

2023 BLACK MUSLIM PSYCHOLOGY CONFERENCE

# Rejoice



CHICAGO, IL | CATALYST RANCH  
JULY 22-23, 2023



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

JULY 22, 2023

AsSalaamuAlaikum Dear BMPC Family!

We pray this message finds you well and in great health! On behalf of the Board of Muslim Wellness Foundation and the Black Muslim Psychology Conference (BMPC) Planning Committee, we are excited to welcome you to the 2023 Black Muslim Psychology Conference and the great city of Chicago!

In the beautiful language of the Fulani/Pulaar speaking people of West Africa - **On ngoni e jam?** - Are you in peace? How we've missed all of you!

Our last in-person gathering was held in Philadelphia in 2019. That year our theme was **MIS-EDUCATION OF THE BLACK MUSLIM** - delving into the impact of internalized oppression, notions of Black inferiority and assumptions of Islamic inauthenticity on identity and well-being of Black/African Muslims in the United States, particularly as it relates to our understanding of "knowledge of self" and intellectual development. No one could have predicted that 8 months later, the entire world would experience a catastrophic global pandemic: COVID-19. As we all struggled to make sense of the devastating toll of Coronavirus, we decided to cancel BMPC2020, and eventually moved to a virtual intensive for BMPC2021. As we moved into year 2 of the pandemic, this remote gathering focused on our **BLACK MUSLIM FREEDOM DREAMS**. Surrounded by the ever present reality of death and grieving, we asked ourselves: **What gives life? What is the best of what is? What might be? What is the world calling for? What will be? What is our collective purpose which will allow us to sustain a hopeful vision for the future?**

We are so thrilled for this much anticipated 2023 "BMPC Family Reunion". We have longed for the love, vulnerability and sincerity that is unique and special to this space we create together. As we gather to celebrate this year's exploration of **JOY**, we continue to hold and make space for all we have lost since 2019. We will hold with compassion all the ways our lives have changed - how we may still be mourning, seeking to understand what we've experienced. Through it all, we trust in Allah's infinite wisdom and guidance for "in the grace, mercy and bounty of Allah **let them rejoice**, that is far better [than any wealth...]" (Holy Quran 10:58).

We pray that this one of a kind healing space nourishes you, inspires you, allows for tears to flow and laughter to touch your heart and warm your spirit. Ahlan wa sahan - welcome! We are so glad you are here!

Sincerely,

Dr. Kameelah Mu'Min Rashad

Founding Executive Director, Muslim Wellness Foundation

Chair, Black Muslim Psychology Conference Planning Committee



**BMPC2016 | Dr. Debra Majeed (left) | 1954 - 2022 & Mama Aisha El-Mekki | 1947-2020**

This first in-person gathering since 2019 honors the life and legacy of Dr. Debra and Mama Aisha, two fiercely intelligent, passionate, scholar - community activists who have returned to Allah. These beautiful Sisters loved and supported BMPC and this special place of learning and discovery. May the Almighty Creator have mercy on them, forgive them of their sins and raise them to the highest ranks of paradise. Ameen.



"In the grace,  
mercy and bounty  
of Allah let them  
rejoice. That is far  
better..."

HOLY QURAN 10:58

## OVERVIEW BMPC2023

The 2023 Black Muslim Psychology Conference (BMPC2023) **explores the art, science and practice of Black Muslim Joy as an essential ingredient in our healing and well-being.** For Black Muslims, joy can be especially important because the experience of being Black and Muslim in America can be particularly challenging. Systemic racism, discrimination, and the intergenerational trauma of slavery and oppression can take a toll on our mental health and well-being. Engaging in rituals of joy can help us counterbalance these challenges by providing moments of respite and celebration. These rituals can take many forms, including prayer, meditation, music, dance, and communal gatherings. By coming together to celebrate and connect with one another, we can cultivate a sense of belonging and community that can help sustain us through difficult times.

In the Holy Quran [10:58], our Creator advises us "in the grace, mercy and bounty of Allah let them rejoice, that is far better than all [the wealth] that they have accumulated." This is a reminder that joy not only contributes to our sense of belonging and community, but also allows us to cherish our connection to each other and the Almighty - and this connection is priceless!

At BMPC2023, we will consider the following questions:

- How do we understand the importance of joy, creativity, play and imagination, amidst marginalization and erasure of Black Muslim narratives?
- What are the most joyful practices which have nourished our communities, in the past and present? How have these practices changed and evolved over time?
- What strategies have been most helpful in preserving the legacy of our rituals of Black Muslim joy?
- Imagine: It is now the year 2040. You are living and thriving in a Black Muslim community in which every believer is valued and appreciated. What do you love most about this community? What are you most proud of? What brings you joy?"

We will acknowledge our collective desire to gather together, hold space for one another, and process all that we have experienced. We will honor the losses that we (collectively and individually) experienced since the onset of the pandemic, as well as celebrate the love, mercy, creativity, and warmth which has sustained us through it all.

**This unique gathering was held for the first time in Philadelphia, in the summer of 2015, on the auspicious coinciding occasions of Ramadan and the 150th anniversary of Juneteenth.**

Our inaugural conference brought together a small, but diverse group of Black Muslims from across the nation, representing a range of Afro-diasporic identities and approaches to Islamic practice—to create a community centered on the intersectional lived experiences that make up Black Islam in America.

That first year, we gathered together to explore the theme, “Faith, Identity, and Well-Being” and found something very special: that by centering our narratives, our knowledge, our creativity—we could effectively generate mechanisms for our own healing and spiritual uplift.

That inaugural conference relied on the insights of a talented, insightful cross-section of our community’s best and brightest: our community activists, physicians, psychologists, anthropologists, spiritual leaders, poets, historians, artists, educators, and other experts on the Black Muslim experience. The result was amazing—and we have been blessed to continue to grow the space, improve upon and expand what we offer to more members of our community. Alhamdulillah, we are approaching our 8th year of organizing a one of kind experience centering Black Muslims and healing. **We invite you to join us on this journey of truth, resistance, and commitment to liberation and wellness. We also invite you to join this dialogue with an open heart and mind. May we all learn and grow from the wisdom and experiences shared.**

Taking inspiration from the words of our beloved Mother Betty Shabazz—we wish you power that equals your intelligence and strength, we wish you success that equals your talent and determination. And, above all, we wish you faith.

**Ameen.**

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## **2023 Black Muslim Psychology Conference | Rejoice!**

July 22-23, 2023 | Chicago, IL [Catalyst Ranch]

### **Share about your BMPC experience on social media - be sure to tag us!**

Twitter: @BlackMuslimPsyc | @MWFNational

Facebook: @BlackMuslimPsychology | @MuslimWellness

IG: BlackmuslimPsych | MWFNational

#BMPC2023

#BlackMuslimJoy

#CommunityHealing

#BeingBlackandMuslim

More info: [www.blackmuslimpsychology.org](http://www.blackmuslimpsychology.org)

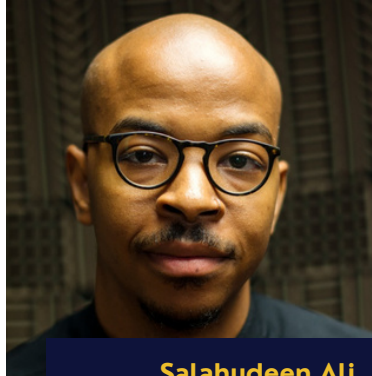
Questions: [info@blackmuslimpsychology.org](mailto:info@blackmuslimpsychology.org)

# BMPC PLANNING COMMITTEE

This dynamic, interdisciplinary team includes experts in theology, religious studies, psychology, anthropology, and education! These are the folks who work hard for months to ensure that this weekend gathering is deeply empowering and magical! And of course, we are indebted to our dedicated team of volunteers: AbdiMailk Ahmed, Abdalla Ali, Shaniyeh Ali, Mamfatou Baldeh, Maram Elnagheeb, Dahabo Kerow, Kenya Shakir, Faduma Warsame.



**Dr. Kameelah Mu'Min Rashad**



**Salahudeen Ali**



**Dr. Donna Auston**



**Fanta Doumbia**



**Kiah Glenn**



**Shannon McCray**



**Malaz Mohamad**



**Harith Morgan**



**Fatin Yousif**



# BMPC2023

## AGENDA

### [AT A GLANCE]





# SATURDAY | JULY 22, 2023

## DAY 1: PROGRAM OVERVIEW

8:30 - 9:30am	Registration and Breakfast
9:30 - 10:00am	Opening Dua + Welcome to BMPC2023, Day 1!
10:00 - 11:15am	<b>KEYNOTE   Naila Ansari</b> , Movement of Joy
11:15 - 11:30am	Breathe, Laugh, Stretch! [Break]
11:30 - 12:45pm	<b>WORKSHOP I</b>
	<b>Maimouna Youssef</b> aka Mumu Fresh
	<b>Aja Graydon Dantzler</b> , Kindred the Family Soul
12:45 - 1:45pm	Lunch + Prayer
1:45 - 3:00pm	<b>WORKSHOP II</b>
	<b>Angelica Lindsey-Ali</b> , The Village Auntie
	<b>Nadirah Habeebullah</b> , Healing Our Trauma
	<b>Zainab Jackson</b> , Jackson Wellness Group
3:00 - 3:15pm	Breathe, Laugh, Stretch! [Break]
3:15 - 4:30pm	<b>WORKSHOP III</b>
	<b>Musa Sulaiman</b> [MosestheComic] + <b>Nadirah Pierre</b>
	<b>Mariam Poppins</b> , Children's Illustrator
4:30 - 5:00pm	<b>DAY 1: WRAP UP</b>
5:00 - 6:00pm	<b>DESSERT HOUR</b>



# SUNDAY | JULY 23, 2023

## DAY 2: PROGRAM OVERVIEW

8:30 - 9:30am	Registration and Breakfast
9:30 - 10:00am	Opening Dua + Welcome to BMPC2023, Day 2!
10:00 - 10:45am	<b>KEYNOTE   Mujahid Muhammad, KEYS Enterprises</b>
10:45 - 11:00am	Breathe, Laugh, Stretch! [Break]
11:00 - 12:15pm	<b>WORKSHOP I</b>
	<b>Dr. Gholdy Muhammad, HILL Pedagogies</b>
	<b>Atiba Jones, SAVE Institute</b>
12:15 - 1:15pm	Lunch + Prayer
1:15 - 2:30pm	<b>WORKSHOP II</b>
	<b>Vinson Muhammad, Recording Artist + Edutainer</b>
	<b>Binta K Diallo, Singer-Songwriter</b>
2:30 - 2:45pm	Breathe, Laugh, Stretch! [Break]
2:45 - 4:00pm	<b>WORKSHOP III</b>
	<b>Imam Roundtable</b>
	Imam Tariq El-Amin + Imam Mika'il Stewart Saadiq
	<b>Khaled Nurhssien, Strategic Community Consultant</b>
4:00 - 4:30pm	<b>DAY 2: WRAP UP + FAREWELL</b>

SAVE THE DATE: BMPC2024 | July 20-21, 2024

# KEYNOTE SPEAKERS

SATURDAY JULY 22 | 10AM



**Naila Ansari**

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Founder  
Movement of Joy, LLC

Award-winning choreographer, director, and performing artist, Naila Ansari (she/her), will be opening Day 1 of this gathering! Hailing from Buffalo, NY, she's a force to be reckoned with! Naila earned an MFA in Dance from the University at Buffalo and a Cum Laude graduate from Point Park's Conservatory of Performing Arts Program and has made her mark in the industry.

As an **Assistant Professor in Theatre and Africana Studies at SUNY Buffalo State College**, Naila merges artistry and scholarship, crafting powerful works that ignite conversations on race and Black performance. Her groundbreaking project, "The Movement of Joy," celebrates and archives the stories of Black women's joy across America. Naila's passion for storytelling extends beyond the stage. Tune in to her podcast, "This is Joy," on the Alive Podcast network—the first Black woman-owned podcast distribution company in the country.

SUNDAY JULY 23 | 10AM



**Mujahid  
Muhammad**

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Founding President  
K.E.Y.S. Enterprises

As the oldest of ten, Mujahid naturally became an expert at protecting and empowering others at an early age. His childhood and family experiences led him to study psychology at **Morgan State University. Mujahid founded KEYS Enterprises**, a mental health and mentoring agency that brings together caring mentors, counselors, therapists, and social workers to provide therapeutic services for youth housed in group homes within Baltimore City. His team mentors hundreds of children, provides clinical treatment, partners with multiple schools, and brings programming to communities throughout Maryland. Due to his tireless efforts, **Mujahid was recently appointed by Mayor Brandon Scott to the Baltimore City Board of School Commissioners.** Mujahid Muhammad is a licensed master social worker and a mental health clinician with 20 years of leadership experience and over 10 years of public service - and he is driven to keep the momentum going.

## PRESENTERS + ARTIST-FACILITATORS



**Aja Graydon Dantzler**

Kindred the Family Soul



**Binta K Diallo**

Singer - Songwriter



**Tariq El-Amin**

Imam | Masjid Al-Taqwa



**Nadirah Habeebullah**

Healing Our Trauma



**Zainab Jackson**

Jackson Wellness Group



**Atiba Jones**

SAVE Institute



**Angelica Lindsey-Ali**

The Village Auntie



**Dr. Gholdy Muhammad**

HILL Pedagogies



**Vinson Muhammad**

Recording Artist + Edutainer



**Khaled Nurhssien**

Strategic Community Consultant



**Nadirah Pierre**

Comedienne



**Mariam Poppins, LLC**

Children's Illustrator + Author



**Musa Sulaiman**

aka Moses the Comic



**Mika'il Stewart Saadiq**

Chair | Imams Coucil of Michigan



**Maimouna Youssef**

aka Mumu Fresh



# BMPC2023

# PROGRAM OVERVIEW

# SATURDAY

# JULY 22, 2023



# SATURDAY | JULY 22, 2023

8:30 - 9:30am	Registration + Breakfast	Floor 1 + Suite 5E
9:30 - 10:00am	Opening Dua + Welcome to BMPC2023!	Polka [5E]
10:00 - 11:15am	<b>KEYNOTE   Naila Ansari</b> , Movement of Joy	Polka [5E]
11:15 - 11:30am	Breathe, Laugh, Stretch! [Break]	
11:30 - 12:45pm	<b>WORKSHOP I</b>	
	<b>Maimouna Youssef</b> aka Mumu Fresh	Polka [5E]
	<b>Aja Graydon Dantzler</b> , Kindred the Family Soul	Jitterbug [4E]
12:45 - 1:45pm	Lunch + Prayer	ChaCha + Tango [5E]
1:45 - 3:00pm	<b>WORKSHOP II</b>	
	<b>Angelica Lindsey-Ali</b> , The Village Auntie	Polka [5E]
	<b>Nadirah Habeebullah</b> , Healing Our Trauma	Jitterbug [4E]
	<b>Zainab Jackson</b> , Jackson Wellness Group	Mambo [4E]
3:00 - 3:15pm	Breathe, Laugh, Stretch! [Break]	
3:15 - 4:30pm	<b>WORKSHOP III</b>	
	<b>Musa Sulaiman</b> [MosestheComic] + <b>Nadirah Pierre</b>	Polka [5E]
	<b>Mariam Poppins</b> , Children's Illustrator	Jitterbug [4E]
4:30 - 5:00pm	<b>DAY 1: WRAP UP</b>	Polka [5E]
5:00 - 6:00pm	<b>DESSERT HOUR</b>	Suite 5E

# WORKSHOP I

SATURDAY JULY 22  
11:30 - 12:45pm







## Maimouna Youssef

aka Mumu Fresh

### ABOUT

A GRAMMY-Nominated, critically acclaimed Afro-Indigenous singer, Emcee, songwriter, activist, workshop facilitator and audio engineer who's been called a "quadruple threat" by The Roots' Black Thought. In 2020, she founded her own online music education platform called "Muniversity Studies" to teach aspiring artists how to reimagine the music business and thrive independently with purpose.

### WORKSHOP:

Mumu will offer an intimate workshop experience rooted in her HeartSong approach - combining her commitment to embracing one's culture + spirituality and deep wisdom as a 'Sound Healer'.



## Aja Graydon Dantzler

Kindred the Family Soul

### ABOUT

Songwriter, author, podcast host, entrepreneur, wife, mother. Aja is one-half of married soul duo Kindred the Family Soul. Together with husband Fatin Dantzler, Aja has recorded seven studio albums! This year marks the 20th anniversary of their debut album, Surrender to Love.

Aja is also a community advocate and writer; lending her unique socio-political insights on air and in print.

### WORKSHOP:

#### Joy Comes in the Mourning

A conversation on joy after loss, love, expectations and revelations. I'll be using my unique and personal story of navigating music, family and marriage as a way of demonstrating transformational joy through some of life's most challenging roles. I'll be speaking directly to women about finding a pathway to joy in spite of societal expectations and centering their humanity in the process.

# Rejoice

## Reflections + Musings



# WORKSHOP II

SATURDAY JULY 22  
1:45 - 3:00pm





## Angelica Lindsey-Ali

The Village Auntie

### ABOUT

A renowned Certified Sexual Health Educator, Public Health Equity Specialist, Women's Health and Wellness Catalyst, and an authority on intimacy and emotional well-being. With over 20 years of experience in women's wellness, Lindsey-Ali is the founder of The Village Auntie Institute, a globally recognized platform for women's learning.

### WORKSHOP:

**The Sacred and The Sacral: Reclaiming Ancient Ways of Being** With joy and playfulness as core values of the The Village Auntie Movement, Angelica will lead an interactive experience focused on exploring how we harness the power of our ancestral cultures to create new channels of pleasure for the future.



## Nadirah Habeebullah

Healing Our Trauma

### ABOUT

Nadirah is a licensed marriage and family therapist [LMFT] in the Kansas City, MO area and currently works in private practice as the owner of Healing Our Trauma, specializing in both acute and chronic trauma. Nadirah believes in an attachment-based, communal approach to therapy that centers connection and resilience and decenters pathologizing language and ideologies.

### WORKSHOP:

#### **Building Joy Through Deepened Connections**

It's one thing to want joy in your life, but how many of us know how to actually lead joyful lives, how to create opportunities for joy to emerge consistently? Learn about the various components of joy and what they have to do with the quality of the connections in our lives. Walk away with practical tools to increase intimacy and connection in your valued relationships.



## Zainab Jackson

Jackson Wellness Group

### ABOUT

Zainab is a licensed Psychotherapist and Ph.D. student at Howard University. She received her Bachelor's degree in Psychology from the University of Maryland, College Park, and her Master's degree in Clinical Mental Health Counseling from Johns Hopkins University. Zainab has extensive experience providing therapeutic services for adolescents, adults, and families. Zainab co-founded Jackson Wellness Group LLC, a private practice to provide mental health services to underserved communities.

### WORKSHOP:

#### **Embracing Wellness: Nurturing your Self-care Journey**

In this workshop, we will delve into the importance of self-care, understanding that it is not just a buzzword but a crucial aspect of maintaining balance and overall well-being.

# Reflections + Musings

Rejoice



I find, in being Black,  
a thing of beauty; a  
joy, a strength; a  
secret cup of  
gladness.

-OSSIE DAVIS



# WORKSHOP III

SATURDAY JULY 22  
3:15 - 4:30pm





## Musa Sulaiman

Moses the Comic

### ABOUT

A seasoned Muslim comedian with a diverse range of innovative concepts who began his comedy career in Philadelphia at the world famous Laff-House. Since then **Moses has performed all over the world** and has toured and/or performed domestic and internationally.

Moses is currently producing a web series entitled "It's Always Sunni In Philadelphia"

### PANEL WORKSHOP with Nadirah Pierre:

It is often said that "laughter is the best medicine". This light hearted yet deeply felt dialogue between Musa and Nadirah will celebrate the connection between joy, resilience and coping with life's adversities. Even in the midst of heartbreaking challenges, there is always a silver lining of humor and how we connect with one another through laughter and creativity.



## Nadirah Pierre

Healing Our Trauma

### ABOUT

This 26 year old New Jersey resident is a standup comedienne, and a social media sensation. She uses humorous wit and satire in order to shed light on issues that she faces in her personal everyday life as well as issues that are prevalent in both the Muslim and African American communities. Fearlessly, Nadirah addresses real issues and says what no one else will, first, on social media and now on stages all across the country

### PANEL WORKSHOP with Musa Sulaiman

It is often said that "laughter is the best medicine". This light hearted yet deeply felt dialogue between Musa and Nadirah will celebrate the connection between joy, resilience and coping with life's adversities. Even in the midst of heartbreaking challenges, there is always a silver lining of humor and how we connect with one another through laughter and creativity.



## Mariam Poppins, LLC

Ameenah + Abdullaah

### ABOUT

Mariam Poppins LLC is a children's book illustrator, art instructor, graphic design and family based business that has serviced clients in Africa, France, Canada and throughout United States.

Ameenah's experience and focus has been positive affirmations for children and women audiences throughout the world.

Abdullaah handles business functionality at Mariam Poppins LLC. He's a serial entrepreneur with a background in incubating businesses.

### WORKSHOP: Finding Joy Creatively.

Ameenah and Abdullah will share their own story and innovative process to developing delightful illustrations and captivating narratives which appeal to a wide and diverse audience!



# Dessert Hour

Let's continue our conversation on joy... We invite you to join us for a dessert hour featuring complimentary "teeny beany" pies from Chicago's own **Supreme Bean Pie**, non-alcoholic wine from Black woman owned **2048 Wine Shop/PrazBar**, and delicious sweets from **Sugar Hill Bakery**.





THE *Supreme*  
BEAN PIE



*Zera*

CHARDONNAY

ALCOHOL FREE  
SANS ALCOOL

ORGANIC  
VEGAN

FRANCE

*Zera*

ROSÉ

ALCOHOL FREE  
SANS ALCOOL

ORGANIC  
VEGAN

FRANCE



# Rejoice

## Reflection:

As a child, what was your favorite dessert? Name a sweet that makes you smile and fills you with pleasant memories of your childhood days.





**BILAL**

**BLACK MUSLIM JOY**

Meet our adorable BMPC Mascot

# BIGAL

I love **soccer** - my favorite team is called the Seahawks! I have a big brown puppy, **his name is Denmark Vesey**, and sometimes I play with him at Rainbow Beach. **My mommy bakes** yummy desserts and let's me lick the bowl clean! **Red Velvet Cake is my favorite**, what's yours?



illustration by Mariam Poppins

# Rejoice

## Reflections + Musings



**SUNDAY**  
**JULY 23, 2023**



# SUNDAY | JULY 23, 2023

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	<b>Atiba Jones</b> , SAVE Institute	Jitterbug [4E]
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	<b>Vinson Muhammad</b> , Recording Artist + Edutainer	Polka [5E]
	<b>Binta K Diallo</b> , Singer-Songwriter	Jitterbug [4E]
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	<b>Imam Roundtable</b> Imam Tariq El-Amin + Imam Mika'il Stewart Saadiq	Polka [5E]
	<b>Khaled Nurhssien</b> , Strategic Community Consultant	Jitterbug [4E]
4:00 - 4:30pm	<b>DAY 2: WRAP UP + FAREWELL</b>	Polka [5E]

SAVE THE DATE: BMPC2024 | July 20-21, 2024



# WORKSHOP I

SUNDAY JULY 23  
11:00 - 12:15pm





## Gholdy Muhammad

HILL Pedagogies

### ABOUT

**Dr. Gholnecsar (Gholdy) Muhammad** is an **Associate Professor** of Literacy, Language, and Culture at **University of Illinois-Chicago**. She studies Black historical excellence in education. Dr. Muhammad is the author of the best-selling book, **Cultivating Genius: An Equity Model for Culturally and Historically Responsive Literacy** and newly published **Unearthing Joy**. The sequel to *Cultivating Genius* and provides a practical guide for putting culturally and historically responsive education into curricular practice.

### WORKSHOP:

#### **Cultivating Genius and Unearthing Joy**

Dr. Muhammad's framework centers 5 learning goals or pursuits: identity, skill and intellectual development, criticality (learning and developing the ability to read texts to understand power, equity, and anti-oppression) and JOY (wellness, beauty, healing, and justice for oneself and across humanity). Dr. Muhammad will lead participants in a journey of introspection and guided self-awareness about their own identities, genius, joy and healing.



## Atiba Jones

SAVE Institute

### ABOUT

**Atiba Jones** is a youth advocate with a passion and dedication to bettering American society through uplifting and empowering under-served youth. **Atiba holds a bachelor's degree in Psychology from Morehouse College**, a Master's Degree in Educational Leadership, is a Certified Anger Management Specialist, Certified Life Coach, and a Certified Journeyman Farmer. **Atiba currently serves as the Founder and Executive Director of SAVE Institute,**

### WORKSHOP:

#### **Fostering Joy & Prosperity Within Black Male Youth**

This interactive workshop explores methods and strategies to uplift one of America's most neglected demographics: Black Male Youth. Collectively, we will discuss ways in which joy and prosperity can be cultivated within black boys and young black men through helping them to find their purpose, change their self-perception, heal from trauma, and serve humanity utilizing their own unique set of skills, gifts and talents.

# Reflections + Musings

Rejoice



# WORKSHOP II

SUNDAY JULY 23  
1:15 - 2:30pm





## Vinson Muhammad

Recording Artist + Edutainer

### ABOUT

**Vinson ALäZ Muhammad** is a servant. Born in a house in Macon, GA, he is an award-winning recording artist, writer, producer, composer, and edutainer. **Vinson has completed 8 recording projects**, 3 national tours, and performed internationally in Africa, Europe, and the Caribbean. He serves as the **Arts and Culture Community Programs Manager** for the Inner-City Muslim Action Network [IMAN] in Chicago, IL.

### WORKSHOP:

#### **Collective Joy: The Art of Collaboration**

Participants will create lyrics and music based on themes of joy and collaborate to produce an original group piece.



## Binta K Diallo

Singer - Songwriter

### ABOUT

Hailing from the vibrant city of Chicago, **Binta Kane Diallo** is a first-generation, **Senegalese and Gambian singer-songwriter** that blends thought-provoking lyrics and an ethereal voice through song. Binta **weaves a captivating musical tapestry, fusing the rich melodies of Senegalese pop with the soulful vibes of Neo-soul.**

### WORKSHOP:

#### **Release & Rejoice: Rewriting false narratives through song**

Joy knows no bounds. Discover the remarkable capacity of songwriting as a ritual to heal unseen wounds, and rewrite false narratives that no longer serve us. This interactive space will serve as a moment to awaken the profound joy that comes from self discovery within the unique intersection of our identities.

# Rejoice

## Reflections + Musings



# WORKSHOP III

SUNDAY JULY 23  
2:45 - 4:00pm





## Tariq El-Amin

Imam, Masjid Al-Taqwa

### ABOUT

Hailing from the great city of Chicago (IL), Imam Tariq is a proud alum of the Sister Clara Muhammad School system and a recent 2022 graduate of Bayan Islamic Graduate School/Chicago Theological Seminary. Imam Tariq is the Resident Imam of Chicago's Masjid Al-Taqwa and has used his knowledge as a skilled tradesman (Local 1 Ironworker) to oversee the rehab of Masjid Al-Taqwa's newly acquired home on the Southside. He has dedicated his life to stewardship and justice through his service on the boards of the Abolition Institute and Arise Chicago, as well as his work on the live talk show/program, Radio Islam.

### WORKSHOP:

#### Imam Roundtable

Muslim Wellness Foundation launched the Imam Roundtable in 2017 - as a space for reflection, strategizing, collaborating, networking and support. Sit with Imam Tariq and Imam Mika'il as they share their perspectives on joy, healing and community!



## Mika'il Stewart Saadiq

Chair, Imams Council of Michigan

### ABOUT

Imam Mika'il Saadiq has been a beacon of leadership, activism and service in the Detroit community for decades. For the past 20 years, Imam Saadiq has worked to empower his community and marginalized peoples across the nation. He has served as a teacher and administrator at Al-Ikhlās Training Academy, a Detroit Police Chaplain, Associate Imam at the Muslim Center, Chairperson of the Imams Council of Michigan, and as a Detroit City Council liaison advocating for civic engagement, social equity, and empowerment.

### WORKSHOP:

#### Imam Roundtable

Muslim Wellness Foundation launched the Imam Roundtable in 2017 - as a space for reflection, strategizing, collaborating, networking and support. Sit with Imam Tariq and Imam Mika'il as they share their perspectives on joy, healing and community!



## Khaled Nurhssien

Strategic Community Consultant

### ABOUT

Br Khaled Nurhssien is an Arizona born, DMV raised, current Dallas resident with a love for Islamic studies, coffee and travel.

Br Khaled is a Muslim Wellness Foundation 2019 Deeply Rooted Emerging Leaders (DREL) Fellow. Br Khaled has used this knowledge and varied experiences to work with Muslim communities across the US in several different capacities. He has taught at Sunday school, ran youth groups, created engaging yet educational content for organizations and manages a whirlwind of community projects around fundraising, networking, mentorship, and more

### WORKSHOP:

#### Architecture of Connection

Exploring how cultivating sustainable communal spaces can enhance and deepen our ability to connect and build.





2023 BLACK MUSLIM  
PSYCHOLOGY CONFERENCE



BMPC2017 | Imam Roundtable | Imam Siraj Wahhaj, Masjid At-Taqwa, Brooklyn, NY

## WHAT IS THE IMAM ROUNDTABLE?

For over a decade, Muslim Wellness Foundation (MWF) has recognized the unique and pivotal role Imams, chaplains, religious scholars and spiritual advisors play in caring for the spiritual AND emotional health of American Muslims. However, given how many serve under-resourced communities, the space for reflection, strategizing, collaborating, networking and support are often lacking. **At the 3rd Annual Black Muslim Psychology Conference (BMPC) in 2017, we created such a space: The Imam Roundtable.**

The Imam Roundtable was an historic gathering of 35 Imams and spiritual leaders of Muslim institutions from across the country in a space that offered the opportunity to dialogue with one another as well as with an audience composed of the population they serve. These Imams represented a total of about 12,000 constituents in congregations in nearly 30 American cities. The Imam Roundtable was very well-received and continued in 2018 and 2019. Unfortunately in 2020 we made the difficult decision to temporarily postpone this groundbreaking gathering due to the COVID-19 pandemic. Yet, we have learned that these conversations continue to be critical and urgent, now more than ever.

Many Imams and other leaders have expressed the desire and need for spaces for them to also receive assistance with personal issues related to marital difficulties, mental health challenges, burn-out and vicarious trauma. They cite the barriers to receiving this kind of support as stigma, concerns related to privacy and confidentiality, and perceived invincibility (cannot show weakness or flaws to others or this will lead to diminished respect, power and authority).

**The reality is that many leaders are silently struggling to balance the demands of their personal obligations and community responsibilities.**

At Muslim Wellness Foundation, we are committed to offering opportunities for training, continuing education, professional development and self-care in order to increase the capacity, development of healthy boundaries and leadership skills, which in turn enhances their effectiveness and ability to minister to those they serve.

## WHAT IS THE IMAM ROUNDTABLE PROJECT?

The Institute for Social Policy & Understanding's (ISPU) [2020 US Mosque Survey](#) offers findings which support our focus on Black Muslim religious leadership development:

- Among US-born imams, the largest group are African Americans and the average age is 57, which is much higher than non-African American imams whose average age is 47.
- Most volunteer Imams are in African American mosques and in almost all of the predominantly African American Muslim mosques, the Imam has both religious and management responsibilities.

In other words, most Black Imams are older, tasked with both spiritual and practical administrative responsibilities and are doing so more than likely on a volunteer basis. This is a rather daunting task. **The Imam Roundtable Project is an initiative which seeks to understand and lift up the specific needs, concerns and strengths of Black Muslim Imams and other spiritual leaders/advisors.**



BMPC2019 | Imam Roundtable | Imam Wahy-ud Deen Shareef

## GOALS

The aim of this project is to convene a small [8-12] working group of Black Imams for a period of 6-9 months: Jan - June 2023. This working group will center 3 objectives:

- Participating in focus groups and in-depth interviews with Black Imams [and other spiritual leaders] to gain deeper insight and appreciation for the unique experiences of Black Muslim religious leadership.
- Publish a "**State of Black Muslim Religious Leadership**" report, highlighting key findings from these important conversations.
- Offer recommendations and next steps for professional development resources, networking and peer support.

## IMAM ROUNDTABLE LEADERS

- **DR. QUAISER ABDULLAH [PA]**
  - Quba Institute, Inc., Temple University, Statera Coaching and Leadership Consulting
- **TARIQ ABDUL-HAQQ [GA]**
  - Bayan Islamic Graduate School
- **HANAFI ABDUL-MALIK [MI]**
  - The Muslim House
- **IDRIS ABDUL-ZAHIR [PA]**
  - Masjidullah - The Center for Human Excellence
- **TARIQ AMEER [NJ]**
  - Chaplain | New Jersey Department of Corrections
- **DR. BILAL ANSARI [CT]**
  - Hartford International University, Williams College
- **MAKRAM EL-AMIN [MN]**
  - Masjid An-Nur, Bayan Islamic Graduate School
- **TARIQ EL-AMIN [IL]**
  - Masjid Al-Taqwa
- **SULAIMAAN HAMED [GA]**
  - Atlanta Masjid of Al-Islam
- **ASHIR KIRK [TN]**
  - Midtown Mosque, Measured Tones Institute of Quran
- **DR. JIHAD SAAFIR [CA]**
  - IslahLA
- **MALIK SHAW [TN]**
  - Midtown Mosque, Bayan Islamic Graduate School
- **MIKA'IL STEWART SAADIQ [MI]**
  - Muslim Alliance of North America, Al-Ikhlās Training Academy, Michigan Muslim Community Council
- **BOBBY ABDUL HAMEED THOMAS [NC]**
  - Masjid Omar ibn Sayyid

# Rejoice

## Reflections + Musings



There are those who believe that Black people possess the secret of joy, and that it is this that will sustain them through any spiritual or moral or physical devastation.

-ALICE WALKER





**NAIROBI**

**BLACK MUSLIM JOY**



Meet our adorable BMPC Mascot

# NAIROBI

I love **coloring, painting** and playing at the park. The swing and slides are lots of fun! My mommy makes the BEST mac n cheese, it's sooo good! I **love my family**, my big brother hugs me tight, and **my Abi's smile makes me happy.**



illustration by Mariam Poppins

# Rejoice

## Reflections + Musings





# OUR SPONSORS



The board of Muslim Wellness Foundation and the Black Muslim Psychology Conference Planning Committee wishes to express our deep gratitude to **RISE Together Fund, a Proteus Fund initiative**, which provided a generous grant through the Opportunity and Convening Fund in order to make this gathering possible. **Thank you to our friends at Proteus Fund, we are incredibly grateful for your support!**

# Sapelo

Sapelo Square is a digital media and education collective that celebrates, but also thinks deeply, inquisitively and with some rigor about the experiences of Black Muslims in the United States, to create new understandings of who we are, what we have done, and why that matters.

- ARTICLES
- PODCAST
- RAMADAN SERIES
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## Carmen Echols, MD

Physician Speaker Author

### About me

I help patients and their families avoid the devastation linked to chronic disease--namely, high blood pressure, high cholesterol, and diabetes--through patient education; advocacy; and engaging in the outdoors as a means of spiritual, physical, and mental health.



### My book



"I practice wholistic medicine, which encompasses mind, body, and spirit. Within a person, all three entities can be diseased or in a state of dis-ease..."



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

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We're so grateful to our friends at Inner-City Muslim Action Network (IMAN) for sponsoring **BMPC2023**! The IMAN Arts & Culture Department is also represented this gathering as our artist-facilitator line-up includes Associate Director **Binta K Diallo** (singer-songwriter), Program Manager **Vinson Muhammad!**  
**Thank you for your support!**

While resistance foregrounds an oppositional relation between oppressed and oppressors, joy foregrounds a flourishing relation of the self to the self (or in the case of Black joy, how Black folks relate to each other).

-LINDSEY STEWART



# Rejoice

## Reflection:

Name a loved one whose laughter warms your heart and brightens your entire day. Tell us about this special person...







# Rejoice

verb | to feel joyful; be delighted;  
express incredible happiness

# Rejoice

## Reflection:

"When a child walks in the room, your child or anybody else's child, do your eyes light up? That's what they're looking for."

-Toni Morrison

When you were a child, whose eyes would light up, so delighted were they to see you?

[If this is a difficult question, write about the person you **hoped** would greet you in this way? Do you "light up" for the children in your life?



“  
On ngoni  
e jam?

Are you in peace? [Pulaar]

MUSLIM  
WELLNESS  
FOUNDATION

Wolof & Pulaar Language Series





Muslim Wellness Foundation (MWF) established the Omar ibn Said Institute for Black Muslim Studies & Research in June 2021. This is the ONLY Institute of its kind in the United States. Honoring the legacy of the esteemed scholar, Omar ibn Said, the mission of the Muslim Wellness Foundation's Omar ibn Said Institute is to become the nation's premier institution for transformative scholarship on the Black Muslim experience; and like Said's autobiography, unfettered by the constraints of the white gaze and white supremacy. The aim of the Institute is to explore, deepen and enhance understanding of the content and context of the lives of Black/African American Muslims in the United States, many of whom are descendants of enslaved Africans in the Americas. This exploration focuses particular attention on the rich intersection of race, religious minority identity development, well-being and community building. The Institute houses major MWF initiatives such as the **Black Muslim Psychology Conference (BMPC)**, Deeply Rooted Emerging Leaders Fellowship (DREL), National Black Muslim COVID Coalition and various research projects.

The establishment of this Institute underscores MWF's ongoing commitment to center and uplift those narratives within the American ummah [community] and beyond, which are often marginalized and overlooked in health and interfaith outreach efforts; yet offer profound lessons in resilience, wisdom, hope and healing.

# BLACK MUSLIM PSYCHOLOGY CONFERENCE (BMPC)



**BMPC was established in 2015 by Muslim Wellness Foundation and is the only conference in the country to center the voices and experiences of Black Muslims with respect to race, religion, trauma and healing.** The conference gathers grassroots activists, youth leaders, community organizers, community members, religious scholars and multidisciplinary experts in conversation about the effect of continued systemic racism on the psychological well-being of Black Muslims and strategies to facilitate community healing. This conference is also dedicated to exploring strategies and opportunities for solidarity and authentic allyship with other marginalized as well as privileged communities. **BMPC intentionally and unapologetically centers the narratives, voices, and strengths of Black Muslims with a special emphasis on healing and collective well-being.** This unique gathering is dedicated to expanding the conversation on self-love, self-acceptance and self-determination. We engage in honest dialogue through didactic workshops, small group discussions, interactive group learning exercises and creative expression. We invite and welcome ALL members of the community to this dialogue - laypersons and professionals alike. BMPC is open to nonBlack Muslims, nonMuslim allies and people of all faiths (or none) and backgrounds are encouraged to attend and engage in a spirit of humility, curiosity and respect.

\*Please note: Our use of the term Black Muslim is inclusive of all those who identify as Muslim and of African descent:

- Black African
- Black American/Descendant of Enslaved Africans in the United States
- Afro/Black Arab
- AfroLatinx
- AfroCaribbean/West Indian, etc.

*Muslim Wellness Foundation is the foremost pioneer in the formal establishment of Black Muslim Psychology as a legitimate and necessary field of inquiry. Black Muslim Psychology is grounded in the experiences, strengths, perspective, racial/sociocultural identity and spiritual orientation of those who identify as Muslim and of Black/African descent, living in the diaspora. It acknowledges the rich ethnic, cultural, sectarian and linguistic diversity of the Black Muslim community. It seeks to understand and enhance protective factors, mitigate systemic stressors and promote psychological well-being within the Black Muslim community. BMPC is a featured initiative within MWF's Omar ibn Said Institute for Black Muslim Studies & Research*

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## MUSLIM WELLNESS FOUNDATION

Muslim Wellness Foundation (MWF) is a 501(c)(3) nonprofit organization dedicated to promoting healing and well-being in the American Muslim community through dialogue, education and training. **The MWF approach to health and healing is interdisciplinary, intergenerational, spiritually grounded, community based, and justice-oriented.** From being the first Muslim organization in the country to offer Mental Health First Aid (MHFA) trainings to establishing the annual Black Muslim Psychology Conference (BMPC), MWF has been an outspoken leader in fostering authentic 'visions of possibilities for freedom and wellness'.

As we embark on our next DECADE of service to the community, we remain committed to challenging the sociocultural stressors (poverty, anti-Black racism for example) which lead to diminished well-being. More than any other organization, our program and areas of focus have demonstrated our keen awareness of the link between oppression, wellness and how communities heal, grow, thrive, and experience joy in the midst of it all. We will continue to lead the way in shifting the conversation on mental health, addiction and trauma - from one narrowly focused on stigma to a healing-centered model of collective well-being, faith, identity and belonging.

### **CONNECT WITH US!**

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