

C-OPTIONS



April 2017

Vol. XVIII Issue 2

SEVANANDA
NATURAL FOODS MARKET

SPRING INTO GOOD Health



SPRING INTO GOOD HEALTH!

Sevananda Natural Foods Market

467 Moreland Avenue NE
Atlanta, GA 30307
404-681-2831
fax 404 577-3940
www.sevananda.coop
email: info@sevananda.coop

Store Hours

Monday-Sunday
8am - 10pm

Co-Options Staff

Sharlise Lowe (Editor/Layout/Graphics)
Ifini Sheppard (Proofing/Editing)
Cheranna Dottin (Proofing/Team)

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SEVANANDA
NATURAL FOODS MARKET

CO-OPTIONS



As Editor of Sevananda's Co-Options and Marketing/Member Services Manager, it gives me great pleasure to provide our Member/Owners and Customers with an informative quarterly magazine. This publication is filled with material regarding what's going on at Sevananda. From our General Manager/Cooperative Director, to our Board and staff, as well as from our community, we strive to bring you up to date news, articles and commentaries.

Co-options' content is collected by Sevananda staff. They work hard as a team, contacting people in our community and allowing them to share articles on various subjects with you. If you are interested in writing an article for our Co-options, please contact me, Sharlise Lowe, via email: sharlise@sevananda.coop.

We are also planning to take Co-Options to another level by adding more pages. This is something we could use your help with. We want to give other businesses the opportunity to purchase an ad in Co-Options. If you, or a business you know, are interested in advertising with Sevananda, please feel free to contact me via email, and I will send you our media kit. We will be happy to share ad dimensions and their prices with you.

On the other side, as Marketing/Member Services Manager, I am very pleased to announce that Sevananda has gotten off to a great start with our Member/Ownership. Since January of this year we have welcomed 118 new Member/Owners to our community co-op. We are well on our way to breaking last year's record of 451 Member/Owners joining.

As this year continues, the Member Services Department has a lot on our agenda that we hope to activate before the year is out. We are planning ways to get our Member/Owners more involved in Sevananda. We will soon launch our Volunteer Owner Program. We would like to encourage those of you who are not presently Member/Owners to become members, because the Volunteer Program is going to be a lot of fun and have some benefits. Please pick up a "Join Us" brochure at our Customer Service Desk.

This spring and summer we will have more wellness, educational and food preparation classes. These classes will be open to the public however our Member/Owners will be rewarded with some type of discount.

Continue to check our website and social media, i.e., Facebook, Twitter, and Instagram to stay informed.

Sharlise Lowe
Editor/Marketing/ Member Services Manager



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It is time to “check up on it”! Just what is “it”? It would be that goal or resolution we made on January 1, 2017! In most cases it was more than one goal or resolution. We all set goals and resolutions at the start of the year, and some of us even create a beautiful vision board to help us focus on achieving our goals.

Now that spring is here, it’s time to check up on those goals. One tool used by Sevananda Managers and employees is S.M.A.R.T. goals. S.M.A.R.T. goals are a tool to create criteria that can help improve the chances of succeeding in accomplishing a goal. Many people use this process, or have heard of it. The acronym stands for S-Specific, M-Measurable, A-Achievable, R-Relevant and T-Timely. Some of the words that make up this acronym are sometimes used interchangeably. For example, “Attainable” which is synonymous with “Achievable” might be used, or “Time-Bound” might be used in place of “Timely”. Please don’t be thrown off by this, as these words carry the same meaning. The main idea is to have S.M.A.R.T. goals.



**By Carolyn Morris,
HR Manager**

I recently learned that a number of Sevananda employees make it a goal to increase the number of member-owners by providing great customer service. This goal calls into practice the S.M.A.R.T. formula. First, the employee would be Specific—this means stating clearly who, what, where and why. Like who needs to be involved in achieving this goal, what is it you want to accomplish, and the “where”, if there is a specific place involved, and of course why? There must be a reason for the goal!

Then the ability to measure the goal is important. One thing the employee could add here is a specific number of member-owners they want to provide this great service to, which would meet the Measurable criteria. Next, the focus is on Achievable and exactly what you can do to make the goal attainable, which could sometimes require developing new skills and changing attitudes. A Relevant goal refers to having a focus that makes sense and is related to the broader Sevananda mission. If a goal lacks realistic timing then the chances of achieving it become more challenging. Therefore, it is important to have some idea about how long it will take to accomplish the goal. Will increasing the number of new member-owners take two months to complete or longer? Having Time-Bound goals also creates a sense of determination.

Now that you know that our employees want you to join the co-op, we hope you will grab a brochure at the Customer Service Desk and learn how. As a shopper who may not yet be a member-owner, we encourage you to set this as your S.M.A.R.T. goal. In either case, member or non-member, make it a goal to explore all that’s available to you at Sevananda Co-op. Plan on attending one of the many classes downstairs in the Community Education Room. More than that, enjoy the great customer service!



**Catrice Crawford
Wellness**



**Mary “Ginny” Coleman
Kitchen**

welcome to our
**NEW
HIRES**



**Jenna “Erin” Kennedy
Front End**



**Zasha’ Demings
Wellness**



**Rachana Regmi
Kitchen**

SEVANANDA
NATURAL FOODS MARKET



**WE INVITE YOU
TO LEARN MORE ABOUT YOUR CO-OP**



**CO-OP
101**

**for Owner/Members
TUESDAY, April 11th 2017 @ 6:00pm
Sevananda Education Room**

R.S.V.P. Your participation A.S.A.P

carolynr@sevananda.coop

Exactly what does it mean to be a Consumer Cooperative? What is Ownership? How does it work? Co-op 101 is designed to provide a basic overview of the answers to each of these questions. This class gives Sevananda employees and owners alike an in-depth look into the history of cooperatives and what makes them unique.

HOPE TO SEE YOU IN CLASS !!!



Message from the Board of Directors

Wanique Shabazz



Board President

Nclanu Alghanse



Vice-President

Chi-Ma'at



Secretary

Jessica McMorris



Asst. Secretary

Jim Williamson



Treasurer

Debra Bonaparte



Board Member

Jed Davis



Board Member

Adama Alaji



Board Member

Rajnikant Mehta



Board Member

We are thankful for the gift and blessing of life and the awesome Supreme Intelligence that is everywhere and in all things present, everywhere and in all things succinct, everywhere and in all things inherent and has gifted each of us so much of Itself. We say "thank you" to all the individuals, families, customers, members, staff, volunteers, vendors, suppliers, producers, farmers, and all who are the currency of Sevananda Natural Foods Cooperative. As a cooperative, we are here to serve the needs of our member/owners in securing and insuring the Common Health characterized by:

- A culture of Service
- Knowledgeable members
- A network of local, viable service
- An environment that is sustainable and nourishing
- Local, regional, global connectedness
- Relationships which are fair, inclusive, interactive and empowering
- An economy that is thriving, autonomous and mutually beneficial for all involved.

We are responsible for setting the vision for the direction and growth and incorporating these ideals of the co-op on behalf of our member/owners. We will activate more of the resources we have within our customer and member base to bring their talents, skills, abilities and passion for life forward in service to the greater community. In this time there is so much need for true healing and wholeness. We strive towards our own individual and collective health, well-being and integrity with the principles for which Sevananda was founded, as well as the true purposes for which we are on the planet to become clearer vessels of love, light, wisdom and truth that will truly empower our communities at large. We are an ever vital and viable vortex of community spirit, bonding and caring; educating, inspiring, encouraging and opening our hearts more to receive the guidance of how to best articulate our objectives for implementation by our General Manager, as well as fulfilling the governance process.

We are near the completion of our first quarter of operations with a full board and newly appointed General Manager, Ahzjah Simons. She has infused the day to day operations with an energy of confident and focused leadership, productivity, grace, peace and poise. We continue to be grateful for the leadership of the IGM team who not only maintained operations but managed to strengthen the foundations, cooperative relationships and profitability of Sevananda. Because of the IGM team's diligence, Ms. Simons has been able to get acclimated to her responsibilities with their spirit of cooperation, appreciation and respect.

Sevananda is in a very good place in so many aspects of our operations, but we are not where we could be regarding greater activity and participation from our member/owners. In preparation for our upcoming Board of Director elections to fill three seats for three year terms, we encourage you to become a member (\$20) to participate in the voting process; renew your membership if it has lapsed and to join us on April 13th for our first Candidate Meet and Greet and again on April 27th for the Quarterly Member Mixer. The full share investment of \$120 can be paid all at one time or in 6 payments of \$20 over 6 years.

We also encourage you to determine how you can participate in our cooperative; either with the Volunteer Owners Program or by becoming a member of one of our five standing committees; Policy, Product Policy, Training, Finance and Owner Linkage. You can pick up an application form at Customer Services and return it addressed to the Board of Directors. If you have skills, talents, abilities, training, occupation, cares or concerns in any of the areas of food production, biodynamic/organic farming, gardening, wholistic healing, herbology or other services and are interested in sharing, please include a copy of your current resume or biography. The committee chair will phone you for an interview and provide you with an overview of the work of the committee that interests you and the dates for committee activities.

We are very excited about the dynamics and the potentiality of who we are becoming and what we can achieve and create, working together as a collective and cooperative, facilitating personal and community healing, wholeness, creativity and prosperity on behalf of the restoration of our global humanity.

Yours in Cooperation and Love of Service,
Sevananda Board of Directors

It's that time again for Sevananda's annual elections for your Board of Directors. Three seats are up for election. Here are some important upcoming dates and voting information. Sevananda is community owned and community led, which means your vote is critical to creating the store you want. So, come meet your candidates and get out to vote!

MEET & GREET The Candidates

Voting

Voting this year begins April 24th and runs through May 22nd.

Member Owners will pick up their voting packet from customer service.

Each member owner can cast one vote.

Ballots will be cast by mail in the envelope provided in the packet.

All ballots must be postmarked by May 22nd.

New Board members will be announced in June.

Meet and Greets

This is the time we set aside for you to come meet board candidates and hear them answer questions relevant to their ability to serve as your board members.

We have two dates scheduled for you to spend time with your candidates.

April 13th and April 27th
6:00-8:00 p.m.

**YOUR VOTE
IS
YOUR VOICE**

THE INSIDE SCOOP: INSIDE YOUR CO-OP

CREATING A NEW ERA COOPERATIVE



Hello Good People,

I can't believe it's already time for another quarterly edition of Co-Options. If I were to bring you up to speed on EVERYTHING, it would take the first 10 pages of Co-Options. Instead I'll try to just give you some highlights. There are lots of exciting things happening at the speed of light at Sevananda. Despite a few major challenges in the first quarter, i.e., shutting down our amazing kitchen for a week, for maintenance and a gas line that had to be repaired. We are aware of how quickly things can change. We've also become aware of what we need to pay more attention to, what is most important to us, and how important preventative care is. Not just for our bodies, but for our environment and our relationships as well. In an instant they can be gone. We have infinite opportunities to practice more of what we teach in the arena of holistic living. To take better care of ourselves, our environment, and of all that we are in relationship with to be aligned with true holistic living.

Throughout our lives, we experience symptoms. That's the body's way of communicating to let us know something is out of balance. Our environment and relationships are no different. The symptoms are always there, it's just a matter of whether we are willing to take time to understand what they are trying to tell us. We're working to restore integrity within Sevananda's foundation. That means each person, each relationship (staff, owners, customers, vendors) each department, each system, each operation, each service and each product. Until each one is balanced and maintained, progress can be inhibited. To begin that process, truth is of great value. Seeing what's right in front of us goes a long way toward progress. Even still, we can miss it or choose to be in denial truth. Or avoid seeing it as it is. Seeing it as it is, will allow us to make true changes and improvements.

As a triple bottom line business (people, planet, profit), we have a responsibility to create wealth not only with our finances, but within our relationships

and our environment as well. They are all equally critical to the cooperative model, or any healthy business. I've witnessed firsthand what ignoring any one of these three components will create in the foundation. If your project, business, environment, or relationship crumbles, you can be sure the foundation had cracks in it. In essence, some type of integrity issue. It was something that started small and grew over time. Ignoring the core issues, will feed them.

Staying true to our principles and values is key to mastering the model. After all they were created for this model so the model can only work if we use them. Our co-op difference along with raising our service and product standards, offering holistic lifestyle education, wellness coaching and consults for those who wish to embark on the journey of wellness and owning their health. Also, providing new ways to deliver your favorite products to you, and becoming the raw, vegan, vegetarian headquarters of Atlanta are just a few ways we will stay afloat amidst all the competition. And of course with continued support



from you, our member-owners and customers.

Our organization is in listening mode. From the Board and I, to all other members of our leadership team, staff, and owners. We're prepared not only to listen, but to respond to what is being asked of us. Through the "symptoms", presented through conversations, observations, and the challenges that arise. Although the initial "honeymoon" period has an end, listening will always continue and is a constant component of our existence. Commitment to improving the health and well-being of ourselves individually, as well as our environmental, social, and collective economic power and impact. Without the fear of what we might hear, we're empowered to move forward from a place of integrity and deliberate creation vs. repeating the same patterns and mistakes over and over again.

Our products are new and on the cutting edge of healthy living and our staff is extremely knowledgeable. However, the building we inhabit is old, some of our equipment and our systems are old, and some of our practices, approaches, and mindsets are old. There has been a slow and steady progress, and now we stand at the forefront of the challenge of what is yet to be done. We have deferred real change

as long as it can be deferred and now a progressive change demands our immediate attention. Before moving forward with lofty visions and ideas, there are a few immediate priorities. We need to take better care of ourselves and our environment.

We're listening better. Getting to know our staff, how to empower them, their strengths and goals and what they want from life. With this we can create better collaborations and cooperative agreements and partnerships with them during their time of service at Sevananda. In turn that translates to inspired, motivated, committed staff who take more ownership of their roles. This will create a ripple in the universe which our customers and owners will feel and experience. That translates into sales! We're creating an environment that supports open communication, a safe place to be heard, and transparency of our business practices. It will take time, but we've only just begun. Sevananda is full of amazing people with big hearts, lots of passion and lots of talent. We're creating ways to maximize all of that and channel it into roles that support their growth and Sevananda's needs. You'll soon receive a mailer to give you more updates, invitations to participate in all the goings on, as well as our upcoming Mixer and Owner Meeting, special gifts and discounts just for you. And we need your email addresses! We don't have email addresses for every single member-owner and we need to keep you updated. Please call Member Services and provide that or follow instructions on mailer when you

receive it. The Board is also seeking owners to be a part of their upcoming engagement activities as well as committee members to populate a variety of committees. Check www.sevananda.coop for details.

Success needs momentum. The momentum begins now and your support is needed!! We're doing what we do best – building community via social, relational, and economic wealth. Join us!



THE MOST VALUABLE NATURAL RESOURCE

By Nicole Bluh



The words natural, organic, and sustainable are used to market products to the conscious minded. Words like these play on our deep desire and passion for the healing of our planet, ourselves, and communities. Many of us are keen and we are therefore skeptical to these claims as we know they are often misused in accordance with the prevailing consumer and commodity driven marketplace. We know that for a product to be sustainable the producer must have a heart for our natural resources. However, there is no way to know the actual story behind most of the products being marketed to us in this system.

Upon being introduced to Sevananda, 15 years ago, a chord was struck in my teenage-self. I was disillusioned and enraged by the prevailing society, history, and degradation of our planet. The co-op offered me an experience of products geared towards health and most importantly showed me a place where a community of people freely engaged and shared their healing journeys. People teach people, not institutions or organizations. Cultural exchange of wisdom and information cannot be commodified; only the contents can be, and are – much to our deep disservice. The keepers of indigenous wisdom are the most valuable natural resources on this planet.

One summer, Ricardo Sierra at Hawk Circle, showed me how to use milkweed for food and fiber. Fractures

of this sort of information surely are available on Google, and we can appreciate access to that resource; however it is pitiful in relation to the experience of creating cordage rope from the milkweed stalk fibers to build a bow-drill fire on which we cooked the milkweed pods for dinner. Ricardo's guidance is a natural resource and came only when through my long summer of volunteer work, he was willing to share. We can protect milkweed, its habitat, or sustainably farm it all day; still, these gestures pale in comparison to the appreciation and respect for one who carries the torch. We can learn all about the beneficial properties of Atlanta's incredible wild abundance like the yellow dock root for iron and liver tonics or the Albizia Mimosa for depression and nervous system tonic. But, when will we decide to engage, protect and respect the people who have passed on this information through generations?

The natural resources, herbs, and the soil have stories that are woven with the hands and hearts of ancestors who painstakingly cared and worked with them. Today we find ourselves contemplating their sustainability. Making sure that Traditional and Indigenous communities have their land and customs intact are the key to the environmental, health, and societal disasters that we face today. Respect, care, and reparation to the Indigenous of this land and of the world and the families of people who were, and are forced to build this and many other nations, with no compensation, is the way for us to reach true sustainability. Protection of natural resources is what we need, if we want to utilize this abundant natural system we live in. This care will give us some grounding in the sustainability movement. We must be humble to these people, their ways and culture. This will depend on their rights to their lands and their self-determination in order for the natural torch to be carried onwards.



HEALTHY EATING STARTS AT HOME

By Cindy Denise, M. Ed.



Why is healthy eating so important now?

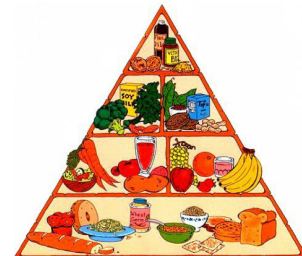
Our school-age children spend a great amount of time away from home. In many cases, both breakfast and lunch are provided at school, which means that school systems, not parents, control 2/3 of the meals consumed by our children. According to the American Diabetes Association, the number of cases involving teens with diabetes is rising! In America, the teen-age years are often marked by more independence in when it comes to extracurricular activities, clothing and food choices. On any given school day, parents may not be aware of what things influence their children's food choices. Are they selecting nutritious fruit, vegetables, and healthy grains that they enjoy or are they making decisions based on what their friends are eating? With extracurricular activities factored into a regular school day, some children may end up eating dinner away from home, too. While it may be easier to buy fast food on the way to soccer practice, are children being guided to choose more nutritious food such as apples versus a small order of fries with their to-go meals? With the possibility of so much time being spent away from family tables, it is more important than ever for parents to find the time to share their thoughts and input about healthy food choices, with their children.

What are healthy food choices?

In 2015, the USDA revised its guidelines on healthy eating. The nutritional guidelines were created to guide professionals of healthcare and nutrition programs in planning nutritious meals. It offers suggestions in all categories of food that include: grains, fruit, vegetables, dairy, meat, and beans. While guidelines are a good start, it's really up to parents to decide what is right for their families. Influences such as religious restrictions, food allergies and basic food preferences become guiding principles when families take active roles in meal planning for children. Parents can discuss choices such as plant-based protein versus animal-based selections. The natural sugar in fruit can be compared to the processed, sugar found in fruit bars and fruity shakes. Parents can guide conversations toward choosing less processed items for raw local food. When conversations about nutrition begins at home, parents are able to impact their children's selections even when they are not able to be with them.

When is there time to stress healthy eating?

There never seems to be enough time in the day for all of the tasks involved in parenting. However, 5-10 minutes scattered throughout the day could positively impact the nutritional choices made by children. Parents can begin at bedtime and encourage children to decide on which fresh fruit to add to the next morning's quinoa. On the way to school, a discussion about the school's menu choices can become a part of early morning routines. Heading to extracurricular activities, take time to stop by fast food locations that offer a variety of plant-based food selections, instead of traditional fast food fare. A couple of days each week, plan and pack nutritious snacks and lunches with children, after dinner. Discussions about healthy eating can happen anywhere! By making healthy conversations a part of your family's regular conversations, parents may be able to positively impact children's nutritional decisions today and well into their future.



THE FINE ART OF SELF-CARE FOR OVERALL WELLNESS

More. Bigger. Faster. Better. We have rapidly become a society that values “doing” over “being”; and we are paying the price with our health and wellness. Anxiety and depression have skyrocketed over the past few decades. According to the Anxiety and Depression Association of America (ADAA) 40 million American adults suffer from some kind of anxiety disorder. For most of us this doesn't come as a big surprise. If you are anything like me, your smart phone has become an additional appendage. Social-media, emails and texts have invaded your every waking hour and even your dreams, if you let it. However, our sanity and overall well-being are contingent on the ability to unplug and recharge.

Despite what some may think, self-care is absolutely not a luxury. It is an absolute necessity. Everything in your life gets better when you are in, Ma'at (BALANCE). Self-sacrifice and martyrdom are traits best left to the characters of mythology and literature. There is nothing selfish about taking care of yourself to the best of your ability. To the contrary the only thing selfish about self-care is neglecting yourself, but then expecting others to put you first.

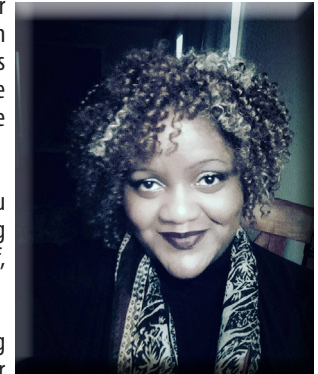
So what is self-care exactly? As a Professional Counselor & Life Coach, I define self-care as the consistent and ongoing practice of attending to oneself in the six institutes of wellness: social, mental, physical, emotional, spiritual and financial. When you look at each area of your life you must be intentional about wellness in every aspect. This is what makes us feel whole, replenished and able to serve others. Oh, and getting your nails done every other week is nice... but it does not constitute a self-care regimen. Trust me, your wellness depends on so much more.

Below are 3 tips for jump-starting your self-care plan today:

1. Create an actual written plan using the areas of wellness listed above. Look at each area of your life and write out 1-3 things you can do on a consistent basis to feel whole. Then share that plan with your circle of support to help hold you accountable.
2. Give yourself 5 minutes of silence every day to quiet the fast-paced, racing thoughts in your head. You can call it meditation, but if you just sit in silence and focus on your breath then you are winning! If you have persistent thoughts, simply imagine yourself brushing them away with a feather. Fighting and resisting thoughts are a great way to make them bigger, so relax, breathe and let it go.
3. Get out of your rut. So many of us go on auto pilot with our lives. We have a schedule and sticking to it makes us feel accomplished. That is great, but doing something new and somewhat out of your comfort zone challenges the brain and wakes up your soul. Try a dance or a painting class in your area. Your brain will thank you.

I'd love to share my entire self-care training regimen with you. Feel free to join me for my upcoming workshop at Sevananda:

Self-Care for Dynamic Women
Saturday, April 22, 2017 / 10am to 1pm
For more information:
www.imanievens.com
404.902.7770



By Imani Evans, MA, Ed.Dc



MAITUFOODS

We are united within a web of existence where every individual part adds to the whole. For a flower to bloom, soil, water, wind, air and ether must do their parts, and fulfill their purposes within the cycle. Cooperation and collective responsibility is what ensures that all grows and moves forward within a balanced, harmonious and productive existence.

MaituFoods, like our greater organization, Grow Where You Are, was established with the mission of not only recognizing collective responsibility, but also accountability. It is our sense of accountability to our community, to future generations and to the Great Mother, our planet, that has and continues to sustain us as more than a company, but a service, a collective working together to fulfill our part.

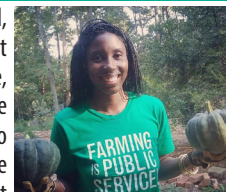
For the past eight years we have worked within the Greater Atlanta area from Southwest to Stone Mountain to ensure that wherever we are, we bring a sense to the community that we are here to give. To give of ourselves in collaboration with others, recognizing our innate will to thrive in health and abundance. With our

Pregnant and Postpartum Mother's Meal Delivery and Consultation service we strive to work with the mothers of future generations. We will make sure the mothers and children have the best plant based nutrition that we can provide, catering to their individual needs.

Our vegan school lunch program was established in Southwest Atlanta eight years ago, and came from the desire to answer the call to give our children the best nutrition. With food grown from our collective hands, within our community, this was possible. And it is in this same idea that we have established Awali, our Veganic Homestead and Training Center. This center is set up to teach, assist and learn with the people, families, activists, artists, etc. that are looking to create solutions to the issues we currently face. This will set a precedent for ourselves and our future generations to grow.

We grow food in silence and humility, two concepts that are seemingly radical in this day and age of attention seeking and hoarding. The type of quiet that silences the noise of so called modernity. In the ancient way, resounding to Earth and sending the vibration

that we are here and planted, doing our best to do our part within the continuum of space, timelessness and growth. The humbleness of the student to the teacher or the child to the mother, learning through direct connection and action what our purpose and our duty to the Earth and to one another is.



By JoVonna Johnson-Cooke

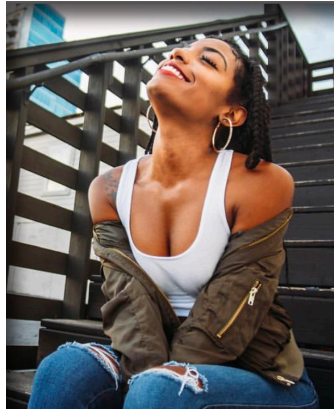


THE ART OF SYNCHRONICITY

By **Kierrah Robinson**

Have you heard the saying, “Everything happens for a reason”? Nothing in life happens by accident or coincidence. I have experienced my share of events which seem significantly related with purpose. A lot of times when these events or coincidences occur we often overlook them and miss the message behind them. Have you ever thought about someone, and just seconds after that, the person you’ve been thinking about calls you? Or what about the time you met someone that made a huge impact on your life? And you wonder, how was the timing and location of meeting that person so perfect?

The truth is we are all connected. As explained by Swiss Psychiatrist and psychoanalyst, Carl Gustav Jung, he stated that you can consider an event synchronistic when a dream, vision, or déjà vu, prepares you for a physical event. What we think about, manifests in our lives. The amazing thing about our thoughts are that they are invisible to the eye, which is an amazing process. Being aware of your thoughts and what you ask for helps create and shape the reality of the synchronistic experience. If you have negative thoughts this will bring negative circumstance and positive thoughts will bring positive circumstance. What we believe determines what we make true. By altering our belief we can change our reality.



If synchronicity is a creation of the universe to get your attention, why are we not noticing the signs? It’s because our minds are so conditioned by today’s society that we can’t see the random odds or chances that are presented in our everyday life. We are not living in the present moment, we are living under the egotistical illusion that distracts us from looking at our circumstances, people, things and affects that are attracting us accordingly to our vibrations – consciously or subconsciously. When you become more conscious you start eating more plant-based foods, going out into nature, exercising, and seeing patterns that govern the universe and its hidden meanings. Once this happens, you change your frequency levels and everything will align. All areas will change to match that vibration and cause a shift.

Did you know the higher the vibration, the happier you are? And more clarity and self-love will occur. The lower the vibration, your numerical value decreases to emotions like fear, jealousy, and hate. When we start connecting the dots we will realize that we are all moving energy, and what we do in the now echoes like a ripple effect. This means that what you do today affects you five years from now. So let us all become our greatest version and embrace these wonderful synchronistic miracles that our universe has to offer, and keep in mind that there is no you and me – only we.

8 ROYAL THINGS FOR KINGS & QUEENS

As spring approaches, I want to share the four jewels that assist me in maintaining my position to win. It all starts inside. You can’t win if you’re already losing in your mind.

Mental Jewels:

1. Focus on what you can control.

You’ve got to understand that no matter what, you are in control of your actions and reactions. We are all wired the same so when something unfavorable occurs, we play it back in our head over and over again trying to point out where it went wrong. Doing this won’t undo it, it will end up making you feel worse, and it isn’t good for mental health. In all situations, just focus on what you can control, accept that outcome, and move on.

2. Prioritize your free time.

We make time for others, and schedule activities into our planners, but when was the last time you scheduled time for yourself? Your free time is just as important as school, work, social events, holidays, and family gatherings. You have to put YOU first. When you schedule your free time, you need to use it doing something that benefits only you & no one else. Doing this will lower your stress level, increase your tolerance, and even improve your patience. A little “me time” can change your life. I’m a firm believer in, “if you look good, you feel good”, and we can all testify that when we look in the mirror and see our skin smooth and moisturized, and smile lit up, we feel 100% better.

Beauty Jewels:

1. Organic scrubs.

This is a simple and cost efficient beauty hack. Simply using organic brown sugar as the scrub base and adding your choice of a natural antibacterial antioxidant. I choose honey & sometimes use a drop of green tea. This is a way to clean the skin and reduce acne and scarring without the risk of the preservatives that are in over the counter skin care.

2. Teeth: charcoal & fluoride free toothpaste.

If it’s one thing that someone notices when they first meet you, it’s your smile. Keeping your teeth nice and clean is a simple task that can easily be enhanced with a natural activator, charcoal powder. I use natural fluoride-free toothpaste daily, and floss. However, my secret weapon is at night; I use charcoal to brush and water to rinse.

“If you feel good, you do well!”

Health Jewels:

1. Drink water.

Not just any water, but alkaline water. Alkaline neutralizes acid in the body and helps the body metabolize nutrients. Don’t be fooled by bottles that say pH 9 or 10. The human body can only absorb 8. It helps improve and maintain health while making the body more efficient.

2. Know what you’re eating. Know what your food eats.

This isn’t about just eating organic, however natural is a must. It is important for us to fully understand what we are putting in our body. It’s better to spend the extra money now for “clean” food than to spend the money later on a hefty hospital bill.

Fitness Jewel

1. Make it a habit to workout.

Trust me, I know it’s not the easiest part of the day. You have to make an effort to work out for at least an hour a day. It will be tedious in the beginning, so to adjust I recommend gradually adding more reps and switching up as the days progress. You will need rest days, but don’t bask in idleness. An example of a rest day for me would be yoga or just stretching, something not as strenuous and tiresome as a full workout. Make it a habit and you would no longer feel like it is a chore.

2. Keep track of progress.

If you have a smart phone, chances are that it has health apps that track your steps & even sleeping habits. With my smart phone I track the amount of miles I walk per day, and the average amount of hours I sleep. I also take full body photos in a mirror and date them to see the progress that I made with my eating and exercising habits. You won’t notice how well you’re doing if you have no frame of reference. It is important to stay on top of your game.

I hope my Jewels help you improve your mindset and execute your goals as we head into spring, it’s your time to win!



By **Ashley Blake**

THE FUTURE OF FEMININE CARE

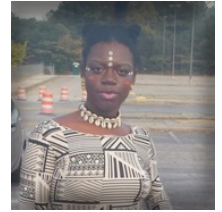
In an age where we spend more time hustling and grinding than we do taking care of our bodies, minds and souls, it comes as no surprise that many of today's women are dealing with feminine health and wellness issues at alarming numbers. Even though conventional feminine care is contributing to many of our women's issues, there are some holistic and natural alternatives hitting the market that will give women a chance to heal and care for themselves the healthy way.

The "Chem Fatale" report released in 2013 by Women's Voices for the Earth revealed many questionable and downright toxic ingredients that are found in mass market feminine care products including sanitary napkins, tampons, wipes, washes, and douches. It is extremely distressing that companies advertising products that supposedly help keep women fresh and clean are actually selling products manufactured with chemicals that can deteriorate and destroy a woman's body over time.

One of the reasons the feminine care industry's lack of transparency is such a big issue is because so many consumers fail to do any research or even read the labels on the feminine care items they purchase and use monthly. Whether it's economical or cultural, many consumers prefer to purchase the cheaper solution, but wind up paying the price years later when they are diagnosed with serious health issues and diseases including recurrent BV, yeast infections, sensitivity, infertility and even cancer.

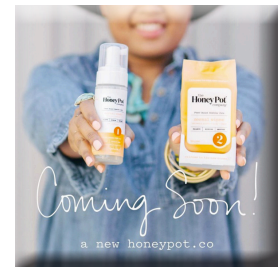
With so many high profile incidences of disease and disorder disproportionately affecting women over the past few decades, many people began to take notice of the feminine care industry and their practices. One of those crusaders and activists who decided to take on this multi-billion dollar industry is Beatrice Feliu Espada. Beatrice is the founder and creator of The Honey Pot Company, the first plant-based feminine care system on the market. The Honey Pot Company manufactures and sells plant-based feminine washes, natural feminine wipes and chlorine-free herbal menstrual pads.

Beatrice's mission is to heal and inform women on how to care for their bodies the natural way. She's also seeking to remove stigma and embarrassment surrounding common feminine wellness issues including BV, yeast infections, STDs and infertility. As women, we have to be aware of how our bodies work in order to live a good, healthy balanced life. Our feminine wellness is something beyond just using the right products. In order to be at our best, we need to improve how and what we eat and how we care for ourselves on a daily basis. We also need to respect one another and learn to work together as women instead of against each other.



By Ananda Lo

No matter what is happening in society, women always require a special level of attention and care. Thankfully, there are institutions such as The Honey Pot Company and Sevananda Co-op that are dedicated to providing natural, leading edge services and products for today's conscious woman. Hopefully, more women will invest in their own well-being and realize that health is wealth. Your health is truly your greatest asset.



SPIRITUAL HEALING: THE ENERGY MEDICINE WITH THE SIDE EFFECT OF PERFECT HEALTH



By Dr. Akua Gray

Spiritual healing is achieved through the force of consciousness. Not the consciousness of the mind, but the consciousness of cellular energy. To heal the spiritual body is the ultimate factor in perfect health because everything that has a physical presence has come from the spiritual realm. Energy medicine comes with the benefit of complete positive effects. It is the breakthrough in healing that so many are trying to find, which makes the work of the energy medicine healthcare provider a mission in world healing.

Spiritual healing gets to the core of all ailments, and once this concentrated vibration has access to the internal confines of the body it makes a distinct determination. Is healing the necessary component or is this the point of no return based on the person's cellular construction that is determined by their physical, mental and emotional health. If there is an equilibrium between the mind (thought/consciousness), emotions (cellular stimulation) and the body (an optimum health lifestyle), then the consciousness that is present in every cell of the body will freely yield to divine energy to share in its perfected state.

Spiritual healing should be the first line of therapy with any ailment. This makes the mechanics of therapies like Naturopathic Reiki ideal. When the client has been nurtured with meditation, visualization, and is at rest, the neurotransmitters have a free-flowing channel to disseminate the current state of mind to every cell. If a healthy state of mind is developed and becomes the norm for the client it will help

to maintain the physical health of the body without fail. The physical body represents the health of the spirit.

The mind can create disease with negativity and self-defeating thoughts. When a person worries about being sick, which most sick people tend to do, it sends out overwhelming signals to the brain that restructures the cellular "thinking" through the energy patterns that are being received. Therefore, the body responds by reproducing the dominant energy vibration that maintains and expands the sickness. Unfortunately, the same works for a person who is trying to remain positive and hopeful in the face of disease, but the people around them are constantly sending out negative thoughts and worries. Their amalgamation of these energy waves can be powerful enough to program the cells for disease expansion. This is too often impulsive behavior, and unless all parties surrounding the diseased person are synchronized in their thoughts of healing, it is like an energy seesaw in the healing process, up and down, not knowing which way the game will end.

Naturopathic Reiki is an energy medicine that promotes optimal health. The protocol of every good Reiki healthcare plan is spiritual health evaluation, aura assessment, chakra assessment, breath therapy, meridian therapy, and the application of Reiki therapy techniques relevant to the specified imbalance. The benefits of Reiki are so numerous that it should be one of the first therapies for any ailment. Reiki is a subtle vibration healing therapy that gently promotes balance in body, mind, and spirit.

A DIFFERENT WORLD OF CHARCOAL: ACTIVATED CHARCOAL



By **Bobbie Innis**

I know what you're thinking. . . When you hear charcoal, you think, "let's slap some veggies on the grill" or it's "BBQ time". Open your mind to the world of charcoal and get a new resource. This amazing substance is Activated Carbon, known as Activated Charcoal. It can be used to enhance your skin and smile, to detox, and Activated Charcoal can save your life!

Have you noticed Activated Charcoal has become the "latest craze" ingredient in a lot of skin care products? There is nothing on the market that's natural, cleanses your pores, and repairs your skin better than Activated Charcoal powder. Activated Charcoal is a natural treatment that removes toxins and harmful chemicals from the body. When you combine it with Organic Apple Cider Vinegar or water, you can easily whip up a quick face mask. Apply this mask using water and you'll develop a smooth paste. It takes approximately 15-20 minutes to dry. While the mask is drying on your face

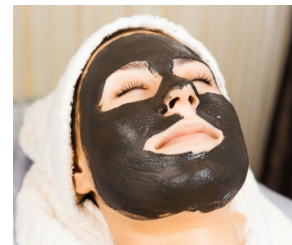
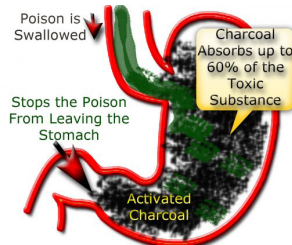
it will feel tight. Once it is completely dry you will need a gentle rinse. Unlike water, when you mix the Activated Charcoal powder with Organic Apple Cider Vinegar, it will give you a thicker paste. After you have applied your easy-made mask, you should start to feel a light tingling sensation but this is nothing to worry about. It is just the chemical reaction that vinegar has with the powder, which is normal. After 30 minutes, the mask will harden and it's time for a rinse. Your skin is guaranteed to feel revitalized. This process can get messy, so be prepared to clean up. Use the mask formulas daily or a few times a week. It all depends on your skin. Keep in mind the more consistent, the better the results. Once dry apply a natural oil such as coconut, almond or vitamin E.

Activated Charcoal can also be used as a natural teeth whitener. This may sound bizarre, but it's made from coconut shells (vegetable matter). It is heated without oxygen to an extremely high temperature and then activated by steam under high pressure which purifies it. It is 100% indigestible so a quick brush won't harm you. It's time to get those pearly whites! There's two stages to this charcoal magic. The beginner stage is simple. Apply toothpaste to the toothbrush and dip it into the charcoal powder until completely covered. Brush as normal then rinse and feel the slick shine on your teeth. If done consistently you should start seeing results in about 4 to 6 weeks. The next stage, is the "real deal", no toothpaste. You just jump right into the magic. Wet your tooth brush and drench it in Charcoal powder. Actively brush for

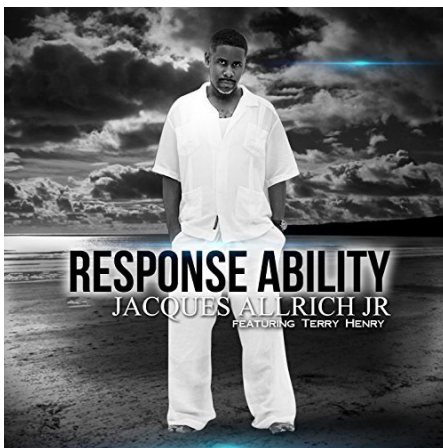
about 3 minutes, and wash away that black smile. The great power is that you'll see the white glow within 2 to 3 weeks. Do your own research, there are many ways that Activated Charcoal can benefit you.

Detoxing can be helpful in developing a healthy lifestyle. There are different ways to detox, let's focus on a water based detox. Activated Charcoal removes harmful toxins from your body. Add a teaspoon of charcoal to the water you drink daily. The charcoal will not change the taste of water. Consuming this drink will help you with constipation, rashes, and medical research has shown that it can prevent poisonous reactions. For an extra kick to your detox add some organic lemons or key limes. It will give you a nice lemonade taste. Welcome to the world of Activated Charcoal, a great new resource in your everyday life.

Live life free and healthy.
Namaste.



POEM: RESPONSE ABILITY



By **Jacques Allrich**
Author, Poet, and Entrepreneur

**Your life is based on how you respond to it.
Take a minute and meditate on this.
You have "Response Ability", so take responsibility to control your destiny.
It is never about what happens in your reality,
But, it's how you respond to it, you see.
Practice makes perfect, yes indeed so practice responding to life peacefully and lovingly and the challenges will become a blessing, entirely.
Always ask yourself what can I learn from the situation?
Because everything that happens in your life is part of your transformation.
Remember it is all good and all God or It's All Energy.
So take responsibility and practice and perfect your "Response Ability".**

USDA SEEKS COMMENTS ON ORGANIC CHECKOFF

WASHINGTON — The U.S. Department of Agriculture is seeking public comments on its proposal for a new, industry-funded organic checkoff.

The proposed rule and program were published in the Jan. 18 Federal Register, and the public has 60 days to make comments.

Known as the “Organic Research, Promotion, and Information Order,” the program would cover certified organic products and would include a range of agricultural commodities, such as fruits, vegetables, dairy, meat, poultry, breads, grains, snack foods, condiments, beverages, and packaged and prepared foods.

It would also include non-food items, such as textiles, personal care products, pet food, and flowers.

The checkoff would establish a framework of resources to develop new organic markets, strengthen existing markets, and conduct research and promotion activities.

Different Perspectives

But support for an organic checkoff remains mixed, even among organic growers.



The Organic Trade Association said the checkoff would “provide research and key tools to encourage more farmers to go organic and help all organic farmers be more successful.”

The OTA also said the checkoff would help educate consumers, in a positive way, about what the organic seal means.

But some organic growers fear the checkoff would not adequately serve all growers, especially small farms.

Kate Mendenhall, executive director of the Northeast Organic Farming Association of New York, is leading a coalition of growers who are opposed to the checkoff.

“This is a disappointment for the organic sector,” Mendenhall said in a released statement. “Checkoff programs are not a good match for independent organic farmers.”

The Proposal

According to USDA, certified domestic producers, handlers and importers of organic products would pay certain assessment rates if they choose to participate in the checkoff.

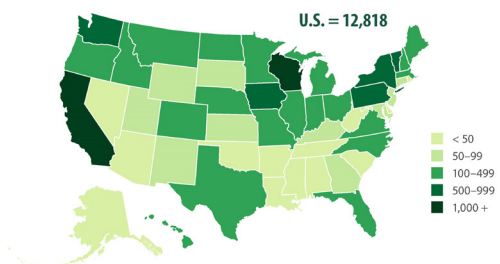
The program would provide voluntary exemptions for producers and handlers with gross organic sales of \$250,000 or less during the prior marketing year; importers with \$250,000 or less in transaction value of imported organic products; and organic products produced domestically and exported from the U.S. Producers and handlers with gross organic sales greater than \$250,000 for the prior marketing year would pay one-tenth of one percent of net organic sales; and importers of organic products declaring a transaction value greater than \$250,000 for the prior marketing year would pay one-tenth of one percent of the declared transaction value of organic products imported into the U.S.

A 17-member board would be appointed by the secretary of agriculture to administer the program and would be responsible for developing, financing and coordinating activities to support research, raise consumer awareness, and to improve access to information and data.



Number of Certified Organic Farms, by State, 2015

California and Wisconsin had more than 1,000; South had few



Source: USDA NASS 2015 Certified Organic Survey

USDA United States Department of Agriculture National Agricultural Statistics Service

Find out more at www.nass.usda.gov

From The Desk of Adama



*From the Desk and Heart of Adama Minister on Behalf of the Cosmic Communities for Conscious Cosmic Citizenship
Heraldess of the Eternal and the "Voice" of Resurrection"
Inspirational Life Style Change & Wholistic Wellness Consultant
Producer & Host of the Meeting of the Inner Circle 89.3FM www.wrfg.org*

Rejoice in the blossoming of Mother Earth and Mother Nature as all life celebrates the beauty, the wonders and the responsibilities of Being; thus, begins the natural season of cleaning, clearing, cultivating, sowing, planting and following through with resolutions to greater health, fitness and well-being.

Our bodies are temples for the true spirits of the living gods and goddesses, but we are supported in respecting and honoring the operational and mechanical functioning of our cars, trucks, vans, SUV'S, motorcycles and bicycles to ever greater degrees more than we respect and honor the divinely perfected God-imagined vehicles of our living spirits. The blessing and gift of ourselves is truly the greatest gift we have, dwelling in the presence of this amazing reality that is Life itself and the perfection that is an inherent part

of existence. Amid such majesty, however, it is truly a tragedy and travesty that our local, national and global population is set adrift in seas of sickness, illness and disease that is the evidence of an initiative and agenda of a world-conquering rampage of depopulation and genocide. Most illness, sickness, disease and death being experienced by the masses resulted from choices and habits that have been executed consistently (even daily) over time.

The ability to be healed from whatever condition, diagnosis or disease requires a commitment to being whole regardless of what part of the body has been compromised. Wholeness incorporates the wellness of the spirit, mind, emotions as well as the physical body. Wholeness can only be established by activating the faith and knowing that healing can be achieved after assessing what actions, thoughts, foods, habits etc. have contributed to or created the condition and be committed to the process of reversing said conditions or

disease through daily actions executed consistently over time. Those who have been plagued with conditions for which they have been taking pharmaceutical medications for years, do so because they subscribe to a system committed to creating, maintaining and managing disease and have not remembered that the Intelligence of Existence or what others commonly refer to as God imaged and created life and the vehicles we call our bodies perfectly and must subscribe to the path of healing.

Despite all efforts to divide, conquer and thwart the progression of the resurrection of a fallen humanity and humankind we are blessed to have access to everything we need to truly cleanse and purify our cells (selves) to create the substance and quality of bloodstream that insures the integrity of the conscientiousness and consciousness of the spirits that dwell in the body temple. The Intelligence of Existence that is inherent and ever-present has gifted us Itself in the air, sun, water, clays, herbs, fruits and vegetation for our optimum cellular functioning which is the key to wholeness and true health. Let's keep it simple. Commit to clearing, cleansing, consecrating your body temple through purifying, nourishing and edifying your spirit, mind and emotions as your commitment to honoring your gift of life and living in the fullness of your God/dess self for the good of All!



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Our gift cards are made from 100% post-industrial recycled PVC

SEVANANDA NATURAL FOODS MARKET

Vegan & Vegetarian

**Come in and try our
Salad Bar & Hot Bar
for Breakfast, Lunch or Dinner !!**

**Every Tuesday
is
RAW DAY !!**

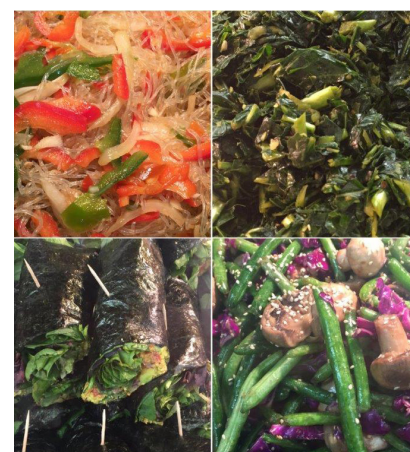
Breakfast M-F 8:30am - 11:30 am
Sat. & Sun. 8:00 am - 2:00 pm
Lunch M-F 11:30am - 9:00 pm
Sat. & Sun. 2:00pm - 9:00 pm



Earth Day

OPEN MIC

Earth Day Open Mic @ Sevananda
w/ Poets, Singers, Dancers, Musicians
Wednesday, April 26th ~ 6:30pm to 8p
Info: (404)681-2831



APRIL PARTNER: the Chainges fund



Nelson Mandela once said, “education is the most powerful tool in which you can use to change the world”, the Chainges fund not only supports this claim; we are dedicated to creating programs that support students, young and old, throughout the learning process, making education more effective. the Chainges fund educationally and economically supports communities in need by facilitating opportunistic relationships between small owned businesses and underrepresented populations. the Chainges fund awakens, empowers, and uplifts individuals and communities through creative opportunities for success and sustainment. We thrive by the collective activity of people supplying their individual talents,

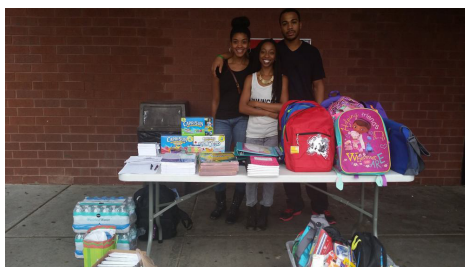
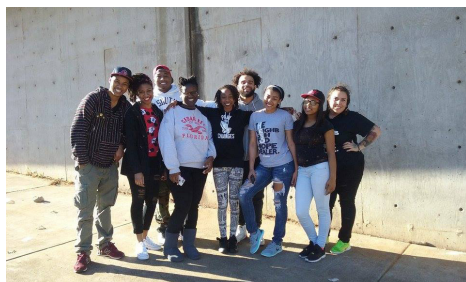
In the year working towards our 501(c)3 status, the Chainges fund, an urban development non-profit organization, completed several community projects to express our passion for creative learning, the most successful being our Bring Your Own Backpack project which exceeded its goal by 200% in August 2014. Our partnership with Stars and Strikes: Stone Mountain allowed many families that live under the poverty line the opportunity to enjoy family time by eliminating the stress back to school supplies costs bring. Since 2014 the Chainges fund whose tagline is “creating change with the chains that link us together”, has served over 100 Metro Atlantans through various community service projects and educational seminars.

Seeing the benefit of open and active communication after yearly survey results were reviewed, the Chainges fund created 4 P’s 4 Progress, a formula which increases one’s knowledge on Financial Literacy (Profit), Mental Health (Positivity), Entrepreneurship (Productivity), and History (Pride) subjects. In the Fall of 2015, the first weekly workshops were held with the support of Citizens Trust Bank, Theory Communications, and Dr. Nzinga Harrison, M.D. The feedback from participants at this time pushed us to make the curriculum of 4 P’s 4 Progress come prior to the matching of a small owned business company and a chaingemaker (a committed participant) for the benefit of both parties involved. We saw how well this method in June 2016 during our Trash into Treasure community giveback. We briefly introduce student participants on the history of our focus area, Mechanicsville, and provided stress relieving practices before the street clean up. While picking up litter, one of our chaingemakers shoes broke and one of our small owned business partners took it upon himself to replace the shoes with a brand new

pair, one for him and his brother. By placing an emphasis on individual talents through collective action, the Chainges fund allows all participants a chance to showcase their abilities, while gaining skills that can be used universally.

As with all of our past community projects, a majority of our funding comes from solicited donations by our supporters through online sources including AmazonSmile and GuideStar; in order to continue making changes we really need your help! Funds received will go directly to assisting small owned businesses operations that will allow the student to increase social skills such as, customer service and conflict resolution, including providing supplies, food and transportation.

The partnership with Sevananda Natural Foods Market, will allow us make to take one of our quarterly givebacks to new levels. We hope however that you will learn more about the Chainges fund organization at www.chaingesinc.org, and decide to Join the Movement how you can. Your support, no matter the size, will help us to continue creating chainges with similarities that bring us all together!



Organization Name: The Chainges Fund, Inc.
Mission: Educationally & economically support communities in need by facilitating opportunistic relationships between small owned businesses & underrepresented populations.
Contact: Desirae’ Dillon, Founder
Address: 304 Glenn Street SW Atlanta, GA 30312
Website: www.chaingesinc.org



MAY PARTNER: Afrikan Djeli

Established in 2005, by Aiyétòrò Frazier, Afrikan Djeli Cultural Institute (ADCI) Incorporated is an Atlanta based 501(c)(3) non-profit cultural arts organization whose mission is to provide quality cultural and educational experiences for its guests. We promote wellness of the whole person through African dance and drum, for the physical body, an appreciation of culture within Africa and the Diaspora. We are passionate about providing the accessibility of African culture in the lives of African-Americans and to other communities. We recognize that a strong connection to one's culture is inherently healing. One of our goals is to bring individuals more in line with their ancestral roots through exploration of drum, dance, and culture. We accomplish this through a variety of programming that we host during any given year.

Throughout the year, our main programming of activities is comprised of weekly dance and drum classes, and an annual conference, which serves 2000+ people. These classes welcome participation of patrons of all age groups and ethnicities. Our annual drum and dance festival takes place the last weekend of July. This annual event, the Atlanta African Dance and Drum Festival (AADD), was created and launched in 2009 to provide those unable to travel to Africa, the ability to see, touch and experience different aspects of African culture, and includes drum, dance, music and song, just to name a few. AADD consists of five components: drum and dance classes, a concert, a children's camp day, which exposes young people to arts and crafts, drum, dance, and song, a vendor Marketplace and a health fair. In 2016, we will host the 8th Annual AADD, which will take place from July 29 through 31st at Tri-Cities Performing Arts High School in East Point, Georgia.

In 2016, we also plan to host language classes, where we focus on individuals learning languages such as Twi and Wolof. Also, in 2016, we plan to host our first educational tour to Ghana, West Africa.



Organization Name: Afrikan Djeli Cultural Institute, Inc.

Mission: To provide quality cultural experiences to individuals & groups, promoting wellness of the whole person through an appreciation & exploration of culture in Africa & the Diaspora.

Contact: Efua Brewley, Director of Fundraising

Address: 933 Lee Street SW
Atlanta, GA 30310

Website: www.djeliculturalarts.com

JUNE PARTNER: Resources for Residents and Communities

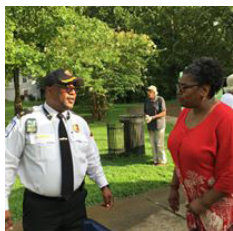


Resources for Residents and Communities (RRC) creates sustainable communities through knowledge sharing, community building, housing and economic opportunities with residents at the center of its efforts. RRC is a non-profit community development corporation founded in 1989 as Reynoldstown Revitalization Corporation with the initial mission of revitalizing the Reynoldstown community. Since then, RRC has expanded to offer its holistic model and services to other communities across the metro Atlanta area. RRC is a HUD Certified Housing Counseling Agency, a Homeownership Center, a United Way Agency, an Enterprise Community Partner, a City of Atlanta and State of Georgia Community Housing Development Organization (CHDO), and a partner in the 2nd launching of Neighborhood LIFT nation-wide. The RRC way is a unique, holistic approach to community development that supports communities and their residents both physically and spiritually. We aim to create vibrant, diverse communities that serve as models around the country and the world. Services we offer include:

- (1) Homebuyer Education & Counseling – an 8 hour HUD certified course (offered in-person and online) with partner presentations on insurance, realty, lending, and home inspections.
- (2) Financial Fitness Workshops & Coaching – a 6 hour course offering intense study and practical application in budgeting, credit repair, and financial planning.
- (3) Post Purchase Education and Counseling – a 6 hour course offered as a preventative measure to foreclosure - with partner presentations from a Certified Financial Planner, Lender, a home repair contractor, and an insurance agent.
- (4) Credit Boot Camps – a 6 hour intensive and comprehensive course on managing credit.
- (5) Greening Your Home Workshops – a 3 hour workshop on ways to increase energy efficiency in your home.
- (6) Home Purchase Renovation workshops – a 3 hour comprehensive introduction to home renovation loans, whereby participants talk with a lender, a HUD certified rep, and a homebuyer going through the process of purchasing a home with the intent of renovating the home with proceeds from the mortgage.
- (7) Additional Counseling – one-on-one counseling on additional topics as needed to include student loan debt, credit repair, and budgeting.
- (8) Community Development – includes our Reynoldstown Youth Development Program, Pet Patrol, and our Senior Development Program.



Through our various services and program RRC will continue to serve Metro Atlanta with our mission of building sustainable communities for years to come.



Organization Name: Resources for Residents & Communities
Mission: Creates sustainable communities through knowledge sharing, community building, housing & economic opportunities.
Contact: Mitch Brown, Executive Director
Address: 100 Flat Shoals Rd Atlanta, GA 30316
Website: www.rrc-atl.org

2017 SPRING/SUMMER EVENTS

Naturopathic Reiki Level I Certification Course
 Saturday, April 8th ~ 9am to 12pm
 @ Sevananda Community Room
 Register: www.a-life-of-peace.org/reiki-certification

Dogwood Festival @ Piedmont Park
 Friday, April 7th to Sunday, April 9th
 Info: www.dogwood.org

Spring Self Care Wellness
 Sunday April 16th ~ 3pm to 5pm
 @ Sevananda Community Room

"Green & Clean for 2017" w/ Chef Akil A five day raw food challenge @ Sevananda Community Room
 Thursday, April 20th ~ 6:30pm to 8:30pm
 Info: (404)287-4RAW

"Self-Care for Dynamic Women Workshop"
 @ Sevananda Community Room
 Saturday, April 22nd ~ 10am to 1pm
 Info: (404)902-7770

Earth Day Open Mic @ Sevananda
 w/ Poets, Singers, Dancers, Musicians!
 Wednesday, April 26th ~ 6:30pm to 8pm
 Info: (404)681-2831



Ifni Sheppard
 Community Relations & Education Liason

Every Sunday from 3pm to 5pm @ Sevananda Community Room join Dr. David Frawley for a FREE "Ayurveda Class"

Sevananda Mixer for Members Only
 Meet & Greet the SEV Board of Directors Candidates
 Sevananda Community Room
 Thursday, April 27th ~ 6pm to 8pm
 Info: Sharlise Lowe (404)681-2831 ext. 111

Inman Park Festival
 Friday, April 28th to Sunday, April 30th
 Info: www.inmanparkfestival.org

Spring Self Care Wellness
 Sunday May 14th ~ 3pm to 5pm
 @ Sevananda Community Room

The Atlanta Jazz Festival @ Piedmont Park
 Friday, May 26th to Sunday, May 28th
 Info: www.atlantafestivals.com

Atlanta Caribbean Carnival @ Central Park
 400 Merritt Avenue NE
 Saturday, May 27th ~ 10am to 10pm
 Info: www.atlantacarnival.org

The Wonderful Wizards of Raw
 A Raw Food Extravaganza @ Tassili's Raw Reality
 Saturday, June 3rd ~ 1pm to 7pm
 Info: (404)480-0364

Juneteenth @ Morris Brown College
 Friday, June 16th - Sunday, June 18th from 10am to 10pm
 Info: www.juneteenthatl.com

Summer Solstice Sound Meditation w/ April Taylor
 @ Sevananda Community Room
 Wednesday, June 21st ~ 7pm to 8:30pm
 Info: (617)233-1815

Habesha's Organic Fest @ Omenala Griot Museum
 Saturday, June 24th ~ 12pm to 9pm
 Info: (678)760-1252

BOND Community
 FEDERAL CREDIT UNION

LOCAL... WHEREVER YOU GO

433 MORELAND AVE NE
 ATLANTA, GA 30307
BONDCU.COM
 404-525-0619

BVSGA
 BLACK VEGETARIAN SOCIETY OF GEORGIA
BVSGA.ORG

Meat Out Vegetarian Food and Wholistic Health Fair Marketplace, Chef Demos, Swag Bags & more!

Sunday, May 21st 2-6pm
 Atlanta Metropolitan College
 1630 Metropolitan Pkwy SW
 Atlanta, GA 30310
 404-585-1043



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