

E₂S
EDUCATION
SELF ESTEEM
SUCCESS

MAY 7, 2025

ENOUGH SAID

PREPARATION MEETS OPPORTUNITY



Board Members

- Linda Abdul-Azeez
- Rashid Rashad
- Amina A. Ali
- Veronica Ahmad
- DiNita Johnson
- John Muhammad
- Jalal Abdul-Azeez
- Nassar Madyun
- Suad Sabree
- Khadijah C. Pitts
- Edmond Killingbeck
- Brenda Rasheed
- Saudia Muwwakkil
- Nafisah Fudaeel

www.enough-to-share.com
501c3—EIN: 81-2970193

SPECIAL POINTS OF INTEREST:

- **MOBILE FOOD PANTRY: June 21—Masjid An Nur**
- IPTA, students and community believers say **THANK YOU** to our **TEACHERS AND STAFF**.
- B-Ball with Perfect Timing Athletics training—678-602-5649
- E2S Youth Volunteers wanted. (404) 317-5575

* Leading Through Service Conference

Wonderful points were given at this conference to afford those in attendance with **success**. *Mind, body, and soul*

* ACFB Partner Agency Conference

Success was key as collective strategies penetrated the minds of partners. *Sustainability, accessing resources, networking*

*Congratulations Graduates

From elementary, middle, high school to college students, **success** has been earned. *Hard work, consistency, belief*

EYES ON MENTAL HEALTH

Bayyinah Shaheed, Contributor

May is Mental Health month; however, let us focus on its effects daily. Be mindful, too, of other mental challenges such as PTSD, depression, stress and anxiety. These are some identified episodes which can be triggered by trauma.

As a reminder, be resilient in taking medications daily. If this presents to much of an effort, then PLEASE consider taking the monthly injection instead.

Contact 404-680-3797
(to be continued)

“DO FOR SELF” CONFERENCE and MARKETPLACE

Coming Soon. . .

H E A R T (VIBE OF THE MONTH)

“There lies within the body a piece of flesh. If it is sound, the whole body is sound, and if it is corrupted, the body is corrupted. Verily this piece is the heart.” (Hadith 6—Bukhari & Muslim) It can be a source of good and bad actions. Guide the heart by seeking knowledge, engaging in prayer/devotion, and cultivating good character traits. A pure heart brings about peace and tranquility.