Real Talk

By James Ford ACTIVIST AND FOUNDER OF OBAMA DAY

On Oct. 16, 1995, Brother Paul Taylor, now chairman of the Million Man March Alumni, was in Washington, DC for the historical Million Man March.

Brother Paul says that it was unequivocally the greatest display of harmony and unity ever exhibited by black men.

Brother Paul's Million Man alumni Committee meets every Thursday at 6 pm at the Alkebu-

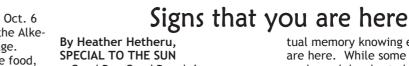
Lan Village at 7701 Harper Ave. Detroit, MI 48213. The Million Man Alumni focuses on problems that plague the Black community. You can join Paul Taylor and other Million

Man Alumni members on Wednesday, Oct. 6 at 5 pm to relive this horic event at the Alke-

bu-Lan Village. There will be food, speakers, entertainment, open microphone from brothers that attended the march. Women are encouraged to attend the event. The motto of this group is "long live the spirit of the Million Man March." On Wednesday, Oct 16 at 5 pm, it will be relived.

James Ford is the national founder of Obama Day. Visit

ObamaDayAugust4.com, Facebook, YouTube and Twitter. Email Realgoodpresident44@gmail.com or call (888)604-2294.



Lessons from the journey...

Good Day Good People!

Some people are unsure when they are truly walking the path of self-discovery. The path of self-discovery is different for each of us when we see it on an individual level. However, there are similar elements of self-discovery be-

cause we are all made of the same substance both body and spirit. Self-discovery is made of 3 elements: 1) asking the hard questions of "why"; 2) the feeling that there is more to us and for our life; 3) we seek and put in "the work" to find the answer(s)! As a more

subtle point of reference, our intraconnectedness is extremely important although an unplanned by-product of our journey. This unplanned by-product (intra-connectedness) of our journey has a direct impact on the "reality" of how we, our families, community, and world are maintained. Yes, YOU are THAT important that your ripple effect has a global impact!

INTENTION of actions Just like the small pebble (your intention toward self-discovery) that when dropped in a still lake sends ripples (the impact of your actions) to the very edges of that lake (self, family, community, and world). Our journey, although sometimes subtle, is that significant! Let's start from the beginning. The elements of self-discovery began at birth when our spirit acquired its body. While full of genetic code from your parents and their environment, YOU are NOT your BODY! You are a conscious spirit with various levels of amnesia! We needed this body (as a vessel) to do the work of "preparing" for living and our "living" is designed to fulfill our purpose. The fulfillment of our purpose is why we exist and seeking our purpose raises our consciousness to a higher spiritual level of

Some people come into this existence with more sensitivity and spiri-

tual memory knowing exactly why they are here. While some of us have to work much harder to know. We all are given specific tools (our inner guidance, gifts, and abilities) to assist us to discover and connect with our purpose. We have been placed in situations and endured experiences to "educate (draw out what is already in us)" often

through life lessons and tough choices (even though some maybe harder to understand or withstand than others).

SOLUTION for consideration

Consequently, our greatest tests, not only becomes a means for our character

building and a way to open our possibilities but also a testimony for others to learn from us. It is why we have a desire to communicate, commune and share experiences and information with others. The adage "what is done is secret will find the light" is the universe's way to ensure that the information is shared. The purpose of the gossiper, the news, social media, the hater, the fan, the writer/author, the preacher, the teacher, the internet and more is to get the information out to the right people! What we choose to do with the information and how we internalize it can help us with our journey of self-discovery as well as others. It often shows us what we are made of and sets us on our course or redirects us to the truest nature of our existence. Whatever your test or testimony know that it is a valuable ripple in the lake of existence. More importantly, know that your tests are evidence that you are on the path!

Heather Hetheru is a Personal Change Coach, author, facilitator available to assist others explore the journey of Self-Discovery. Reach out for more information on facebook @yourinspiredjourneywithHeatherHeth eruMiller or visit our website yourinspiredjourney.com. Let the Journey Continue...



Pictured are Paul Taylor, Chester Vaughn, Marvis Cofield, Ray Stephens, Al Seevers, and James ford. Not pictured Mike Anderson

WORD of POWER MINISTRY

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Invites you to their
Annual Women's Day
Sunday, October 13, 2019
Services: 11:00 A.M. and 4:00 P.M.

Theme: "Thou Shalt Not Make Thee Any Graven Image"
Deut. 8:10 and Isaiah 4:1-8

Sub Topic: Lev. 11:44 and I Peter 1:13-16

Guest Speaker: Pastor Andre'a Dephine Bernard

Christ Temple Ministries International Adrian, Michigan

Women's Day Coordinator: Missionary Gertrude Hansberry
Pastor: Bishop Benjamin S. Hoke, Sr. and Lady Gwentta M. Hoke
For More Information:

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