



# Triumph Life Center & Spiritual Connections Café

*'Welcome to the Tree of Life'*

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## January & February 2021 - Newsletter



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

The New Year ideally means a fresh new start. We definitely need it after the tumultuous 2020 year. Believe it or not, it has been officially one year since the first COVID-19 case in the United States. Since then we have learned to adapt to our ever changing environment. 2021 brings in a new administration that is one of the most diverse yet with not only the first female vice president but also the first woman of color to hold that position. COVID-19 vaccines are being distributed in batches all over the country to help prevent the disease. Although life is still not back to normal, there is hope for the future.

In this edition, we will spotlight the virtual events that celebrated Triumph's 117th anniversary this past January. This coincided with our main theme being on Creation & New Birth. Starting on the 20th and ending with the 22nd, we held virtual events, where we shared literature and art of various forms. We also had our annual board meeting that Saturday the 23rd.

February is an important month because it is also Black History Month. For our first meeting of the month, we talked about the origins of Black History Month and we presented on various Black figures. On Valentine's Day, we had our guest speaker, Rev. Dr. Judith Anne Winters, where she discussed love and shared with us the importance of the three 'Cs'.

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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*From The Desk of Senior Bishop Milton F. Britto (Emeritus)*

All hail, and Praise the Lord! We are in 2021 and I thank God for the New Year. Yes, 2020 was a difficult and painful year for many of us. But God was with us through it all. In all things, give thanks!

As I approach 93 years of age (March 5, 2021) I am thankful for having a portion of health; I am still able to do for myself; to think for myself and to give God the praise. My word for you in 2021 is; trust in God!

*"Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."*  
(Proverbs 3:5-7)



*Bishop Milton F. Britto*

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## Reconstruction of the Black Church

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By Travis Milton Mills

Love and history  
Shame and pain  
Sickness and health  
Students and teachers  
Parents and children  
The past and the future  
Loses and lessons  
Miracles and blessings  
A window and a door  
Blood and family



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## The Struggle of the Black Man

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By Travis Milton Mills

Don't worry  
Pain is only temporary  
The memoir a savior  
I know the mud was dirty  
The passion of a champion  
I know the feeling of wanting  
to give up  
The heart of a man  
Ability to put food on the  
table  
And the will of a deity  
Keep going you will get  
where you need to be  
The past of survivor  
And the future of a king

# Triumph

## 117<sup>TH</sup> YEAR ANNIVERSARY

### REBIRTH & CREATION

In celebration of our 117<sup>th</sup> Anniversary on January 20, 2021, we held a three day live mid-day event on Facebook and ZOOM. We invited visual artists, poets, vocalists and spoken word artists to come through and share on our theme of Rebirth & Creation. Below are a few of the visual art pieces that were shared. You can also watch the three day series on YouTube:

<https://youtu.be/5dTfzxBqCg> <https://youtu.be/JSfvMXinB8I>



*The artist is Caroline Berrios and you can follow her on Instagram: @Cberrios.art. Caroline says: "I chose this figure because I thought the stretched/contorted pose expressed renewal and strength. The figure is posed almost like someone who has woken up from sleep to stretch and be reborn. (4"x6", graphite on paper, figure pose credit to Belovodchenko Anton.)"*

*A Drop of Compassion Collage  
Artist, Brenda Echeverry*



# Black History Quiz



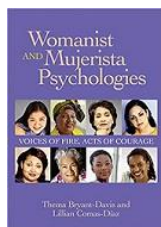
## You could be a winner!

Test your knowledge of Black History. If you score 7 or higher we have a gift for you! Just email your answers no later than March 6, 2021 to:

[triumphlifecenter@gmail.com](mailto:triumphlifecenter@gmail.com). We will announce the winners on Sunday, March 14, 2021 during our live Facebook service!

### Questions:

1. Guion Stewart Bluford, Jr., spent six days in space in 1983. Was he a member of a Challenger, Apollo or Gemini mission?
2. In what Midwestern city did Dr. Hale Williams establish the first African-American hospital?
3. Who was the first black woman ever named to the cabinet of a U.S. president?
4. In 1849, a Virginia slave named Henry Brown decided to mail himself to freedom. Did he succeed or fail?
5. Did the first black lawyer in America receive his license before or after the Civil War?
6. Which U.S. president signed Executive Order 9981, ending official racial discrimination in the U.S. armed forces?
7. What book by Richard Wright was a main selection of the Book-of-the-Month Club in 1940?
8. Who invented a vertical spring that made it possible for cars to have convertible tops -- James A. Jones, or T. J. Byrd?
9. Which distinguished gospel singer performed at John F. Kennedy's inauguration in 1961?
10. Who was the first African American to win a singles title at Wimbledon -- Althea Gibson, or Arthur Ashe?



*They tried to bury us.*

*They didn't know we were seeds.*

— Mexican Proverb

(Introduction: Womanist and Mujerista Psychologies, Thana Bryan-Davis and Lillian Comas-Diaz, Editors)

## Recipe Corner

### Mills Family Smoothies By Travis Mills

Use all organic products when possible...

#### Biotin Orange



- 2 cups of almonds milk
- 1 scoop of pumpkin seed
- 2 carrots
- 1 whole mango
- 1 orange
- 1/2 pineapple
- 1/4 Papaya

#### Thick Green & Hairy



- 2 cups of almonds milk
- 1 scoop of pumpkin seeds
- 1 scoop of hemp seed
- 1 cucumber
- 1 avocado
- 1 banana
- 1/4 pineapple

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## Hope

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A Poem by

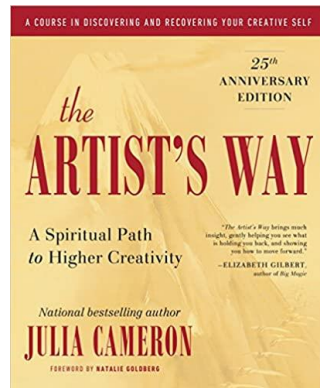
Travis Milton Mills

To pray when faith is lost  
To stand with no legs  
To see someone who begs for help  
The effect of being lost  
To have a mouth but no words  
To be given a heart with no blood  
To be given ears to hear lies  
To continue when there is no ending  
To only see a hand in quicksand  
It's a scary world where so many people are pretending  
To continue and then collapse  
Face full of sweat, no breath from the body  
Bright white clouds gathered together  
A beam of light hit his body  
I watched your journey my son  
What you lost I will give you back X20  
    Said God  
His body began to regenerate  
What was lost is now found  
What was quiet now has sound  
    Said God  
The light went back to the sky  
Clouds parted ways  
He slowly picked himself up  
    And Cried

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## Triumph Life Center's Team Featured Book for January & February

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*"I learned that the real creator was my inner Self, the Shakti... That desire to do something is God inside talking through us."*

— Michele Shea (The Artist's Way by Julia Cameron Page 90)

*"It is the creative pulse itself in human beings that is the image of God."*

— Mary Daly (The Artist's Way" by Julia Cameron Page 2)

This book is a powerful tool for anyone seeking to unleash their creative god-self. Julia Cameron presents practical ways to live from your inner-self which she overlays with one's god-self.

According to Cameron, creativity is the expression of God in us and through us. By getting in touch with your creativity and living from a place of freedom, one will grow spiritually. Since ancient times until now, artists' have always led the way. Surprisingly, we are all artists in our own right.

Triumph Life featured this book during our January 31, 2021 Live Sunday Gathering, theme 'Listening to the Voice of Anger: Tool or Master.' Below is a quote from the book:

*Anger is meant to be listened to. Anger is a voice, a shout, a plea, a demand. Anger is meant to be respected. Why? Because anger is a map. Anger shows us what our boundaries are. Anger shows us where we want to go. It lets us see where we've been and lets us know when we haven't liked it. Anger points the way, not just the finger. In recovery of a blocked artist, anger is a sign of health.*

*Anger is meant to be acted upon. It is not meant to be acted out. Anger points the direction. We are meant to use anger as fuel to take the actions we need to move our anger where our anger points us. With a little thought, we can usually translate the message that our anger is sending us.*

Excerpt: The Artist's Way: 25<sup>th</sup> Anniversary Edition, Chapter 3. Recovering a Sense of Power, by Julia Cameron, Kindle Page 61, Penguin Random House, 2015: NY 2016

You can watch the recording of our discussion on YouTube: <https://www.youtube.com/watch?v=KbgSsojQFcU>

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## Spotlight On...

### Rev. Dr. Judith Anne Winters

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Rev. Dr. Judith Anne Winters was the guest speaker for Triumph Life Center for our Live Sunday gathering on February 14, 2021 on the subject: *"Loving Mother Earth is Heart Wisdom."*

Rev. Judith asked, *"What are we doing to truly show our affection and true genuine caring and affection for the planet?"*

Rev. Judith's presentation focused on what she calls the three 'Cs':

1. **Caring:** *What is your intention when you are caring about someone or something?*
2. **Compassion:** *How do you know that you are feeling compassion? What is the clue? What is the trigger? What is it that makes you know that you are being compassionate?*
3. **Connecting:** *How do you know that you are connected?*

Rev. Judith also talked about the importance of each of the three 'C's' in loving Mother Earth, loving ourselves and loving each other. Rev. Judith stated, *"The secret to loving is: [I]t is only with the heart that you see rightly for what is essential is invisible."* (Quoted from the Little Prince)

Watch the full service at:

<https://www.youtube.com/watch?v=te5c12dkjww>

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#### February's (Haiku) by Kim Miller

##### Love

*You have all of the  
ingredients for love but  
no real recipe.*



Kim's newest book release is titled:

[My Poetry Is The Beauty You Overlook](http://www.kimbiller.com/)

<http://www.kimbiller.com/>

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### Check Out Triumph's New Website



Triumph The Church of the New Age – International

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

For information on our Sunday Gatherings and how you can participate or be a guest speaker email: [triumphlifecenter@gmail.com](mailto:triumphlifecenter@gmail.com). For information on how you can join Triumph or your faith community or spiritual center can partner with us email: [triumphchurchpsc@gmail.com](mailto:triumphchurchpsc@gmail.com)

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## Triumph

The Church of the New Age, Inc.  
---International

Since 1904

**Come!**

Are looking for a new  
'Church' home? Come,  
fellowship with us!

Are you ready to take  
charge of your own  
spiritual growth? Come,  
grow with us!

Are you seeking a safe  
space where you can be  
you? Come; share in this  
sacred space with us?

Are you consciously  
seeking a practical  
spirituality? Come; bring  
your hopes, your fears and  
your dreams and practice  
this new life with us!

We are a community  
formed from the tapestry  
of our individual and  
collective experiences of  
the Divine. We offer a  
space where you can share,  
learn and grow with us!

We welcome you to  
Triumph!

Come!

*take the next*  
**STEP**

## Meet Our Brooklyn Team & Publishing Board!

### Recipe Corner

Submitted by Brenda Echeverry



#### BUTTER CHICKEN

#### INGREDIENTS

- 1.5 pounds chicken breast about 2 large breasts, cubed
- 1/4 cup plain whole yogurt
- 2 teaspoons fresh ginger, minced
- 1 tablespoon fresh garlic, minced
- 2 tablespoons garam masala
- 1 tablespoon coriander
- 1 1/2 teaspoon cumin
- 1 to 2 teaspoons cayenne powder, to taste for spicyness
- 2 teaspoons salt
- 1/2 tablespoon turmeric
- 3 tablespoons vegetable oil or ghee
- 1/4 cup tomato paste
- 1/2 cup tomato sauce
- 1 cup heavy cream
- 1/3 cup unsalted butter
- 1 tablespoon sugar, or sweetness to taste
- garnish: chopped cilantro and yogurt

#### DIRECTIONS

1. In a large bowl, add the cubed chicken breast, yogurt, fresh ginger, fresh garlic, garam masala, coriander, cumin, cayenne, and salt. Mix together and allow to marinate for at least an hour or more.
2. Add 1 tablespoon of oil or ghee to a pan and cook your chicken over high heat until it has some browning and is cooked through. Do not overcook because it will continue to cook in the sauce. Set aside.
3. In a saucepan, add 2 tablespoons oil or ghee over medium-high heat. Add the tomato paste and cook for about 3-4 minutes until it darkens in color.
4. Add the tomato sauce, heavy cream, butter, and sugar. Whisk until smooth.
5. Now add the chicken into the sauce, mix, and taste. Adjust to your liking.
6. Garnish with chopped cilantro and a yogurt drizzle!



Top left to right, Wesley: Resident Musician, music teacher, compassionate friend; Travis: Contributing Writer, poet, philosopher, minister; Brenda: Editor, creative expression artist, musician, meditation leader, spiritual intuit; Vatina: Staff, compassionate servant, singer, spiritual intuit; Nadia: Executive Editor, hidden gem, gifted writer and thinker; James: Supervising Editor, higher consciousness minister, wordsmith, musician; Professor Sandra: Executive Producer, minister, spiritual intuit, teacher, mentor; Senior Bishop Milton Britto, Beloved Elder, spiritual guide, encourager, and inspiration

#### HERE IS WHAT'S HAPPENING AT TRIUMPH!

The 117<sup>th</sup> Annual Board Meeting convened on January 23<sup>rd</sup> via ZOOM. This year's theme is: Rebirth & Creation: Tradition – Purpose – Vision. We focused on the idea of *'moving in and out of the box.'* This year's theme reflects the outcome of the 2019 annual meeting where the members voted to return to the vision of Father E.D. Smith as we reimagine 'Church' in this New Age.

*What has been the result?* In less than two years we have rebuilt our Church's infrastructure which includes a new governing body; a new Bylaws and Constitution; a new team at our Brooklyn Church; a new liturgy and a new Church culture that is fresh, inviting, liberating and a safe-sacred space for all.

*What has changed?* We no longer embrace the old legalistic doctrine with misogynistic and homophobic teachings. We have a new organizational structure and removed the gendered positions such as the 'motherhood' and 'princes.' The Office of the Senior Bishop was retired in 2019; and Bishop Milton F. Britto will be the last one to hold this title.

*What has remained?* We are still committed to assisting the less fortunate by providing services to those in need. We are still committed to teaching principles for healthy living. We are still committed to educating our youth and caring for our elders.

We embrace life in all its diversity and mystery. We extend an invitation to 'whosoever will let them come.' In 2021 we will continue to *'move in and out of the box'* as we serve our communities by spreading the message of *life and love!*

**Find us online:** <https://triumphthechurchofthenewage-international.org/>

**Click on the link for:** [TLC Resource guide](#)

**Facebook:** [Triumph Life Center & SpiritualConnections Café](#)

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

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

**Spotify playlist:** [triumphlifecenter@gmail.com](#) [triumphchurchpsc@gmail.com](#)

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Triumph The Church of the New Age

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