

# The Graces

The Official Newsletter of the Malik Melodies Sisterhood, Inc.

September-October 2020



## EVERY VOTE COUNTS

*The Sisters of Malik Melodies  
treasure our Right to Vote.  
You should too.*



*Make sure you vote  
on Election Day:  
Tuesday,  
November 3rd*

## A LOOK INSIDE

Announcement of MMSI Co-Founder Bonnie McCoy-Williams passing	P.2
The Perspective of the Youth: Using my Voice in America	P.3
2020 Recipient of the Angela Pauling Memorial Scholarship	P.4
Caring for Mami During COVID-19	P.4
Ancestral Tribute to Bonnie McCoy-Williams	P.5
Celebration of Life for Our Malik Brother Dr. Jones Addoh	P.6
Tribute for Our Malik Brother Aaron 'Rin' McGrew	P.6
Announcement of the Passing of Malik Brother Clement Goddard	P.7
Celebrating LatinX Heritage Month	P.7
Meditation App for People of Color	P.7
October is Breast Cancer Awareness Month	P.8
MALIK on the Move: Courtney Matthews	P.9
In Honor of Women: Verna Avery-Brown	P.10
Returning to School	P.11
Protect Your Vote	P.11
Did You Know?	P.13
Comments from our May/June Issue	P.13
I Give You This One Thought to Keep	P.14



# Announcement of MMSI Co-Founder Bonnie McCoy-Williams Passing

On behalf of the Executive Board and every member of Malik Melodies Sisterhood, Inc. (MMSI), it is with our deepest regrets to announce MMSI's Co-founder, Bonnie McCoy-Williams made her transition to join the Ancestors on May 11, 2020. We are heartbroken that our Gem is gone.



Bonnie McCoy-Williams was one of the principal founding members of MMSI. She along with Gloria Bradshaw and Iris Ortiz, collectively we call "Our Gems" conceptualized and developed the foundation and history of Malik Melodies. Together they brought forth their vision and invited other young women to join in to be a part of the movement and history. On December 14, 1978 at C.W. Post College, Long Island, NY, she and 23 other conscientious women solidified their commitment as Co-Founders of MMSI. This year will mark the 42nd Anniversary of Malik Melodies Sisterhood, Inc. We would not be able to celebrate this milestone without acknowledging Bonnie's vision and leadership. As a college student she was truly ahead of her time and her contributions to MMSI and other organizations have had an incredible positive rippling effect within society.

Since our founding in 1978, MMSI's primary focus has been to develop leaders, install motivation, self-esteem, determination and a sense of commitment within women who address issues that confront them in the educational and professional environment as well as in the communities where they reside.

MMSI's core values of Leadership, Empowerment, Collaboration, Faith, Cultural Enrichment and Education, Civic and Social Responsibility and Sisterhood has positively impacted the lives of hundreds of women. Empowered women who stood upon Bonnie's shoulders have in turn lifted others within their families, within their careers, and within their communities.

Our Sisterhood gives thanks for the spark in 1978 that became an idea, which became a vision, that brought forth Malik Melodies. We shall forever be thankful to our Queen Sister, Most Gracious Ancestor Bonnie McCoy-Williams. May she rest in perfect peace.

# The Perspective of the Youth: "Using my Voice in America" by Raven Taylor

After reading the 'I'm not a racist' defense" by Elliot Williams, which is a CNN article, I am disgusted, but I have hope for the future. I have hope that my generation will be able to see what is going on and take charge of the problems, instead of letting murders, racism, inequality, police violence, and classism happen. I hope my generation will stand up for what's right and ask questions that need to be answered, because without those answers we cannot come together as one. Also, most importantly, children need to speak up and share their feelings. Adults can learn a lot from children and hearing our voices can allow them to reflect on the society that they built.

For example, a nine-year-old African American girl named Charlotte gave a speech on racism and policing, saying she dislikes how African American people are being treated by the police. Charlotte claims, "I was just feeling like what the police are doing to us, just because of our skin, is not right.". Another African American girl named Zianna spoke at the same City Council along with her brother. Zianna said, "We are black people and we shouldn't have to feel like this. We shouldn't have to protest because y'all are treating us wrong." She continues by saying, "We do this because we need to have rights. I was kind of emotional, because, like, the things that I said is like powerful to me. So that's why I started crying."

Zianna and Charlotte are two amazing young girls who stand up and advocate for what's right. They are pushing for the world to be a better place by simply putting their opinions out into the universe. No one said it would be easy, but these two young people are proof that there is always hope. Children are paying attention to what is going on around them.

Another incident from "The 'I'm not a racist' defense" that stood out for me was how Amy Cooper is an example of understanding what racism is, when she told Christian Cooper, "I am going to tell them you're an African American man threatening my life." When Amy spoke those words, it became extremely clear that in her mind she knew he wouldn't stand a chance with the police. She used her whiteness as a weapon against Christian. TV host Trevor Noah has been talking about the video as well. The way he explained it held the situation accountable for what it truly was. For example, "It tells you how she perceives the police. It tells you how she perceives her perception or her relationship with the police as a white woman. It shows you how she perceives a black man's relationship with the police and the police's relationship with him....it was powerful." At the exact moment that Trevor said this I began to tear up, and not because I was afraid, but because what he said was so clear that you felt the power behind his voice. The words he said just hit you! His words made you understand exactly what racism was and showed its true colors.

Here are two statements that are REALLY frustrating to hear, "We are the same" and "We are all equal". These statements are annoying, frustrating, and a lie because those statements are INVALID. If those statements were true, then there would not be a reason to say that "Black Lives Matter". There would no need to make our voices heard, and no reason for protests. NOW since we've gone over those statements, here's one more statement that gets me so angry when I hear it, "All Lives Matter". This statement is mainly used by white people to change the focus of the conversation for their comfort which solely makes it all about them. Singer Billie Eilish spoke about this issue on Instagram and summed it up perfectly. Billie said, "ALL YOU DO IS FIND A WAY TO MAKE EVERYTHING ABOUT YOU. YOU ARE NOT IN NEED. YOU ARE NOT IN DANGER...". "YOUR SKIN COLOR IS GIVING YOU MORE PRIVILEGE THAN YOU EVEN REALIZE...IT JUST LETS YOU LIVE YOUR LIFE WITHOUT HAVING TO WORRY ABOUT SURVIVING SIMPLY BECAUSE OF YOUR SKIN COLOR!! YOU ARE PRIVILEGED!! BUT RIGHT NOW, RIGHT IN THIS MOMENT... WE HAVE TO ADDRESS HUNDREDS OF YEARS OF OPPRESSION OF BLACK PEOPLE." Honestly after hearing Billie say this, I can't think of any other words to add to hers. She mentioned everything that needed to be addressed. Something that added onto how powerful her words were, was the fact that she didn't sugarcoat the situation. She was bold and meant what she said and doing this made everything she said truthful.

In Conclusion...

- Hope That My People Get The Equality That We Have Always Desired...
- The Strength To Keep Our Heads Up...
- The Crowns Sitting Proudly On Our Thick Luscious Hair...
- Our Beautiful Melanin Skin Shining In The Sun
- No Longer Afraid...
- If Tomorrow Is Our Last Day.
- Teaching The Children Where We Originated From,
- Who, What, and Why We Matter...
- Thanking Our Ancestors,
- And Continuing Their Legacy.
- And To That I Say... Ashay



Raven is the daughter of Most Gracious Melody Kathleen D. Taylor and Jonathan Taylor

# Congratulations Shjan Carter

## 2020 Recipient of the Angela Pauling Memorial Scholarship

Ms. Shjan Carter is a proven leader with a passion for social justice. Her observant and analytical nature allows her to assess her situation and to leverage her relationships for positive outcomes while creating opportunities for herself and others.

Ms. Carter served as the Student Government Vice President in the 11th grade. She was a member of the media program, the school's Student Activities Committee, and the yearbook team. She was also a member of the RAPP peer leadership program where she learned about social justice issues with a goal of educating her peers and teachers.

"Ms. Carter is one of the most well-rounded and dedicated students that I have had the pleasure of working with. She displayed extraordinary leadership skills in and outside of my class by leading important discussions, encouraging other students to complete work, and assisting others in need with projects and class work. She also served as an unofficial tutor assisting classmates who were struggling with the rigorous content. In short she is one of the hardest working and goal-oriented students I have had the privilege to teach." – Wilfrid Beuzile, teacher at Harry S. Truman High School, Bronx, NY



Ms. Carter will be attending Howard University in Washington, DC in the fall and plans to pursue her master's degree after completing her undergraduate studies. She plans to use her degrees to give back to her community and uplift her people as a whole. As a future entrepreneur with a philanthropic spirit, Ms. Carter's business will be focused on alleviating the financial burdens of others, particularly college students through educating others on how to attain financial freedom and to build wealth. Ms. Carter is also very passionate about gender equality for women and debunking their gender stereotypes.

"With a college degree and experience in the business world behind me, I hope to start my own foundation that would educate women on the opportunities available in their field as well as fund campaigns and companies that put women in high leadership positions in the years to come." – Shjan Carter

We wish Ms. Carter great success and have no doubt she will not only reach her goals but surpass them!

## CARING FOR MAMI DURING COVID-19

by Gracious Melody, Lisa Marie Rodriguez

The COVID-19 has dominated much of my time for eldercare. Since the senior centers are closed, I am spending more time with my mother to keep her engaged.

My mom is bored being home since there is not much to do, unlike her senior center where she has her friends and staff to keep her engaged with arts & craft activities and exercise routines. I am doing a lot more of those activities such as breakfast at her favorite diner, walking around the grocery store, and repotting her plants. She is even happy if we just drive around getting ice cream.

I am very concerned that long term boredom can lead to depression. I'm super happy and fortunate she is not a complainer and just enjoys going out, even if it's just sitting in the back seat of my car as I run errands to the post office, the cleaners, or Lowe's for a bit of home and community improvement.

Her name is Sarah Rodriguez and she is 87 years young.



# Ancestral Tribute to Bonnie McCoy-Williams



*Ancestral Anniversary – 11 May 2020*

*Our Gem, Most Gracious Melody Bonnie McCoy Williams ... she was our Regal Sister,  
A Queen of Song.  
Upon her head she wore the fine raiment of femininity and her raiment was composed of the  
fabric of friendship and was fashioned by the loom of faith. Within her heart sang the  
beautifully sweet music of Kings and Queens. She was the gentle smile upon the lips of  
beauty. Most Gracious Melody Bonnie was Elation, Revelation and our Inspiration.  
She was the Sweet Song of Life.*

*Our Founder, Bonnie McCoy-Williams shall now be called MOST Gracious Ancestor.*

*Twenty-Four shall now be Twenty-Two. We pour this Libation to honor a beautiful Melody  
whose song is not over; as she will continue to live through us. Through each WIMM, each  
Note, each Scale, and each Melody as we continue to empower women, communities and  
humanity through the work of the Malik Melodies Sisterhood, Inc.*

*We honor her by pouring this libation and we call her name so that she may never be forgotten,  
MOST Gracious Ancestor Bonnie McCoy-Williams. We honor you.  
We respect you and we will tune our ear to receive your whispered words of wisdom as we  
continue to go forth and do well.*

*We wish your spirit peace, light and love.*

*Much Love, Your Sisters,*

*Malik Melodies Sisterhood, Inc.*



# Celebration of Life for our Malik Brother

## Dr. Jones Addoh

By Melody, Bibi Chaterpateah



Brother Jamel, "IceMan", or as I know him, Dr. Jones was a phenomenal King, father, husband, brother, friend, doctor, healer, mentor, & much more. In his lifetime, he has made tremendous contributions to his work as a doctor in medicine, to the lives of those he mentored, to those he influenced and inspired with his words, and those whom he loved and cared for.

Dr. Jones Addoh was born in Ghana on June 26th, 1977 and passed away on Wednesday, May 13th, 2020 on Founder's Day. He was an alumnus of the "Jamming" Jeem Kingdom at SUNY Stony Brook, and was a National Advocate and founding member of the NYC Shabazz Kingdom. In 2015, Dr. Jones founded his own business, J. Addoh Underserved, LLC, with the mission to promote health equity in marginalized communities through education, research, advocacy, and collaboration. In addition, Dr. Jones was awarded the 2018 Top Internal Medicine Physician Award for his contributions to medicine.

In the time that I knew him, he made an effort to show his continuous support and mentored me through my path to medicine. He was very passionate about mentoring the youth and teaching them about entrepreneurship and financial stability. In our conversations, he always talked about empowering the youth to make moves for themselves and using his story as proof that achieving financial independence and success can be done. He always encouraged me to live life to the best moments, encouraged me to laugh when times were tough, and take a break when needed most. Dr. Jones, though he may have parted the physical world from us, will remain alive within our hearts, our spirits, and our memories.

# Tribute for our Malik Brother

## Aaron 'Rin' McGrew

By Brother Solomon Comissiong



"Black Lives Matter", has become a prominent call for social justice. It is a righteous demand calling for the lives of Black people to be respected on every level, especially in regards to police brutality within the United States. Recent murders of unarmed Black people, at the hands of the police, have elevated the overall conscience of a great many people...worldwide.

However, for some people "Black Lives Matter", has been a way of life, personified by their actions in the communities in which Black people reside. Aaron "Rin" McGrew, was one of those people. Rin genuinely cared about the Black community, and his consistent actions proved that. Whether it was mentoring incarcerated Black youth or tutoring youth throughout the Washington DC Metro area, Rin was about that life. Quite simply, he lived Black Lives Matter. Rin was also involved in many marches, rallies and protests. He was an excellent activist. However, Rin was also a devoted and dedicated father of three beautiful girls. He showered them with love. His love for his daughters was evident in the quality time he spent with them. Being a father was his most important title, and it was a title that he wore proudly.

Rin was a father, a son, a brother, an activist, and so, so much more. He was also an outstanding friend. Rin passed away and made his transition to the ancestors in June of 2020. He will never be forgotten. He touched too many lives to ever be forgotten. He was my very good friend and he was one of my line brothers - August 2010, Shabazz Jeem Kingdom.

Rin was a shining example of what a MALIK man truly is. He embodied Manhood, Achievement, Leadership, Integrity, and Knowledge. One of the most important things a human can do is to evolve as they age. Rin continued to evolve. He loved to learn and as he acquired new knowledge, he was always eager to expose that knowledge to the youth and those who were willing to listen. Rin made this world a better place. When Rin passed away the world lost a shining example of humanity. However, Rin's legacy will live on by way of the good deeds that he did, and by way of the impact he had on various communities (and people's lives). Rin will be missed; however he won't be forgotten. May he rest in eternal peace and power!

# Announcement of the Passing of Malik Brother Clement Goddard

National President  
Hugh Lawrence Jr.  
National President of Malik Fraternity  
Malik Fraternity

It is with profound sorrow that I announce the passing of yet another MALIK Man. Brother Clement Goddard from the Genesis Kingdom has transitioned to the Salaam Kingdom. Some of you may not know Clement but he was a solid, all around good human being. He will be missed. This has been a trying year so we must band together as African Men and lean on one another.



## Celebrating LatinX Heritage Month

By: Melody Jillian C. Gibson



Hispanic Heritage Month has been a big celebration in the U.S. for more than 40 years. Hispanics across the country celebrate this month with pride and joy, while commemorating the importance of diversity. This is a national celebration to honor the history, culture and influence of past generations who came from Spain, Mexico, the Caribbean, Central and South America.

The observance started in 1968 under President Lyndon Johnson's administration as a one-week celebration called Hispanic Heritage Week. Years later, President Ronald Reagan proposed extending this celebration into a month-long event. It was enacted in law on August 17, 1988, officially designating the 30-day period starting on September 15 to October 15 as National Hispanic Heritage Month.

According to CivilRights.org, in 2020 there are 56.5 million people or 18% of the American population that are of Hispanic or Latino origin. However this number is lower than it should be since many Latinx households are undercounted. The true numbers are not documented via the United States Census because of various factors, ie: immigrant status, language barriers, lack of education, etc.

Although the officially government designated name of this celebration is "Hispanic Heritage Month", many of our brothers & sisters do not refer to it as such. Due to the cultural diversity & language sensitivity, the more appropriate term is "LatinX Heritage Month".

To learn more about Hispanic and Latinx identities, experiences, cultures and histories check out these [resources](#).

### In New York City, the following events will take place this year:

**October 10** – Panamanian Parade in Crown Heights, Brooklyn. Touted to be the biggest Panamanian festival outside of Panama.

**October 16** – [El Festival Del Libro](#) (Festival of Books 2020) / El Barrio's Art Space, P.S. 109 Museum, East Harlem

To further celebrate & educate, please read [these](#) wonderful articles in Oprah Winphrey's "O Magazine" celebrating the achievements of Latinx perspectives.

To learn more [click here](#).

 LIBERATE



## Meditation App for People of Color



LIBERATE 

Liberate Meditation was invented by Julio Rivera and is the only meditation app developed by and for people of color to provide empowerment, support and inner peace.

**"My background is in startups and app development and I had been searching for a way to do something more fulfilling that involved meditation and underserved communities. Deep inside I felt this was a calling of service from a higher power. A calling to start not just a company but to help amplify the efforts of making the dharma and sangha more accessible for Black, Indigenous, and People of Color (BIPOC). I want people all over the world to feel that same feeling of safety, connection, empowerment, and hope and to know that they are not alone."** – Julio Rivera

To learn more about Liberate Meditation or to get the app click [here](#). Or read the article from [Black Enterprise Magazine](#).



# October is Breast Cancer Awareness Month

By: Gracious Melody, Anita Gillespie-Wallace

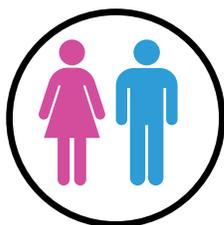
## Walks & Donations

Despite the presence of the Corona Virus pandemic, this is not putting a damper on raising awareness & raising money through the annual breast cancer walks. The walks are not taking place this fall, but the fundraising continues & many virtual events will be held. As a breast cancer survivor, I implore you to show support by donating whatever you can afford. The funds raised are KEY for providing research as well as a variety of services to women and men who are tested and/or diagnosed.



## Sharing is Caring

This is SUCH an important phrase. Thanks to these high-profile men named above sharing their experiences, this has brought a larger awareness to this cancer and that men are not exempt. It's so important for families to talk & educate each other about relatives who had or have cancer. The shame & silence of not speaking out about family health issues has to end. Everyone should educate themselves & get tested regularly.



## Men & Women

Yes... I said MEN. Men who have a parent with the BRCA gene are at a higher risk for diagnosis. Three high profile men of color diagnosed with breast cancer are: actor Richard Roundtree, TV show host & motivational speaker Montel Williams & former football player for the Cleveland Browns, Ernie Green.

## The Organizations

The two primary awareness organizations affecting change are: Susan G. Komen & Making Strides.

**Susan G. Komen** is the largest nonprofit funder for breast cancer research. For more than 30 years, they have raised \$3 billion in grants and programs supporting research, education, screening, treatment and other services in more than 30 countries.

In 1991 Susan G. Komen established the pink ribbon as the national symbol for breast cancer awareness.



The organization was founded by Nancy G. Brinker in memory of her sister Susan G. Komen who fought breast cancer for 3 years. Nancy was also diagnosed with breast cancer 4 years after her sister's passing and she is a breast cancer survivor.

**Making Strides Against Breast Cancer** has been in this fight for 36 years and they have a huge partner... the American Cancer Society.



In the US, they provide the largest amount of breast cancer awareness events reaching more than 200 communities. They've had over 15 million walkers participate in their events and have raised more than \$935 million to fight breast cancer. They've helped 3.5 million breast cancer survivors.

Educate yourself, friends & family members, get your annual mammograms & stay healthy.

# MALIK ON THE MOVE

## Courtney Matthews

*Courtney Matthews Celebrates 36 years with the Boston Police Department*



Prior to working for the Boston Police, Courtney worked in the Medical Examiner's Office where he met many police officers. They convinced him to take the police exam and the rest, as they say is history.

Courtney started with the Boston Police Department in May 1985. His most current position is Assistant Bureau Chief for the Bureau of Professional Standards. He serves as the Commander for Internal Affairs and New Hire Investigations. Throughout his career, he has held several positions including Sargent Detective and Academy Registrar where he trained new recruits. In 2000 Courtney founded the Crisis Negotiator Association where he served as president for many years. He also commanded the Crisis Negotiator Unit prior to his current appointment.

He has received the Medal of Honor, lifesaving medal from the Massachusetts State Police and numerous Commissioner commendations.

He credits his success to his parents who immigrated to the U.S. from Trinidad when he was 11. According to Courtney *"I was raised to believe in hard work, strong work ethic and education"*.

Courtney was initiated in Malik Fraternity (known then as Malik Sigma Psi) in the Fall of 1980. He was part of the Undaunted Duo. He has served as Secretary and is on the Council of Elders.

Courtney enjoys traveling, playing poker and golf.

# IN HONOR OF WOMEN

## Verna Avery-Brown



### INFINITY: In Our Hearts Forever

Infinity.... In Our Hearts Forever Is a sacred space is dedicated to those whose lives were cut short by Covid-19.

I'm Verna Avery-Brown...

As a journalist, I've been following the COVID 19 story since it first began making headlines...

When I saw the video online of the bodies of coronavirus victims being forklifted onto a refrigerated 18-wheeler in NYC to be taken and delivered for automatic cremation-I was shocked! I couldn't believe what I was seeing. And it struck me at my core.

Such blatant disregard for the sanctity of the human body. These were not just slabs of meat, these were someone's grandmother or father or sister or uncle or cousin or best friend. The body is the sacred temple that houses the soul.

I later read of how one family had to wave goodbye to their 39-year-old mother through the hospital window. The hospital policy wouldn't allow them to be by her side because she was quarantined. That broke my heart.

As a mother I cried... and as a widow I know how painful it is to have a loved one suddenly snatched from your life. In 2012 my 57-year-old, athletic, vegetarian husband died suddenly from a heart attack. I was instantly traumatized! My entire world had been reconfigured in the blink of an eye.

But In the midst of all that heartache and that crippling grief, the one occasion that softened the pain- that caused me to look up was the standing room only funeral service we held to honor his life. The large gathering of family and friends who turned out to share their favorite stories of him and to sing his praises to the world, made us feel Robby Henry Brown had died like royalty...he died with dignity.

The coronavirus victims have been robbed of that moment. That final defining event where their life and their deeds are publicly acknowledged. If and when their funerals are held, the guest list is drastically limited. All too often there is no body present allowing the family and friends sorely needed closure.... and depending on how the cremated ashes are handled by the state, there may not even be ashes to place in an urn on the mantelpiece. There's no grave site to visit. No physical reminders of the loved one's life. It's almost as if he or she never lived...

Make no mistake... nothing could ever fill that void... Nothing.

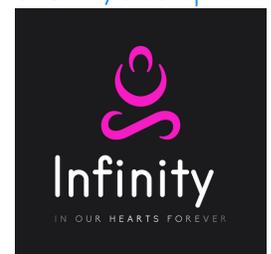
'Infinity...in our hearts forever'... is a public space to share your loved one's story with the world. To give a lasting glimpse of who he/she was. It provides a place for family and friends to remember and revisit a few of the things that made their loved one unique.

What made them special? What will you remember most about them? Was it their infectious laugh? Their secret recipe- that was guarded with their life? Their passion for sports? Or was it simply the way they made you feel?

We invite you to take a few moments and include your loved one in this public acknowledgement and appreciation of his/her life. Share their story with the world...in this everlasting space by creating a Memorial Profile at <https://www.infinityhearts.net/createprofile>

To view other Memorial Profiles visit: <https://www.infinityhearts.net/goldprofiles> or <https://www.infinityhearts.net/platinumprofiles>

Verna Avery-Brown is a journalist living in Maryland. She is the mother of four sons and four grand-daughters. She created this site out of heartfelt compassion for what the families of COVID-19 victims are having to experience. Please share this sacred memorial website with others you may know whose loved one's have transitioned. Wishing all peace and comfort.





# Returning to School in 2020

By Melody Kendra Rivers



Back to school looks different across the nation the fall. Large school systems like New York City have decided to return to the classroom. However, many states are still reviewing options that include physically, virtually, or hybrid learning models. The primary focus is on the safety of the children and staff. Some tips are to continue to teach your children about social distancing and washing their hands. It is excellent for parents to get involved in their community and school to ensure and advocate for the safety of staff and children. See below for a list of resources.

## Bamboo

**Bamboo Learning** provides voice-based educational applications for students in grades K-5

## boddle

**Boddle Learning** is a math platform for 1-6th grade that makes learning fun and personalized.

## CLASSROOM CHAMPIONS

**Classroom Champions** provides social and emotional based curriculum and mentorship experience.



**Khan Academy** provides guides designed to help parents and teachers get through the COVID-19 crisis



**Scholastic Learn at Home** provides day-to-day projects to keep kids reading, thinking, and learning (PreK - 9th grade).



# Protect Your Vote!

**Election Day - Tuesday, November 3**

Due to the ongoing pandemic many voters may not feel safe voting in person will turn to mail-in voting instead. Recent reports of the deactivation of mail sorting machines and the removal of US Postal Service mailboxes throughout the country have caused alarm about the timeliness (and accessibility) of voting in November.

Here's what you can do to avoid having your ballot delayed and not counted:

1. Request a mail-in ballot. Request it EARLY. Right now is a good time!
2. When your ballot arrives, do not mail it back.
3. Google your supervisor of elections to see where you can drop off your mail-in ballot. It's usually NOT THE POLLING PLACE. All states allow this!
4. When you drop off your mail-in ballot find out how to track it online to make sure it is verified

Here is what you're accomplishing by doing this:

1. You're not relying on the USPS to get your ballot in on time, so no matter what, your ballot gets in on time.
2. You don't have to worry about standing in long lines and risking infection. You're just stopping by to drop it off.
3. You still voted!





## Did You Know?

Queens have been here before!  
Charlotta Bass was the first African American woman vice presidential candidate prior to Kamala Harris. Click [here](#) to read the article.

## Comments from our May/June Issue

Greetings Queens,

*I am full this morning as I read my mom's email about my feature in The Graces. You're guilty, once again of humbling me. But this email is not about me. It's about you! I want to commend the entire publication staff on a job well done. The layout is professional. The visual graphics are clear. And communication is very comprehensible. The spirit of brother/sisterhood flows throughout the issue.  
Job well done.*

Salute!  
GM Tawanikka Smith

*Love the newsletter- amazing work and dedication  
Thank you for sharing,  
GM Maria Lopez*

*I found this newsletter to be well served during a time of crisis and uncertainty. I was happy to see a diverse group of members during the COVID-19 pandemic; contributing and doing their part to serve the greater community. The advice on coping and wellness during isolation will definitely hit home to those who are struggling with it. Keep it up!*

Best,  
Brother Christopher Dowdy

*Fantastic publication, Queens!*  
Christopher Moxley

*I love this newsletter. Thank you for sharing it with me.  
Be blessed,  
Sister Monique Akil*

*Hi Sisters!*

*I would like to send a special "thank you" to all the members of The Graces Newsletter Team!!  
Since September 2019 we changed our format which became an easier read.*

*I APPLAUD each of you including myself for the dedication and ongoing effort to create informative, well-researched and engaging newsletters.*

Warm regards,  
GM Sharon Harleston  
MMSI Executive Vice-President

# I GIVE YOU THIS ONE THOUGHT TO KEEP



I give you this one thought to keep –  
I am with you still – I do not sleep.  
I am a thousand winds that blow,  
I am the diamond glints on snow,  
I am the sunlight on ripened grain,  
I am the gentle autumn rain.

When you awaken in the morning's hush,  
I am the swift, uplifting rush  
of quiet birds in circled flight.  
I am the soft stars that shine at night.

Do not think of me as gone –  
I am with you still – in each new dawn.

AUTHOR – UNKNOWN

## THE GRACES STAFF

**Kim J. Bright**  
**Bibi Chaterpateah**  
**Jillian Gibson**  
**Sharon Harleston**  
**Nathalie Lilavois, Ed.D**  
**Kendra Rivers**  
**Lisa Rodriguez**  
**Anita Wallace**

### Executive Board

*Kim J. Bright, Co-Founder*  
*Nathalie Lilavois, President*  
*Sharon Harleston, Vice President*  
*Mary Richardson, Parliamentarian*  
*Lisa Rodriguez*  
*Anita Wallace*

**P.O. Box 260430**  
**Bellerose, NY 11426**

**P.O. Box 92944**  
**Washington, DC 20090**

**TheGracesNewsletter@gmail.com**  
**malikmelodies@gmail.com**  
**www.malikmelodies.org**

**ON BEHALF OF THE GRACES NEWSLETTER STAFF WE  
WOULD LIKE TO EXTEND OUR HEARTFELT  
CONDOLENCES AND PRAYERS TO ALL THOSE WHO  
HAVE LOST A LOVED ONE THIS YEAR.**

**MAY WE ALL FIND PEACE AND COMFORT KNOWING  
OUR LOVED ONES CONTINUE TO PARTICIPATE IN  
EVERY ACT, THOUGHT AND DECISION WE MAKE. WE  
WILL CHERISH THEIR MEMORIES FOREVER.**

**THANK  
YOU**

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