

June 2023, ISSUE #20

L.I.F.E. CHRONICLES

News & updates from our church for our community



NEW LIFE COMMUNITY CHURCH
Rev. Littykia Clay-Crawley, Pastor

SCHEDULE

WORSHIP

SUNDAYS - 8AM

LIFE PRAYER

WEDNESDAYS - 7AM & 7PM

YOUTH PRAYER

WEDNESDAYS - 8PM

LIFE STUDY

2ND & 4TH THURSDAYS - 7PM

ZOOM MEETING ID: 804-928-1376
CONFERENCE NUMBER: 804-256-2515

Black Fathers Matter

Today we celebrate Black fathers, the men caring for their families and children. Unlike several recent salacious articles about Black fatherhood and its role on children and families, there is no doubt that Black fathers matter to their families, despite biased research studies that say differently.

The idea that Black families move forward without involved fathers is a myth perpetuated by negative stereotypes about Black men. In fact, according to research by the National Institute of Health, "the majority of black fathers live with their children." The same study also showed that black fathers are more likely to feed, bathe, diaper, dress and play with their children on a daily basis than their white counterparts.

Black men are overrepresented in jails and prisons across the country. Too many children are missing their fathers today due to systemic structural racism, yet another factor that promotes the narrative of single mothers raising children with absent fathers.

Even going back to chattel slavery, Black men who were enslaved often took on the task of helping rear the children of the plantations; looking after children who weren't even theirs for centuries.

Too often studies skip the impact of systemic white supremacy on families and simply note the effects of absentee fathers on children, particularly when a father does not live in the home. Recent studies show that "it's the quality of the relationship that matters, and the handling of communication and conflict, and the number of people in the household is not really the key" for the welfare of our kids.

The Black Wall Street Times. "Editorial: Black Fathers Matter Today and Every Day." The Black Wall Street Times, 17 Sept. 2022, theblackwallstreettimes.com/2021/06/20/editorial-black-fathers-matter-today-and-every-day/.



Happy Father's Day!

A Father Is:

There in every memory

See his love and care

Strength and hands to count on

Freely he does share

Provider, toil so faithfully

To make our dreams come true

Give strong and tender
discipline

Though it is hard to do

A Father is God's chosen one

To lead the family

And point it to His will for life

Of love and harmony...

Sue Skeen

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YOUTH L.I.F.E.



Congratulations!



Jeremiah Trayvon Russ, a senior at King William High School, is graduating on May 20, 2023. He will be attending Rappahannock Community College in the Fall where he is pursuing an Associate of Arts & Science transfer degree. He has been awarded the Jim and Kathy Morrison RCC scholarship of \$500 and the Thomas Peterson and Alvin Jeanette Roane Fary Memorial Scholarship of \$1000. He is planning to study forensic science and pursue a career in Pathology. Jeremiah is a faithful member of New Life Community Church in Aylett VA where he serves on the Technology Ministry. Jeremiah is also a member of the Autism Society of Virginia.



Jermaul, Jr. graduated from Lawson-Marriott Elementary School on May 18th. He was selected by his graduating class to provide the class speech. During Jermaul's 6th grade year, he was able to maintain perfect attendance for the entire year. He completed the learning express after-school program for the Fall and Spring semesters. He received certificates each quarter for Achieve 3000 (accelerated reading). He also placed 2nd in the Lawson Marriott Elementary School spelling bee.



*Congratulations Jeremiah and Jermaul!
We are very proud of you!*

L.I.F.E. CALENDAR



JUNE
2023

The LORD is my light and my salvation;
whom should I fear? The LORD is my life's refuge;
of whom should I be afraid?
Psalm 27:1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

- 6/01 - NLCC Church Meeting @ 7PM
- 6/03 - NLCC Diaconate Meeting @ 9AM
- 6/03 - NLCC Praise Dance Rehearsal @ 11AM
- 6/04 - Holy Communion / In-person Worship @ 8AM
- 6/07 - L.I.F.E. Prayer @ 7AM & 7PM / Youth Prayer 8PM
- 6/08 - L.I.F.E. Study @ 7PM
- 6/10 - Upscale Recycling Yard Sale 8-11AM
- 6/11 - Children & Youth Day / NLCC Worship @ 8AM
- 6/12 - NLCC Women's Ministry @ 7PM
- 6/14 - L.I.F.E. Prayer @ 7AM & 7PM / Youth Prayer 8PM
- 6/18 - Father's Day / NLCC Worship @ 8AM
- 6/19 - Juneteenth
- 6/21 - L.I.F.E. Prayer @ 7AM & 7PM / Youth Prayer 8PM
- 6/22 - L.I.F.E. Study @ 7PM
- 6/25 - NLCC Worship @ 8AM
- 6/25-29 - Baptist General Convention Annual Session
- 6/28 - L.I.F.E. Prayer @ 7AM & 7PM / Youth Prayer 8PM

HAPPY BIRTHDAY

- 6/05 - Alma Pierce
- 6/11 - Valerie Kelly
- 6/23 - Isaiah Wilson
- 6/28 - Briana Pierce

JUNE WEDDING ANNIVERSARIES

Congratulations

ULRIC & CAROLYN ELEY, SR.
LUTHER & VIVIAN HUDSON

BIBLE STUDY

2ND & 4TH THURSDAYS
Meeting ID: 8049281376 **7PM**

2023 - How Are We Going To Be?

NLCC CHANGEMAKERS

It is now June of 2023.



Answer the questions:

1. What will we do?
2. How will we act?
3. How will we live?



God makes all things new.

Living In Faith Everyday



JUNE Observances



- **Men's Health Month**
- **PTSD Awareness Month**
- Scoliosis Awareness Month
- **Helen Keller Def-Blind Awareness Week - June 21 - 27**
- National Cancer Survivors Day - 6th
- **National Best Friends Day - 8th**
- World Brain Tumor Day - 8th
- **National Children's Day - 11th**
- National Call Your Doctor Day - 13th
- **World Blood Donor - 14th**
- Autistic Pride Day - 18th
- **Father's Day - 18th**
- **Juneteenth - 19th**
- **National Selfie Day - 21th**
- National HIV Testing Day - 27th



Blue-Zone Strategy



80 PERCENT RULE - STOP AT 80%

Eating wisely is stopping eating when you are 80% full. Cutting calories lead to better heart health, longevity, and weight loss. Losing just 10% of your body weight offers significant health benefits.



- **DRINK UP!** Eight cups of water daily.
- **EAT SMART SNACKS!** Smart snacks offer nutrients, an energy boost, and satisfy hunger so you can keep your meal portions in check.

Live a Longer, Healthier Life



Lealie Russ currently resides in King William County where she is a member of New Life Community Church in Aylett. She is a Deacon, sings in the choir and leads intercessory prayer. She volunteers in the community by providing Thanksgiving meals to local families. Through New Life's "Be the Church" program they will be providing community service to join in building her home.

"BE THE CHURCH"

VOLUNTEER

JUNE 24TH AND/OR JULY 29TH
8 AM - 3:30 PM



June is Men's Health Month

On average, men live about 5 years less than their female counterparts • Men have a higher death rate for most of the leading causes of death, including cancer, heart disease, diabetes and suicide • 1 in 2 men will develop cancer in their lifetime • Men make 1/3 as many physician visits for prevention as women

**WANT TO SEE THESE STATS CHANGE?
SCHEDULE A CHECKUP TODAY!**

Do it for yourself and for those who count on you.

Learn more at
www.menshealthmonth.com
or call 1-866-543-6461 ext. 101



Wear BLUE on Sunday, June 18th!

ECONOMIC L.I.F.E.



Do you have an emergency fund?

Let's do a recap - in previous issues we covered:



High-Yield Savings Accounts

High-yield savings accounts are deposit accounts offered by banks and financial institutions that provide higher interest rates than traditional savings accounts.

The Annuity Expert

Sources: High-yield savings account graphic:<https://www.annuityexpertadvice.com/high-yield-savings-account-vs-roth-ira/>,

&

REVOLVING SAVINGS



"A revolving savings account is an account you move money into every month or out of every paycheck. When annual or semi-annual expenses pop up, you can use the money in your revolving savings account to cover them." - genyplanning.com

Revolving savings graphic:
https://www.facebook.com/UVUmoneymagement/?locale=br_FR

An emergency fund is money you save for 3-6 months of expenses that you can use in the event you have a major financial hardship. You can deposit your emergency fund into a high-yield savings account to earn more money on your savings. If you are just starting to save for your emergency fund you can start by saving \$1000 (or \$500 if you make less than \$20,000 annually). Once you have paid off all your debt (except your mortgage) you can save for 3-6 months of expenses. Next month, I'll share tips on creating a budget that allows you to save your emergency fund and save money for your revolving savings account.



Shantell Russ- Founder & Financial Coach

Why you need an emergency fund

Build an emergency fund for unexpected events

- Unemployment
- Urgent medical procedures
- Emergency home repair
- Unforeseen auto repair
- Sudden death or disability



emergency fund graphic:
<https://www.bankrate.com/banking/savings/starting-an-emergency-fund/#why-imp>

RELATIONAL L.I.F.E.



Celebrating Juneteenth

Juneteenth, or Emancipation Day, is the holiday created by Black Americans to celebrate and commemorate the end of slavery in the United States.



Historians affirm what celebrants of Juneteenth have long known: that slavery's overthrow was the culmination of countless acts of resilience, resistance, organizing, and uprising by enslaved and formerly enslaved people.

Similarly, the Black community understands that slavery was a system of labor exploitation, the legacies of which are yet to be fully eradicated. Over time the community created and preserved Juneteenth traditions for many years while continuing to be victimized by systematic oppression.

In light of current debates, Juneteenth is a good day to take a stand for looking honestly at the full reality of our nation's history. If the rich and varied history of Juneteenth is new to you, the Smithsonian National Museum of African American History and Culture has created a wonderful site where you can learn more. Let us follow the example of the Black community in celebrating a momentous step forward while never losing sight of how far we have to go to secure full freedom and equality for all.

So as we celebrate, we also rededicate ourselves to the work of eliminating racism and achieving equity across all economic and social systems in our nation and around the world.



NAACP
King William Virginia Branch

CELEBRATING FAMILY, FRIENDS AND COMMUNITY

JUNETEENTH

SAT. JUNE 17, 2023 @ 10:00 AM - 3:00 PM

KING WILLIAM COUNTY COURTHOUSE
GREEN LAWN FACING ROUTE 30
OLD COURTHOUSE AREA
124 HORSE LANDING ROAD
KING WILLIAM, VA 23086

Opening Ceremony

VENDORS:

Food Jewelry Institutional Live DJ
Antique Car Club Make-Up T-Shirts Ice Cream
Educational King & Queen County VA Branch
And Much More!

Lisa Roberts
Vice-President
(804) 201-0511

LaToya Neal
Executive Director
(804) 916-1805

www.naacpkwva.org

RELATIONAL L.I.F.E.



3 Ways Intergenerational Trauma Still Impacts The Black Community Today

Awareness of the historical harm that has been caused to Black people globally is necessary to understand how to support and advocate for the Black community.

We reflect on all the accomplishments, achievements, and accolades of Black people living in America throughout history. However, it is imperative to have a balanced understanding that doesn't focus only on trauma, awareness of the historical harm that has been caused to Black people globally is necessary to understand how to support and advocate for the Black community.

One major consequence of settler colonialism is the trauma that is passed down from generation to generation—what psychologists label as intergenerational trauma. For Black Americans who descended from enslaved people, the trauma that was experienced by ancestors has been passed down through each generation. There are three important outcomes of intergenerational trauma that deserve further exploration.

- **Self-esteem.** As explained by some that one of the aftereffects of slavery that has been observed is vacant self-esteem, which can include feelings of hopelessness and depression. The negative racial stereotypes that have been applied to Black people throughout history may have been internalized and passed down from generation to generation. Learned helplessness may be another consequence of intergenerational trauma. Learned helplessness is the perception that no matter what a person does, they cannot change their situation or condition. Enslavement did not end with the Emancipation Proclamation. The impacts on the sense of self and self-worth are important to consider. Programs developed for the purpose of pouring back into Black people are imperative to aid in the restoration and reparation process.
- **Health outcomes.** Racial battle fatigue is defined as the “social phenomenon in which persons who experience chronic racial discrimination develop physiological, psychological, and emotional strain due to excessive amounts of energy expended on race-related stressors.” The continued and ongoing effects of navigating racist environments can have a deleterious impact on a person's health. Having an understanding of the impacts of racism is important to design interventions to mitigate these effects. There should be support systems in place to provide greater accessibility as well as tools for stress reduction and stress management.
- **Internalized oppression.** People from marginalized groups often internalize racist stereotypes about their own group. Within the Black community, this can show up in colorism, in texturism, and in featurism, all built around the oppressive belief that physical attributes that are closer to white are more acceptable, presentable, and beautiful. Internalized oppression can also show up as respectability politics—the belief that behaving in a certain way makes a person more valuable and more deserving of respect and dignity. Disassociating oneself from Blackness in order to ascend in society is one of the ways that internalized oppression shows up. More conversations must be had about the falsities that are internalized and passed on to the next generation. Awareness of the issue is the first and most necessary step to eradicate this relic of intergenerational trauma.

June Word Search

K H J U Q B N X T O X C I F A H Z F O M V D H
L V V Z W Q I U X U I C E C R E A M K S G H Y
F Z A U V O J Y P D J X Y L Y U W R C T X L V
L H J P B Z I R A M R J G U E Z H K T V Q M S
I M R K C T R I P D A X W N W B D Q V Q T K V
Y P B P T I P D V D T Q N M I D R T C V Z U B
R F C D A I G L U T J S Y Y U E S A J R Y F P
Z G N I M M I W S U M M E R G C O M T B I W Q
J F Y I Q G O G S A O J V G Y D A N C E X R S
E K K E T K R G G F B Y C I N C I P A A C Q P
S R S F O S J A A V A P A J T O J M G C M A R
Y Y X D N P J L D R D T L U O E L B G H E P A
V K B N O J W J Z U A O H N L O O H C S F N X
P H B E O V L E D X A B H E F F U S P X X M U
L W V J C I E L D Y Z T I V R I M J H K R U K
F N U R V G T I W D B K I F I S K B Y C E J I
F G J L K H H A Y C I L K O E H D O G U I X I
D V T K R K C J C C L N S R N I Q A H B Z I U
J V W U U Y A D G A L F G H D N K S Y Z Z T U
K F X I Y X Y Z W F V S J S S G E S T T C A Z

Swimming

Camp

Father's Day

Vacation

Picnic

Longest Day

Summer

Flag Day

Graduation

Friends

Canoeing

Ice Cream

Beach

Weddings

Fishing

June

Celebrate

School