

# DETROIT

## The Altar

By Evelyn M. Bingham  
SUN COLUMNIST & POET



Every home should have an altar  
Be it on a mantle, in a closet, on a shelf or a table  
For it isn't the location of it  
But it's results, which makes us able.

Make its focal point your Creator,  
Or a likeness of your belief  
And through pausing, and giving thanks in reverence  
You're guaranteed to find sweet relief!

Add pictures, or things dear to you  
Of significance to your life  
And through prayer and medication  
Answers come, to assist with strife.

Add candles, and soft meditative music  
Or any music of your choice  
But in the *healing sound of silence*  
We learn to hear Gods voice.

It is only in peaceful silence  
God is able to speak to us  
For He won't force himself, upon us  
He wants *His love* to be *our choice!*

So, create and pause at your Altar often  
Thank God for His Grace and Love  
Then create an Altar in your mind  
And no matter *your* location, you'll find peace  
reigning from above!  
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## Embracing the Goddess Within: Stand in Faith

By Adonna Smith AKA Goddess Godis  
SUN COLUMNIST



There will be many times in our lives, when we will face difficulties. It is during this time that our faith must be strengthened. We can either be overcome by our fear

or we will be strengthened by our faith.

If we choose to stand in faith, we will be awakened to the voice of divine and infinite wisdom within us. Our spirit will be uplifted, enlightened and empowered in the midst of our difficulties.

We have what we need within us to move beyond our circumstances and to rise like a phoenix out of the ashes.

We come from greatest, so let us walk in greatness and know that no matter how dark things may appear we carry within us light so bright and powerful it will cause the darkness within us to disappear. So let us stand in faith so that we may illuminate the light.

Rise goddess rise. Your light, love, and wisdom is needed. Rise, rise, rise.

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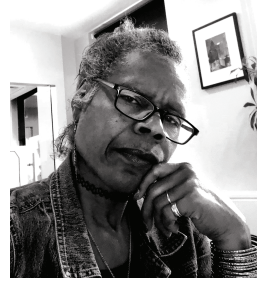
garment designer, writer and speaker to document, celebrate and inspire the emergence of the Goddess within women of great spiritual beauty and wisdom who knows that she is a daughter of God. She is in touch with her creative spirit. To contact GODIS email GODDESSGODIS@yahoo.com.



# NATIVE SUN

## This too shall pass

By Evangelist B. Colbert Brooks  
SUN COLUMNIST



Genesis 8:22 says, "While the earth remains, seedtime and harvest, cold and heat, summer and winter, and day and night, shall not cease." The Word of God promises that there will always be seasons as long as "the earth remains." It's the cycle of life. Seasons come and they go. From the hazy lazy days of summer, the warm honeysuckle breeze of spring, the brisk kaleidoscope of autumn, to the icy white sheets of shimmering snow. Our lives are reflections of the elements of nature navigating and propelling through life. The purpose being to introduce all of creation to the core essence of life from the cradle to the grave, portioned to us in seasons that we may come to know it all, the good, the bad, and even the ugly.

My brother in Christ is holding on for dear life, waiting for his season of test and trial to finally come to an end. His faith is being tried like the farmer whose crops are sparse, yet he faithfully continues to plant knowing that in due season, his harvest will be plenty. His season has been one of winter, cold and uncertain, sustaining test by test with just enough faith to see the forest in spite of the trees. Someone once said, "When you feel yourself slipping, tie another knot and hold on even tighter!" God will allow us to be tried, for what good is faith, if it is never put to the test? Without the business of trials and tribulations, we risk falling into pride, arrogance, and self-righteousness. The trying of our faith

tenderizes the heart, strengthens the character, and provides wisdom and knowledge that can only be gained from a personal encounter with the Lord.

There's a song that says, "turn your pressure into praise" We must always embrace that each and every thing we go through in every season, is designed to take us to another level of spiritual growth and maturity. I can recall growing up as a child, watching my mother struggle to make ends meet. Raising three girls on her own with no husband and an absentee father, I remember the silent tears she shed well into the cold and lonely nights. I don't know that I heard or ever witnessed my mother praying, but I know her trust was in a God that gave her enough strength and encouragement to never give up, for she believed in her heart that what was then would not be always, and that it would only last for a season.

The blazing flames of my brother's fiery furnace singed my heart so, that I wished I could personally turn off the heat, wipe his sweating brow, and with my own faith, move the mountain that stood between him and his breakthrough. But I knew that was impossible. No one can take your test. No one can walk your walk. It's your season exclusively, but it will be your harvest exclusively.

For all who are going through what may seem to be an unrelenting season of tests and trials, remember God is the sovereign Creator of all things. As sure as the sun knows to rise and set, and the moon knows to emerge into the starry darkness of night, the seasons are just what they are, seasons. As God has made all things in a divine order, the winter must and shall turn to spring "... seed time to harvest..." engraved in the sands of time is God's promise that that *this too shall pass.*

## Get involved during global volunteer month this April

(StatePoint) Global Volunteer Month, celebrated in April, is a time to honor volunteers while encouraging volunteering in communities around the world.

This annual celebration is especially pertinent right now. According to a Pew Research report, only 54% of Americans feel a connection to others near them.

"Communities around the country are facing increased needs at a time when many people are feeling more isolated. Volunteering fills the gaps to strengthen community and the fabric of our society," says Jennifer Sirangelo, president and CEO of Points of Light, the world's largest organization dedicated to increasing volunteer service.

But as Sirangelo points out, volunteering doesn't just build healthier and more equitable communities, it's also good for the individuals who are lending their time and talents. "Engaging in volunteer activities has been identified as an effective way to build confidence, alleviate anxiety and depression, and provide a sense of purpose and connection," she says.

Here are some ways you can take action this Global Volunteer Month and beyond:

**Take the Pledge:** Let your community know you are committed to volunteering and service by taking the Points of Light's Global Volunteer Month Pledge. With nearly 50% of volunteer postings going unfilled, your participation can help meet critical community needs and ensure essential services are delivered. Already committed to a cause you care about?

Take this opportunity to deepen your engagement. Commit to one extra volunteer project a month, or consider taking on a leadership position with an organization you work with.

Thank a Volunteer: Volunteers are the heartbeat of strengthening communities, and throughout the month, you can help recognize the vital role they play. Thank a

volunteer or organization that is making an impact in your community starting on April 1 and throughout the month using the hashtag #ThankAVolunteer.

**Spread the Word:** Use social media to spread the word about the importance of volunteering using hashtags like #GlobalVolunteerMonth. To inspire others to take action, share your own volunteer story using #WhyIVolunteer.

**Get Started:** Not sure how to get started or where your efforts will make the biggest social impact? Visit Points of Light Engage, at engage.pointsofpoint.org. This enormous database allows you to search for volunteer opportunities in your city or zip code based on your interests. Whether you're volunteering on your own, with coworkers, or with family, you'll be sure to find an opportunity that's right for you.

"Volunteering is needed more than ever before. This April, we are urging everyone to join us in taking action. Lend your time, talent and passion to making a real difference in your own neighborhood and to creating a better world," says Sirangelo.



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