



# Triumph Life Center & Spiritual Connections Café

**'Welcome to the Tree of Life'**

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## **November & December 2020 – Newsletter**



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

It is finally the last month of the year, we made it! As we transition well into December; I hope we find the time to reflect on all that has occurred this past 2020. It has been a year filled with many ups and downs. We have seen things that we have never before and had to adapt rather quickly to our new environment. For some, this has been the closest they have been to their family, for others the opposite. Thanksgiving might have been a little quiet this year but holiday season is in full swing with Christmas, Hanukkah and Kwanzaa for those who celebrate it.

While it has been rather hard to stay positive during the pandemic, remember tomorrow is a new day. The New Year 2021 brings the promise of new hope. We shall see a new president lead the country. Scientists are constantly researching and developing vaccines against COVID-19 and our doctors, nurses (including my father who works in the ER) and first responders are working tirelessly to provide care. Do not lose hope. But we should do our part with due diligence and wear appropriate face coverings, practice good hygiene and avoid seeing family members if unnecessary to avoid the further spread of the virus.

In this edition we share excerpts from an interview with our Board Chair, Professor Warren R. Thompson, Jr by Travis Mills. Also our resident musician Wesley Amorim share insights into some of the Brazilian music he plays for us each Sunday. Brenda Echeverry shares her mother's recipes for the holidays and tips for staying calm and relaxed through meditation. We also include a sacred writing from Travis Mills, information for holiday celebrations as well as upcoming events in 2021.

With the holidays here and the New Year just around the corner, remember to reach out to family members, colleagues and even us. We would be happy to talk. 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.

On behalf of our Senior Bishop Milton F. Britto (Emeritus), our Board of Trustees and our Triumph Life Center Team, Happy Holidays & Happy New Year! --Nadia Gapur, Executive Editor



## Happy Kwanza



December 26th - January 1<sup>st</sup>

### The Seven Principles

#### Umoja

*(Unity) Striving for and maintaining unity in the family and the community.*

#### Kujichagulia

*(Self-Determination) Defining oneself and speaking for oneself.*

#### Ujima

*(Collective Work & Responsibility) Building and maintaining a community and making our brother's and sister's problems our own and solving them together.*

#### Ujamaa

*(Cooperative Economics) Building and maintaining our businesses for ourselves and each other.*

#### Nia

*(Purpose) To build and develop our collective communities together.*

#### Kuumba

*(Creativity) To do whatever we can to leave our communities more beautiful than when we inherited them.*

#### Imani

*(Faith) To believe with our hearts in our people, our families and the righteousness of our struggle.*

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January 9, 2021 9:00 am EST – 4:00 pm EST  
Seminar on Triumph History: A Rich Accounting 1897 to the Present with Dr. Nathanael H. Pollard, Jr., the VASOW and TTCAKOGIC in Oak Ridge, NC; Register for Zoom Conferencing @ <https://bit.ly/30RuPqr> - Tuition \$50.00 (book & handouts) \$30.00 (Tuition only) **Send REGISTRATION FEE to:** PayPal: [Paypal.me/traceymbooker](https://www.paypal.com/traceymbooker) or CashApp: \$TraceyMBooker  
Email: [traceybookerministries@gmail.com](mailto:traceybookerministries@gmail.com)

## Education, Youth & A Vision for Triumph!

A Conversation with Professor Warren R. Thompson  
(Chair, Board of Trustees, Triumph, The Church of the New Age)  
& Travis M. Mills (Triumph Life Center Staff)

November 27, 2020



Excerpt below you can watch the full interview on YouTube:

<https://www.youtube.com/watch?v=TCVubUYnrmM&feature=youtu.be>

**Travis Mills:** What characteristics should an educator have?

**Professor Warren R. Thompson:** You really have to care about your students. You have a care and concern for the material and the field you are educating in but you have to concern yourself with the students. You can't lose sight that these are human beings ... I think you know especially with the COVID pandemic there has to be a level of empathy that you display towards peoples' situations. The deadlines and the criteria, they are what they are. You have to be able to produce certain amount of material that comes in on time but I think as an educator you also have to have a passion for your students and genuine concern for them to progress professional and as well as personally.

**Travis Mills:** As an educator how do you impact the youth?

**Professor Warren R. Thompson:** I think the way that I impact them the most is just being as genuine as I can. You know, presenting the material that they may not be familiar with in a manner that is not too academic it is ...like I am able to take theory and give this practical presentation of it which is really kind of helpful not only for me but for my students.

**Travis Mills:** Why did you choose a career in social work?

**Professor Warren R. Thompson:** Social work chose me. What happened was I went to college right out of high school but never completed it. Then I started working and had a family and I got to a point when I just knew... I felt stagnated and decided to go back to school to finish my bachelor's degree and kept going and got my master' degree. During that time the prison reentry program was popular and I was fortunate enough to get involved in working in reentry.

**Travis Mills:** As a social worker how can you build a solid family foundation?

**Professor Warren R. Thompson, Jr.:** My first thought is that the dynamics of what we all consider family has changed so much over the years, right? And the diversity of what is considered family it has to be recognized. So, I don't think really we are still living in an era that we say the 'family' is the mother, father, two kids a dog and a house with a white picket fence. Yet, that is the image that was given to a lot of us when we were coming up on this is what the 'family' should look like. Yet, there are very few people I know that their family looks like that. And then if you also start to add in now the LGBTQ community and the dynamics that go around that the whole view of what a family is has changed. So one of the things that I would do if I am working with someone is I have them identify who they feel is part of their family. Right, because it might be a cousin. They might be closer to their cousin than they are to their own brother. Then you have what you call family of origin that you have no choice over that is the family you were born into so to speak. Yet, when you get a certain age you are able to create a family of choice, right. Now, you may get a partner, you may have children, you may adopt children you may not have children. It may be just you and the partner. Whatever that looks like for you I always just turn it back on the individual and say you identity family for me so that this way we might have a working family foundation as to how we work through that. I can't say no, that is not your family, your family is this; we will never get anywhere like that.

**Travis M. Mills:** What are your goals and plans for Triumph?

**Professor Warren R. Thompson, Jr.:** So, let's talk short term goals. My short term goals really would be, to... I want to see the spot in Brooklyn become like the 'spot' man. I think that spot has a lot of potential and I think it has the staff there that it could just really take off. And the ideas and creativity that is around that Brooklyn location I just think the sky is the limit there. Next, I want to see the Newark location get setup. I think if we can get Brooklyn moving the way it could be... and get Newark moving the way it could be... I think at that point we are able to re-evaluate some of the other properties or locations to see do they still work with Triumph's mission? I think Triumph has a tremendous amount of potential I think it's a really, really great spiritual center and I see that we really have a great team of people that we can move towards at least the short term goals at this point and then re-evaluate and see where we want to go in the long term.

### Spotlight on Spoken Word Artist...

Kim B. Miller was recently honored as Poet Laureate in Prince George County, Virginia. Kim's new book *"My Poetry Is The Beauty You Overlook"* is available on Amazon in Paperback or Kindle.



### RECIPE - GUACAMOLE!



Ingredients: 2 ripe avocados mashed, Chopped scallions and cilantro (as much as you please), Sprinkle of salt and pepper, Juice from half a lemon or lime. Depending on my mood, I like to add some extras: Chopped jalapeño or red pepper flakes (if you like spicy), diced red onion and/or diced tomato.

### RECIPE - BASIC LATKES!



Grate russet potatoes, onions, carrots and any other vegetables that you want to add to the mix by hand or shred in a food processor. Wring out any liquid from the shredded vegetables and let dry. Add salt, pepper, flour and eggs to hold the mixture together. Form thin patties and fry them on an oiled skillet until brown. I like to serve with *applesauce!*

*Submitted by  
Brenda Echeverry*



## Merry Christmas



**DECEMBER 25, 2020**

**THIS CHRISTMAS BE THE  
CHRIST THE WORLD IS  
WAITING FOR!**

*"Here's another way to put it:  
You're here to be light, bringing  
out the God-colors in the world.*

*The God within you is not a secret  
to be kept. We're going public with  
this, as public as a city on a hill.*

*You are a light-bearer, so don't  
think about dimming your light.*

*You are a candle that flickers in the  
night; you are the sun that gives  
light to the day.*

*So stand on the hilltop, on a light  
stand—shine! Keep open house; be  
generous with your life.*

*By opening up to others, you'll  
prompt people to open up to the  
Christ within them."*

---Matthew 5:14-16 - The New Bible  
for Our Time (Adapted from the  
Message Bible)



Quote of the Month

By, James E. Coleman

*"Love is its own defense!"*

## MEDITATION USING A TIBETAN SINGING BOWL

BY, BRENDA ECHEVERRY

We open our virtual Sunday gatherings each week with a guided meditation along with a Tibetan singing bowl.



Tibetan bowls are created with alloys that usually contain from five to seven precious metals, which are connected to the planets of our galaxy: lead (Saturn), tin (Jupiter), iron (Mars), copper (Venus), mercury (Mercury), silver (the Moon) and gold (the Sun). The size of the bowl and the ratio between the metals affect the tone, vibration and quality of sound produced by the bowl. Besides their traditional use for meditation, Tibetan singing bowls are used for deep relaxation and muscle regeneration, to relieve pain in the joints, muscles and shoulders, to ease pain related to sciatica, the digestive system, headaches and migraine or spine injuries, to improve circulation, release tensions or blockages, to open the energy flow, eliminate the toxins from the body.



I enjoy using the singing bowl as a tool for intentional, mindful breathing as well as creating melodies to sing. To learn more about Tibetan Singing Bowls:

<https://www.dharmashop.com/collections/singing-bowls>)

Listen to a melody by Brenda here: <https://youtu.be/FHFDD-YqOKw>

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### Our Prayer for 2021

May there be peace within us...

May we know the God of our breath that dwells within all creation...

May we be confident knowing God is as near to us as our breath and as close as our heartbeat...

May this knowing settle into our bones, and allow our souls the freedom to sing, dance, praise and love...

May we not forget the infinite possibilities that we are...

May we use the gifts we have received, and with generosity be love, give love receive love...

May we know it is here for every one of us...

May we mourn our losses and celebrate our gains as we transition from 2020...

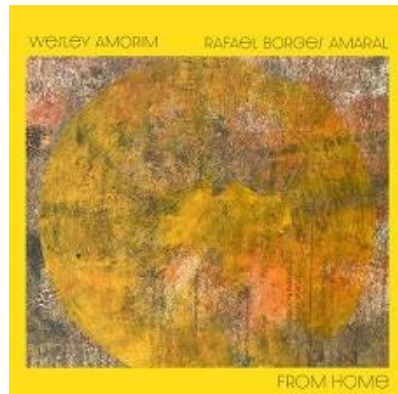
May love be our compass and compassion our healing balm...

May we be the love, peace and joy that the world needs in 2021!

A'She and A'Men

**Wesley Amorim**  
 Triumph Life  
 Center Resident  
 Musician

**FEATURED ARTIST  
 OF THE MONTH**



Wesley Amorim, is a guitarist, composer, and arranger from São Paulo, Brazil; he started his musical journey at the age of 11. Wesley is a graduate in music from the São Caetano do Sul Arts Foundation (FASCS). At 17, he began playing and recording professionally using a wide range of music genres, from Brazilian to jazz, rock, pop, and gospel. He has performed in

Broadway musicals, including Jesus Christ Superstar and The Lion King. Wesley moved to the United States in 2014 and in 2019 released his first duo album, "*Símas & Amorim Duo - Deuce*" with the pianist Luiz Simas to the acclaim of Creed Taylor and Antonio Adolfo. Wesley's newest release is titled "*From Home*" in collaboration with Rafael Borges Amaral. The CD cover art is by De'cio Amaral. Wesley performs the song *Tenho Sede* by Gilberto Gil on his new CD. You can download or listen to

Wesley's newest release by clicking the link:

[https://www.youtube.com/watch?v=5QPrEUsV\\_is&ab\\_channel=WesleyAmorim-Topic](https://www.youtube.com/watch?v=5QPrEUsV_is&ab_channel=WesleyAmorim-Topic)

## *Sacred Writing*

### **How Was The Journey?**

By Travis Mills

It wasn't a lockdown  
 You needed time for relief  
 You needed time for recovery  
 You needed time for reflection  
 He made you stay in the house  
 For our protection  
 A new day and night are coming  
 And they are beautiful  
 So beautiful you will forget the past  
 And embrace the future!



### *Tenho Sede* by Gilberto Gil

*Traga-me um copo d'água  
 Tenho sede  
 E essa sede  
 Pode me matar*

*Minha garganta  
 Pede um pouco d'água  
 E os meus olhos  
 Pedem teu olhar*

*A planta pede chuva  
 Quando quer brotar  
 O céu logo escurece  
 Quando vai chover*

*Meu coração  
 Só pede teu amor  
 Se não me deres  
 Posso até morrer*

*Tenho sede  
 E essa sede  
 Pode me matar*

*Minha garganta  
 Pede um pouco d'água  
 E os meus olhos  
 Pedem teu olhar*

*A planta pede chuva  
 Quando quer brotar  
 O céu logo escurece  
 Quando vai chover*

*Meu coração  
 Só pede teu amor  
 Se não me deres  
 Posso até morrer*

*Bring me a glass of water  
 I am thirsty  
 And that thirst  
 You can kill me*

*My throat  
 Ask for some water  
 And my eyes  
 Ask for your look*

*The plant calls for rain  
 When you want to sprout  
 The sky soon darkens  
 When will it rain?*

*My heart  
 Just ask for your love  
 If you don't give me  
 I can even die*

*I am thirsty  
 And that thirst  
 You can kill me*

*My throat  
 Ask for some water  
 And my eyes  
 Ask for your look*

*The plant calls for rain  
 When you want to sprout  
 The sky soon darkens  
 When will it rain?*

*My heart  
 Just ask for your love  
 If you don't give me  
 I can even die*

# Happy Hanukkah



Dedication or Festival of Lights  
Begins The Evening of  
December 10, 2020 with the last  
night on December 18, 2020

Hanukkah is an eight-day Jewish holiday that is observed in late fall or early winter. Hanukkah celebrates the victory of a band of Jewish warriors over their oppressors.

It also commemorates the miracle God performed when a vial of oil—needed to rededicate the Holy Temple in Jerusalem—lasted for eight nights instead of one.

In the story of creation as told in the book of Genesis, the description of each day concludes with the phrase, “And there was evening and there was morning,” leading rabbis to determine that a day begins with evening. Therefore, holidays, like all other days in the Hebrew calendar, commence in the evening.

The word “Hanukkah” is Hebrew for “dedication.”

Hanukkah, 1 and 2 Maccabees, and the Apocrypha

Excerpt from online article written by Laurie Budgar  
<https://www.rd.com/article/why-does-hanukkah-change-dates-every-year/>

## New Release on Amazon Prime Video

“When The Soul Cries” with Nikiya Mone is an anthology of personal testimonies of women who have survived traumatic experiences. Nikiya is also the host and producer of the *The Muzzle is Off Podcast*.



## Upcoming Events...January – February – March 2021

- Annual Board Meeting: January 20 – 23, 2021 on ZOOM & Facebook
- February 14, 2021 Special Guest Rev. Judith A. Winters
- March 8, 2021: 93rd Birthday Celebration Bishop Milton F. Britto
- Join us each week for our live Sunday gathering at 12:00noon (EST)

## Find us online!

Click on the link below...

[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](#)

Spotify [playlist](#)

Email: [triumphlifecenter@gmail.com](mailto:triumphlifecenter@gmail.com)

## Happy New Year!

*See, I am making all things new...*

(Revelations 21:5 The Voice Bible)



*Sending you love, joy, peace and good health in 2021!  
Senior Bishop Milton F. Britto & Professor Saundra Y. Addison-Britto*



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