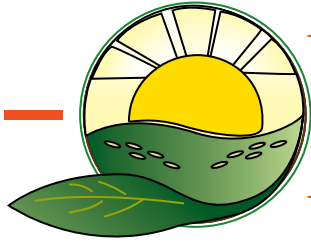


CO-OPTIONS



July 2017

SEVANANDA
NATURAL FOODS MARKET



Vol. XVIII Issue 3



MAKE IT A SEVANANDA SUMMER!



467 Moreland Avenue NE Atlanta Georgia 30307 www.sevananda.coop 404-681-2831

Make It A Sevananda Summer!

Sevananda Natural Foods Market
467 Moreland Avenue NE
Atlanta, GA 30307
404-681-2831
fax 404 577-3940
www.sevananda.coop
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8am - 10pm

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Opinions expressed in this newsletter are the writers' own and do not necessarily reflect the opinions of Sevananda Natural Foods Market. Permission to reprint any article must be obtained from the Editor.

Submissions from the general public are accepted, but there is no guarantee of publication.

Sevananda Board of Directors
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Ntianu Alghanee (Vice President)
Chi Ma'at (Secretary)
Jessica McMorris (Asst. Secretary)
James (Jim) Williamson (Treasurer)
Debra Bonaparte
Jed Davis
Adama Alaji
Rajnikant Mehta

SEVANANDA
NATURAL FOODS MARKET



Dear Reader,



As Editor of Sevananda's Co-Options and Marketing/Member Services Manager, I continue to be grateful for the opportunity to present to those who love Sevananda our Co-op magazine, Co-Options. In this magazine, we inform our Member-Owners, customers, and friends and family what we are doing in-house, events, and information for a healthier life.

Because we want to provide our readers with MORE content and also help you promote your businesses, we are now offering interested parties an opportunity to place an ad in Co-Options. Not only are we offering you the opportunity to advertise with us via Co-Options, we are also offering to promote your business via our website, and also via our instore overhead media where Sevananda customers will hear about your business while they shop. If you are interested, please contact me via email: sharlise@sevananda.coop and I will send you Sevananda's media kit.

Our Marketing and Outreach Scope continues as we use the guidelines below to improve our sales by way of Owner-Member Services/ Marketing and Education:

- Educating our customers on why they should become owner/members;
- Expanding our volunteer owner program;
- Ongoing Social Media, i.e., Facebook, Twitter, Instagram, Linked-In etc.
- Promoting consumer awareness of food and health issues through educational classes via our "Journey to Wellness" program;
- Expanding our partnerships with local artists through our "Artist Alliance" program;
- Networking with other organizations that are aligned with Sevananda's Co-op Values & Commitments to the community
- A continuous partnership with community activists through our "Be the Change" program.

I would like to stress that we are planning ways to get our Member-Owners more involved in Sevananda and will soon be re-launching 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.

Stay tuned for more wellness, educational and food preparation classes. These classes will be open to the public, and our Member/Owners will be rewarded with some type of discount.

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

One Love,
Sharlise Lowe
Editor/Marketing/ Member Services Manager

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THE INSIDE SCO-OP: NEW ERA CO-OP IN THE MAKING



Great Day Sevananda,

It's hard to believe we're already half way through the year! Six months in and what a ride! I'm grateful for it. I'm grateful for the awesome days and the tough days, the learning curves, and the times I know my experience or wisdom helped. I'm grateful for the staff and management team that breathe life into Sevananda's vision and mission, each in their own unique and special way. I'm grateful for their vulnerability and willingness to learn more and make improvements. I'm grateful for the owners that demonstrate their commitment to Sevananda by shopping the co-op and customers that challenge us to reach higher, and to be a better co-op than we've been before. I'm grateful for a Board that is committed to Sevananda and not personal agendas. Our current Board understands that they are a part of something different and unique and they treat it as such, without the typical traditional mindsets which upset the very delicate balance we hold sacred in an authentic co-op. Most of all, I'm grateful for the opportunity to surpass my own growth edges and rise.

Sevananda is certainly a place that everyone gets to grow not only in our service roles, but also in our own health and wellness practices, personal evolution, and life journey. We get to learn something new every day and apply it in our lives if we so choose. We get to graduate mentally, emotionally, and spiritually and evolve to the next level of life if we so choose to embrace the next opportunity. I'm grateful to see Sevananda rise from not so good times, and reemerge to shine her light on the community once again. I'm grateful to have been a part of that journey as well as the possibility of what is to come. Whether it's the well of unlimited potential, infinite possibility or the realm of the unknown, creating what hasn't yet been created excites me beyond words. In addition to our fundamental co-op difference,

this is what will set us apart from the competition, and traditional business models. Being courageous enough to disrupt the status quo, mediocrity, or dysfunction that lurks and waits to settle in anywhere it is welcomed. It isn't welcome at Sevananda anymore and will need to find another home. It will take some time, but it is achievable. Being vulnerable enough to admit our faults and shortcomings, re-moving what doesn't work and improving on what does. This is a formula I've seen work time and time again. Listening and creating outside the box and leveraging our community resources, partners, and networks, while harnessing and unifying the people power of 4,000 member-owners will make the necessary difference. If done strategically and with care. Utilizing a bit of our collective wisdom, experience, and knowledge over the last 40 plus years, add-ing in a dash of creativity and a pinch of creative intelligence, this is a recipe for success in cul-tivating a New Era Co-op Nation and one that truly serves its community and planet.



Our collective vision is forming to include everyone's voice, as well as competitive industry changes like the amazon aquisition of Whole Foods,our co-op difference, community, service, education and new delivery options. Our current mission is to empower the community to improve its holistic health and well-being, through teaching individuals to own their health, their wealth, their wellness journey, and life path. At the store level, we'll be ramping up our educational efforts to support that with the appointment of a Community Relations and Education Liaison, Ifni Sheppard, previously our Outreach Coordinator. We're also restructuring our leadership with and appointment of Ano Dennis, our current IT and Systems Supervisor to Operations Director/Store Manager role that will oversee more day to day store support roles, retail operations, facility operations, parking, and maintenance. Meanwhile, the Cooperative Director/General Manager (me) will focus on the cooperative aspect of the business, member-owner relations, Board Relations, Co-op Vision, improvements and tools for better marketing, financial reporting, HR, Communication, Member-Owner Services, Owner/Vendor Relations. I will also be strategically planning for the fu-ture, with new alliances and partnerships, a capital campaign, store improvements, our Board,

and YOU! The two work together cooperatively to balance the retail operation and the cooperative organization. Navigating into a future that we have predetermined for ourselves, not wandered aimlessly into, behind the store and products, we are strengthening relationships, creating and holding collective visions, and systems.

We want to connect with you, get to know you, understand what's important to you, or how you would like to see your co-op impact this community in the future. In addition to the cooperative principles and values, I think that's the beauty of the model. But none of that can happen if we aren't connecting and taking the necessary steps to meet each other half way. You'll begin receiving invitations through the overhead announcements, emails, signage, online forums, surveys, store and Board activities, the member meetings and more. Please make sure we have your contact info to keep you in the know. If you're not sure call us or stop at Cutomer Service and complete an update form. Lots of changes underway I hope you can see and feel them taking place slowly and steadily. And if you don't see or feel them yet, just be patient and stay tuned. There's much more to come. You may email me at cdgm@sevananda.coop or call 404.681.2831, Ext. 117

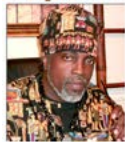
Thanks so much for the honor and the privilege, and of course for supporting your local com-munity co-operative, Sevananda Natural Foods Market. In Loving Service, Ahzjah





Message from the Board of Directors

Wanique Shabazz



Board President

Ntianu Alghanee



Vice-President

Chi-Ma't



Secretary

Jessica McMorris



Asst. Secretary

Jim Williamson



Treasurer

Debra Bonaparte



Board Member

Jed Davis



Board Member

Adama Alaaji



Board Member

Rajnikant Mehta



Board Member

We have arrived at the middle of the year of 2017, we celebrate continued growth and stability of our Cooperative with the capable management of our recently selected General Manager, Ms. Ahzjah Simons and the collaborative energies of staff, department managers and the consistent patronage of our member owners and customers.

We celebrate and are so thankful for the exemplary service rendered over the past three years from directors Jed Davis, Debra Bonaparte and Ntianu Alghanee, whose terms are ending, but we're excited to have them continue to be active in participation as member owners as we move forward. We are amid Board of Directors elections to fill the three seats that are opening and have been actively involved in encouraging member-owners to participate in the current election by picking up a voting package at the Customer Service desk making their selection and mailing their votes to Wegner & associates, who are responsible for tallying



BOARD OF DIRECTORS CANDIDATES



Tracy Dornelly

Pearletta Graves

Dwayne E. Heard

Mason West

Nicolette Williamson

These are the candidates seeking to bring their talents, skills, concerns and care to the Board on behalf of all member-owners. The Board of Directors is responsible for setting the vision and direction of Sevananda. Voting is a necessary and vital responsibility of member-ownership and participation as a cooperative. Though we may shop at other stores that carry some of the same grocery items we do, we have no voice in the direction their company is headed, in the leadership or in product selection integrity or any other facet of their business. Cooperative Membership is opportunity for exercising the privilege of ownership and the Board of Directors represent the interests and concerns of the member-owners. To ensure Sevananda's continued growth, fiscal stability and expansion, the BOD must set the precedent for the vision as to what we truly want to accomplish, but we require the input and participation of the membership, which is our challenge from a database of over 3,000 members. We require at least 200 members to vote from the five candidates for selection to our Board of Directors and then to have those who will lend their talents to our standing committees. Please go to the Board of Directors page on our website www.sevananda.coop to get more information.

We look forward to the growth and are committed to doing that which we can to take advantage of all training available to us through the various organizations that specialize in Cooperatives, their governance and viability amidst the political, economic and security issues that impact and affect the spiritual, mental, emotional, physical and financial health of our local and global community.

Our Annual Owner Meeting is scheduled for July 16, 2017 12pm Noon – 3pm that will address The State of the Coop, our Financials, the Board and give us opportunity to share our concerns for our vision forward and allow us to better know one another. We are aware that there is so much more to accomplish as concerns the practical application of how to facilitate greater wellness and healing of our membership, customers and community; but it must be truly facilitated with our own personal commitment to our own individual healing and wellness. We appeal to our fellow Board members, our newly elected members, our staff, vendors, educators, as well as those who patronize Sevananda to truly commit to next level health and wellness, but also to think about what you would like to see us accomplish, implement and create on behalf of our wholeness as families and community so we can "own" our health and our Coop.

In the Light and Love of Service!
Sevananda Board of Directors.



SEVANANDA LINKAGE

ADAMA CHAIR OF THE OWNER LINKAGE COMMITTEE

Sevananda's Board of Directors are member-owners elected to serve on behalf of all member-owners, to ensure the implementation of their concerns, vision and desires for charting a prospering and profiting direction for our Cooperative. Linkage is the process by which we come to know what those concerns, ideals, ideas, vision and desires are and to create the path of engagement and participation so that Sevananda has benefit of the diverse and vast resources of talent, skill, ability and care of our membership.

Sevananda has almost 4,000 member-owners, the challenge has been getting 250 of those to participate with our current Board of Directors elections. Active participation and engagement of perhaps just 6% which would be about 240 people would be great. The culture that we all have been raised in supports the "many" depending on the "few" to secure their way forward.

Over forty years ago there were four groups of people in Atlanta, who mobilized their care to respond proactively to the various degrees of turmoil from war, classism, systemic racism, sexism, homophobia, the civil rights movement, as well as governmental and police paranoia that sowed the seeds of surveillance and organization infiltration.

The first group (1970-72) was concerned about the declining quality of life in the Little 5 Points (formerly called the Bass district) urban decay, thugs, drugs and slum lords; they formed coalitions, acquired funding, organized demonstrations, and united for a common cause: to take the neighborhood back. These folks knew that buying property and opening businesses would help make this area a wonderful place to live again. One such group was named the Bass Organization for Neighborhood Development - or "BOND" for short. They had a bright idea: if banks wouldn't lend to locals to buy their own homes, they'd form their own financial institution starting with a \$2500 loan from the Mennonite Church. BOND Community Federal Credit Union was officially chartered in 1972 as a not-for-profit, member-owned financial institution. 40 years later they have over \$40 million in assets and have given over \$160 million dollars in loans to their members.

The second group formed (1973) Radio Free Georgia Broadcasting Foundation, Inc. WRFG 89.3FM in Little 5 Points with 10 watts, non-profit, volunteer driven, community-oriented, educational, alternative medium that provides a voice for those who suffer oppression or exploitation based upon class, race, sex, age, creed, national origin or immigrant status. WRFG is for those alternatives that uplift human dignity and give people more control over their lives and is opposed to those forces in our lives that dehumanize and oppress people, especially economic exploitation, racism, sexism, militarism and anti-foreign/anti-immigrant chauvinism. Now WRFG is 100,000 watts of community power operating 24 hours a day generating over \$400,000 a year in operational expenses that is non-commercial listener supported radio.

The third group of people began (1974) as a small group of dedicated enthusiasts searching for a way to buy whole and organic foods, they

created Sevananda Community-Owned Natural Foods Market. Today, Sevananda is one of the largest natural foods cooperatives in the southeastern United States providing space for over 50 vendors, a member-owner data base of close to 4,000 members and patronage that has created a multi-million-dollar Cooperative enterprise.

The fourth group of people (1975) formed Shakti Distributes later incorporated as Al Wali dba New Leaf Distributing, with the intent to provide service towards the wholistic, spiritual, mental, emotional and physical edification and enhancement of the local communities to have a global impact. New Leaf is the world's largest distributor of New-age, Spiritual, Metaphysics and Wholistic health, self-help books, music, ritual, gem, mineral and other energy enhancing products. New Leaf has a sacred intention: to play an active role in fostering individual and collective spiritual awakening by being the nexus of trading partners for commerce in conscious books and other products yielding prosperity for all. Their work serves a cause: the outer planetary crisis reflects the crisis each of us is living and only a change in consciousness can bring us through. Like Sevananda, New Leaf is on the rise from a period of monetary loss, restructuring, but, from its humble beginnings of selling magazines from the back of a car in 1974 to generating over \$30 million in revenue in the mid 90's.

I cite these examples of how a few people starting very humbly with very little money, persevered and followed their care, commitment, vision, and as they grew, provided right livelihood for those employed and service to those who were non-traditional to say the least. Together they easily represent over a quarter of a billion dollars in revenue, exchange of ideas, capital, idealism, activism and millions of families that have benefitted from their efforts towards the greater good of the community at large being better informed, fed, financially empowered and spiritually and mentally supported in walking in the integrity of our true selves.

This now moment requires each of us to take some time to ask ourselves what truly matters. What is our life's contribution? Have we already fulfilled it? What more in membership/owner benefits would be incentive for more active participation? What greater service can we give on behalf of those who paved the way for our greater ease towards self-actualization, and those who still require more assistance into their greater selves? How is it that we have so much available to us but are not well? How do we prosper and what quality of service, ingenuity, creativity and vision can bring forth without being committed to our personal health and wellness? What are your health concerns? What are your talents, skills & abilities?

Join us at the Annual Owner Meeting on July 16, 2017 from Noon – 3pm to get the conversation and visioning started. If you are not a member-owner become one and participate, if you are a member-owner then be active, if your membership has lapsed pay up and get active. Our foundation is strong, we must create a more dynamic conversation, there's a greater work, but it requires personal commitment to be more dynamic in our personal expression of who we are and the willingness to give of ourselves on behalf of the whole and wholeness of our families and communities.

In the love & light of the Absolute!

Adama
Board Chair Owner Linkage Committee
adama@sevananda.coop, 678-760-9299



WE ARE THE JOY OF SEVA-VIBRATION

We are so fortunate to have Sevananda Natural Foods Cooperative in the heart of Atlanta, Georgia's most culturally diverse community, Little Five Points. Sevananda began as idea in 1972 and went on to open in 1974 as Sevananda Natural Foods Market, and later incorporated as Sevananda Cooperative (Coop). Today the Coop serves many individuals from diverse cultures. Sevananda was originally founded by Ananda Marga, a spiritually focused group of yogis.

The name Sevananda itself has great meaning and translates as \Seva\ "service"/ \Ānanda-आनन्द. "Bliss (1) or divine joy (2)". We are proud to be of "service" and reflect our "joy" and "bliss" in all that we do in service to you: member-owners, shoppers, and employees. Many of you are aware that there are 10-Cooperative Values (democracy, equality, equity, honesty, self-help, responsibility, accountability, transparency, social responsibility and solidarity) and Seven-Cooperative Principles (Voluntary and Open Membership, Democratic Member Control, Member Economic Participation, Autonomy and Independence, Education, Training and Information, Co-operation among Co-operatives, Concern for Community). But if not, we have reprinted them in this article for your edification. We are held by these values and principles and take great pride in using them to provide products, services and programs that enhance the life of the Coop, as well as the experiences of Sevananda's member-owners, shoppers, and employees. In fact, we work hard to ensure that Sevananda's employees are equipped with product knowledge and customer service know how to express the true meaning of all we stand for.



**By Carolyn Morris,
HR Manager**

We are happy to share that this spring we welcomed a few new team members aboard the Seva vibration. So the next time you are in the Co-op, please take a moment to welcome them to the team. You will be looking for Casey Budd, Front End; Christan Blystone, Grocery; Erica Darden, Wellness; Kayana King, Front End; Alexandra Laing; and Gaiyon Reavish, Kitchen.

And as always, we thank you for your membership, your patronage and your time.

WELCOME TO OUR NEW HIRES

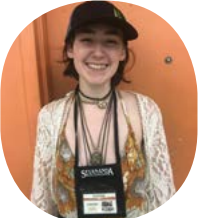
CONGRATULATIONS ON YOUR PROMOTION



**Casey Budd
Front End**



**Gaiyon Reavish
Kitchen**



**Alex Lang
Kitchen**



**Kayana King
Front End**



**Ano Dennis
Operations Director/
Store Manager**



**Dana Marlowe
Systems Supervisor/
Store Support**

NOT SHOWN

Erica Darden, Wellness

Christan Blystone, Grocery



WHAT'S ON SPOTLIGHT AT SEVANANDA



Featuring
The Enlightened Collective, Inc. Meetup
Free * Every Wednesday from 7pm to 9pm
@ Sevananda Community Room *



Friday
Produce
Specials



(See details on back page)



- 1). TV Series on I JourneyTV @ Sevananda
- 2). Healthy Happy Hr. @ Sevananda

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



Have A Special Event for up to 50 people? Need A Space?
You May Be Able to Rent Out our Community Room.....
Contact Ifini Sheppard at ifinis@sevananda.coop
for more information !!



PROTECTING PLANET EARTH

Being a human inhabitant of planet Earth gives a moral obligation of being an advocate. In elementary school we are taught about the earth, the solar system, ecosystems, and the relationships between predators and prey. However, as the generations evolve and the Earth continues to deteriorate and become overpopulated, we should be taught more about stewardship, conservation and sustainability. I can vividly remember learning about recycling and singing altogether, the importance of separating plastics from paper in my kindergarten class. Since then, the next time “recycling” was mentioned to me in a science class was my senior year of college. There should have been a consistency with teaching students how to preserve our planet. When author David Orr said, “what is included or excluded...” he is saying that we only know as much as we are taught. If planet preservation was included consistently in school teachings, more people would understand the importance of sustainability.

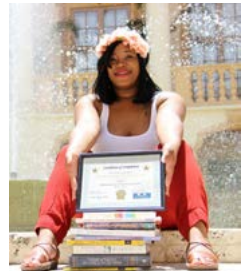
Effective environmental education, to me, revolves around reality. Everyone should be aware of their ecological footprint and know how to preserve the land we inhabit. Confronting people with the reality of things seems to be a very effective educational method. Showing documentaries on the impact humans make on the Earth, negatively and positively, can help put things into perspective for students. The first step to becoming environmentally conscious is to be environmentally aware. After seeing the National

Geographic: Human Footprints documentary, it made me a more conscious person because I never realized how big of a role we each play on Earth’s ecosystem. Effective environmental education also revolves around consistency. Aside from the Recycle song I learned in the third grade, I should have been reminded in elementary, middle school, high school, and on a college level how to preserve my environment efficiently, the impact I can make on Earth and how easy it is to be a steward to the planet.

It is also ideal to be able to separate sustainability, conservation, and stewardship and let students know that although they all go hand-in-hand, you can practice sustainability without practicing conservation and vice versa. Sustainability is the quality of not being harmful to the environment or depleting natural resources. Conservation is prevention of injury, decay, waste, or loss. Stewardship is the responsible overseeing and protection of something considered worth preserving. By separating the three, it shows students that they can practice sustainability—like recycling, without having to practice conservation—like removing invasive plant species. I never understood how my social work major and sustainability went hand in hand until I went to Ghana for the summer. They do not have easy access to water and some people cannot afford modern medicine so they rely heavily on what they have around them to help them get over sicknesses as well as a form of income. If they mistreated their environment and did

not act as stewards, their profit and well-being would deplete.

The statement by Orr, “. . .by what is included or excluded, emphasized or ignored, students learn that they are a part of or apart from the natural world”, was impactful to me because I never expected Social Work, a field dealing with people, could utilize and prove the importance of environmental education. Every day is an opportunity to advocate and learn more about the world around us. The easiest way, considering that most students are in school from the ages five to twenty-two, is to teach conservation, sustainability, and stewardship in school.



By Kai McKenzie Harris



IT'S YOUR BODY JUST LOVE IT



By Rae Rae

Where do I start? Be real with yourself and start within your means. That means start where you are, even if you have not exercised in years, months, weeks or days. Start where it works for you. If you are the one that says, “I don’t have time,”

then now is time to take that time. Get up earlier or go to bed later, or in between within the day (i.e., lunch time). Get it in where you can fit it in. Your life depends on it. Motion and movement, is a must have. You can do it, just be like Mike and JUST DO IT. Easier said than done, I understand, so that’s when you call me and we can consult about it.

Here’s a start, my “Cardio Commitment Campaign” established in 2004. Begin your day with water and follow that with your favorite piece of fruit. Then a light sensible breakfast, eat salad 4 times a week, romaine lettuce and spinach. Tuesday and Thursday for lunch, Wednesday and Friday for dinner, put two of your favorite things on there. I use fruits and nuts. Lastly exercise two to four times a week

15-45 minutes, even if you must break it up.

Be about working out! Born in 1963, Ranette Doreen Freeman-Clark is a powerhouse of pure motivational energy! When this Denver native enters a room, her presence is immediately felt as all eyes focus on her and murmurs are heard asking, “Who is she?” She is a Cardio Commitment! She is a Health Harmony Lifestyle! SHE IS RAE RAE!! Rae Rae is a wife and mother of three children, and the result of total commitment to health consciousness. With over 15 years of experience, she is certified in Aerobic and Exercise Instruction, One-on-One Training, Group Fitness, First Aid and CPR. From Colorado to Georgia, she has been teaching people from all walks of live how to love and take care of their bodies. Not only does she stimulate the cardio system, she motivates while building self-esteem and instilling commitment.

Rae Rae is the CEO of KJA, Inc. and founder of Rae Rae’s Wae, a complete fitness awareness, training and consulting program. In addition, she heads the Exercise Ministry at Greenforest Community Baptist Church in Decatur, GA. She conducts Low Impact Aerobics, Strength and Resistance Training, Cardio Walk Clubs, Diabetes and Nutrition Workshops. Rae Rae is well known for her dynamic Warm Ups for Walks. She organized and directs the Kids Fitness Awareness (KFA) program stressing the necessity for our youth to begin a fitness regimen early in life. Rae Rae carries her Praisersize – Rae Rae’s Wae program to numerous churches and faith based organizations. Her “Seasoning Seniors

Well” program is designed to keep seniors active and healthy. In her “Health Harmony Lifestyles” workshops, she teaches health awareness and management. This program establishes the Commitment Campaign and is exploding throughout the region. Of course, her Cardio Commitment Campaign is also exploding throughout the region. This program establishes walking clubs in several communities, giving people companions as they strive for fitness and reuniting neighborhoods. She has conducted programs for the American Heart Association, American Diabetes Association, Morehouse College, and Atlanta’s Concerned Black Clergy.

See it, believe it, achieve it, you CAN do it!

Love, peace, blessings, and fitness success to you ~ RECEIVE IT!

Contact about your fitness journey:
Rae Rae, My Exercise Motivator
P.O. Box 374171



HERBS THAT KILL ~ THE UNTOLD TRUTH ABOUT HERBS & THEIR KILLER INSTINCT

Herbal medicine has been systematized for over 5,000 years in all regions of planet Earth by all Indigenous Peoples. Herbs have been used historically to bring balance and harmony into the body by providing vital nutrients, lifesaving phytochemicals, and building blocks of our physical bodies known as minerals. Some herbs can be quite dangerous if you are not qualified or knowledgeable of their usage, contraindications, and drug interactions. Many poisonous herbs are used today in homeopathic formulas. For example, the herb belladonna is a member of the nightshade family a kin to an eggplant, tomato, or bell pepper. However, it is not my intention to discuss or share information about deadly nightshades, rather, superior tonic and common herbs with uncommon killer instincts.

Cordyceps - Has acquired the nickname "killer fungi", from the fact that in nature, cordyceps grows in very unique ways. Spores that enter insects through various mediums attack the host's body by inundating all tissues of the insect. Cordyceps stimulates the immune system due to the fungi's fruiting body unique polysaccharides that invigorate various immune system cells and reduce oxidative stress in the body.



Maitake - Maitake Mushroom's clinical research has dramatically increased during the last 30 years. In 1992, Maitake's antiviral activity was confirmed at the

By Dr. Hernandez



National Cancer Institute and Japan's Institute of Health. The Maitake has been the subject of HIV research. To date Maitake contains polysaccharides which are some of the strongest studied. It may support healthy insulin and lipid levels in plasma and has demonstrated a change similar to blood glucose when eaten.

Sour Sop Leaves - Graviola is an amazing Rain Forest tree which gives birth to the delicious sour sop fruit. Sour sop has its share of medicinal qualities. Studies have shown that it can prevent cellular mutation. It is also noted as a powerful antiviral, antiseptic, antibacterial and antiparasitic. Historically, it has been used to reduce anxiety and depression. Some of the most mind-blowing qualities is that in studies it has been shown to be literally 10,000 times more powerful than chemotherapy.

Cloves - This Asian herb/spice has been used and documented for over 2,000 years. Its special killer instinct lies within its antifungal abilities. The chemical that has been identified by scientists that produces this

amazing affect is eugenol and it has been proven to be twice as effective as traditional antifungal medications. In addition, it is also an antibacterial, it supports health digestion, and inflammation response, as well as the go to natural remedy for toothaches.

Garlic - Allium Sativum goes back into antiquity at least 5,000 years used by the ancient Egyptians, the Chinese and the Greeks. Today it is rated second by modern science as the most medicinal plant behind Echinacea. It is known to support the body's ability to ward off viruses, fungi, parasites, and bacteria. It supports healthy lipid levels, a healthy inflammation response, immune system, and lung health.

The herbs that I have covered in this article can all be found in the Wellness Department of Sevananda Natural Foods Market and should be used as directed. The FDA has not made any claims and neither do I in reference to any of the above mentioned tonic herbs. I am in fact relaying the historical uses and the modern scientific findings so that you can be made more aware of what our living earth provides for us in terms of natural medicine.



For more info Dr. Gabriel Hernandez:
Phone – 404.749.0452
Email – wholisticuniversity.co@gmail.com

"The Spirit of Veganism" Are You Really Living An Organic Life?



When we decide to "go vegan," we have our own personally motivated "why" factor that makes this way of life make sense. "I want to be more humane to animals," "I want to lose weight and fight disease," "I want to raise my vibration and rid myself of blood guiltiness," "I want to leave a legacy of life for my children." We go against the grain of traditional teaching, eating and living in various degrees because we have learned better than what the television and radio ads have taught us about what we should consume. So, since we know better, we do better... or do we? Veganism comes in varying degrees of tolerance; from wheat and gluten included veganism to the scientifically restrictive Dr. Sebi approved electric alkaline veganism and everything in between. Just as those of us who choose to live a vegan lifestyle vary greatly as well.



Unfortunately, some of us often equate our chosen level of restrictive veganism as a sign of our "heightened levels of spirituality" and make our dietary choice a religion

that should be preached to all mankind. The challenge created in taking on that mindset is that in "making disciples" of those who still choose non-plant based diets, we often fail to look deeply at the other aspects of our own lives to determine whether or not we are living organically or if our lives are genetically modified.

Sometimes our, "much knowledge makes us mad", and we become so consumed with making sure that we carefully read every label, know every ingredient, have an answer for every person as to why we don't eat this or that. However, we fail to read the signs of the people around us that are hurting and so desperately need our care – without judgment or dietary condemnation. If you were hurting, are you the type of person that you would want to come to for help? How organic is your love for other people? Have the pesticides of broken relationships, misunderstandings and disappointments caused the way that you display love to be tainted? How organic is your compassion for other people?

When you hear that someone has a disease or disorder, do you immediately go into a song and dance about how their dietary choices have caused it and that they are just reaping the karma of their decisions? Or can you be depended upon to approach it from a place of organic compassion just as you would want someone to approach your grandparents or your grandchild if they were to fall ill?

Do you find yourself hiding behind, "The Spirit of Veganism", when you deny yourself non-vegan foods that you actually want but that don't fit into the vegan paradigm. Then, just to sneak off when you are by yourself and happily consume those same guilty pleasures because they would not be accepted by your vegan friends?



Being very real, yet very gentle, do a self-observation over the next 30 days, identify where you are not showing up as the most authentic version of yourself. After identifying your inorganic places, acknowledge the "why" and purpose a plan of action to correct your individual genetic modification so that you are not a toxic vegan. Living organically is so much more than what we put into our bodies. Living organically is how we display our most authentic selves – spirit, soul, body and mind.

For more info contact Queen Neith:
Phone - 404.402.7448
Email - healatlanta@gmail.com



WHAT IS ANEMIA?

By **AMA Health**



Anemia is a condition marked by a deficiency or decrease in red blood cells or of hemoglobin (Hb) content in the blood, resulting in pallor and weariness. This is caused by a limited number of mechanisms that can

function independently or occur synergistically.

Hemoglobin is a protein that transports oxygen into the body and carbon dioxide out of the body. A lack of hemoglobin leads to hypoxia and acidosis.

At the center of the hemoglobin molecule is the mineral iron, which is vital in the synthesis of hemoglobin and myoglobin (muscle cells). Hemoglobin in blood carries the oxygen you breathe into your lungs to all tissues throughout the body, and myoglobin in muscle holds and stores oxygen for use during exercise. Myoglobin is particularly important for aerobic muscle fibers that are also called slow-twitch red (or type I) fibers. In fact, it is the myoglobin that makes endurance muscle reddish in color.

The iron in hemoglobin and myoglobin is essential because it has special biochemical properties that allow it to carry oxygen, and then release it to the tissues when necessary. Human cells — particularly working muscle cells — need a regular supply of oxygen to generate or produce energy. Iron-containing hemoglobin is also instrumental in assisting the elimination of carbon and hydrogen atoms that are released during the use of carbohydrate and fat fuels for energy, forming carbon dioxide and hydrogen. Therefore, having adequate iron stores is particularly vital during exercise when the hemoglobin-rich red blood cells are shuttled between the lungs and the exercising muscle, supplying fresh oxygen while eliminating carbon dioxide. In addition to its role in oxygen and carbon dioxide shuttling, iron assists many enzymes in the energy-generating pathways. Iron is also needed to produce new cells,

hormones, neurotransmitters, and amino acids. A deficiency in iron is, therefore, a main cause of anemia.

There are two ways to get iron from foods:

1. Heme iron (from animal products) - which is the easiest way to absorb iron according to western medicine
2. Nonheme iron (from plants) - claimed to be the less optimal way to obtain iron

Iron is so imperative to the body that it has been referred to as the body's gold: an absolute precious mineral to be hoarded. Following absorption in the intestines, an important protein called transferrin escorts it to various tissues in the body. Iron is stored primarily in the liver and bone marrow as part of two other proteins called ferritin and hemosiderin. Some storage also occurs in the spleen and in muscle. A minute amount of the storage protein ferritin also circulates in the blood. Only a very small amount of unescorted iron circulates in the blood. The liver assigns iron, sent from bone marrow or from its own stores, into new red blood cells, made in the small intestines, and releases them into the blood. Red blood cells typically live for three to four months. When the red blood cells die, the spleen and liver salvage the iron from the dead cells where it is rerouted back to the bone marrow and stored for reuse. In this way, iron is truly hoarded. Trace amounts of iron are lost daily through the shedding of cells in the skin, scalp, gastrointestinal (GI) tract and through perspiration. The greatest loss of iron, however, occurs through bleeding. Normal average daily iron loss is approximately 1 milligram for men and non-menstruating women, and approximately 1.4 to 1.5 milligrams for "normal" menstruating women. Monthly menstrual losses account for the higher average iron loss in women.

The Top Causes of Anemia in Women:

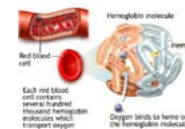
- Estrogen Dominance related diseases, e.g. uterine fibroids, endometriosis, ovarian cysts, and polycystic ovary syndrome (PCOS)
- Blood loss and depletion, e.g. menstruation, childbirth, pregnancy and lactation
- Nutrient deficiencies, e.g. iron, vitamin B12, folate (vitamin B9 required for the synthesis of red blood cells),

vitamin C (enhances the absorption of nonheme iron by reducing dietary iron to an absorbable, iron-ascorbic acid complex other organic acids like citric, malic, tartaric, and lactic acids also enhance iron absorption), copper (necessary for normal iron metabolism and red blood cell formation)

- Omega 6 to Omega 3 imbalance (caused by seed oils and animal product consumption)
- Anti-nutrient factors, e.g. calcium (when consumed at the same time, calcium decreases the absorption of heme and nonheme iron), phytates (phytic acid inhibits nonheme iron absorption, reducing iron absorption by 98%), polyphenols (found in some fruits, vegetables, coffee, tea, wines and spices can inhibit the absorption of nonheme iron), oxalates, soy protein (inhibits effect on iron absorption independent of phytate content ANFs)
- Intestinal inflammation, e.g. lectins, food sensitivities, celiac/bowel disease, dysbiosis
- Vital/blood deficiency
- Pelvic congestion/stasis - blood pools in the lower half of the body causing difficulty for the liver to pull blood up against gravity for rejuvenation/replenishing with oxygen

Other causes: hypothyroidism, autoimmune hemolytic anemia

Contact Info
(770) 284-0167
1 (866) 936-1013
info@fibroidelimination.com
http://fibroidelimination.com



SKIN PROTECTION FOR THE SUMMER HEAT

ACURE Facial Toner

Here we are again, it's that time of year, SUMMER! Along with summer as a season, our skin starts to change as well and we may need to make some adjustments to our regimen. We also probably use SPF more regularly and face possible sunburns, tanning and peeling of the skin. One ACURE product that can be easily added to any regimen and is certainly an important step in the ACURE regimen, is the ACURE Facial Toner. This toner assists with product absorption, pH of the skin and it will improve the overall result of your skin care regimen by 3 times. A summer tip: store your ACURE Facial Toner, or (an extra one) in the refrigerator to cool yourself off on those hot summer days. It can also be great to cool and soothe sunburned or sun kissed skin. You won't be disappointed.

ACURE Argan Coconut/Fragrance Free Towelettes

Summer is a time when school is out and families are vacationing. The ACURE Argan Coconut Towelettes

or Argan Fragrance Free Towelettes are a great on the go product to pack for your vacation. They are safe for application to the face and body and are the perfect product for a quick cleanse. You can also use the ACURE Towelettes as a wipe for messy hands and face. The towelette itself is biodegradable and can be composted or flushed. Super easy and no worry while traveling. Simply wipe and go! How perfect to have a versatile product that is also environmental as well. Happy Summer!

Tammy Ball, Educator for ACURE is a licensed Esthetician with a Bachelor of Arts degree in Interior Design from Bowling Green State University. In 2006, she was awarded the "Leadership through Education" award, while working as a lead educator with The Aveda Institute Chicago. In 2011, as Spa Team Lead, she trained and prepared educator intern candidates for their IL State educator licensure. Tammy has also gained experience with two different spa locations in Chicago as a part-time esthetician, while teaching. Formerly, a sales assistant in finance, she made the decision to shift her focus in 2003, to inspiring beauty and wellness in others. She has

gained valuable experience with her Aveda background and has a passion to share her knowledge with the natural products industry. Tammy has a passion for yoga and healing through mind, body and spirit.



By Tammy Ball



HIP HOP IS GREEN SYNOPSIS



The purpose of Hip Hop is Green is to produce cultural and educational events and programming to empower leadership and connect communities to health & wellness resources. Our mission is to support holistic health and the transformation of urban communities. Our goal is to become the world's resource for everything Hip Hop, Healthy and Green.

By Keith Tucker

The Hip Hop Green Dinner is our most successful project and it's the first and only event in the world combining Hip Hop and serving full vegan meals to youth and families. Last year we produced the first ever plant based Hip Hop Tour in history – the Hip Hop is Green Tour. To date we have served over 5,000 healthy plant based meals to youth and families around the country. Over the past eight years we have assembled a team of some of the best vegan Hip Hop artists, chefs, authors and speakers, and we have been fortunate to see the positive results our Hip Hop Green Dinner events have had on young people and their families.

In 2017 we will produce select special events in cities around the country and plan on reaching thousands of people. We have made history by adding a new element to the culture of Hip Hop – the 10th Element of Hip Hop – Health & Wellness. We are the pioneers in this new Green Age of Hip Hop and we make being healthy cool to young people and we want to start a chapter in Atlanta. We are excited to announce we are starting chapters of Hip Hop is Green in cities across the country. The goal is to teach youth and families through our 10th Element of Hip Hop Health & Wellness Program. After each annual Hip Hop Green Dinner we plan to kick off a new direction of health in our communities, a direction where the youth and their families can be plugged into real life learning resources that will empower them to lead healthy lives. The Health & Wellness Program will concentrate on plant based eating, organic gardening, fitness, meditation, sobriety, food justice and animal rights activism.

This year we released our own Phresh Start magazine! The first ever plant based publication geared towards the Hip Hop generation. Our new publication is a great opportunity local and national businesses to advertise and useful tool for our attendees. Our goal is to give youth and families a Phresh Start once they attend one of our Hip Hop Green dinner events.

Hip Hop is Green background:

In 2009 Keith Tucker held the first Hip Hop Green Dinner. Since then he has produced Hip Hop Green Dinners around the country and assembled the largest team of Hip Hop artists and educators in the world all with the goal of bringing health and wellness to youth and families. In 2015 he was the architect of the Hip Hop is Green Tour, first ever national plant based Hip Hop Tour. In 2016 he drafted the official 10th Element of Hip Hop Proclamation and thus created a new element in Hip Hop Culture, the 10th Element which is "Health & Wellness", and that same year he produced the historic 10th Element of Hip Hop Health & Wellness Tour.
Info: poagp.com



SELF-CARE

By Precious Frazier



Let me start by saying this, I am absolutely in LOVE with Acai (pronounced ah-sigh-ee). Why? – Partly because of the intriguing name and definitely for all of the health and beauty benefits. If

you're completely new to acai, let me turn you on to this amazing superfood.

Acai, is a small, reddish-purple berry, harvested from palm trees in South America. It's high antioxidant properties, beneficial fatty acids, and high fiber content makes it a girl's best friend. Traditionally acai was used to treat diarrhea, parasitic infections, hemorrhages and ulcers. While the berry still is great for such use, it is more commonly known for being one of the most in demand health and beauty foods. Using it regularly helps strengthen the hair, purify the skin, improve digestion and manage weight.

As for the taste – I have one word – dee-li-cioussss! Acai berry taste is often described as a blend of wild berries and chocolate. I've been hip to acai for quite some time, but lately I've really been getting more into

it. These days I regularly enjoy having acai smoothie bowls for breakfast and have been having a blast making acai facial masks at home.

When I posted my acai smoothie bowl video on IG Stories several of you asked for the recipe and I promised I'd share. So here it is.

ACAI SMOOTHIE RECIPE

INGREDIENTS:

- 1 Acai packet (frozen, I recommend Sambazon brand) or
 - 1 ½ tbsp. of acai powder
 - 1 tbsp almond butter
 - ½ frozen banana (or 5 small frozen chunks)
 - ½ cup frozen blueberries
 - ½ cup filtered water or almond milk
- You can find acai at your local health food store or grab the powder:
Sambazon Organic Freeze-Dried Acai Powder

Instructions

Blend all ingredients in blender until smooth. *You sort

of want the base to be thick so add liquid or frozen fruit to loosen or thicken

Toppings

- 1tbsp chopped almonds (or your favorite nuts)
- 1tbsp shredded Coconut
- 1tbsp granola
- 1/2 banana, sliced
- 1 tsp dried cranberries

Sprinkles each individual topping across one side of the bowl being careful not to stack them on top of each other.

For more self-care tips feel free to visit my website and social media:

<http://www.rockyoureality.co/top-places-atl-reset-post-memorial-day-fun/>

Instagram: @rockyoureality



From The Desk of Adama



*From the Desk and Heart of Adama Minister on Behalf of the Cosmic Communities for Conscious Cosmic Citizenship
Heralds 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*

We each, as well as our family members and community, are having to face the consequences of the choices that we have been making consistently over time; those that have been in our best interest and those that have not. We are fortunate, however, that we are not alone and are the beneficiaries of the realizations, revelations, epiphanies, testimonials, gifts, service, intellectual property and efforts of so many who have faced similar challenges, illnesses, circumstances and situations triumphantly. We can be healed, fixed, uplifted, renewed and regenerated and made whole; if we truly care to be cleansed and well-nourished.

Before the condition or illness has been diagnosed, it was in progression for years, though undetectable. If one was not born with the condition it has resulted from or a combination of the following; cellular

toxicity, acidity, dehydration, nutritional deficiency, insufficient oxygenation, mucus, organisms (including, worms, parasites, viruses or bacteria), negativity. Excess weight is the evidence of eating foodstuff that the body does not recognize as food resulting in excess waste being stored throughout the body.

The body has been designed by the Intelligence of Existence, perfect; now we must use the water, clays, herbs, fruit, vegetation, fresh juices and opening all channels of elimination daily consistently over time, so that these conditions can be reversed through cellular cleansing and nutrition. The spirit, mind and emotions, must be synchronized in accepting the responsibility for having contributed to the conditions through daily choices over years and the process of releasing and letting go of long-held resentments, blame, shame, guilt and unforgiveness of oneself and

others must be practiced.

There is an added power that comes with the willingness to affirm, declare, know and walk in the integrity of the greatness of oneself as man, the progenitor of lineages and woman, the perpetuator of lineages the desire to be a living testament and give a living testimonial of right choice, action and fulfillment of the law of love and alignment with the Absolute and Supreme Intelligence that has gifted itself unto All.

True healing happens when we remember that the spirit that dwells in the body-temple is divine, from the divine to serve divine purpose in the facilitation, perpetuation and exaltation of life as well as the progression and cultivation of the generational wealth of our lineages. Those who have lived long enough have realized that the things we work so hard for will remain when we leave. It is the wealth of ourselves truly discovered, uncovered and cultivated that we will take with us when we leave, our living should not be a dying, but graduation from the class of Earth Residency as whole Beings, light Beings; Conscious Immortals.

SEVANANDA
NATURAL FOODS MARKET

Carry the T-O-R-C-H
for Sevananda's Future

T-ogetherness O-peness R-esponsibility C-aring H-onesty

SEVANANDA
co-op

Natural Foods Market

OWNER/MEMBERS NEEDED FOR

Board of Directors	Store Operations
Linkage Committee	Co-op Ambassadors
Product Policy Committee	Outreach Support
Elections Committee	Store Tour Guide
Policy Committee	Store Greeters
Training Committee	Promotions Team

SEVANANDA
NATURAL FOODS MARKET

ANNUAL OWNER MEETING

Sunday July 16, 2017 **12:00pm - 3:00pm**
Music Mix & Mingle **3:00pm - 4:00pm**

*Light snacks,
Sampling by Sev Deli*

PLEASE RSVP by
July 10th via our website
www.sev.coop

MEMBER VOLUME DISCOUNT COUPON

Fill out your email below, bring in this flyer to one of our cashiers and
Receive one Member Volume Discount on any shopping trip from
July 01, 2017 - July 31, 2017

*** 10% off on any purchase up to \$75.00**
*** 15% off on any purchase \$100.00 - \$200.00**

Please note, this is an owner only meeting and accommodations for children or spouses will not be available. If you are interested in volunteering for this event, please contact cheranna@sevananda.coop or sharlise@sevananda.coop

JULY PARTNER: Gateway Performance Productions



Gateway Performance Productions reaches out to communities to encourage adults and youth of all ages to participate in the arts in meaningful ways that give voice to their perceptions and concerns. Gateway's Producing Artistic Director Sandra Hughes recently facilitated a spontaneous outdoor arts event for Little 5 Arts Alive - an ongoing arts festival in the heart of Atlanta's Little 5 Points business district.



Circle of Chairs - a collaborative, creative writing event - attracted participants from diverse backgrounds and of various ages. The writers -- ranging from 8 to 80 years of age -- included tourists, local shoppers, 1 vendor and 2 members of the homeless population. Ms. Hughes combined these original written collaborations with the vision and history that gave birth Little 5 Points to create a program for The Writers Space Radio Hour, which aired on AM1690 -Voice of the Arts.

Since 2011 Gateway has received five commissions for new productions and large-scale outdoor art installations from Art on the Atlanta Beltline. The company's recent We Have Risen Project featured an original performance that commemorated Ireland's journey to independence with an historic African-American dimension. Established and emerging performers included youth from the DeKalb (High) School for the Arts and participants from Gateway's free creative writing classes at the

Helene S. Mills Senior Multipurpose Facility in Atlanta's historic Old 4th Ward.

A large-scale outdoor visual art installation (on exhibit until November 15, 2016) features phoenix imagery, both the Atlanta and Irish versions, along with painted surface designs of the Irish and African abolitionists Daniel O'Connell and Fredrick Douglass. Their historic and little known meeting in Dublin, Ireland in 1845 potently influenced the lives and the work of both men. Additional support for the We Have Risen project was provide by the Consulate General of Ireland, the Fulton County Commissioners under the guidance of Fulton Arts and Cultural and the City of Atlanta Mayor's Office of Cultural Affairs.



Gateway's 2015 Art on the Atlanta Beltline project - A Moveable Feast -- combined original spoken word performances, dance and a large visual art installation to address the importance of food to community and culture.

Ms. Hughes and Gateway's Michael Hickey provide free classes in creative writing and visual art to underserved populations at the Mills Facility, the Auburn Neighborhood Senior Center and the Southeast Branch of the Atlanta-Fulton Public Library.

Gateway -- an award winning non-profit arts organization - is celebrating over four decades of creating original art for and with communities -locally, nationally in 36 states and internationally in 13 other countries. Of special note are the original productions commissioned by the McCracken Cultural Society over a six-year period for a Peace and Reconciliation Project in the Murder Mile in Belfast, Northern Ireland and the performances and workshops presented by invitation behind the Iron Curtain in Hungary and Slovenia. Locally, Ms. Hughes has received a Community Service Award and an Outstanding Partner Award from the City of Atlanta and has also received an Unsung Hero Award from the Fulton County Department of Aging and Youth Services. Gateway's 17-year old venue, The Mask Center, is located in the Little 5 Points Center for Arts and Culture in Atlanta.



Organization Name: Gateway Performance Productions
Mission: To inspire & educate through engagement with the performing arts & related fine & applied arts.
Contact: Sandra Hughes, Producing Artistic Director
Address: 1083 Austin Avenue NE
Website: www.masktheatre.org

AUGUST PARTNER: Ezekiel's Valley

Ezekiel's Valley Restoration & Regeneration Recovery Ministry is a non-profit organization established for individuals that are homeless or living with HIV/AIDS, that are experiencing life threatening difficulties because of drug and alcohol addiction. The ministry reaches out to rescue downtrodden men from their own seemingly hopeless state of mind and body. The ministry was founded and established in 1997 by Reverend Willie C. Whitfield in Atlanta, GA with the support from his church congregation, Mount Olive Baptist Church in Sale City, Georgia, and Rev. C. M. Alexander, Pastor of Antioch Baptist Church North of Atlanta, GA. The mission of the ministry is to provide transitional housing, shelter, nutritional meals, drug screening, education, spiritual encouragement and positive behavioral modification.



At Ezekiel's Valley, the belief is that chances for long-term recovery increase dramatically with support from professionals and peers in an established community. The ministry provides a fostering, compassionate environment where long-term healing is the primary focus. They are dedicated to the following ideology: Integrity – to deal honestly and above reproach; Responsibility – to accept and maintain accountability for the welfare and anticipated long-term recovery with the residents, employees, the professional community and the public; Value – to offer the highest level of on-site support to recently recovering individuals with drug and alcohol dependencies, along with mental and eating disorders. Volunteers — to provide exemplary services, always placing the resident's welfare first.

The majority of residents at Ezekiel's Valley are referred by various sources: treatment centers, 12-step gatherings, state and county agencies, churches, the legal community, and family and friends of the potential resident. The admissions process for Ezekiel's Valley is simple, but inclusive. Although it is not a treatment center, the ministry provides an affordable, family-like residence for individuals. Their support services include a 12-step, in-house guidance program, life skills development, job proficiencies, fitness and nutrition classes, fellowship activities and spiritual services with on-call staff available 24 hours a

day/7 days a week. The most important factor, is that a person demonstrate a strong desire for long-term recovery. To foster this commitment, each resident is treated and cared for as special with unique needs.

With the success of Ezekiel's Valley, the way was paved to bring about more ventures. These additional programs would not be the success they are today without the hard work, devotion and fortitude of the Men of the Ezekiel's Valley ministry. Paired with the vision of Rev. Whitfield, Gloria's Pantry, a local food pantry and the Mount Olive Thrift Store was established in Sale City, GA. The food pantry and thrift store has grown extensively and now services five counties: Dougherty, Mitchell, Thomson, Colquitt and Crisp counties in Georgia.

As recognition for their work, Ezekiel's Valley received an esteemed invitation. They were invited as special guests of the King family for the 2017 Martin Luther King Jr. King's Day Celebration. This invitation speaks to the determination of the ministry to reciprocate the love and support to the community. Ezekiel's Valley will continue to pioneer the road to continued recovery for those in need, and be a beacon of light to all those whom it touches.

For more information on Ezekiel's Valley ministry, admission guidelines and contact, please visit www.ezekielsvalley.com.



Organization Name: Ezekiel's Valley Restoration & Regeneration Recovery
Mission: To target individuals who suffer from substance abuse and homelessness.
Contact: Carlton Whitfield, CEO Ward Hafner, CFO
Address: 716 Cedar Avenue NW
 Atlanta 30318
Website: www.ezekielsvalley.com

SEPTEMBER PARTNER: Georgia WAND



It's been a painful few weeks. We've witnessed and recorded terrible, inescapable violence and brutality against people of color. The suffering of their families and loved ones. The pain and anger within our communities and of our peers. Our own sorrow and rage.

Alton Sterling, Philando Castile, Alva Braziel, Deravis Rogers, and Delrawn Small have joined the magnificent choir of angels, innumerable spirits violently transitioned from this realm at the hand of state-sanctioned violence. Their lives mattered - but not to the State. It is critical that we understand this sentiment: their lives did not matter to the State. The police officers that killed these individuals were empowered by the State. The police have the State's backing.

The State discards people of color every day in order to protect a status quo of privilege and power. The U.S. gorges on annihilation-capable weapons while starving public school systems in the south. It polishes Wall Street while poisoning public water.

We must continue naming this violence for what it is: control; racism; contempt; and white supremacy. These aren't scary words. They are honest words.

The more there is to see (cameras) and experience (expansion of violence), the more committed people become to steering our democracy away from this militarized and corporatized path.

Systemic racism is killing all of us. Fear and power is steering the ship of State - and these forces have been at the helm far too long. Take notice: the social, financial, psychological, and spiritual investment in power and control is getting worse, not better, as we evolve. For every \$100 a Georgian spends in taxes, the State spends \$25 on the military. That's 25% of our hard-earned cash. On the other hand, Education - something that is very important to our society - only gets \$3.55. Basic needs fare even lower-- only \$1.92 goes to Housing.

White people, especially white cisgender men in positions of power, must recognize and value people of color; and we must demand a reflection of these values in our State. The State is composed of us.

We are all negatively affected by structural racism. For one, state-sanctioned violence, such as police brutality, war, and neglect, begets localized,

individual violence, which further begets fear and rage, as the lives of slain Dallas police officers, Brent Thompson, Patrick Zamarripa, Michael Krol, Michael Smith, and Lorne Ahrens, can attest.

State-sanctioned racism and State violence are annihilating people of color, and even the Earth itself, from Nice to Orlando, Flint to Baghdad, Honduras to Medina. We must start where we are and change the heart and spirit of the state. We must support the efforts of our peers. And we must have courage.

Please support the Black Lives Matter movement and local protests - however you're able. Please vote if you have a run off on July 26, and vote in the General Election on November 8. Please speak out if you hear something racist at work at or with your family. Please consider how racism may inform your choices or your comfort. Please support people of color whose bodies, breath, water, and streets are flooded with State violence, wherever they may be. Please help Georgia WAND-and stand together with us to speak out against racism and racist violence. Ending racist violence will determine all of our destinies.



Organization Name: Georgia WAND

Mission: To educate about the need to reduce violence & militarism in society & redirect excessive military spending to unmet human & environmental needs.

Contact: Becky Rafter, Executive Director

Address: 250 Georgia Avenue SE, Suite 202 Atlanta 30312

Website: www.gawand.org

2017 SUMMER OUTREACH EVENTS

Science of Spirituality Free Meditation Sessions
 2nd & 4th Thursdays ~ from 7pm to 8pm
 July 13th & July 27th / August 10th & August 24th
 / September 14th & September 28th
 @ Sevananda Community Room
 Info: www.sos.org

Sevananda Annual Owner Meeting
 Sunday, July 16 from 12pm to 4pm
 RSVP @ www.sev.coop

Master Raw Food Chef Tassili Ma'at Un-Cooking Class
 Sunday, July 23rd from 11am to 1pm
 @ Sevananda Community Room
 \$20 Advance / \$25 Door
 Info & RSVP: Email / events@tassilisraw.com Phone / 404.480.0364

Black Homeschool & Education Expo
 Friday, July 14th/Saturday, July 15th/Sunday, July 16th
 @ GA Piedmont Technical College Conference Center
 495 N. Indian Creek Drive, Clarkston, GA 30021
 Info: www.liberatedmindsexpo.com

Meat Out Vegetarian Food & Wholistic Health Fair
 Sunday, July 16th from 2pm to 6pm
 @ Atlanta Metropolitan State College
 1630 Metropolitan Parkway SW, Atlanta, GA 30310
 BVSGA Members Free / \$10 Advance / \$15 Door
 Info: www.bvsga.org



Ifni Sheppard
 Community Relations & Education Liason

"Free Ayurveda Class" ~ Every Sunday from 2pm to 4pm
 @ Sevananda Community Room
 Info: Jason - 770.335.2617

Bliss in Me "Sunday Serenity Series"
 Meditation every Sunday from 5pm to 8pm
 @ Sevananda Community Room
 * \$10 Advance / \$13 Door * Info: www.blissinme.com

The Enlightened Collective, Inc. Meetup
 Free * Every Wednesday from 7pm to 9pm
 @ Sevananda Community Room *
 Info: www.enlightenedcollective.com

The Art of Touch Experience Series featuring Versandra Kennebrew
 @ Sevananda Community Room
 Saturday, July 29th ~ 2pm to 4pm ~ FREE
 Saturday, August 26th ~ 6pm to 8pm ~ \$20 per person
 Saturday, September 30th ~ 6pm to 8pm \$20 per person

The Council on Aging 38th Annual Luncheon
 Tuesday, July 25th ~ 11am
 @ Peachtree Road United Methodist Church
 3180 Peachtree Rd, Atlanta, GA 30305
 Info: (404)624-7560

DFCS Back to School Community Health
 Saturday, July 29th from 10am to 12:30pm
 @ Dept. Family Children Services
 515 Fairburn Rd SW, Atlanta, GA 30331

The 3rd Annual Veggie Connection
 Saturday, August 26th from 10am to 4pm
 @ Smyrna Community Center
 200 Village Green Cir SE, Smyrna, GA 30080
 Info: www.theveggieconnection.com

The 7th Annual Veggie Taste
 Saturday, September 16th from 12pm to 6pm
 @ KIPP STRIVE Academy
 1444 Lucile Ave SW Atlanta, GA 30310
 Info: www.theveggietaste.com



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BVSGA
 BLACK VEGETARIAN SOCIETY OF GEORGIA
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Meat Out Vegetarian Food and Wholistic Health Fair
 Marketplace, Chef Demos, Swag Bags & more!

Sunday, June 16th 2-6pm
 Atlanta Metropolitan College
 1630 Metropolitan Pkwy SW
 Atlanta, GA 30310
 BVSGA Members Free / \$10 Advance / \$15 Door
 Info: www.bvsga.org



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