

# ENOUGH SAID

E<sub>2</sub>S EDUCATION, SELF ESTEEM, SUCCESS

A monthly newsletter

3-5-2025

## BLESSED AND THANKFUL

### RAMADAN IS HERE!!

Saturday, March 1 was the first day of fasting for Muslims around the United States and abroad. This opportunity of personal obedience and commitment to the Almighty during 29 or 30 days is a mercy for us. Not only do we not eat or drink during daylight, but we pray more, attempt to read the Holy Quran in its entirety, and seek the pleasure of the Almighty. We concentrate more on our faith. Research Ramadan to learn more...

EYES ON MENTAL HEALTH *Bayyinah Shaheed, Contributor*



Many people struggle with taking prescribed mental health meds daily. It has been reported that a monthly injection should be considered. While facilitating clients in mental health group sessions, it was stated to me that some of them preferred a monthly injection because of the positive life-changing circumstances it offers. The once-a-month injection, chosen by many, seems to be easier and offers great improvements. It would be beneficial to have this discussion with your psychiatrist.

Contact me 404-680-3797 (*to be continued*)

### WE MUST NOT FORGET



The LEGACY EXPRESSION winner is **ASIYA ABDUS-SABOOR**, She recited her poem with expressive memorization.

***THE HEART OF THE LIST (excerpts)***

***We must not forget about the people in the background.***

***The ones who set things up and break things down. They played a part in building the foundation, yet receive no affirmation—Constantly working towards the cause, moving silently with no applause. Always volunteering their different trades, And going without praise or accolades... We must not forget, their names are the HEART of the list...***

### VIBE OF THE MONTH: **WHOLEHEARTLY**



Do it wholeheartedly or not at all. Complete sacrifice is crucial in our work, the way we live and the faith we truly have. Being honest and sincere gives us the worthiness of being respected and happy; it gives us the courage to stand alone for what is right. We must have the consciousness of doing what we do as if the Almighty sees us. "You who believe, enter wholeheartedly into submission to God"...HOLY QURAN, CH. 2, Verse 208

Enough  
TO Share  
FOOD PANTRY

#### SPECIAL POINTS OF INTEREST:

\*Beyond grateful to all the donors, volunteers, honorees

and believers who indulged us in being in attendance at the 10th Annual E2S celebration

\*We love and appreciate our donors and volunteers.

\*B-Ball with Perfect Timing Athletics training—  
Call or text Coach Jalal at 678-602-5649

\*E2S Youth Volunteers wanted. Text (404) 317-5575

\*Caliphs Soccer anyone—See Coach Harold today.