

Celebrating Over 89 Years of Service to the Community

1937-2026

Meditation / Empowerment Service

10:30 A.M.

Sunday, March 08, 2026 / 6268

“Sitting At The Feet Of The Elder” A Conversation With Mzee Mason Byrd



Empowerment Message Facilitated By

Rev. Erica Ni Maat Ra Byrd &

Rev. Amadi George Hines

KRST Unity Center Ministerial Council

Rev. Erica Ni Maat Ra Byrd

Rev. Amadi George Hines

Rev. Richard Meri Ka Ra Byrd—Maa Kheru

KRST Unity Center of Afrakan Spiritual Science

7825 South Western Avenue, LA, CA 90047

www.krstunitycenter.org krstunityoutreach@gmail.com

Office 323-759-7567



**Service Opens with Reflection and Meditation
Welcome The Ancestors / Libation**

“Ancestor Spirit Come By Here”

Ancestor Spirits, won't you come by here;
We need your presence near.

One mind one power making all things clear;
Ancestor Spirits, won't you come by here?
Somebody's praying Spirit, come by here.
Somebody's singing Spirit, come by here.

**Welcome Visitors / Introduction of Ministers & Staff /
Explanation of Terms / Who We Are / What We Believe**

STATEMENT OF BEING

SPIRIT IS ALL; Both Invisible and Visible;
One Presence; One Mind; One Power is ALL.

This That Is ALL Is Perfect Life, Perfect Love, And Perfect Substance.

I Am an Individualized Expression of The ALL.

I Am Ever One With Its Perfect Life, Perfect Love, And Perfect Substance.

MISSION & PURPOSE

The mission and purpose of KRST Unity Center is to provide a loving and supportive atmosphere for personal and spiritual growth for all people to learn how to apply the KRST principles to master their lives.

THE KRST PRINCIPLE

The Kemetic (Ancient Egyptian) Principle of the Christ -
The Transformative power of The All that is within
each and every person and thing.

THE PRINCIPLES OF MAAT

Truth, Justice, Righteousness, Propriety, Harmony,
Order, Balance, and Reciprocity

THE VIRTUES

I Control My Thoughts
I Control My Actions

I Have Devotion And Steadfastness Of Purpose

I Identify With A Spiritual Life Or Higher Ideals

I Show Evidence Of Having A Mission In Life

I Cultivate A Call To Spiritual Orders Or The Priesthood

I Am Free From Resentment Under The Experience Of Wrong-Doing

I Have Confidence In The Power Of The Master To Teach The Truth

I Have Confidence In My Ability To Learn And Wield The Truth

I Am Ready And Prepared For All Initiation Processes

WEEKLY AFFIRMATION - Sunday, March 08, 2026

I embrace my individuality, recognize my rarity, and live authentically
because there has never been, and never will be,
another exactly like me.

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Byrd. "I stopped playing with her because she beats me."
The 105-year-old continues to love life.

"We laugh all the time, you know, she's a very happy person; I
think that's what keeps her alive," Dahmer said.

By: [Lily O'Shea Becker](#)



MASON BYRD

'Life Has Been Good To Me'

Kansas Citian Celebrates 105th Birthday

KANSAS CITY, MO

2025 Interview

A few weeks ago, the Cleaver Family YMCA, had the honor of celebrating a truly remarkable milestone — Ms. Mason Byrd's 106th birthday at the Ms. Byrd's life is an inspiration, and it was such a joy to gather with her family, friends, and YMCA community to mark this special occasion. Her spirit reminds us of the power of connection, joy, and living well at every age.

2024 Interview

Friends and family gathered for a unique celebration on Saturday for a Kansas Citian who turned 105 years old.

"She's not like your regular 105-year-old grandmother, if there is such," said Mark Byrd, grandson of Mason Byrd.



Mason Byrd's legacy stretches five generations, including up to 200 grandchildren, great-grandchildren, great-great-grandchildren and great-great-great-grandchildren.

"Well, they call me the matriarch, and that makes me important," Mason Byrd said.

She claims her secret to longevity is love.

"The key to a long life is to take it easy, love your neighbor, love yourself," she said. "I think love yourself comes first."

Mason Byrd keeps an active lifestyle as well. She attends two water aerobics classes a week, cooks, does puzzles and wins Words With Friends.

"She beats everybody," joked Otona Dahmer, daughter of Mason

Daily Word

Do not borrow off the world, or the world will require its own back with interest. Swahili Proverb

Igbo

Agbazirila ego n'ụwa, n'ihì na ụwa ga-achọ azụ nke ya na ọmụrụ nwa.

Swahili

Usiikopeshe dunia, kwani dunia itahitaji mtaji wake pamoja na riba.

MDW

Àr At Sshp ktm m P tauii Àu P tauii àb tebh f nb àāt àrma mst.

Voices of Unity /Offering Prayer

Divine love through me, blesses and multiplies all that I am; all that I have; all that I give, and all that I receive.

I give feely, and I receive abundantly.

Empowerment Message

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Unity Circle

Welcome Guests / Call to Join Benediction

Weekly Affirmation

Ankh, Ujah, Snb — (Life, Health, Strength)

Closing

Lift Every Voice and Sing

Lift ev'ry voice and sing, till earth and heaven ring, ring with the harmonies of liberty.
Let our rejoicing rise, high as the list'ning skies, let it resound loud as the rolling sea.
Sing a song full of the faith that the dark past has taught us, Sing a song full of the hope
that the present has brought us. Facing the rising sun of our new day begun,

let us march on till victory is won.

God of our weary years, God of our silent tears, Thou who hast brought us thus far on the way;
Thou who hast by Thy might, led us into the light, keep us forever in the path, we pray.

Lest our feet stray from the places, our God, where we met Thee, lest our hearts, drunk with the
wine of the world, we forget Thee.

Shadowed beneath Thy hand, may we forever stand, true to our God, true to our native land. Let
us march on 'til victory... March on 'til victory...March on 'til victory is won.

PRAYER LIST (Send prayer requests call 323-759-7567) We pray for the family of Jabari “Kreative Wood Works” Heedly. Zaden Smith, The family of Nikki Billingslea, Lorenzo Frank, Linette Abdullah and family, Snt Iuseset Leary, The Gonzales, Burks, Edwards families. Sending love light and strength for Sis. Tepra Maat, the, Luis South, Raymond Johns, Karen Hart, Hannibal Ahmed, Snt Tasanet Jackson, Snt Amenka, Sn Heru Kuti, Reggie Shaw, Marvin Deal, Bro Ron Hall, Cecil Green, Nastasha Wilson, Jawanza Dumasini, Lillian Perry, Momma Mason Byrd, Margaret Zamaroni, Roxanne Hart, Asantewaa Lewis, Carol Spears, Daniel Shelby, Asante-Ra Smith, Jahlamb Sinclair, the Board Members, and membership of KRST Unity Center. If you are feeling isolated, and alone, misunderstood, overwhelmed and overlooked, know that the grace of the Ntru embrace you in Mer and the earth was created to nourish you with the understanding of your true nature. You cannot fail. Listen to the voice within and know everything you need has already been given to you. You are powerful and unlimited. You are created for good.

ANNOUNCEMENTS FOR SUNDAY, March 08, 2026

KRST Unity is honored to welcome and host Mama Mason Byrd for our empowerment speaker today, Sunday, March 08, 2026. Lesson: "Sitting At The Feet Of The Elder". This vibrant woman is the mother of our beloved Rev. Richard Meri Ka.Ra Byrd. At 106 she is vibrant, engaging, and going just as strong as ever!

Sis Mzuri Pambeli will present one of her powerful messages in honor of Women’s History month on Sunday, March 29th! She comes to us a humble messenger to speak to the KRST community in remembrance of Rev. Meri Ka Ra and his humble, benevolent, and exemplary revolutionary leadership! Her lesson topic: “The Culture Women Of Haiti: Our Revolutionary Example To Free The Nation!”

KA Women's R & R Sister's meeting to Renew, and Restore ourselves, and Reimagine KRST Community in Beauty. Saturday, March 14, 2026 at 11:00a.m. Bring your favorite salad or dish to share. Looking forward to getting together for a lively sharing and meeting. Inspiration - "Loving Your Authentic Self" by Rev. Megashia.

The KRST Unity Ministerial Council is happy to announce that after a brief hiatus we are reactivating the Friday Night Book Study. We are asking all interested members and former book study participants to meet on Friday March 20, 2026, at 7 P.M. pst, on zoom, for a gathering to finalize our selection for the next book we will be studying. All suggestions will be taken into consideration. We are thankful for the excellent work that Sister Enyi has done in selecting books for past classes. She will give a brief overview of previous book studies and a new presenter will be selected for the next book. The zoom link will be posted on the KRST Unity website at krstunitycenter.org and sent to all former participants via email. We hope to see you there!

Join Black Lives Matter- Grassroots for our monthly organizing meeting, TONIGHT, and every 2nd Sunday of the month at 7:00 PM. Join us for critical discussion and updates about the fights and the wins as we organize into the world we want to see for our people. A hot dinner is always served and a bag of fresh produce will be given. .3423 W. 43rd Place @Crenshaw, AfricaTown.

Beautiful Black sisters, come enjoy the festivities of Black Women Are Divine, Sunday, March 15th. 11 AM - 4 PM @ Norman Houston Park. A reclamation in honor of #BreonnaTaylor. Brothers, volunteers are NEEDED. See Sis Consuelo to sign up. See attached flyer for details.

Join KRST Unity March 21st and every 3rd Saturday of each month at 6 p.m. for The Movie, The Message & The Movement. This month we view Ava DuVernay’s epic film, Origin. Riveting discussion will follow. Dinner, snacks and drinks available for purchase. Come feed your mind, body and spirit with KRST Unity. Hosted by Br.Shaka Satori. Call 323-696-2671.

Wellness & Martial arts classes are offered at KRST Unity by Bro. Shakir el Kaleem. See flyer.

The Rev. Meri Ka Ra food distribution program serves the community every second and fourth Thursday from 11:00 a.m. to 1:00 p.m. Volunteers are always needed in all areas—setup, service, cleanup, **breakdown.**

Visit the KRST Unity Thrift Store. Shop for clothes, shoes, books, and housewares. Hours are noted on the KRST Unity website.

Please allow the offering prayer to deepen your understanding and practice of this benevolent act of reciprocity. Use the QR code or links to Cash App or PayPal. We also accept cash, credit or debit card and checks made payable to: CUC/ KRST Unity. All donations to KRST Unity can be made All donations to KRST Unity can be made through the KRST Unity Website (www.krstunitycenter.org).

BLACK LIVES MATTER · LOS ANGELES



SUNDAY | MARCH 15, 2026 | 11-4 PM

FOOD | MUSIC | SPECIAL GUESTS PERFORMANCES
HEALING SERVICES | CHILDREN'S VILLAGE

A RECLAMATION IN HONOR OF #BREONNATAYLOR
EVERYTHING IS FREE FOR BLACK WOMEN AND GIRLS!

NORMAN O. HOUSTON PARK
4800 SOUTH LA BREA, LOS ANGELES, CA 90008
PARKING & SHUTTLE AVAILABLE AT:
CRENSHAW MALL (STOCKER ST. SIDE)
3649 STOCKER ST. LOS ANGELES, 90008

KRST UNITY CENTER PRESENTS
WELLNESS AND MARTIAL ARTS CLASSES

EVERY SATURDAY FROM 12:00 NOON 4:00 P.M.



- HEALTH & WELLNESS
- YOGA
- SELF-DEFENSE
- PERSONAL FITNESS PROGRAM
- SELF-DEFENSE
- JUJITSU
- TAI CHI

GET READY FOR THE NEW YOU,
AND FOR THE REVOLUTION

INSTRUCTOR. BRO. SHAKIR EL KALEEM

Bro. Shakir is a Moorish Sheikh since 1997. He has been a teacher of African Gnosticism and the planetary arts since 1997. This includes Martial arts and Earth Healing Arts: Tai Chi, Chi Gong, Yoga, and he is currently a Student of Moorish Jujitsu and Capoeira, under Sifu Engola.

Fee: \$10 per class or \$30 per month
No one will be turned away for lack of funds.
Ages 2 and up.
Children free with parents
Loose exercise clothing required

For questions call:
323-759-7567 or 323-759-5053

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