DETROIT NATIVE SUN

Becoming renewed, not unglued!

By Evelyn M. Bingham
SUN COLUMNIST



We as Americans, especially during this uncertain, supercharged, never before heard of, political climate, are all suffering from the stress of being the pawns of our present governmental leaders as we sadly witness the lying, deceit, backbiting, and total lack of concern and empathy for us, the people they have sworn to protect!

It leaves us afraid and wondering how we can remain whole and balanced, not only personally for ourselves, but for the families and occupations for which we are responsible. It is obvious that we need to use every tool in our survival war chest, just to cope and maintain some balance in our lives by the renewal of mind, body and spirit.

To renew—To make new, fresh, in good condition, strong, to give spiritual strength to, to begin or take up again, to get a new lease, revive.

Starting or beginning a new year, a new move, a new job, a new business etc., all contributes its own share of stress! Learning to slow down, prepare and appreciate your life and your present situation, brings the questions and frustrations as to how to avoid becoming unglued!

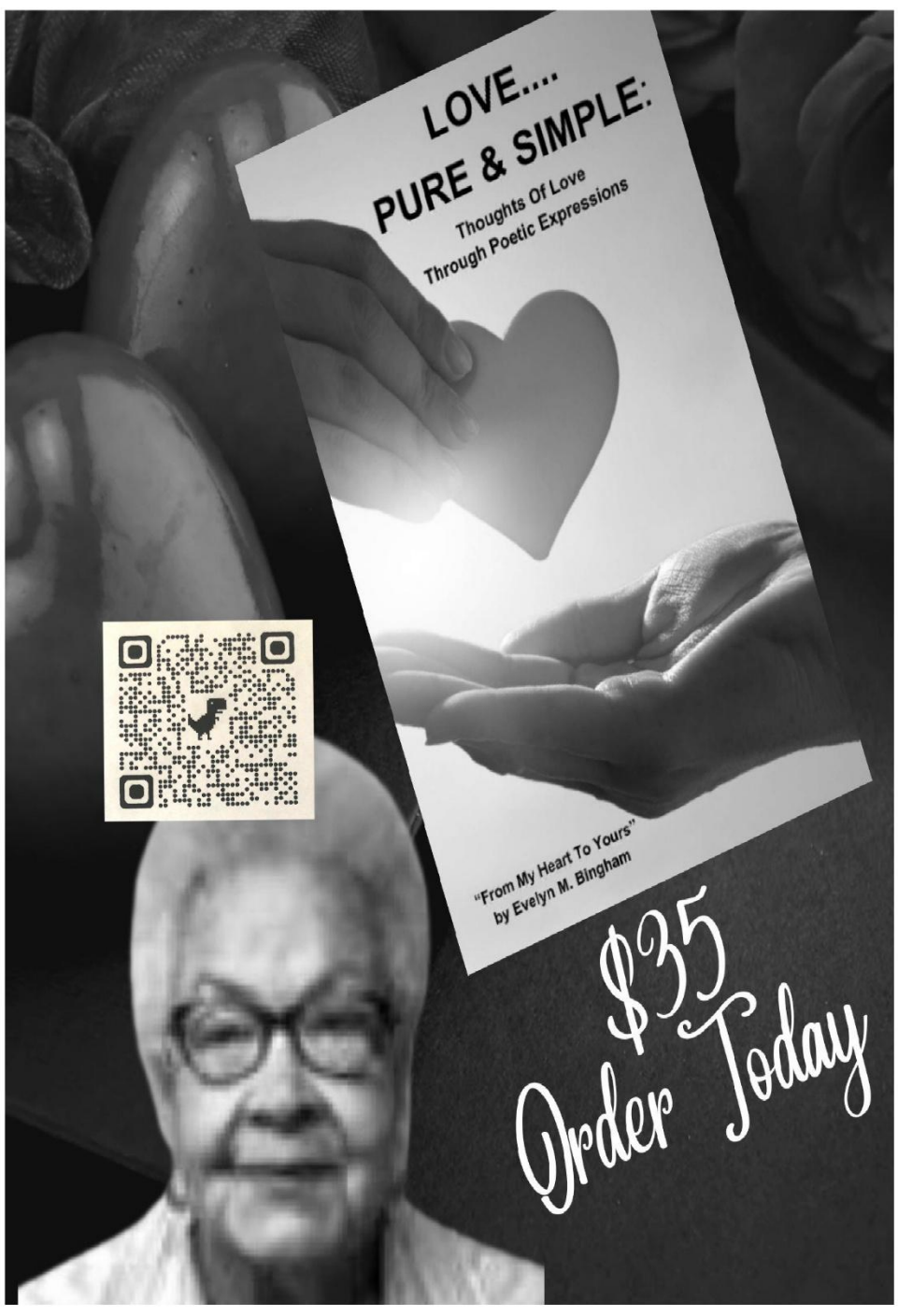
Some ways, which may be helpful in the elimination of stress and anxiety are: To learn some relaxation techniques, listening to peaceful and relaxing music, reading, writing, or other rewarding hobby, de-cluttering of home, office and personal space, organization of home, surroundings and possessions. Further ways to renew your body and your spirits would be to communicate with family and friends, and to renew our old acquaintances . An area of your life which may need to be addressed is to seek to *do surgery* on any bad or unhealed *relationship issues* between friends, family or acquaintances, taking or making the opportunity to seek to forgive *or* to ask forgiveness for any past hurts etc., this act alone, may be mind, and soul liberating---and renewing! Sharing yourself with others by letters, calls, visits, volunteering etc., or by encouraging a young person or others to reach for and achieve their dreams.

It is important, and necessary to *develop or strengthen* your spiritual connection, thereby bringing inner peace and satisfaction and a *grounding to the real*. Along with quiet, relaxing music is the practice of prayer, gratitude and meditation, all that is needed is you, your mind, and a quiet space, *and* receptivity.

Some ways in which to prevent becoming *unglued*, which is defined as, to separate or detach by or as if by dissolving an adhesive, or the *slang*: To upset, confuse. To come unglued, *slang*: to become emotionally upset and lose ones composure. Other ways, would be to improperly plan or to not plan ahead for your future. Being on time (which is a great stress reliever), not having too much on your plate, learning to say *NO*, learning to delegate some responsibility, learning not to take on more duties than can safely be handled.

Let us plan to become physically renewed, by beginning a realistic fitness routine which you enjoy and will be consistent with, as well as a more healthful way of eating.

Good luck to *each of us* as we seek to start our new year ahead, *more renewed*, and definitely *less unglued*, especially with the *hope and knowing* that ultimately, *God's Got This*!!!



Sergeant Mason

By Evangelist B. Colbert-Brooks
SUN COLUMNIST



My daughter enlisted in the United States Army one month before her 18th birthday. She was still underage, and although a bit reluctant, she was fixed in her decision, so I gave my consent. She was having a tough time in her teenage years, and I myself was in a particularly rough place in my life. Years later when I reflected back on those days, I realized that she was really a whole lot stronger than I would have ever imagined. At such a tender age, she had the presence of mind to take control of her own life, and her own destiny. Over thirty years later, I still don't think I could been so brave myself.

It was 1993 and Operation Desert Storm. My daughter had one month before shipping out, but had yet to meet the Army's weight requirement. She came home to stay with me those last few weeks before she was to leave for Basic Training. Although we had struggled quite a bit with our relationship for the past two years, her pending departure added sobriety to our differences, and gave us a common goal. Together we went about the task of stuffing her with every food we could find to fatten her up for the Army.

She shipped out in March just after her 18th birthday. My heart ached to see her go. For a brief moment, as I watched the recruitment bus disappear into the horizon carting my daughter away, I wanted to take off after it, demand the driver to hit the brakes, and give me back my little girl. Yet I knew if she could master this decision to join the military, she would have laid the foundation to be the master of her fate for the rest of her life.

My daughter, Sergeant Lauren Camille Mason served in the United States Army for eight years. During her tenure, she was highly commended, earning over ten certificates and awards, and honored as Non Commissioned Officer of the Year for two consecutive years. My daughter served in the military with dignity and dedication. She grabbed hold of the slogan "Be All You Can Be" and created an impeccable role model of an extraordinary soldier without spot or blemish. I found it hard to believe that in my often fragile state as her mother, she had somehow been able to glean the character and courage to accomplish such an outstanding endeavor.

The decline of the attraction to serving in the armed forces manifested in my generation. On the backside of Vietnam, Woodstock, the Civil Rights Movement, and the ever growing generation gap, enlisting in the military had practically become taboo. Yet, we still reside in a country with freedoms, rights, and opportunities. Regardless of the social challenges, political differences, and racial injustices that continue to plague our nation, we still have the security and protection of a military force. We often overlook, or even take for granted the men and women who commit their lives to serving our country. Drafted or enlisted, gone on to glory or still with us, each one deserves the recognition and commendation due for their service to this great United States.

I thank God that I am the proud parent of a distinguished veteran of the United States Army. I furthermore salute each and every man and woman across this nation who served to preserve the liberties, freedom, and security of these United States of America. May God forever bless them and their loved ones for generations to come.

Embracing the Goddess Within: The future is now

By Goddess Godis AKA Aldonna Smith
SUN COLUMNIST



We are the future. We have entered a doorway into a new dimension in time. We each carry within us a seed for the future. The seed is the vision for a greater experience of ourselves and a greater experience of life. In order for us to give birth to that seed, we must nurture it by thinking about it and by meditating on it everyday because our thoughts are prayers. We must also visualize it, because our vision is magnetic.

We must also speak about it, because our words shift energy, create movement, and create change. We must also be willing to transform ourselves. We must be willing to do and become whatever God is showing us and telling us in order to birth that seed and bring that vision into our physical reality.

Even while living in the mist of a world filled with darkness, chaos, anger and despair, we must be willing to nurture and give life to that seed that, vision that precious Gift that GOD has given us. It is the only way that we can maintain and increase the light within us. The seed holds within it the blueprint for our future. The seed also embodies within it our soul's growth and evolution. It is the change that we hunger for in silence. It is a spiritual awakening, a resurrection, and a rebirth to becoming the greatest version and highest vision of ourselves. It is all a part of a master plan, a sacred contract, and agreement that we made with God. Once the veils of illusions of this world were lifted and we could see the truth, we would choose to no longer be a victim and a slave to the desires and the beliefs of an ungodly world, but we would choose to become powerful co-creators with God and we would give birth to the future, the seed, the vision that has been implanted within us and we would bring to life our piece of heaven to earth.

Rise goddess rise.

Goddess GODIS is a Detroit Spiritual Artist who is dedicated to using her gifts as a photographer, 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.

