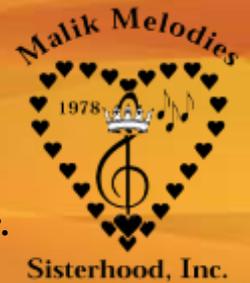




The Graces

The Official Newsletter of the Malik Melodies Sisterhood, Inc.



2018 is on its way... let's not only make goals and New Year's resolutions... but let's succeed in achieving them. MMSI's community partner, Lane Cobb offers us the following advice:

Play it S.M.A.R.T. to Reach the GOAL

by Lane Cobb

There's no doubt about it – powerful people set goals.

They identify what they want and create a plan to acquire it. Let's face it – when you don't know what you want, you won't know when you've got or how to get it.

In the same way that you can't get somewhere without knowing where you are going, you cannot achieve your dreams without charting a course to get there.

Many people are goal-averse, afraid to commit for various reasons (fear of failure is the most common). And, it's easy to convince yourself that you don't have to set goals to achieve your desires. However, the studies overwhelmingly support the fact that people who set goals are far more likely to achieve what they desire than those who don't. There are several reasons for this. One is that **the act of setting a goal creates spiritual and emotional energy that acts as a magnet, which actually pulls your goal closer to you.** The other reason is that a real goal not only includes an outcome, but also includes measurement criteria and timelines for completion, which help you maintain focus and direction.

One of my coaches was known to say, *“What gets measured gets managed”*, and he's right. If you don't know where you are going, you will have no way of charting a course, nor will you know when you have arrived. It's important, therefore, that the goals you set fall into the category of **S.M.A.R.T. goals...** ([Read More](#))

December 2017

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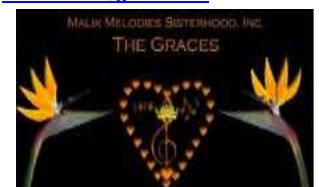
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Enlightened and Empowered Living
with LANE COBB
SPIRITUAL LIFE & WELLNESS COACH

MALIK MELODIES SISTERHOOD, INC. PROUDLY WELCOMES NEW QUEENS!



MMSI CELEBRATED 39 YEARS OF SISTERHOOD WITH A TRIFECTA ON NOVEMBER 25TH, 2017 IN GRAND STYLE IN TIMES SQUARE, NY!



Our New Queens!

Dee Avery

Jemma St. Lawrence Martin

Nikka Smith

Symone Sutherland

A bright and beautiful Saturday in the city was the perfect backdrop to this special day which began with the first Professional Branch Induction of four fabulous women of distinction:

- ♥ **Dee Avery**
- ♥ **Jemma St. Lawrence Martin**
- ♥ **Nikka Smith**
- ♥ **Symone Sutherland**



As the daughter of GM Lisa Kirkland Sutherland, Melody Symone became the first legacy mother-daughter membership in MMSI! Melody Jemma is the wife of Sir Crown, Larry Martin. Melody Dee generously provided an internet television platform for several Melodies on topics of interest to the community (see May/June 2017 issue). Melody Nikka served as a guest author on the topic of Lupus Awareness in the May/June 2017 issue of *The Graces*.

We are excited to welcome this Fabulous Four to MMSI and look forward to working with them!



Brunch with our family and friends at Havana Central, topped off this wonderful celebration! Our newest Queens were showered with love, hugs, and gifts!



The Induction & Anniversary Celebration continued at the New Victory Theater where Melodies and their guests enjoyed *The Migration* performed by Step Afrika! This high energy show was an amazing performance and a fitting tribute to MMSI, its cultural enrichment focus, and to our new Queens! *Malik! Malik!*



Step Afrika! highlights Jacob Lawrence's work, The Migration.

**The Legacy!!
Mother and Daughter Melodies!
GM Lisa Kirkland-Sutherland and Melody Symone Sutherland create organizational history as the first mother and daughter to be Malik Melodies!!
Beautiful!!!**

African Queen names were bestowed upon our Sisters and they shall also be known as:



Melody Deidre - Jelani Sheka Nikiwe (*Jeh-lah-nee Sheh-kah Nee-Kee-weh*)
 "Mighty One Who is Passionate, Enthusiastic Who Is A Gift To Us"

Melody Jemma - Zakiya Nomfezo Nikiwe (*Zah-KEE-yah Nom-FEH-zoh Nee-KEE-weh*)
 "One Who Is Discerning, Bright, Intelligent and Leaves Nothing Unfinished Who Is A Gift To Us"

Melody Tawanikka - Gabisela Ayani Nikiwe (*Ga-bee-say-lah Ah-yah-nee Nee-KEE-weh*)
 "One Who Is Confident And Victorious In The Struggle Who Is A Gift To Us"

Melody Symone - Akilah Ayodele Nikiwe (*AH-Kee-lah Ah-yoh-DEE-leh Nee-KEE-weh*)
 "One Who Brings A Joyful And Peaceful Resolution Who Is A Gift To Us"



Thank You

*to all the Melodies, our Brother,
 Friends and Family who celebrated
 with us to welcome our new Sisters
 into our Family!
 It was a wonderful day!!*

SAVE THE DATE

**KWANZAA CELEBRATION:
 REGENERATION NIGHT**
Saturday, Dec 30 at 2PM or 7 PM
Featuring Abel R. Salaam's Forces of Nature Dance Theatre

Since 2006, the Apollo has established an annual show to celebrate this holiday tradition on one day of the Kwanzaa holiday. The Apollo's celebration is a joyful evening of dance and music honoring the principles of Kwanzaa—family, community, and culture. Tickets: \$20; Premium \$35; In person at the Apollo Theater [Box Office](#) or By phone, call Ticketmaster (800) 745-3000 Online at Ticketmaster.com

(continued from pg.1) *Play it S.M.A.R.T. to Reach the GOAL by Lane Cobb*

S
M
A
R
T

S – SPECIFIC – The most effective goals are conceived and recorded in very specific terms. It’s not enough to say, “I want to get more clients, or I want to make more money”. To get the true power of setting a goal, you must be more specific. How many new clients do you want? How much money do you want to make? You must dare to be specific about what you want to create. It takes courage, but you can do it.

M – MEASURABLE – Measurability and specificity go hand in hand. Again, what gets measured gets managed. You are much more likely (and able) to track your trajectory and your results if you have a means by which they can be measured. Being specific about how much money you want to earn not only gives you a clear goal, but also gives you an idea of how you can track your goal. An example of a measuring your progress would be checking your bank balance each month.

A – ACTION-BASED – To be effective, goals must always be based in taking action. Thinking about taking action isn’t going to bring your goals to fruition. You must take some action if you want to produce a result. Even if you don’t meet the mark, the shift in your energy will have lasting consequences. You’ll have more power, more clarity, and more determination than you had previously.

R – REALISTIC – Because of the personal nature of goals, in order to be effective, they must be realistic. It’s not unusual for people to set goals that are inappropriate because they are comparing themselves to others or tuning into societal norms that aren’t specific to where they may be in their process. For a goal to be effective it must resonate with you in a way that motivates you to do what is necessary to achieve it. Any goal you set will be useless if it isn’t achievable.

T – TIME-BASED – Any good goal will have a timeline attached to it. If the goal is large enough it will be broken into steps, each of which will have its own deadline. The failure to create a deadline for each goal and action step is almost a guarantee that you will not achieve your goal, because you will not have been in action to do so. You **MUST** set deadlines! If you miss it, you can always set a new one. But, do your best to give yourself a date that will make you take action NOW!

Need help setting goals and sticking to them? [CONTACT Lane Cobb](#) for a complimentary 20-minute consultation. Learn what stops you from reaching you highest potential!

TEDxDeerPark
x = independently organized TED event

Home About TED What is a TEDx event? Tickets Gallery Past Events Contact

FEB 10, 2018

IMPACT

CALL FOR PRESENTERS
Deadline: December 1, 2017

CALL FOR VOLUNTEERS
Open through Feb 1, 2018

CALL FOR SPONSORS
Open through Feb 1, 2018

How would you like to be the home of TEDxDeerPark 2018?

VENUE SPONSOR

**FOR MORE DETAILS
VISIT TEDXDEERPARK.COM**

**THE MALIK FOUNDATION
BLACK HISTORY**

“EDUCATING OUR YOUTH ONE MIND AT A TIME”
BENEFITTING MALIK FOUNDATION AND CHIONESU BAKARI PROGRAM FOR YOUNG MEN

SATURDAY FEBRUARY 3RD, 2018

H O N O R E E S

 ADMISSIONS QUAD FOUNDER TAI ABRAMS	 ARLEMAN BAPTIST CHURCH PASTOR REV. CALVIN O. BUTTS, III	 AFRO PUERTO RICAN SOCIAL ACTIVIST MARICRUZ CLEMENTE
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FOR TICKETS: MALIKFOUNDATIONGALA2018.EVENTBRITE.COM
EMAIL: INFO@MALIKFRATERNITY.ORG

TIME: 7:00PM - 12:00AM | \$150 DONATION
VILLA BARONE MANOR
737 THROGGS NECK EXPRESSWAY BRONX, NY 10465

THINGS YOU SHOULD KNOW...

On the New York State Education website, <http://www.nysed.gov>, Commissioner MaryEllen Elia provides pertinent information and resources for the public. In her most recent edition of News & Notes, she included:



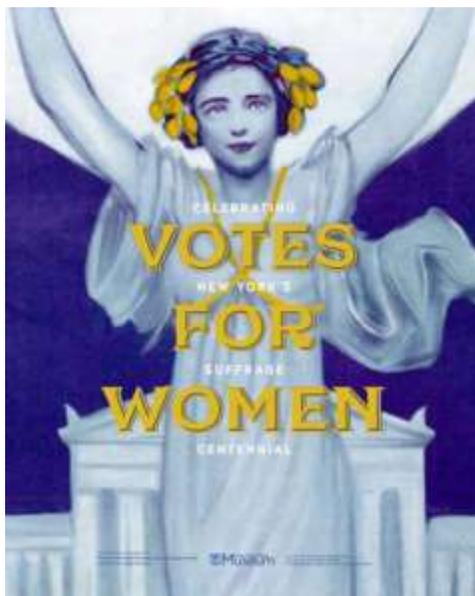
New York State
EDUCATION DEPARTMENT
Knowledge > Skill > Opportunity

- [November 13-17, 2017 American Education Week-](#)

[Celebrating the work of public schools and educators](#) Put something meaningful on Twitter! #publicschoolsforall campaign

- [Parent Updates](#). Commissioner Elia sends a biweekly letter to parents with news that is relevant to them. Be sure to check it out!
- [State Museum Honors 100 Years of Women's Right to Vote](#) (see her message below)
- [My Brother's Keeper: Changing the Narrative](#)
We will share information about all of the good things going on with our My Brother's Keeper communities and schools across the state.
- [Funding Opportunity: MBK Exemplary School Models and Practices \(ESMP\) Grant](#)

[State Museum Honors 100 Years of Women's Right to Vote](#)



Earlier this month, the New York State Museum opened a new exhibition, [Votes for Women: Celebrating New York's Suffrage Centennial](#). On display through May 13, 2018, the exhibition honors the centennial of women's suffrage in New York State and raises awareness of the struggle for equal rights through the present day. The exhibition features more than 250 artifacts and images from the collections of the State Museum, State Archives, State Library, cultural institutions, and private lenders from across the state. It's important for everyone - especially our students - to fully understand this pivotal moment in our history. The women's suffrage movement in New York isn't just about the struggle for women's rights; it also teaches us about cultural heritage, activism, democracy, and the struggle for equal rights for all. It's up to us to inspire the next generation and show our children that they too can raise their voices and achieve great things. If you can, I encourage you to visit the State Museum with

your children and see this exhibition.

[Funding Opportunity: MBK Exemplary School Models and Practices \(ESMP\) Grant](#)



NYSED has issued a Request for Proposals (RFP) for [My Brother's Keeper Exemplary School Models and Practices \(ESMP\)](#). NYSED will award grants to districts that will develop and/or expand exemplary high quality college and career readiness school models, programs, and practices that demonstrate cultural and linguistic responsiveness and emphasize the needs of boys and young men of color. **Full proposals must be postmarked by December 18, 2017.**

NOVEMBER IS AMERICAN INDIAN HERITAGE MONTH

National American Indian Heritage Month celebrates and recognizes the accomplishments of the peoples who were the original inhabitants, explorers and settlers of the United States.



Our Sister *Denene Millner* continues to share her voice, insight and expertise as her voice transcends from print to television on *A Seat at the Table* which is a weekly series hosted by “*intelligent, outspoken, unapologetic African-American women*”. Denene Millner and her co-hosts Monica Pearson, and Christine White are all accomplished in their own right and bring their unique perspectives through candid conversations about family, careers, health, finance, beauty, relationships and more. The mission of *A Seat at the Table* is to let African-American women have a platform to educate communities about the black woman’s experience, life and journey.

“A Seat at the Table is the first talk show that gives voice to African-American women from their diverse experiences, perspectives, and challenges. Some would argue that ALL women have similar experiences, but there are realities to the black woman’s daily life that is entirely her own. *A Seat at the Table* breaks through the silence and gives African-American women a voice; a loud and clear voice. For generations, black women have gathered around kitchen tables sharing insights, feelings and wisdom -- always wisdom. These thoughtful and informed voices are so rarely heard or fully articulated. Until now...”

About the Hosts:

- ♥ **Denene Millner**, NY Times best-selling author is an award-winning journalist is the founder and editor of MyBrownBaby.com; and the editor of Denene Millner Books. To learn more about Denene [click here](#).
- ♥ **Monica Pearson**, the first minority woman to anchor the daily evening news in Atlanta, GA. To learn more about Monica [click here](#).
- ♥ **Christine White**, Esq. MBA, is committed to building wealthy communities by education and supporting entrepreneurs. She is a speaker, author, angel investor and business advisor. To learn more about Christine [click here](#).

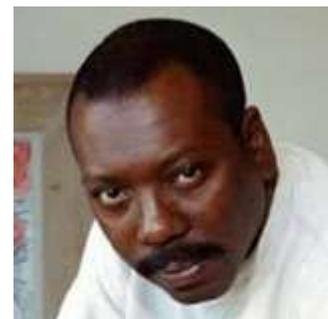
To view past episodes, visit: <http://www.gpb.org/television/shows/a-seat-at-the-table>

Source: <http://www.gpb.org/seat-at-the-table>

JACOB LAWRENCE was born on September 7, 1917 in Atlantic City, NJ. He grew up in Easton, PA and moved to Harlem at the age of 13 and soon thereafter began studying with artist and mentor Charles Alston at the Utopia Children’s House. Charles Alston encouraged to Lawrence to become an artist. Jacob Lawrence was inspired by his research on African American history at NYC Public Library on 135th Street in Harlem and subsequently began painting his Migration series which was completed in 1941 at the age of 23. The Museum of Modern Art in NY (MoMa) and The Phillips Collection in Washington, DC each purchased half of The Migration series.

FOR MORE ABOUT ARTIST, JACOB LAWRENCE, VISIT:

- ♥ **Their Own Harlems**, Studio Museum, Harlem, NY exhibit through Jan 15, 2018
<https://www.studiomuseum.org/exhibition/their-own-harlems>
- ♥ **Jacob Lawrence, The Migration Series** <https://youtu.be/t4lgvB5cV5E>
- ♥ **Jacob Lawrence on The Great Migration** (video clip)
<http://lawrencemigration.phillipscollection.org/> The Phillips Collection
1600 21st Street, NW, Washington, DC 20009
- ♥ **Immerse Yourself- Panel 61**
<http://lawrencemigration.phillipscollection.org/immerse-yourself/your-panel61>
- ♥ **Debut Reading of the Migration Series Poetry Suite | MoMA LIVE** <https://youtu.be/pdPZ5Wag9BM>
- ♥ **A Living, Breathing Stepping 'Exhibition' of Jacob Lawrence**
<https://www.nytimes.com/2017/11/03/arts/dance/step-afrika-the-migration-reflections-on-jacob-lawrence.html>



The National Museum of African American MUSIC (NMAAM)

The National Museum of African American Music, located in Nashville, TN is set to open its doors in 2019. It will be the only museum dedicated to preserving the legacy and celebrating the accomplishments of the many music genres created, influenced, or inspired by African Americans.



Within 56,000 square feet, museum visitors will experience the Rivers of Rhythm Pathway where they will be taken from the beginnings of American music with Southern religious and blues traditions to the most impactful hip-hop and Rhythm & Blues.

The Museum will educate, preserve, and celebrate the rich influence Black people have had on America's music. The story that will unfold within its walls is the soundtrack of the American story.

NMAAM will share how Africans played a critical role in shaping our country's heritage and culture. From production to songwriting to performance to consumption, this country's musical landscape was formed by a distinct group who created, influenced and inspired more than 50 genres of music.

There are several ways to support NMAAM:

- Attend their events – See their Events Calendar
- Volunteer
- Follow on social media – search “theNMAAM”
- Subscribe to their e-newsletters
- Donate:
 - Online at www.donate.nmaam.org
 - \$10 or more
 - Text to Give: Text THENMAAM to 243725



To learn more about NMAAM visit: <https://www.nmaam.org/museum/>

KUDOS!!!

Commentary from the Sept/Oct 2017 Issue

“It's about 3:00am and this letter was quite touching. To read about Nina's itemization of her scholarship money, warms my heart to know that she took the time out of her busy schedule, to not only say thank you, but to give an account of the funds. Nina, is proof that we are needed even more in our communities and” how a little goes a long way.” To my sisters that work tireless hours planning and preparing for an event Thank You! Please know that the Nina's of the world continue to need to learn about MMSI.”

– GM Claudette Edwards

Great job with The Graces! Impressive. Keep up the great job.
Respectfully, Bro. Jones Addoh

Thanks for the publication! The King In I Salutes the Queen in You!
– Bro. Christopher Moxley

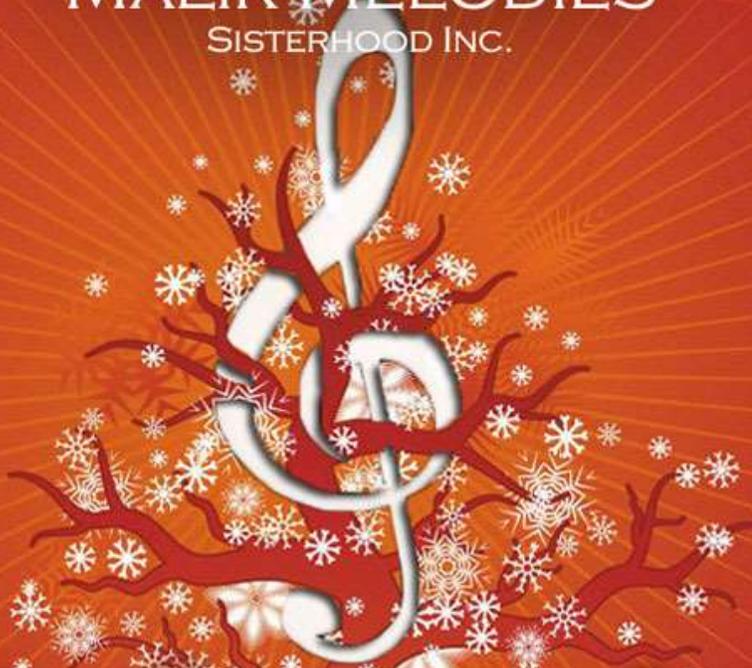
Excellent work - Newsletter Team!! Thank you for launching the newsletter - wonderful pieces to read. Love the section "Did you know".
Thanks, GM Sharon Harleston





HAPPY HOLIDAYS AND ABUNDANT BLESSINGS!

FROM THE REGAL SISTERS OF THE
MALIK MELODIES
SISTERHOOD INC.



*Thank you for your continued support of
The Malik Melodies Sisterhood, Inc.*

*We wish you good health, prosperity,
happiness, and peace in the New Year.*

