

# The Graces

The Official Newsletter of the Malik Melodies Sisterhood, Inc.



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## The Graces Newsletter Staff Message

Hello Summer!!

May this summer bring you peace and joy. Enjoy the warm weather and make the most of the long days ahead. Let this summer inspire you to slow down, savor the simplicity of your surroundings, and enjoy yourselves.

Here are some tips for Mindful Summer Self-Care



### Mindful Morning

Ideas:  
Morning Tea  
Prayer  
Meditation  
Soothing Shower playlist



### Mindful Movement

Ideas:  
Yoga  
Dance  
Exercise



### Mindful Maintenance

Ideas:  
Hydrate  
Refill gratitude tank  
Clear Negative Energies  
Reload Good Vibes



### Mindful Reflection

Ideas:  
Journalling (audio or written)  
Mindfulness Coaching  
Therapy/Counselling



# ***MMSI Weekend Getaway to Washington, DC Sept 5-7, 2025***

**Includes A Cultural Field Trip  
On Saturday, Sept 6, 2025, 2:00 pm**



## **Egypt on the Potomac Field Trip**

### **Illuminate Secrets Hidden in Plain Sight**

Greetings!

Join the MMSI Mix and Mingle Committee for a **Cultural Field Trip in Washington, DC on Saturday, September 6, 2025 at 2:00 pm**. The field trip, "Egypt on the Potomac" is a guided journey through Washington, DC that uncovers evidence of ancient Egyptian architecture, symbolism and philosophy that has been embedded in various monuments throughout the city ...literally hidden in plain sight. You will understand how the shape, orientation and location of the District of Columbia reveals a plan, crafted by America's founding fathers, designed to recreate the spiritual essence of Egypt along the Potomac.

(<https://ikgculturalresourcecenter.com/egypt-on-the-potomac/>)

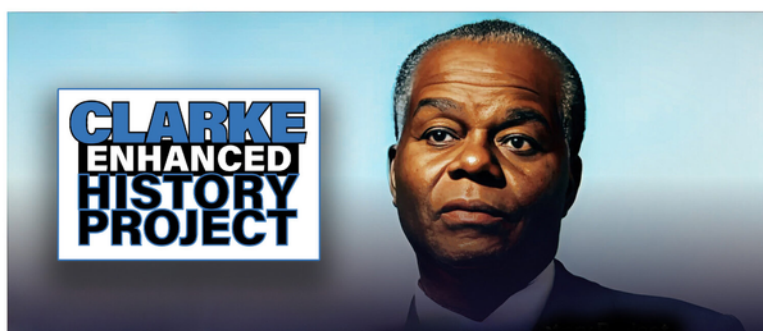
Visitors will also have an opportunity to see the John Henrik Clarke Enhanced History Project which is currently on exhibit in the Thurgood Marshall Center. This field trip is facilitated by IKG Cultural Resource Center and was created by author and cultural historian Anthony T. Browder; a long-time supporter, Jegna, and historical teacher of MMSI.

#### **CULTURAL FIELD TRIP:**

The field trip will take place on **Saturday, September 6, 2025, at 2:00 pm**. MMSI has already purchased a group of tickets and once those run out it will be up to each individual to go onto the [IKG website](https://ikgculturalresourcecenter.com/egypt-on-the-potomac/) and purchase your own ticket. **ALL ARE WELCOME!!**

Tickets with MMSI can be purchased at:

[https://MMSI\\_Egypt\\_on\\_the\\_Potomac.eventbrite.com](https://MMSI_Egypt_on_the_Potomac.eventbrite.com) for \$45.00  
(price is tax inclusive) + Eventbrite fee.





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## **Egypt on the Potomac Field Trip**

### **Illuminate Secrets Hidden in Plain Sight**

**HOTEL:** A room block is available for those traveling from out of town to Washington, DC, from September 5 – 7, 2025. The hotel is the Holiday Inn Washington, 1501 Rhode Island Avenue, NW, Washington, DC. The rate per night is \$184.36 (\$159.00 plus 15.95% taxes). There will be an additional parking charge of \$45.00 plus taxes each night for those driving.

**Reservations can be made here:**

**<https://www.ihg.com/holidayinn/hotels/us/en/washington/wasct/hoteldetail>**

Once you are on the site select your dates and hit view prices. This brings you to our MMSI page with our negotiated rate. There is an option for a room with one King bed or two Double beds. For those reserving a room with two double beds; you will need to enter the names of both individuals staying in the room.

**The Room Block & T-Shirt Sales Will End On August 5, 2025.**

**T-SHIRTS:** To commemorate the event, you can purchase a T-shirt even if you don't plan to participate in the field trip. The cost of the T-shirt is \$16.25. **T-shirts may be purchased at:**  
**<https://www.customink.com/g/jvm0-00cy-nbyx>**



Join us for this wonderful event.  
Everyone is welcome!

**MMSI Mix n Mingle Committee**  
Marjorie Jean-Pierre,  
Charlene Lambrecht, Felicia Peterson  
& Sharon Harleston



# *Congratulations!!! MMSI Angela Pauling Scholars!!*

## **MMSI Is Excited to Announce The Recipients of Our 13th Annual Scholarship And Our Second Time Awarding FIVE Scholarships!**

None of our success would be possible without generous donors like you. Thank you again for your commitment and kindness. Once again, we had an outstanding pool of candidates this year, and these recipients were highly exceptional.

We thank everyone for your contributions and investment in our Scholars' success!

### **Our 2025 Angela Pauling Scholars are:**

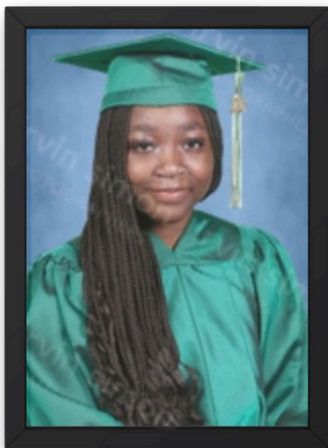
**Ms. Joy Djatsou, Ms. Toni-Gaye Guy, Mr. Daniel Kasambalis,  
and Ms. Raven Savannah Taylor.**

*\*Please Note: One of our Scholars chose not to be publicized in our newsletter and on our website. MMSI respects this individual's privacy, and we offer options for maintaining confidentiality when requested.*

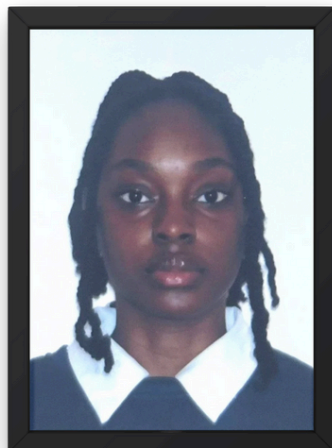
To learn more about our Angela Pauling Scholars visit:

<https://www.malikmelodies.org/angela-pauling-memorial-scholarship>.

2025 Scholarship Committee Members: Brenda Allen, Kim Bright, Sharon Harleston, Felicia Peterson and Tawanikka Smith.



Joy Djatsou



Toni-Gaye Guy



Daniel Kasambalis



Raven Savannah Taylor

**Congratulations to  
our Scholars on  
graduating and for all  
their achievements!!**

**"Education is the key to  
unlocking the world, a  
passport to freedom."  
Oprah Winfrey**



# MMSI Vice President's Message

## DECLUTTERING YOUR SPACE

by Sharon Harleston

Decluttering your space can significantly improve your mental and physical well-being by reducing stress, boosting focus, and increasing productivity. Decluttering your space enhances your mood by creating a more positive atmosphere, while fostering a sense of well-being, improving sleep quality, and you feel a sense of accomplishment.

### 5 Ways to Declutter Your Home

One of the most challenging aspects of decluttering is deciding what to keep and get rid of. Do you need that mixer that you never use? What about those clothes that are too small or too large? And what do you do with sentimental items?

1

1

#### Start with Small Spaces

One of the best ways to declutter your home without going overboard is to start small. Choose one small space, such as a drawer or cabinet, and declutter it completely. Get rid of anything that you don't use or need.



2

#### Work on One Room at a Time

Another great way to declutter your home is to work on one room at a time. Start with the room that bothers you the most or the room that you use the most. Declutter a little bit each day until the room is completely decluttered.



3

#### Create a Storage Plan

Another great way to declutter your home is to get organized. If you can't find something, you don't need it. So take some time to organize your belongings and get rid of anything that doesn't have a place. You'll be surprised at how much easier it is to keep your home clean and clutter-free.



4

#### Donate or Sell Unused Items

Many charities would love to have your gently used clothing and household items. And plenty of people would love to buy your stuff at a garage sale or online. Not only will this declutter your home, but it will also help someone in need. It's a win-win!



5

#### Consider Your Needs and Wants Carefully

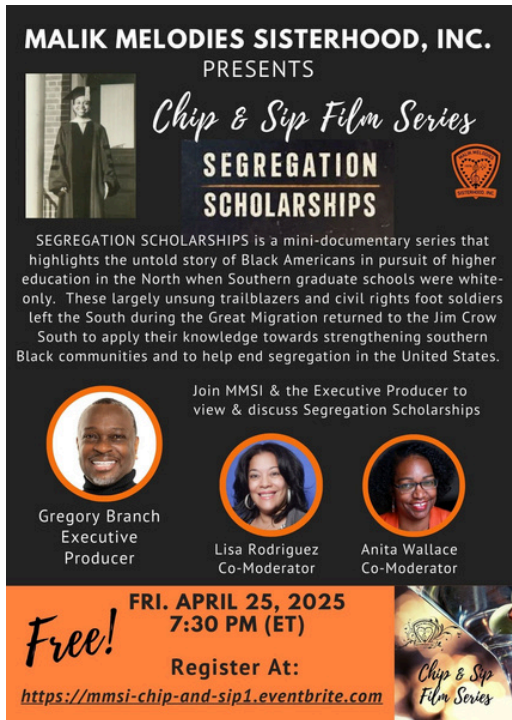
If it's something you don't use often or don't bring you joy, chances are it can be removed from your home without impacting your life too much.



Decluttering your home can also be achieved by implementing strategies like the 12-12-12 rule (12 to throw away, 12 to donate, 12 to return) or the 20/20 rule (getting rid of items you can replace for under \$20 and 20 minutes. Breaking down decluttering into smaller, manageable tasks and developing a consistent routing are also key to success.

# MMSI Chip & Sip Film Series

## APRIL 25, 7:30 PM (ET) - MMSI'S CHIP & SIP VIRTUAL FILM SERIES CONTINUED WITH "SEGREGATION SCHOLARSHIPS"




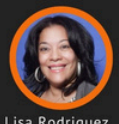
**MALIK MELODIES SISTERHOOD, INC.**  
PRESENTS

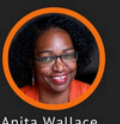
*Chip & Sip Film Series*  
**SEGREGATION SCHOLARSHIPS**

SEGREGATION SCHOLARSHIPS is a mini-documentary series that highlights the untold story of Black Americans in pursuit of higher education in the North when Southern graduate schools were white-only. These largely unsung trailblazers and civil rights foot soldiers left the South during the Great Migration returned to the Jim Crow South to apply their knowledge towards strengthening southern Black communities and to help end segregation in the United States.

Join MMSI & the Executive Producer to view & discuss Segregation Scholarships

  
Gregory Branch  
Executive Producer

  
Lisa Rodriguez  
Co-Moderator

  
Anita Wallace  
Co-Moderator

**Free!** **FRI. APRIL 25, 2025**  
**7:30 PM (ET)**  
Register At:  
<https://mmsi-chip-and-sip1.eventbrite.com>

*Chip & Sip Film Series*

Segregation Scholarships is a mini-documentary series that highlights the untold story of Black Americans in pursuit of higher education in the North when Southern graduate schools were white-only. These largely unsung trailblazers and civil rights foot soldiers left the South during the Great Migration and returned to the Jim Crow South to apply their efforts towards strengthening southern Black communities and help end segregation in the United States.

During the evening, we viewed short videos from the mini-documentary series, Segregation Scholarships, and heard from the Executive Producer, Gregory Branch of B Squared Communications.

## MAY 30, 7:30 PM (ET) - MMSI'S CHIP & SIP VIRTUAL FILM SERIES "THE CHILDREN'S MARCH"

**THE CHILDREN'S MARCH** - On May 2, 1963, the children of Birmingham, Ala., flooded the city's streets — and the city's jail — to challenge segregation. With dogs and fire hoses, police tried to stop them. Yet, in ways their parents could not, the children prevailed, defying the police intimidation that long had plagued Birmingham's black community.

More than 40 years later, this courageous story is brought to life in an award-winning documentary from Teaching Tolerance, in conjunction with Tell the Truth Pictures. A project of the Southern Poverty Law Center.

The group discussions were moderated by Lisa Rodriguez and Anita Wallace.  
A special thank you to Kim Bright and Sharon Harleston for their technical support!  
MMSI Executive Board Members.



**MALIK MELODIES SISTERHOOD, INC.**  
PRESENTS

*Chip & Sip Film Series*

On May 2, 1963, the children of Birmingham, Ala., flooded the city's streets — and the city's jail — to challenge segregation. With dogs and fire hoses, police tried to stop them. Yet, in ways their parents could not, the children prevailed, defying the police intimidation that long had plagued Birmingham's black community.

More than 40 years later, this courageous story is brought to life in an award-winning documentary from Teaching Tolerance, in conjunction with Tell the Truth Pictures. A project of the Southern Poverty Law Center.

Join MMSI to View & Discuss The Children's March and the Importance of Protecting Our Cultural History

  
Lisa Rodriguez  
Co-Moderator

  
Anita Wallace  
Co-Moderator

**Free!** **FRI. MAY 30, 2025**  
**7:30 PM (ET)**  
Register At:  
<https://mmsi-chip-and-sip2.eventbrite.com>

*Chip & Sip Film Series*



# MMSI Professional Development Events



During the evening, we discovered the fundamentals of cryptocurrency, how it works, and why it's reshaping the financial landscape.

To learn more, please visit <https://www.bkcryptocoach.com>

Thank you, Vanessa Miller for hosting the event,  
MMSI Health & Wellness Committee Member



## MMSI Professional Branch Monthly Meeting Special Presentation: Estate Planning with Malik Brother Shawuki G. Hilton, Esq.

**Open To  
All Melodies  
Bring Your  
Questions**

**MMSI Professional Branch  
Monthly Meeting  
Special Presentation**

**ESTATE PLANNING  
With**

**Bro. Shawuki G. Hilton, Esq.**

Tuesday, June 17, 2025, 7:30 pm

A special thanks to Brother Shawuki G. Hilton, Esq. with The Hilton Law Group, PLLC for this important and informative program.

**To view the recording visit our website at:**

<https://www.malikmelodies.org/>

To learn more about The Hilton Group, PLLC visit

<https://thehiltonlawfirm.com/>

Thank you to Kim Bright for hosting this evening and for the technical support!

# The Graces

The Official Newsletter of the Malik Melodies Sisterhood, Inc.



## Angela Pauling Memorial Scholarship

### \$20/26 Scholarship Fundraising Campaign

We Need Your Help  
To Ensure Bright Young Minds  
Can Fulfill Their Dreams Of  
Attending College.

Please Support  
Malik Melodies Sisterhood, Inc.  
14th Annual Angela Pauling  
Memorial Scholarship



DONATE ON-LINE with [PayPal](#), [Credit or Debit Card](#) at

<https://www.malikmelodies.org> OR

Via Zelle at: [MalikMelodies@gmail.com](mailto:MalikMelodies@gmail.com)

Check: Malik Melodies Sisterhood, Inc. - P.O. Box 92944, Wash., DC 20090

WE ARE THE  
SHOULDERS OF TODAY  
FOR TOMORROW'S  
FUTURE!

MALIK MELODIES  
SISTERHOOD, INC.



MMSI



### MMSI MONTHLY MEETINGS:

Executive Board – 2nd Tuesday of every month  
at 8:00 pm

Professional Branch – 3rd Tuesday at 7:30 pm

The Graces Newsletter Staff – Last Wednesday  
at 8:00 pm

## The Graces Staff

Kim J. Bright  
Sharon Harleston  
Lisa Rodriguez  
Anita Wallace  
Tawanikka Smith

## Executive Board

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

## Malik Melodies Sisterhood, Inc.

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