomato supports vascular health and helps prevent cardiovascular disease. The tomato was a fruit. It took a ruling by the Supreme Court in 1893 to make the tomato a vegetable for taxation purposes.

8. Go purple for more heart protection.

Eggplant is a versatile vegetable and contains cardioprotective combinations for a healthier heart.

9. Potatoes are largely H2O!

Potatoes are only 20% solids...and 80% water.

10. Five vegetable servings a day is the way to go.

For longer life, it's suggested that you eat five servings of vegetables a day. A serving equals one-half cup. So, what are you waiting for, start preparing your veggie menu for the day! ***END*** [FactCity [36 Nutritious Facts about Vegetables - Fact City](#)]



January 20 – 23, 2023
Annual Board Meeting
& Triumph Minister's Fellowship Conference
Newark, NJ