



FROM RESEARCH TO PRACTICE: BRIDGING THE GAPS THROUGH COLLABORATION

WINTER 2014

COLLABORATORS' GREETINGS!

Dr. Deanna Wilkinson's Message



Depression really hit me hard this winter. As much as I wanted to be strong and happy— I really struggled. I have always been a caretaker type of person—always wanting and trying to help others—sometimes to a point of neglecting my own needs. Being raised in a family struggling with poverty, alcoholism and violence I took on the caretaker role as a way of survival. My early experiences, though painful, were also gifts that gave me compassion, wisdom, and persistence to solve problems. We all struggle at times. The deep friendships in the M4M community helped me get through the darkness. Knowing that others were committed to the movement kept me showing up even when I wanted to stay away. [continued on page 2]

Brother Cecil Ahad's Message



"Hello Neighbor"

Feeling and reflecting on the work and conditions of the past, realizing the ever changing "unrealities" (i.e. things that change) keeps me motivated and encouraged. Knowing that the "Hope" that's saved last is there for us all to look forward to. But still we have to go through the fire by doing the necessary work on the ground--down in the gutter--some might call it. We absorb all the hurt, trauma, grief, pain, suffering, loss and despair of others for it to show up. The cooling sensation from the fire that surrounds us is God's way of letting us know that we are doing his work in the Hell that people live in and that we are protected because our mission as "Ministries4Movement" team is divine and sincere.

As we continue promoting non-violence, pro-life, public safety, desisting homicides/shootings and overall changing the conditions and improving the quality of life in our communities. We're going into the 5th year of our work, and we plan to be even more successful. We are further encouraged by AG Mike DeWine's office support of our work with a grant to MFM for \$50,000. [cont. on page 2]

Pastor Frederick LaMarr's Message



"Trust is a Must 2 Stay True to all we say and do"

As we call to remembrance the **March on Washington and the Civil Rights Act of 1963 that took place 50 years ago**. That was followed by the assassination of President Kennedy in Dallas in 1963 and Martin L. King Jr. in Memphis in 1968. Here we are 50 years later not by accident or coincident, but God's providence, celebrating our 50th March. We understand just like the Johnson Riot Commission that the problem with our Nation isn't the North versus South; Democrat vs. Republican; not

even Black vs. White, but those discriminating practices that continue to ignite to the Quiet Riots of Wheeling and Dealing, Lying and Conniving, Stealing and Killing. That continues to perpetuate the bondage of people in poverty.

As we call to mind David bout with the Goliath, his only weapon was the five smooth stones of **faith, hope, reverence, prayer and worship** that gave him the victory. The number "50" in some customs is significant with a spirit of jubilee. [continued on page 3..]

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Family Missionary Baptist Church
(614) 252-7488

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Resiliency and Healing Connections

by Deanna Wilkinson



Pastor Frederick LaMarr, Bro Cecil Ahad, Vicki Ahad, Elizabeth Towns LaMarr, Deanna Wilkinson, and Ben Price

Our monthly community gatherings address people's real issues and attempt to provide resources to improve the quality of life in the community. It has been an honor to serve as a strong research partner to M4M. Long-term community-researcher partnerships are rare. What we are doing is revolutionary. As we have seen success in reducing the numbers of shootings and killings in our 42-block focus community, we have also experienced too many gun violence deaths and injuries in other parts of Columbus of young people we care about.

When gun violence happens to people you care about and there is little you can do to help it takes a toll on the human spirit. I found this out first-hand after three deaths (two violence-, one illness-related) hit our team really closely. I personally spiraled into PTSD and depression "relapse". If you aren't familiar with Post Traumatic Stress Disorder (PTSD), the symptoms can be very terrifying and disruptive to daily life. The initial trauma happened more than three decades ago yet it still affects me today. There are four common symptoms including: reliving the event through intrusive thoughts or memories (flashbacks); avoiding situations that remind you of the event; feeling numb or disinterested in activities; and feeling keyed up or overly emotional aroused. It took me several months to figure out that was experiencing distress. Nothing was working to break the sadness I was feeling. I had always found a way through tough times in the past but this time because I hadn't been doing self care on a routine basis I wasn't functioning well at work, home, or anywhere. *I hadn't put my oxygen mask on first before trying to help others.* I couldn't breathe but I didn't recognize what was happening. People around me were loving and patient. I was and continue to be incredibly hard on myself for having the feelings I was having after all of those years and so much work on healing since then. With most things, knowledge without works is dead. Fortunately, M4M is a team—a strong community of committed people. Our work moves forward even if I can't contribute a thing. Most importantly, people noticed, the M4M community cared. It makes all of the difference in the world to know that the people in your life do notice and they care. While struggling both psychologically and spiritually for answers, I knew that staying focused on what **we can do** rather than things that were beyond our capacity was



the best way forward. **We can focus** attention on literacy—helping teach each child in our midst to read. **We can keep reaching out** to those who have lost a loved one to gun violence by unifying the community each and every month as we have done for *more than four years*. We **can continue to invest in creating opportunities** for our children to develop their minds and enjoy strong relationships with caring adults in the community. We **can organize and empower** area residents to come together for community improvement. We **can document our journey** with hard data and tell the Ministries for Movement story. We **can work together** — oxygen masks in place. What we have as Ministries For Movement—the partnerships, the commitment, the spiritual charge that drives us, the wonderful people, the struggles, the inequalities and injustices we unite to overcome—is special. If you struggle with PTSD, depression or any other mental health issue please know that you are not alone. It got better for me. My spiritual journey of healing continues just like everyone. Each day I must practice habits of self-care and interdependency in my connections with others. Isolation allows bleak thoughts to prevail. Through the inter-connectedness of community healing prevails.

Good Sprits Drive Out Bad continued from page 1

by Bro Cecil Ahad

These resources will help us to continue building and improving upon our strategies of engagement, intervention, prevention, outreach, and modeling. The consistency and perseverance of our team is vital.

We invite and welcome everyone to join us; learn from our model that we have created to build and transform, not only community life, but human life as well. Our experiences show that regular people like us can make a difference. You can take back to your community and do the same. The only way things are going to change is by changing behaviors, attitudes, and bringing back **human value** into the life of the neighborhood. A good spirit and a bad spirit cannot be in the same place at the same time. One comes, the other has got to go, and it's usually the bad that flees when goodness shows up. With our relentless work in the trenches of the community; we are reaching many who have all but given up on this life. We continue to uplift and support the value in and of every human life. Change is possible. Change begins with caring relationships. We are always present for peace, with "all good" spirits. I Remain, Servant of God, Brother Cecil Ahad.



AG Mike DeWine's office makes award

"Trust is a Must 2 Stay True to All We Say and Do"

by Pastor Frederick V. LaMarr

Continued from page 1... So as we rejoice in what God is doing through our Movement, we remember the words of Frederick Douglass when he said, "power concedes nothing without demands." The demand being on our own temperament to show that "Trust is a must 2 stay true to all we say and do."

Prayer unites, restores, and revitalizes

M4M Opening Prayer, Remembering Lives



M4M 49th Consecutive March & Service, November 3, 2013 Anniversary Celebration

Transforming our Community 4-Life Documentary premieres

The change, growth, and healing that has happened over the last four years in our community is truly awesome. The M4M team put together a 30-minute documentary to celebrate our anniversary. More than 150 people joined in the film's first screening on November 3, 2013. The FMBC choir raised up their voices in praise before the crowd watch solemnly as thousands of images highlighted our humble efforts. Following the film, we acknowledged many people who have been a significant part of this spiritual movement over the years (see photos on page 6) with "Community Spirit Awards." It was a beautiful celebration. In December, Transforming Our Community 4-Life aired on Bounce TV channel 23. The feedback has been positive especially for those who continue to grieve and heal from the losses that gun violence had caused.



Themes of M4M's First 4 Years of Consecutive Monthly Marches Celebrated



- *1. November 1, 2009: "Gone but not Forgotten"
- 2. December 6, 2009: "I'm Still Here"
- 3. January 3, 2010: "I'm still Standing"
- 4. February 7, 2010: "Still Good In The Hood"
- 5. March 7, 2010: "Team Work Makes the Dream Work"
- 6. April 4, 2010: "New Day In The Neighborhood"
- 7. May 2, 2010: "Message to the Mothers"
- 8. June 6, 2010: "Believing In The Band"
- 9. July 4, 2010: "Count Me In To Break The Trend"
- 10. August 1, 2010: "There is a Better Way"
- 11. September 5, 2010: "Ballot Over The Bullet"
- 12. October 3, 2010: "Keeping the Dream Alive"
- *13. November 7, 2010: "Break-em to Make-em"
- 14. December 5, 2010: "Educate to Elevate"
- 15. January 2, 2011: "Suited & Booted"
- 16. February 6, 2011: "Wake Up to Shake Up"
- 17. March 6, 2011: "Stay at the Table 2 Change the Label"
- 18. April 3, 2011: "Put Up or Shut Up"
- 19. May 1, 2011: "Staying in Line in Trouble Times"
- 20. June 5, 2011: "Putting the Promise over the Problems"
- 21. July 2011: "Stress the Vote to Show Them Hope"
- 22. August 2011: "In order to Cope get out and Vote"
- 23. September 2011: "To State our Case Cover our Base."
- 24. October 2011: "Staying in Line 4 Election Time"
- *25. November 2011: "Keepin the Reign to your Campaign"
- 26. December 4, 2011: "To Work Better We've Got To Keep It Together"
- 27. January 1, 2012: "Change Up to Stay Up"
- 28. February 5, 2012: "Half Time is the Right Time"
- 29. March 4, 2012: "Melody with the Felony"
- 30. April 1, 2012: "The Creed Is For Your Seed"
- 31. May 6, 2012: "To Make It Right You Need A Sacrifice"
- 32. June 3, 2012: "To Reach-em You Got to Teach- em"
- 33. July 1, 2012: "You've Got To Be Organized To Be Recognized"
- 34. August 4, 2012: "All For One and One For All"
- 35. September 2, 2012: "Doing Our Part To Change Their Heart"
- 36. October 7, 2012: "Bridging The Gap Without Looking Back"
- *37. November 4, 2012: "Getting Connected While Staying Directed"
- 38. December 2, 2012: "Not to Late 2 Fix The Home Plate"
- 39. January 5, 2013: "Your Destiny is with your Efficiency"
- 40. February 3, 2013: "Our Foremost Rule is to Stay in School"
- 41. March 4, 2013: "Look Your Best 2 Pass The Test"
- 42. April 6, 2013: "Sharing Our Light with Our Own Website"
- 43. May 5, 2013: "From Rejection to Perfection"
- 44. June 2, 2013: "You're Assured to Last by Honoring your Past"
- 45. July 7, 2013: "You've Got to Receive 2 Achieve"
- 46. August 4, 2013: "Overcoming the Side Effects of Neglect with Respect"
- 47. Sept. 1, 2013: "Living in the Manners that Reflect Our Community Standards"
- 48. Oct. 6, 2013: "Setting the Manners that Reflect Our Community Standards"
- *49. November 3, 2013: "ReUnite to Make Things Right"

*Marks the beginning of a new year

M4M Community Spirit Awards Acknowledge Community Members

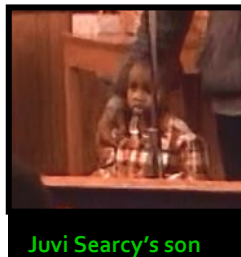
A movement for change takes commitment and dedication. During our 4-year Anniversary celebration we recognized just a few of the many people who devote their time and energies to Ministries 4 Movement. Roman 15: 1-4 teaches, “**1**We then that are strong ought to bear the infirmities of the weak, and not to please ourselves. **2**Let every one of us please *his* neighbor for *his* good to edification. **3**For even Christ pleased not himself; but, as it is written, The reproaches of them that reproached thee fell on me. **4**For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope.” As a united community we come together to care for one another.



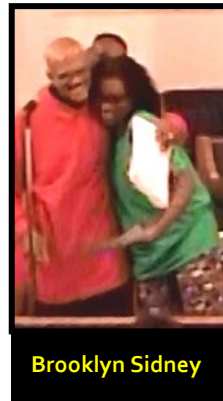
Sabrina Peebles



Elizabeth Towns



Juvi Searcy's son



Brooklyn Sidney



Ally Manning



Debera Diggs



Renita Adams



Irving LaMarr



Ben Gooch



Michaya LaMarr



Charleta Tavares



Deacon James Towns



Marcus Thorpe



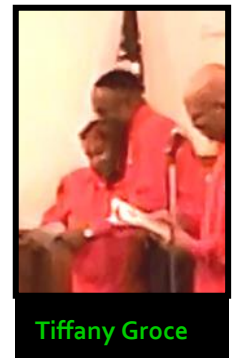
Aaron Hopkins



Hearcel Craig



Det. Larry Wilson



Tiffany Groce



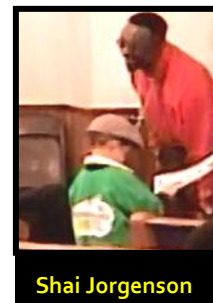
Dr. Joel L. King



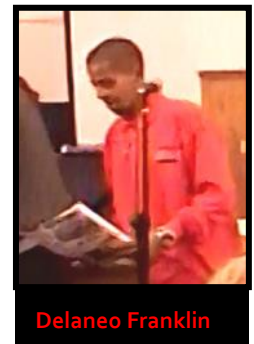
Peyton Payne



Semaj LaMarr



Shai Jorgenson



Delaneo Franklin

Highlights of M4M marches 50, 51, 52, & 53 in photos



M4M #50 Dec. 2013 Theme: Military Mind over a Criminal Grind



M4M #51, Jan. 2014, Marching on Champion



#53 Theme: We Perfect our Seed By Helping them Read



M4M #50 John Gregory



M4M #51, January 5, 2014 Family shares talent



M4M #50 Elder Davidson



M4M #52 To Perfect & Protect We Need



#53 Sammi reads to kids



M4M #51 Jan. 5, 2014 Prayer Circle



AUS student loves to



OSU's Anita Gonzales conducts a Reading

Men For the Movement host Peacekeeper CPR training

The Columbus Division of Fire provided M4M and the Peacekeepers with CPR and first-aid training in March. Brother Cecil Ahad and Captain Dennis Muhammad arranged to for this training by drawing on their strong partnerships with first responders in Columbus.



CPR and First-aid are required for all individuals seeking to work in their communities as Peacekeepers. Men for the Movement supports the Peacekeepers Global initiative through collaboration and engagement. A big “thank you” to the Columbus Division of Fire for providing the training resources.



M4M actively engaged in judging OSU student research posters by Deanna Wilkinson

Even though Brother Cecil Ahad is one of the busiest people I know he took time out of his schedule on December 2nd and 3rd, 2013 to serve as a judge for my undergraduate student research showcase. With the sections I taught that semester, I had about 90 students. Cecil was amazing at getting the students excited to talk about what they had learned and how that information might

be made useful to solving real-world problems. Brother Cecil commented on how important it is to be engaged in educating young people. Many of our HDFs majors aspire to be teachers, counselors, occupational therapists, coaches, social service providers. I believe my students will be better prepared to solve 21st century problems when they exposed to diverse people, perspectives, and leadership.

In prior years, Pastor LaMarr served as a judge but he was out of town this year. M4M is about learning, sharing, and growing in the classroom, sanctuary, board rooms, and the streets. Three graduate students and Joanne Lunceford volunteered her time to judge in 2013. Thank you Thank You!



Above: HDFs 2900, December 2013

Left: Rachel, Sarah, Bro Cecil, Deanna, Joanne, and Ashley

Ministries4Movement



Family Missionary Baptist Church
Spiritual leadership, serve as a safe haven, lead the community healing process, and provide support to youth and families.



Men For the Movement
Street outreach, mentoring, justice advocacy, and community mobilization



The OSU Research Team
Capacity building and crime and asset data analysis, evaluation, and strategic planning.



N.C.U.S.
Workforce development, employment and empowerment
A.U.S. Alternative high school for 16-22 year olds



N.A.B.C.J. Ohio Chapter
is a multi-ethnic, nonpartisan, nonprofit association of criminal justice professionals and community leaders dedicated to improving the administration of justice.

CONTACT US:

Connect with us Online!

Ministries4Movement online community:
<http://ministries4movement.ning.com/>

Ministries4Movement on Facebook

Men For the Movement on Facebook

<https://www.facebook.com/Men4Movement>



Community Safety Institute Knowledge Center:
<http://csiknowledgecenter.osu.edu/>

N.C.U.S. <http://ncusolutions.org/>



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To donate to the CVPC CeaseFire Columbus Fund, please contact Andrea Bowlin in the EHE Development Office. The **Fund Number** is 313352. **Phone:** (614) 247-7825 **Email:** bowlin.6@osu.edu