ENOUGH SAID

GOD IS GREATER

November 5, 2025

E2S***EDUCATION, SELF-ESTEEM, SUCCESS

Oh S.N.A.P.

In the face of hardships--the shut down of the government and the freeze on SNAP (supplement nutritional assistance program)--millions of people in America are struggling more than ever before to get food, pay bills (high cost or no medical insurance)—too just live. ***Remember…you are not alone.*** **We will unify and keep our trust in the ONE that's in control.**

MUCH SUCCESS TO SALAAM SQUARE

LOCATE FOOD AT

https://www.acfb.org/gethelp

EYES ON MENTAL HEALTH

BAYYINAH SHAHEED, CONTRIBUTOR

Families should come together to pray and break bread at the table with our children to talk about their mental & physical health; open conversations about their feelings and challenges create a supportive environment for everyone. Violence & negativity-- cussing, fighting, screaming, yelling, and speaking loudly in anger--are behaviors that foster a harmful atmosphere and can have a lasting impact on not just our children but the family's well-being, too.

RESILIENCE

(Vibe of the Month)

Having RESILIENCE is a virtue given to us by the Almighty. It is He who guides us through adversities, trauma and stress. We believe that from pain comes wisdom--from fear comes courage—for suffering comes strength. The tests and trials that we do and will have help us build resilience—which makes us stronger. "With difficulty comes