

# The Fruits of Eden NEWSLETTER

*By Citizens of the Nation of Gods and Earths of Savior Cee*



Allah's 5%

*December 15, 111 AC*

## KWANZAA: A CELEBRATION OF THE HARVEST

### Kwanzaa Is Not Seasonal

Kwanzaa is often seen as a seven-day holiday observed from December 26th to January 1st. The candles are lit, the principles are read, the family gathers, and then once the new year arrives, it is quietly packed away until the next December. B.u.t. for our people, Kwanzaa was never meant to live only on the calendar. It was meant to live in our character.

Just like the 12 Jewels guide our way of thinking, refining, and moving with purpose every day, the Seven Principles of Kwanzaa serve as a daily blueprint for how Black people build, protect, and elevate our families and our Nation.

It is important to clarify that Kwanzaa is not a part of the formal teachings of the Nation of Gods and Earths. However, what is essential is how we live as Black people, with structure, responsibility, creativity, unity, economics, purpose, and commitment. These principles do not replace Supreme Wisdom; they complement the work we already know must be done.

Peace! The word Kwanzaa is a Swahili word which means "first fruits." This is a celebration whose origins derive from the ancient tradition of the community coming together to celebrate the season's end harvest, the food and grain from the field which would sustain their existence for another seasonal cycle.

Our harvest is the Nguzo Saba: The Seven Principles, which we come together and recommit (harvest) ourselves to for another year. As the ancients did with their harvest to sustain them for another seasonal cycle, we too go into the new year with a renewed commitment to the Nguzo Saba:

- Unity over differences,
- Self-Determination despite circumstances,
- Collective Work and Responsibility despite diversities,
- Cooperative Economics for the betterment of all,
- Purpose which gives our life a daily drive of Good Orderly Direction,
- Creativity which gives us a vision of that which is achievable if we work for it, and
- Faith that the power of the Supreme Creator will continue to flow within our hearts and mind as us, letting us know that we have the free will and power to recommit ourselves to the harvest of the Nguzo Saba and uphold its principles for another year.

Kwanzaa, as a celebration which moves in accord with the Culture of I-God, shows us that:

- Unity (Umoja) is Knowledge,
- Self-Determination (Kujichagulia) is Wisdom,
- Collective Work and Responsibility (Ujima) is Understanding,
- Cooperative Economics (Ujamaa) is Culture Freedom,
- Purpose (Nia) is Power Refinement,
- Creativity (Kuumba) is Equality, and
- Faith (Imani) is God.

Can you Cee the science? OK. Let's Build.

Knowledge is the foundation of our origin in this world. When we awaken to this foundation, we come to know each other as one people. The Original. Allah. This is our Unity.

Wisdom is our drive to choose, to choose if we will accept or reject the Knowledge of Self, and to make a determination as to who we will and will not be.

Understanding is when we put knowledge and wisdom together and create a collective comprehension to be utilized to take responsibility for our own self, family, and Nation. It is a response based on our ability.

Culture Freedom is the unhindered expression of our divine innate nature, thought out and lived out as I Self Lord And Master, a cooperative Nation living in one accord for the economic success (What We Will Achieve) on earth.

Power Refinement is Purpose that which drives and gives our life reason and direction. A constant renewal of our mind, ensuring the continuous growth and elevation of our life.

Equality is Creativity to develop and maintain a balance of ideas and thoughts within the mind, which are utilized to create a tangible existence in the physical.

God is Faith, our commitment to living out the Good Orderly Direction of our divine nature as a daily existence of I Self Lord And Master. The supreme force of life self-created into physical flesh as the Arm, Leg, Leg, Arm, Head of the Original People.

Kwanzaa is a celebration of our heritage as the Original People on the planet Earth, and the Nguzo Saba instills within us righteous principles to live by and teach, just as the SM and SA does. To fail to Cee this truth is to limit your vision. Just know that the only limitations we have are the ones which we make. Peace!

### *Understanding Self Allah*

## **Illuminating the Path: How Supreme Principles Intersect with the Nguzo Saba**

Peace, Gods and Earths! As we continue to build and manifest our divine selves, it's vital to understand the intricate threads connecting our foundational Supreme Mathematics and Supreme Alphabet to other profound expressions of Black liberation and identity. Today, let's shine a light on how our core principles—Knowledge, Wisdom, Understanding, and beyond—find direct, powerful resonance within the Nguzo Saba, the Seven Principles of Kwanzaa. This mapping is not merely an intellectual exercise; it's a living blueprint for manifesting our highest selves both individually and collectively.

Consider 1 – Knowledge. This isn't just knowing facts; it's Knowing Self, the cornerstone of our existence. This directly aligns with Kujichagulia (Self-Determination). To truly know who you are as Allah (A), as God (G), as I (I), is to determine your own destiny, free from the shackles of ignorance.

Our 2 – Wisdom provides the clarity for Nia (Purpose). Wisdom discerns our collective mission, steering us towards constructive action, ensuring our birth (B) and present (N) serve a divine aim. 3 – Understanding fosters Umoja (Unity), teaching us to see and accept our brothers and sisters, creating a collective strength that is truly unbreakable.

4 – Culture/Freedom ignites Kuumba (Creativity). Our culture is not static; it's a living testament to our generative power, a continuous act of creative renewal (O – Cipher, W – Wisdom/Woman). This is our inherent freedom to shape and build.

When we speak of 5 – Power/Refinement, we are talking about channeling our energy into Ujamaa (Cooperative Economics). True power (P) is refined (M – Master) and used to establish shared wealth and Equality (E) for all, not for individual gain.

6 – Equality finds its spiritual twin in Imani (Faith). Our faith (L – Love/Right, T – Truth) is not blind; it is a moral conviction in our people, our principles, and the divine order. It is the unwavering belief that equality is not just possible, but right.

Finally, 8 – Build/Destroy is the very essence of Ujima (Collective Work & Responsibility). This is our duty to engage in collective labor—to construct what uplifts and remove what oppresses. It is how justice (J) is manifested through shared effort, led by Kings (K) and Queens (Q) who serve the community. Even God (7), as the Universal Cipher, undergirds Umoja—the ultimate unity of all creation.

This mapping reveals that the path of the God and Earth is intrinsically linked to the ethical and cultural resurgence articulated in the Nguzo Saba. Let us embrace these connections, using them as tools to build, teach, and liberate, manifesting Heaven on Earth. Peace!

*Panther Salih Nqf Allah*

## Star's Corner

"Let's grow, learn, and shine together!"



We are so excited to have you with us! Star's Corner is a safe and joyful space where our children shine through learning, creativity, and culture. Here, we build together just like we are at Parliament or a social equality reading, solving puzzles, exploring history, and celebrating who we are. Parents, thank you for sharing your stars with us. Babies, remember: you are bright, powerful, and loved.



Show Us Your Shine! Did you earn a school award, certificate, or special recognition? Bring those grades home with pride, whether it's A's, B's, or simply showing growth, we want to celebrate YOU!

We also love seeing your creativity in action. Share photos of what you baked, built, or wrote. And don't forget our favorite, grab a book, hold it up high, and snap a picture of yourself reading.

Let's showcase the many ways our babies shine bright by emailing: [thefruitsofeden@gmail.com](mailto:thefruitsofeden@gmail.com)

\*\*\*KEEP SHINING!\*\*\*

At Star's Corner, we believe every child is a star waiting to shine brighter through the power of reading. Our Read & Shine Program encourages children to explore stories that expand their minds, strengthen their character, and connect them to culture and truth. Families are invited to submit reading logs and photos of their reading adventures because every page turned is a step toward brilliance!



## Star Highlight:

This month, Star's Corner proudly honors **Dominique**, an outstanding 11th grader who has earned a place on the Principal's List (All A's). Dominique's achievement reflects dedication, discipline, and a strong commitment to excellence both inside and outside the classroom. Being on the Principal's List is no small accomplishment, it represents consistent hard work, focus, and a willingness to push beyond expectations. Dominique is a shining example of what it looks like to apply knowledge with purpose and to stay committed to personal growth.

We celebrate you, Dominique not just for academic success, but for showing our younger stars what is possible when effort meets determination. Keep shining your light for others to follow!



## Book Recommendations

### Ages 4-7: Early Readers

- "Freedom Soup" – Tami Charles
- "The Hero Next Door" – by multiple Black authors

### Ages 8-12: Growing Minds

- "Black Panther: The Young Prince" – Ronald Smith
- "From the Desk of Zoe Washington" – Janae Marks

### Ages 13-17: Young Leaders

- "Long Way Down" – Jason Reynolds
- "Black Boy" – Richard Wright

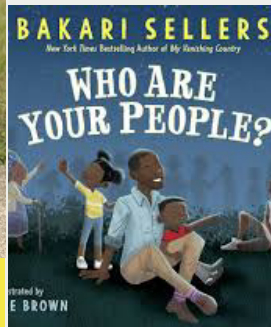
## Author Highlights

Suggested by our Savior Cee Guardian, Kimora:

Authors- Bakari Sellers and Cynthia Tatum Robinson

You can find both books on Amazon and other outlets:

- **Who Are Your People?**
- **Because I Love Me**



## WORD OF THE MONTH: SUSU

**Susu** (say it slowly: soo-soo) is a community savings system that has helped Black families build wealth, start businesses, and support one another for generations. It is built on trust, responsibility, and unity, the same values we teach in Star's Corner. Why SUSU Matters Today:

- It teaches financial discipline
- It strengthens family and community bonds
- It reminds us that our ancestors built wealth by working together
- It prepares our babies to understand economics in a cultural way
- It reflects principles like Ujima (Collective Work) and Ujamaa (Cooperative Economics)

**SUPREME MATHEMATICS:** What principle teaches about collective growth? Note: you may see more than one.

### Queen I-Wisdom Understanding Earth:

Susu is when a group works together to save money and help each other. Everyone puts in a little, and when it's your turn, you get help too. That's called collective work and responsibility.

Susu shows the Kwanzaa principles of Ujima (working together) and Ujamaa (helping our community grow). When we share, plan, and trust each other, everyone wins

Through Susu, we see that economics, unity, and responsibility are not just ideas we talk about during Kwanzaa, they are daily actions we live out. When we practice Susu, we practice Kwanzaa year-round..

**"When we put our gifts together, we grow together. SUSU teaches us that one hand alone can't build a nation, but many hands can."**

### Can You Find All the Coins?

Find all of the coins. How many did you find?



### Reflection Questions:

- How is saving a little at a time like planting a seed?
- Why is it important to be patient when we are saving or growing something?
- What is one goal you would like to save or grow toward?

## "Many Hands, One Goal"



Peace, Stars! We learn that a Susu is when everyone puts a little together to make something big. It teaches us that we don't have to do everything alone. When each of us shares what we can like our coins, our time, or our help, we are practicing collective work and responsibility. That means we care about the whole group, not just ourselves. A Susu shows us that when we take turns, stay honest, and look out for one another, everyone gets a chance to grow. Just like planting seeds in a garden, each small contribution matters, and when we work together, the harvest is greater for all of us. Peace.

**"Susu teaches us that patience plus teamwork equals progress."**

**Queen I-Wisdom Understanding Earth**

### Star's Corner Activity: "Watch It Grow!"

This activity can be done at home, class, or Parliament.



#### Materials Needed

- A jar, cup, or container
- Paper stars (or circles), crayons, markers
- Optional: stickers with the children's names

#### Instructions

1. Each child colors or decorates a star with their name on it.
2. Every meeting, when a child:

- Helps someone
- Shares
- Shows responsibility
- Demonstrates teamwork
- Completes a task or reads a book

...they add one star into the Unity Jar.

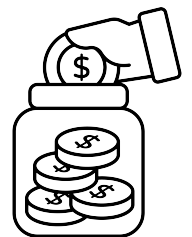
3. When the jar is full, the whole group receives a collective reward such as:

- Stickers
- Extra playing time
- A small treat
- Certificates

#### Purpose of the Activity

- Reinforces teamwork and community care
- Helps children visually understand how SUSU works
- Encourages them to look for ways to help one another

**Expected Lesson:** "Shows how small contributions make a big result"





## Understanding's Legal Corner



### "NGE Recognition Within SCDC: Registry, Process, and Protection"

#### ATTENTION!

##### Savior Cee's Registry Explanation (Why It's Important)

- The registry confirms recognized status
- It helps identify the "best knower" at each institution
- It supports authorization for classes and Parliaments
- It protects participants from unnecessary obstruction
- It assists with communication from interior to exterior
- It helps those transitioning into an institution
- It supports safety and accountability

We must also identify the best knower from each institution in order to move forward correctly with holding classes and Parliaments in an organized and effective manner. **Once the updated policy is fully implemented**, anyone seeking formal recognition as Nation of Gods and Earths within SCDC, including participation in classes and NGE activities must be officially recognized in the system by the Chaplain. This requires submitting a request through the proper channel. Contact your Chaplain to obtain and complete the necessary form. While their terminology may differ from ours, we know who we are and what we are dealing with, and we will continue to move with patience, precision, and purpose. In the meantime, work directly with your Chaplain (some are waiting for the policy to be completed) and make sure you are listed on our registry that's being managed by the Fruits of Eden and/or a Captain (see page 6). This is essential.

Peace! If anyone coming in the name of the Nation of Gods and Earths is experiencing issues obtaining literature or lessons that do comply with SCDC policies, it is important that these matters are formally brought to the attention of The Fruits of Eden. We are in the final stages of a policy revision based on the ruling from 9:17-cv-01608-DCN, and accuracy matters. All incidents must be documented and recorded so they can be addressed properly. As always, we move in a wise and civilized way, ensuring our actions reflect knowledge, discipline, and responsibility.



## "Roots & Remedies"



Mucus is the body's natural protector, it traps dust, germs, and irritants to keep us safe. However, when mucus builds up too much, it can cause congestion, coughing, sluggish breathing, and discomfort. This often happens during cold weather, seasonal changes, or when the body is overloaded with stress, processed foods, or dairy-heavy diets.

Our ancestors understood the importance of keeping the body flowing and balanced. In many African and traditional healing systems, warmth, hydration, and herbs were key to clearing congestion and restoring harmony in the body. Supporting the lungs and sinuses isn't about forcing the body, it's about assisting it in doing what it already knows how to do. Ginger helps:

- Break down excess mucus
- Warm the body and stimulate circulation
- Support digestion and immune balance



How to use:

Slice fresh ginger and steep it in hot water for 10–15 minutes. Sip slowly once daily, especially in the morning or evening.

As always, listen to your body. Small, consistent habits create long-term wellness. When we care for our bodies intentionally, we strengthen our ability to show up fully for our families and our community.

*Always consult your doctor before using any herbal or detox product, and do your own research to make sure it's right for you.*

## DID YOU KNOW?



[www.townofatlanticbeachsc.com](http://www.townofatlanticbeachsc.com)

Did you know that Atlantic Beach in South Carolina is owned by blacks? Atlantic Beach, the "Black Pearl" was founded by four Black families who created a beachfront spot where Black people could own businesses, relax, and thrive during segregation. It was built entirely through Ujamaa with shared resources and economic cooperation. Atlantic Beach is one of the few remaining Black-owned and Black-governed beach communities in the United States. What began in the 1930s as a refuge from segregation, by and for Black people, has endured generations of hardship, change, and pressure. That endurance makes Atlantic Beach not just a place on the map, but a standing monument to Black self-determination, culture, and economic cooperation.

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Atlantic Beach has faced a lot of change, each threatening its identity and ownership. Over decades, disinvestment, population decline, and rising development pressures threatened to overwrite Atlantic Beach's culture, history, and ownership...common issues faced by many historically Black coastal and Gullah-Geechee communities.

Let Atlantic Beach be more than nostalgia: let it be a living example of how we build, protect, and sustain our people through remembrance, intention, collective responsibility, and action.

— Understanding Self Allah

**BREAKING NEWS: VICTORY B.U.T. THE STRUGGLE CONTINUE****CASE UPDATE****NEW LAW***By: Understanding  
Self Allah*

In conjunction with the National Office of Cultural Management at Allah School in Mecca, Understanding Self Allah and the Gods and Earths in Savior Cee are advising SCDC officials with the drafting of a policy for recognizing and accommodating NGE cultural practices. Officials report that the process is underway. Once completed, the policy will be shared with institutions, allowing us to hold classes, parliaments, and honor days. We're making progress with support from the best knowers who have successfully completed this process in other states. We will keep you updated. Peace!



**Help Reform South Carolina's Parole System:** We're advocating for vital reforms to improve the South Carolina Pardon and Parole Board. The current system lacks the necessary mental health expertise, impacting the rehabilitation of inmates and community safety. Please support our petition to:

- Include licensed mental health professionals on the board.
- Create Interim Parole Boards for better case management.

Your voice matters! Sign the petition and help us promote a just and compassionate parole process. Visit <https://chnng.it/Z9n5M5Pxby>

**Just Move Universal Outreach**

**Throughout the Year:** Just Move Universal Outreach will be accepting school supplies, canned goods and drinks for the weekly feeding and building of SCDJJ participants and other special programs.

Cash app:  
\$justmoveuniversal  
E: justmoveuniversal@gmail.com  
Visit: [www.jmuo.org](http://www.jmuo.org)

**Street Justice Reform Magazine**

**Precious Jewel Earth:** Our Mission is "Empowering Redemption, Reentry, and Rehabilitation (ER3) is dedicated to providing support and resources to individuals affected by mass incarceration, fostering a pathway to rehabilitation, and advocating for systemic change to combat the cycle of recidivism and promote a more just and equitable society for all." Email [streetjusticepublicationllc@gmail.com](mailto:streetjusticepublicationllc@gmail.com) for more info.

**Upcoming Events**

- **Sunday, January 18th:** Earth's Cipher on Zoom at 2PM (see website or email for more info.)
- **Wednesday, January 21st:** Star's Corner Read & Shine Reminder! We are collecting: Reading Logs where you show us the books you've been enjoying, Born Day Shout-Outs, Report cards, Recognition & Awards: school achievements, certificates, and special accomplishments, Photos of projects, reading selfies, and shining moments in the community.
- **Saturday, February 21st:** Join us from 12-5 PM for our Universal Parliament to be held at Bummie's 1203 Sopkin Ave, Florence, SC 29506.

**Ongoing Initiatives**

- **Fresh fruit Initiative:** Donate fresh fruits for the babies to take home at each event.
- **Prison Reform:** A statewide effort focused on transforming parole practices, improving prison conditions, and expanding culturally grounded rehabilitation with a key priority includes advocating for SCDC to formally recognize the Nation of Gods and Earths (NGE).
- **Star's Corner Read & Shine Rally:** Encouraging the babies to read and write. Donate your gently used books for the babies.
- **Walk/Run Initiative:** Get up and move by yourself or with a partner.
- **Don't forget to add your name to our registry (Book of Life). To do so, get with a captain, write or email [thefruitsofeden@gmail.com](mailto:thefruitsofeden@gmail.com). Provide your honorable and righteous name, Enlightener's info, current lesson or completion of 120, Interior or Exterior, Approximately what year did you start your NGE strive, and contact info.**



**The Fruits Of Eden (FOE)**  
PO Box 40933  
Charleston, SC 29423-0933

**Visit: [www.nge-sc.com](http://www.nge-sc.com)**  
**E: [thefruitsofeden@gmail.com](mailto:thefruitsofeden@gmail.com)**  
**Nation of Gods and Earths of Savior Cee**