



The Ancestors Speak – Keep Going!

“We Remember...” OR “Lest We Forget”

As we all deal with the challenges of COVID-19, we are reminded that over 400 years ago, our Ancestors' lives were abruptly disrupted, torn apart, dreams shattered, loved ones taken, as they were kidnapped, trafficked and shipped to be enslaved in the Americas.

We are reminded that many resisted, while others endured more months at the bottom of slave ships as cargo taken to parts that would be unknown to them.

We are reminded that everything we have our African Ancestors gave us – memory, knowledge, courage, strength, determination, and more. Most importantly our Ancestors bequeathed us a spirit that refuses to be defeated.

We are also reminded that everything we have today – more knowledge, more science, more technology is because of them and their resiliency. They showed us how to be strong, be safe, be smart, be reasonable, be caring, be careful, and be loving to ourselves, our families, and our communities. We are them—lest we forget.

Let us now use what they have given to help us face these trying times. They faced COVID-19 in other ways, and they survived. We can too, by being careful, caring, sharing, maintaining distances, and following good common rules of safety, cleanliness and order. We can use this time to reaffirm our relationships with our Ancestors and with each other. We can read and become more knowledgeable about our Ancestors and their survival skills. We can use this time to become more committed to each other and our communities. We will never forget who we are—We Remember!

With Love and Respect

*We wish you good health, upliftment, prosperity, joy and peace for all eternity
The ADACI Family*

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