

PRAYER LIST

Sending PRAYERS OF strength and love to Linette Abdullah and family, Snt Iuseset Leary, Raymond Johns, Karen Hart, Hannibal Ahmed, Snt Tasanet Jackson, Snt Amenka, Sn Heru Kuti, Reggie Shaw, Marvin Deal, 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.

Are you feeling isolated, and alone, misunderstood, overwhelmed and overlooked? Know that the grace of the Ntru embraces 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. To add someone, prayer, spiritual enrichment, and counseling the ministers are here for you. Send prayer requests call 323-759-7567)

ANNOUNCEMENTS FOR SUNDAY, August 09, 2026

Wednesday, August 12, 2026 at 6:30 PM on the Zoom Platform KRST Unity member Savvy Ra Seshat will share insight into Chakras, zodiac and astrological charts and how to utilize them for healing, balance, personal healing and deeper insight into one's life journey. Participants will learn practical ways to apply ancient knowledge for greater spiritual growth. Visit the KRST Unity website for link. All are welcome.

Join KRST Unity member Samantha Burnett for Financial Literacy classes offered Saturday, August 15th at 12:00p.m. on Zoom. Look for this flyer on the KRST Unity website for complete details.

KRST Unity hosts The Movie, The Message & The Movement NEXT Saturday, August 15th at 5pm. Featuring the 2016 documentary, "13th," by Ava DuVernay! This film reaffirms how reparations and the dismantling of the prison industrial complex are imperative. Enjoy the bonus PRE-SHOW of the short film, "Whirlwind: The Marcus Garvey Story" by Shaka Satori. Come hungry, leave empowered! \$5-15 suggested donation. For details, call 323-696-2671.

The Saturday Wellness & Martial arts class will be on hiatus until further notice. Stay connected for details.

The Rev. Meri Ka Ra food distribution program serves the community every second and fourth Thursday of the month, from 10:00a.m. to 12:00p.m.

Volunteers are needed for help, setup, takedown, distribution.

The KA Women's meetings take place today after service, and every 2nd Sunday at 1:00 p.m., immediately following the Empowerment Service. All Sisters invited.

The KRST Friday Night Book Study has just completed the book, "A Life Centered Life Living Maat" by Rkhty Amen. We are requesting recommendations for our next book. Please bring any recommendations to our next zoom meeting on Friday August 21 from 7:00-9:00 p.m. We will discuss and vote on the recommendations. The zoom link is available on the KRST website. You can also notify Minister Amadi Hines of any recommendations via email at amadisadikil@gmail.com. **There will be no meeting next Friday, August 14th.**

Join Black Lives Matter at their monthly organizing meeting **TONIGHT** and the 2nd Sunday of the month at 7:00 p.m. at the Center for Black Power. Get informed. Hot dinner, a bag of produce and vital information. 3423 W. 43rd Place - AfricaTown.

Allow the act of reciprocity affirm your commitment to sustaining the generous, charitable, and transformative work of KRST Unity Center. Giving and continuously supporting this spiritual community ensures that your contributions will return to you multiplied.

We accept cash, credit and debit cards. Checks made payable to: **CUC/ KRST Unity**. Use the QR code to donate through PayPal and Cash App.

For additional ways to donate and support, go to the website at

<https://www.krstunitycenter.org/ways-to-donate>



Celebrating Over 85 Years of Service to the Community

1937-2025

Meditation / Empowerment Service ~ 10:30 a.m.

Sunday, August 9, 2025 / 6268

"Release The Resistance And Go Full Speed Ahead"



Empowerment Message Delivered By

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

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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, August 09, 2026

I have confidence in my ability to overcome obstacles.
Whether inner or outer.

**KRST Unity Center of Afrakan Spiritual Science
7825 S. Western Ave, LA, CA 90047 323-759-7567**

Daily Word

Innerstand that resistance and obstacles are a natural part of life. Have confidence in your ability to overcome obstacles, whether inner or outer. *SaRa's Book of Light*

Igbo

Ghota na nguzogide na ihe mgbochi bu akuku ebumputa uwa nke ndu. Nwee obi ike na ike gi imeri ihe mgbochi, ma nke di n'ime ma nke di n'ezí.

Swahili

Elewa kwamba upinzani na vikwazo ni sehemu ya kawaida ya maisha. Kuwa na imani katika uwezo wako wa kushinda vikwazo, iwe vya ndani au vya nje.

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

“Release The Resistance And Go Full Speed Ahead”

Empowerment Message Presented By

Rev. Amadi George Hines

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.