



ANNIE B. JONES COMMUNITY SERVICES, INC.

PRAY ABOUT IT – TALK ABOUT IT
PAI-TAI

SPIRTUAL FIRST AID KIT
DISASTER PLANNING AND RECOVERY
SEPTEMBER 2, 2021

An abstract painting featuring vertical stripes of color. From left to right, there are sections of green, black, and red. The colors are applied with thick, expressive brushstrokes, creating a textured and layered effect. The background is a mix of these colors, with some areas appearing more saturated than others.

FIRST AID TOOLKIT FOR THE BLACK COMMUNITY

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DISCLAIMER

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SPIRITUAL FIRST AID





FOR THE BLACK COMMUNITY
DISASTER PLANNING MUST INCLUDE

1. **RETURN TO GOD** AND COMPLETE RELIANCE ON HIM
2. **RETURN TO SELF** (RECLAIM OUR POSITION AS THE ORIGINAL MAN/WOMAN)
3. **RETURN TO ONE ANOTHER** (GENUINE BROTHERLY & SISTERLY LOVE & UNITY)

MESSAGE FROM PASTOR VICTORIA CAROL BRADY



EAT AS DIRECTED BY GOD

"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." Genesis 1:29, KJV

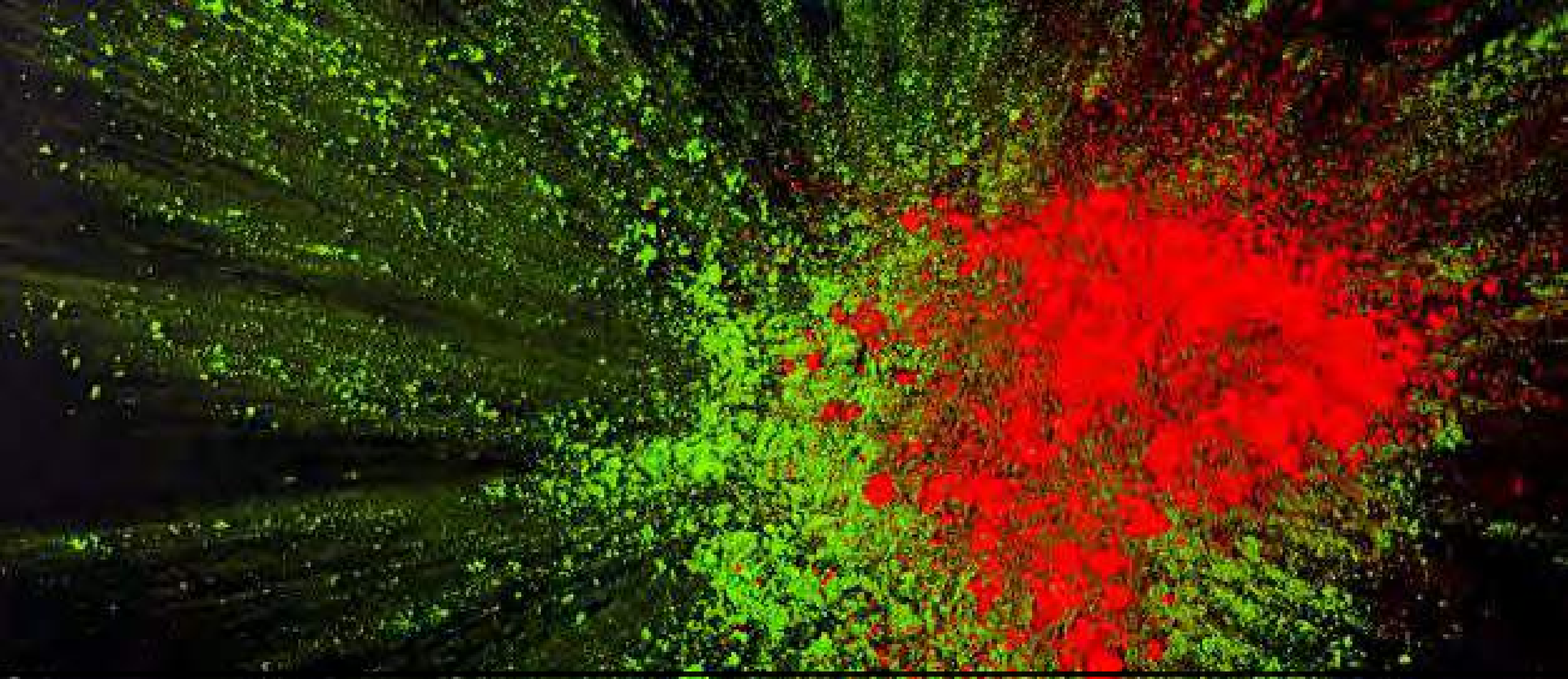
"But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you." Matthew 6:33

"For there shall arise false Christs, and false prophets, and shall shew great signs and wonders; insomuch that, if it were possible, they shall deceive the very elect." Matthew 24:24

"Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man." Luke 21:36

"Let your conversation *be* without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee." Hebrews 13:5

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." John 16:33 NIV



WELL-BEING & HUMAN DIGNITY

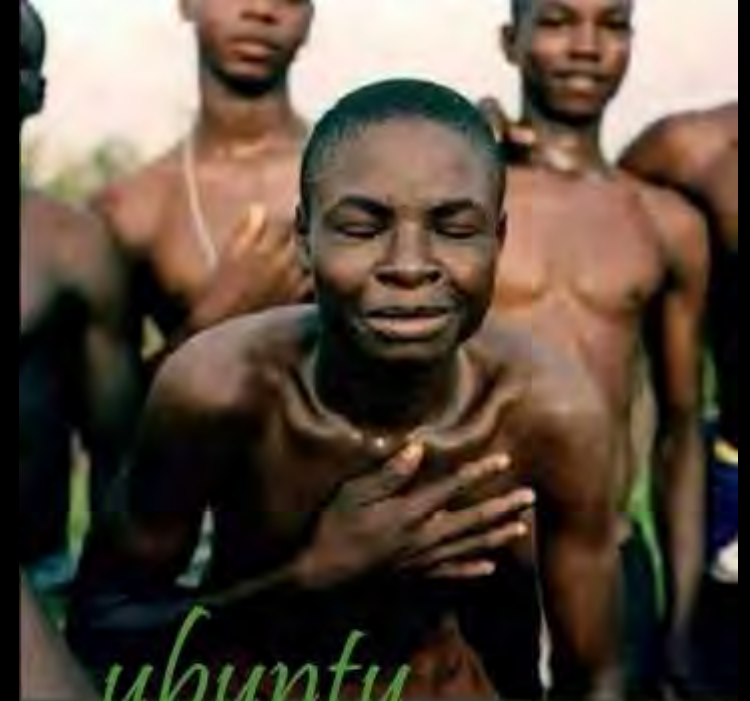
HUMANIZING PROCESSES

- A sense of social belonging and values affirmation activities for those from stigmatized racial/ethnic groups, as well as education interventions to raise awareness of both conscious and unconscious bias and stereotyping among non-stigmatized people.
- Your existence and value is worthy and precious.



UBUNTU – HUMANITY TOWARDS OTHERS

We (they) believe each person is good, yet sometimes we make mistakes which is really a cry for help. They unite in this ritual to encourage the person to reconnect with his true nature. The belief is that unity and affirmation have more power to change behavior than shame and punishment. This is known as Ubuntu – humanity towards other.



In certain regions of South Africa, when someone does something wrong, he is taken to the center of the village and surrounded by his tribe for two days while they speak of all the good he has done. They believe each person is good, yet sometimes we make mistakes, which is really a cry for help. They unite in this ritual to encourage the person to reconnect with his true nature. The belief is that unity and affirmation have more power to change behavior than shame and punishment. This is known as Ubuntu - humanity towards others.

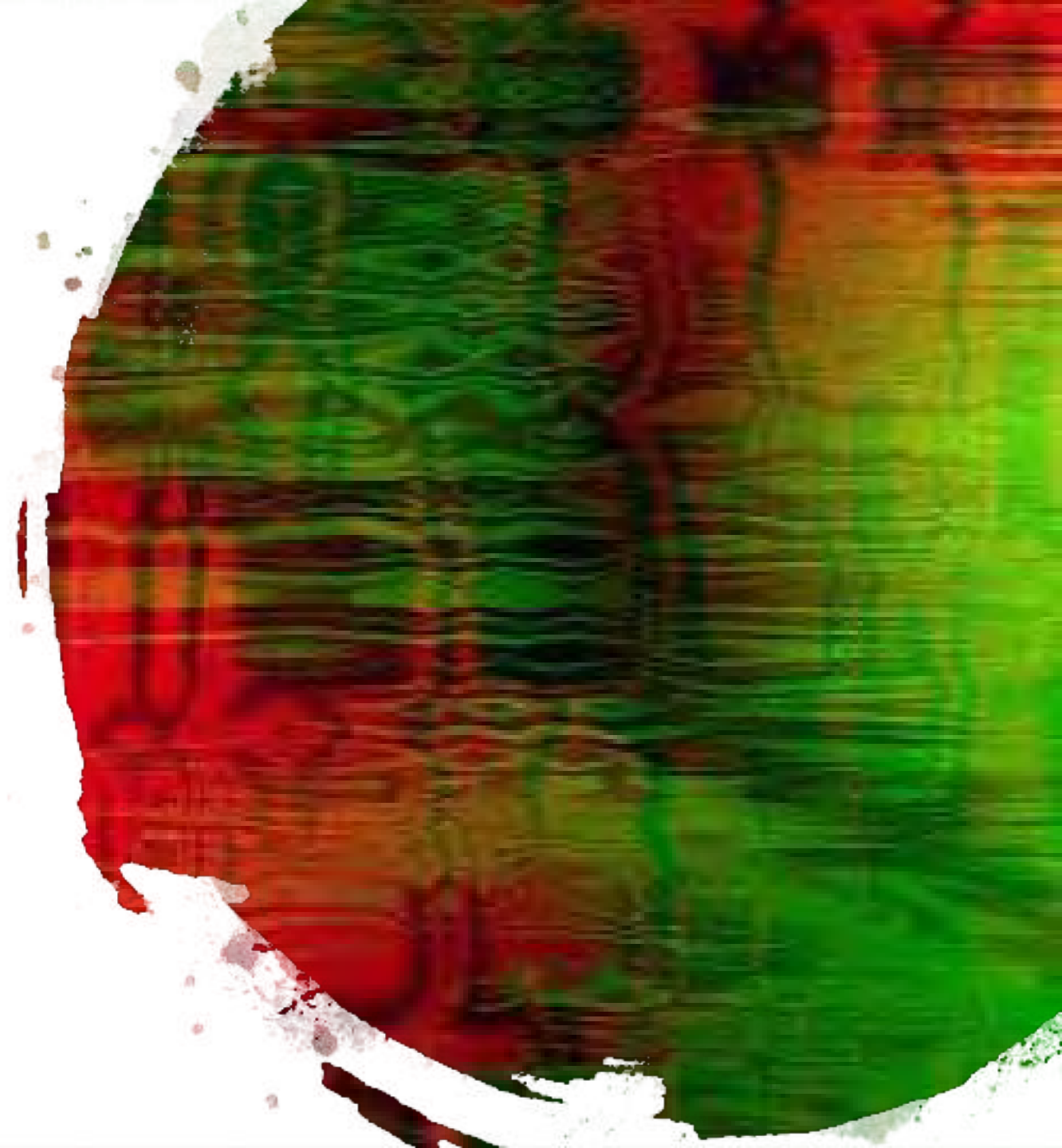
Being disconnected from your cultural heritage can lead you to question who you really are and where you belong. This may cause you to feel lost and isolated. Connecting with culture can have a positive impact on your sense of belonging and identity – and in turn, on your mental health and overall wellbeing.





DISASTER PLANNING & RECOVERY

Health & Wellness



Epidemiology of COVID-19



Coronavirus (**COVID-19**) is an illness caused by a virus that can spread from person to person. WHO called it a Pandemic in 2019



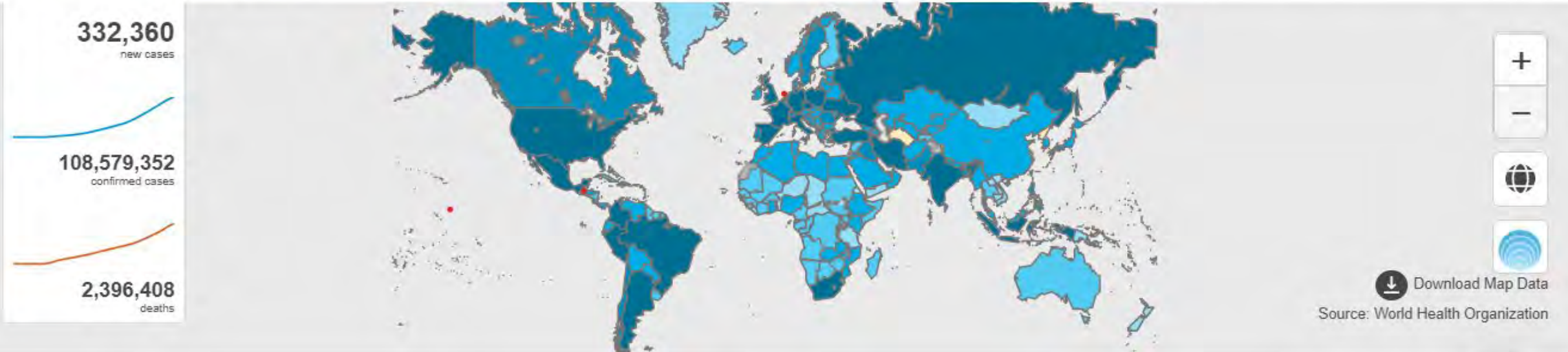
WHO Coronavirus Disease (COVID-19) Dashboard

Data last updated: 2021/2/15, 4:05pm CET

[Overview](#)

[Data Table](#)

[Explore](#)



Source:
World Health Organization
Data may be incomplete for the current day or week.

The US Ranks Last (11TH out of 11) of most dimensions of a health care system

Other Pandemic: Racism

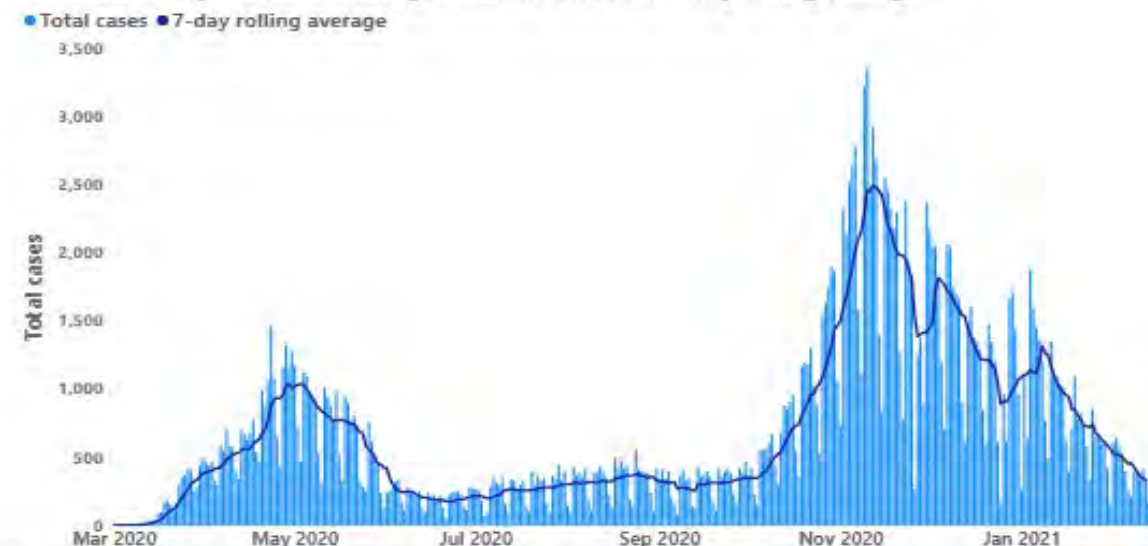
Globally **4:05pm CET, 15 February 2021**
108,579,352 confirmed cases
2,396,408 deaths

Characteristics of Chicago

Characteristic	Number	% Total Cases	Rate per 100,000
Citywide			
Citywide	4880	100.0%	177.2
Age			
0-17	2	0.0%	0.0
18-29	31	0.6%	5.8
30-39	106	2.2%	23.5
40-49	254	5.2%	73.8
50-59	520	10.7%	161.9
60-69	1079	22.1%	407.2
70-79	1259	25.8%	807.6
80+	1629	33.4%	2023.6
Unknown	0	0.0%	
Gender			
Female	1990	40.8%	142.7
Male	2890	59.2%	217.1
Unknown	0	0.0%	
Race-Ethnicity			
Asian-Non-Latinx	224	4.6%	125.0
Black-Non-Latinx	1879	38.5%	237.1
Latinx	1633	33.5%	208.1
Other-Non-Latinx	46	0.9%	35.1
Unknown	30	0.6%	
White-Non-Latinx	1068	21.9%	114.1



Confirmed daily COVID-19 Chicago resident cases and 7-day rolling average



[CityofChicago.org/coronavirus](https://www.cityofchicago.org/coronavirus)
[Dashboard](#)

Self-Health Action Plan:

Testing

Treatment

Prevention Activities:

Spiritual Practice

Food as Medicine

Immune Building Activities/Exercise

Overall Health Wellness,

Social Distance in Public/Crowds

Wear Masks –Wash Hands- Air Ventilation- Pulse

Oximeter/Thermometer

Learn more about Science- Laws of Nature- Healing Paradigms

(Healing is Better Health)



BUILD YOUR IMMUNE SYSTEM

Many people are getting as much sun as possible. Many are taking D3 vitamins, drinking plenty of water, and taking products such as elderberry, sea moss, silver shield, olive leaf extract, and other natural God-given products for their overall health. Consider researching this.

EXERCISE

Be sure to exercise and remain as active as possible. Keep your stamina built up. You may need physical endurance in the case of a disaster. Be sure to check with your primary doctor when starting a physical routine.



MUSIC, MEDITATION, PRAYER

Music can have a healing effect on its listeners. Play music with clean and wholesome lyrics and/or instrumentals; songs that lift you/us up as Beautiful, Bold, and Black. Pray and Meditate at least twice a day. Start with 5 minutes (morning and evening), and then work your way up in minutes. Affirm and Repeat Daily:

I Love Myself.....Therefore I (you fill in the blank....be good to yourself)

I approve of myself (say this at least 50 times per day---yes 50 times....we must let this sink into our minds)



An abstract painting with a textured surface. The top half is dominated by dark green and black brushstrokes, suggesting a dense forest or foliage. Below this, a bright orange and yellow area transitions into a deep red at the bottom. The colors are blended and layered, creating a sense of depth and movement.

COVID 19 & OTHER VIRUSES - TESTIMONIAL

This is a list that was put together for someone that was fighting Covid and other viruses. It is very powerful.

THE OILS RECOMMENDED



1. **Frankincense** (good for every cell of the body)
2. **Oregano** (anti-viral) kills about everythingpenetrates virus shell
3. **On Guard** (anti-bacterial, anti-viral, anti-fungal, protects against a struggling immune system, and more)
4. **Rosemary** (antimicrobial, Decongestant, Depurative, Restorative and Stimulant)*
5. **Peppermint** (helps with energy, head tension, clear breathing and anti-viral, coughs (opens airways) anti-inflammatory, ease breathing/congestion)



OTHER SUPPORTIVE OILS FOR VIRUSES

1. **Lavender** (oil for everything calming, anti-inflammatory, antihistamine, skin irritants and burns, supports restful sleep)

2. **Lemon** (anti-fungal, antiseptic, ph balance, mucus, respiratory problems, coughing, heartburn, ulcers, allergies, immune support, liver detoxification)

3. **Deep Blue** (for muscle pain & inflammation, joint pain, headaches, bruises, bone pain, arthritis and more)

4. **Breathe** (constricted breathing, emphysema, exercise-induced asthma, nasal polyps, respiratory infections, Sinusitis.)

*If you don't have Rosemary, you can substitute it with Thyme

COVID 19 VACCINE

Review factual information about the vaccines from all companies. Gain an understanding of the ingredients in the COVID 19 vaccine. Gain an understanding of how this injection works in the body. Be aware that vaccines and inoculations can have lasting affects for decades. Make an informed decision; it is not wise to do something significant because others are doing it. It is wise to make the best decision for yourself.

Whether taking the COVID 19 vaccine or not, taking health products, eating fresh fruit and vegetables, staying away from GMO foods (Genetically Modified Organisms --- food made in laboratories)....may help boost your immune system.



THE **POWER** OF HEALING

A Testimony – READ THIS

I, Minister Rahim Chesed Aton, was raised in the Church Of God In Christ under Elder James Stovall in Chicago. I attended church five days a week and no one had to make me go.

I did not immediately accept my calling to the ministry; I spent most of my time playing my horn and practicing martial arts. I started playing the Sax at Englewood High School in 1972. In 1976, I was introduced to a neighborhood band and begin playing R&B and blues in lounges and clubs. While in the clubs I made an excuse for doing "GODS" will by carrying the bible with me to the clubs and reading it during intermissions, but that was "my" will, not "Gods will"

In 1987 after taking "my will" to its extreme, *I was diagnosed with a rare incurable lung disorder called **Sarcoidosis**. I had a cough that lasted a year and still wouldn't let up. I couldn't breathe and was short winded after playing the Sax. I was walking slightly bent over because if I stood up straight I couldn't breathe. I finally went to a neighborhood clinic and the doctor sent me to get an X-Ray at another clinic. After getting an x-ray the technician came from the back to give me my x-rays to take back to the doctor's office. He had a strange look on his face so I asked him what was wrong. He said he wasn't allowed to share his findings with patients because he could be fired. He asked when I was returning to see the doctor. That day was a Saturday and I told him I had an appointment for Tuesday and he said I probably wouldn't make it till Tuesday. So I went back to see the Doctor that same day. He showed me my x-ray and my lungs were black. I was admitted into a Hospital that same day. I stayed in the hospital for 12 days and after running a series of tests on me, they told me that I was in my last stage and nothing could be done. They said they didn't know the cause or the cure for Sarcoidosis. They said I had only 6- 18 months to live, gave me a prescription for steroids and sent me home. **But when GOD calls you on a mission you might run for a while but you can't hide. I stopped running, repented of my transgressions, and GOD through the use of nature's herbs, prayer, and a change in diet proved the doctors wrong and cured me.***

In 2007, I went to the doctor for a physical check up and when the doctor brought by the results of my chest x-ray she asked was I sure that I was diagnosed with **Sarcoidosis**. I said yes I'm sure. She said that my x-ray doesn't show any signs of me ever having a respiratory illness. Today I'm still playing and performing before audiences and doing lectures. 2021

FUN AND GAMES

Take time to play fun games. Play with friends and families when possible. Remember to laugh --- laughter is good for the soul.





FINANCES

Pay your tithes which is 10% of your income as instructed by God – Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this,” says the LORD Almighty, “and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it. **Malachi 3:10**

Honor God through the tithe, pay into a retirement fund such as a 401k, and then pay everyone else.....start this practice NOW. You have the power to control your financial life and path.

It is mandatory that we save at least six (6) months of emergency funds – this means restraining yourself with disciplined spending. It is time for the Black community to save money.....learn to save.....learn to invest to receive a return on your investment.

When we do spend, we must do so in our own community. Blacks keep money in our community for only 8 hours. What sense does it make to work hard to earn money and give it right back to non-Black businesses? We work to spend and others wait for our dollars. Black people must, must, must learn to spend among ourselves and boost our own economy.

FOOD SECURITY

It is mandatory that we purchase extra canned goods and other foods that can be stored. Do this every time you go to the store. We do not want to be without food and water during a disaster.

More and more Black people are learning about and becoming involved in agriculture. Some have returned to growing vegetables at home. We must protect ourselves through food security. Receive your food with thanksgiving to The Most High God.





SAFETY AND SECURITY

Be sure you have an escape plan at home, work, school, church. In case of fire or extreme emergency every second counts. It may seem foolish but conduct fire drills or least discuss your plan for getting out if there is a fire.

Working smoke and carbon monoxide detectors are very important. Make sure these are in your home and be sure that they are functioning.

Develop a phone tree with a few neighbors. It is important to know what is going on in your neighborhood or on your block.

Identify a safe place to go in case of major storms or other emergencies. Be sure that the family knows where to go and what to do. Do not wait until an emergency happens. Plan ahead!

PUBLIC SAFETY / INTERACTING WITH LAW ENFORCEMENT

- If you should get stopped by the police or law enforcement, do not resist in any manner. If the officer acts in an unprofessional or threatening manner, address it at a later time; after the encounter. Do not try to address the issue in the heat of the moment.
- Avoid conflicts at all costs and as much as possible. Choose the path of peace.





COMMUNICATION

Imagine a 'post-Katrina'-type environment — no electricity, no running water, no food deliveries, no access to money, no phones — imposed instantly on every urban area in the United States, lasting for months if not years. That could be the catastrophic outcome of an electromagnetic pulse, a very serious but little-known threat. For years, scientists have warned of this threat — which can emerge from either natural or manmade sources — but the US remains largely unprepared, especially in the Black community. Individuals and businesses need to plan accordingly to protect themselves to the extent possible. An EMP, as it is often called, is a short-duration release of electromagnetic energy, like a bolt of lightning. But while lightning can cause damage, its destructive power is dwarfed by the potential of much more powerful EMPs that can be generated naturally by the sun or artificially by hostile states or even terrorists.



WHAT CAN INDIVIDUALS AND BUSINESSES DO IN CASE OF AN EMP OR OTHER SIMILAR OCURRENCE

- ✓ Keep a few weeks of non-perishable food, water, and medicine on hand.
- ✓ Business interruption is obviously a key concern. An EMP event could significantly disrupt supply chains, cause cancellation of events, and limit access to basic records. Backups of key records should be made daily and stored on tape or DVD away from equipment that could be damaged in such an event.
- ✓ A Radio with the batteries removed and stored separately, or a hand cranked rechargeable radio, is also a recommended.
- ✓ Have some amount of cash.

These elements would be very helpful in surviving a moderate EMP. The rest is dependent on the government and security, along with the political will to take the farsighted steps necessary to mitigate the possible devastation of such an attack on our electric grid. **If an EMP were to occur, it would disproportionately affect African Americans because we live predominately in urban areas where there are a lot of people. It is said that only after a few days after an EMP, there would be no running water because the water treatment plants would be offline, there would be no food because there would be no electricity to make food, store, or transport food.** Do not be frightened; T be prepared. This is called being proactive.

A painting of a forest scene. In the foreground, a large, gnarled tree trunk is visible, partially covered by a vibrant red cloth or tarp that drapes down. The background shows more trees and foliage in shades of green and brown, suggesting a dense forest. The overall style is somewhat impressionistic with visible brushstrokes.

OUR BLACK TRUTH

- We now have a Black owned social media platform whereby we can build a cyber nation of our own. We can communicate with one another, share information, post the truth about us, and uplift one another. In the case of a disaster this platform could provide important and useful information.
- Our Own Platforms are what's needed We all have heard the stories regarding African Americans being censored on Facebook, YouTube and other platforms just for telling the truth. We get censored because it's not our platform and we think it's our right to not be censored. But this couldn't be further from the truth. Rights and privileges are determined by what you own and if you don't own or control anything you have no rights or privileges and that's the way it is. Now we have our own platforms that we control and being censored for sharing truth is a thing of the past!
- Our Black Truth is designed to serve all African Americans and African descended people around the globe. In total there are more than 2 billion African descended people in the world and our goal is to have 200 million of them to become Our Black Truth users.



ADVERB'S SAFETY TOOLKIT

- Flashlight & Working Batteries
- Bandages
- Water, Water, Water
- Food, Food, Food
- Pre-paid Tracker Phones
- Coat/Jacket
- Blankets
- Antiseptic (Rubbing Alcohol)
- Cash Money
- Reflectors for Signaling



Let's Pause and Shift Our Focus

What or Who has supported you this past year, especially during crisis?



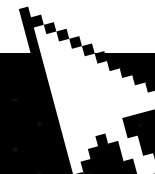
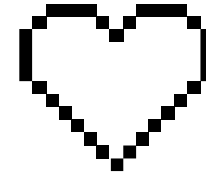
Responding to Crisis

Bridging Crisis &
Healing through Community

A Step By Step Intergenerational
Help Guide

What is Crisis?

*Is it really just
one thing?*



Where can a crisis take place?



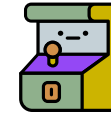
environment

People, Place, and
Perspectives



heart, body, & mind

Unknown and known
Past, Present, and Past



spirit & community

Us, right now
Our future selves
Ancestors



Additional reflections for crisis planning

Types of Decision Making

What do you need to be informed and safe when making decisions?

What do you struggle with decision making?

Mapping our Resources!

Who and where are places that you trust?
What helps you feel and be safe?
What doesn't help or can be harmful? to you?

Identifying Communication during Crisis

How to talk to me when I need help/support

Who are your point people and how can we prepare?

Identifying our Emotions & Mind

How do I check in with myself?
What and who helps me stay balanced?
What has helped me when struggling?

U What do we need during crisis?



Let's prepare
for **crisis** by
listening to
our minds
and
hearts

What are your values?

What's important?

Let's identify how to "BEST Support ME" before we are facing crisis?



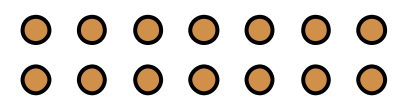


Unity in Community

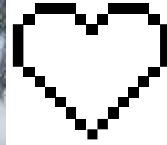
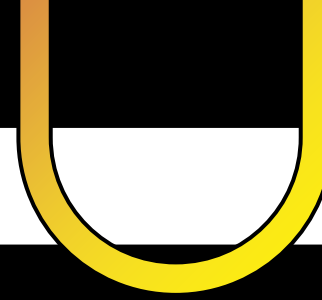
We are part of a larger history, moment, and legacy than just this moment...



Remember OUR larger community and the generations of ancestors are leaders walking behind us. We are here because of them...



Honoring our community trees



- What are our roots?
- How are you rooted?
- What are our branches?
- How can we Reach
Community During Crisis?
- How do we stay grounded as
people and as community?



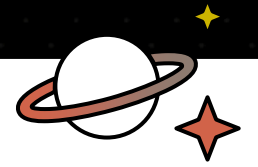


How do we break down a crisis? We build up as a community

By Planning and preparing together as community



Where do we start?



What tends to happen during crisis? *What doesn't help?*

How do we stay grounded? *What helps us and others?*

How do we deepen our ROOTS to stay grounded during crisis?

What do our ROOTS need to withstand and overcome crisis? *What holds us together?*

How do we see ourselves connected to our community, ancestors, and future during crisis?



Reflection – 1st steps

01.

Let's name the change.
What has happened?
What is happening?



02.

How do you feel?
What do you need?
What can help you feel like
yourself and safe?

03.

What connections do you
need?
What is urgent for you?
What are you unsure about?

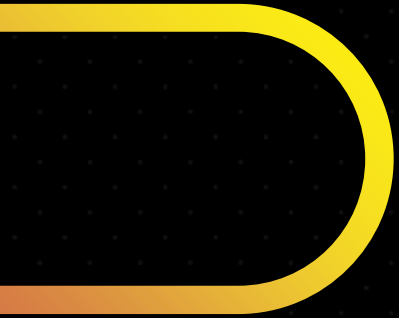
04.

Staying compassionate with
yourself
What do you need support in?

05.

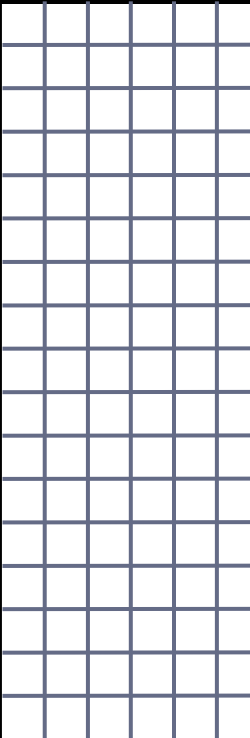
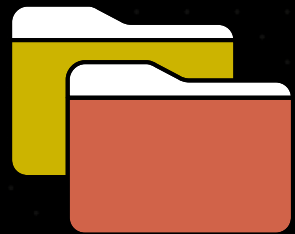
Who is part of your system of
support?
What types of community do
you need?





YOUR WELLBEING IS KEY

Overcoming crisis is staying true to
ourselves

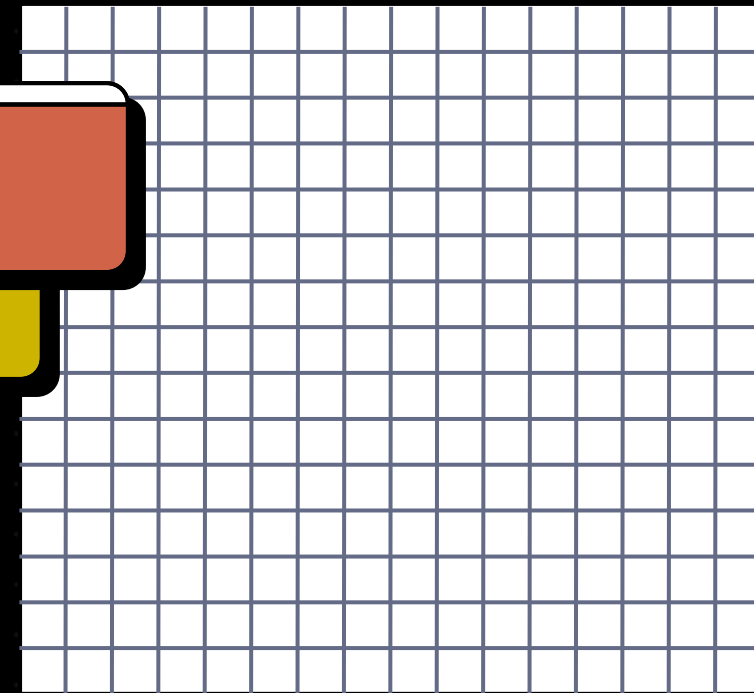
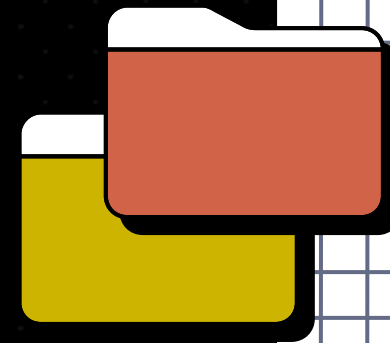


Emotional and mental **safety** during **crisis**

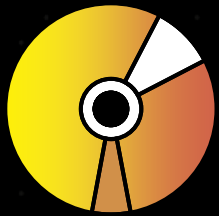
**Crisis isn't just what's happening physically around
US...**

Our hearts and minds perceive what's happening
in their own ways. We can't always understand or
define.

Being connected to our entire selves is part of
our safety.



Crisis requires community & unity within ourselves



Spiritual First Aid

Remember that you have tools and connections to protect and heal



Community Healing

Remember that when you tend to your healing, your community and ancestors heal too



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