

Family Living

Body, Mind, and Spirit

By JOY RAMOS

A New Year symbolizes fresh beginnings and self-renewal. It is a time where we can live genuinely with a higher purpose.

I met a new friend in class. The instructor asked her to introduce her-



self. She proudly proclaimed, "My name is Zakiyah (pronounced Za kee yah) Zuri." When she said that, it brought up an image in my mind's eye of a spiritual warrior woman highly respected in her African village. I associated the name with the quality of inner strength. She said that her name meant Intelligent and Just. How beautiful.

Zakiyah's former name was Priscilla. This was too limiting for her.

She worked on letting go of angry, militant attitudes about being culturally violated as an African American. "Anger is useless. I am so much bigger than the cultural inflictions," she explains.

Priscilla began to seek an identity out of divine discontent. In her search, she found the Sarsat teachings. "I embraced a community that furthered my whole identity process. I became peaceful and very happy. I understood what I endured. I understood emotions that held me back spiritually," she says.

Invoking African ancestors, ritualizing, and honoring her Higher Self gives her a sense of belonging. It was as if she came home to something that has always been a part of her but forgotten. Her return to her cultural and spiritual 'roots' brought her Self-

awareness full circle. She wishes others could similarly return to their 'source' by gaining identity and worth within.

Priscilla underwent a ritual in honor of her destiny. Matt (pronounced May Ot) was the deity in charge of her destiny. It is her purpose in this lifetime to know truth and justice. There was singing to the deity and chanting words of Power. The African ancestors were asked to join along in this process. She sat around while people chanted and others prayed with the ancestors. Priscilla was asked to keep her head down to symbolize alignment of Mind with Spirit. A 'sister' who was in trance uttered her new name. Her spiritual



guide followed suit. The name Zakiyah was chanted for two hours straight while drums played.

"I felt born again. My mindset and body was different. There was a light around me that grew in radiance like a walnut with rays of sun coming out of it. I went from dead to living," she remarked.

Changing your name gives a person a sense of identity. Zakiyah adds that, "When you call up on someone's name, it is bringing forth a characteristic in themselves. It illuminates their being. Words are Power. If you have a name with substance, it stimulates that part of a person's being. In essence, it is a compliment from other people."

Zakiyah renamed her son Zuberi. The new name reflects his life's purpose. Zuberi means Strength and Giving Help.

Surya Bonaly Skates in Winter Tour

TBS Superstation kicks off Black History Month by featuring five-time European champion (1991-1995) and three-time world silver-medalist (1993-1995) Surya Bonaly in the Champions On Ice Winter Tour. The show is part of a multi-year agreement with Yom Collins Enterprises, and will make its television debut on TBS Superstation Sunday, Feb. 1, at 9 p.m.

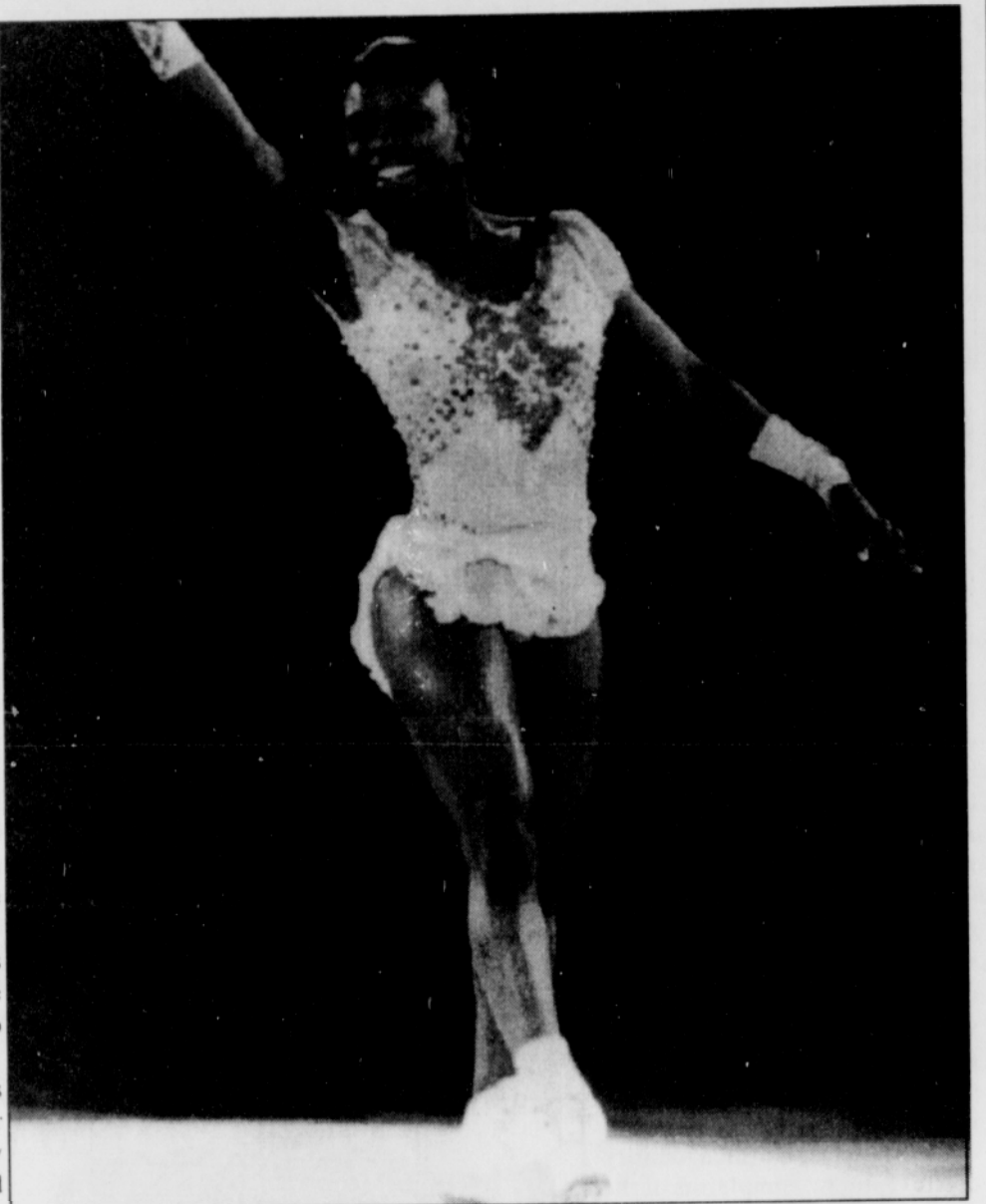
French-born Bonaly has dominated the French National Championships winning seven consecutive years from 1991 to 1997. She is an Olympic-hopeful and expected to compete in the 1998 Winter Olympics in Nagano.

The two-hour Champions On Ice, which features an international field of Olympic and world champion skaters, will be a part of Destination Sunday, TBS Superstation's weekly four-hour block featuring national Geographic Explorer and a premiere Superstation event.

Joining Bonaly is three-time U.S. Champion and Olympic gold medalist Dorothy Hamill, making her first appearance on the Superstation; ladies Olympic champion Oksana Baiul; ladies Olympic and world silver medalists Nancy Kerrigan and Elizabeth Manley; men's Olympic and world champions Brian Boitano and Viktor Petrenko; U.S. national champion Rudy Galindo; two-time Olympic bronze medalists Isabelle Brasseur and Lloyd Eisler; five-time U.S. national pairs champions and world pairs champions Tai Babilonia and Randy Gardner; and Olympic dance silver medalists Maia Usova and Alexandre Zhulin.

Also performing are 1994 Olympic dance champions Oksana Grishuk and Evgeny Platov. Grishuk and Platov are also Olympic-eligible and are expected to compete in Nagano in 1998.

Veteran figure skating announcer Verne Lundquest hosts the event and is joined by Olympic pairs silver medalist Peter Carruthers. Champions On Ice is created and produced by Tom Collins, producer of the world famous Tour of World Figure Skating Championships.



Surya Bonaly, Champions On Ice on TBS Superstation, Feb. 1 at 9 P.M. (ET).

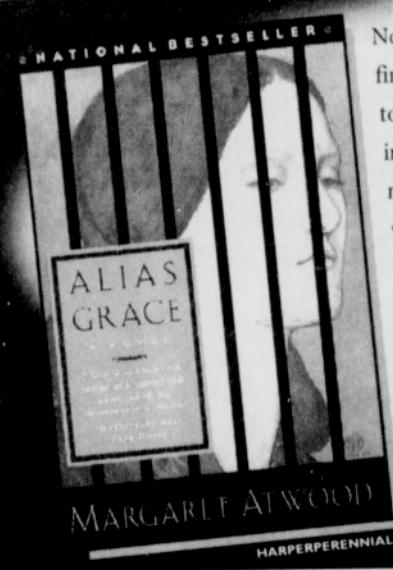
Family Needs Community Help To Recover

A family burned out of their Milwaukie rental home three days before Christmas needs the community's help to get back on their feet.

Nancy and Al Richardson and their three children were burned out of their Needham Drive home on December 22. They now need shelter, food, and financial help.

The Causey Avenue branch of US Bank has established The Richardson Family Fund Donation Account to accept donations. Funds will be accepted at any US Bank Branch.

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Now in paperback, *Alias Grace*, a Booker Prize finalist, has won praise internationally and from coast to coast. Margaret Atwood takes us back in time and into the life of one of the most enigmatic and notorious women of the 19th-century. Grace Marks was convicted for her involvement in the vicious murders of her employer Thomas Kinnear and of Nancy Montgomery, his housekeeper and mistress. Dr. Simon Jordan plumbs the depths of Grace's soul. Is she a bloodthirsty femme fatale? Or simply a victim of circumstances?

Citizens Needed to Impact Children

Citizens are needed to impact child abuse and juvenile delinquency cases in Multnomah County. The Citizen Review Board (CRB) is recruiting citizens to serve on its boards in Multnomah County.

The CRB is a statewide program of the Oregon Judicial Department that reviews cases of children in the custody of the State Offices for Services to Children and Families (SCF), and of youth in the custody of the Oregon Youth Authority (OYA), who have been removed from their homes. These children and youth are in foster homes, group homes, and residential treatment centers. The boards conduct review meetings which are attended by parents, foster parents, therapists, attorneys, and SCF case-workers or OYA parole officers. The boards review each child's case plan, or each youth's reformation plan, identify the needs in the case, and make recommendations to the Juvenile Court.

The Chief Justice of the Oregon Supreme Court appoints volunteers as board members who serve 2-year terms. There are 23 boards in Multnomah County, and each board meets one weekday a month from 8:30 a.m. to 4:30 p.m. Residents of Multnomah County interested in serving on the CRB may call Clayton Kubota at 731-8382 to request an application.



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