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UNITING & ENLIGHTENING THE COMMUNITY

Out of Place

By Evelyn M. Bingham SUN COLUMNIST & POET



Just, when I thought racism. was taking a nap, I heard on Channel 7 news at 6:00 p.m., in August 2018, that a black female student was the target of a racist citizen who called the police, saying of the student, she looked out of place! This

incident happened at Smith College. Smith College is a private, independent women's liberal arts college, located in Northampton, Maine with students from around the world. It is the largest all women's college in the U.S., and one of the best! Known, for its strong academic, strong sense of community, and strong alumni network, Smith has a past reputation of being a college for daughters of prominent or prestigious people. This young lady, was from an African country and stated she was the first of her family to attend college. She was working as a student teacher at her college during her summer break. She was returning back to her school dorm following her lunch. She was holding a parasol (umbrella), to protect herself from the scorching, August sun, and although she was a very dark complexioned woman, our skin burns too! This incident was extremely hurtful and demeaning to the what you could not see. student! She was emotionally devastated

following this bogus complaint and confrontation. I wonder if this incident caused her parents to question having her return. It would be interesting to know how this case was handled and its outcome.

Obviously, some nearby neighbor saw her walking somewhere, on that vast 140 acre plus campus, and decided they or their neighborhood was in danger, and decided to call the police because they said she looked out of place. If they had cared to inquire at the college, they would have learned of the financial investment, character, and impeccable reputations of these young women students, along with the expectations of their parents, country, and of the college

When, in this country of ours, will we, as black people ever look in place? It doesn't seem to matter whether we are in our own ghetto communities, neighborhoods, walking, shopping, or in the halls or on the campus of one of our countries most respected and prestigious colleges or universities, we can't seem to win!! At least our color identifies us, making us easier for the surveillance to spot. These prejudiced folks had better hope that while we are becoming highly edu-ma-cated, in one of their fine universities, we don't acquire some Wakanda like knowledge, on how two invent the technology for creating the cloak of invisibility. That might be the answer for us co-existing peacefully, in our present society as it stands now. It would be difficult to impossible to report, hate, shoot, or kill

Lessons from the Journey... 'Becoming is a process'

By Heather Hetheru SPECIAL TO THE SUN



Good day good people! Backstory: We are born into this world either male or female. We become infants, toddlers, kids, youth, adults,

women, men, mothers, fathers, husbands, wives, pilots, cashiers, mechanics, dancers, pimps, addicts, locksmiths, politicians etc. (you get the point). We become those titles by assuming those roles. Subconsciously, we believe that because we have the title that we understand and perform those roles and do it at an expert level. Mastery, as with any role, is earned through time, experience, guidance, awareness, dedication, knowledge, tools and ultimately the wisdom to apply these strategies. It is the application that will catapult us to the next level. Somehow, with the exception of education and careers, we assume that because someone holds a title that they have a level of mastery over the role that expresses that title. We may also assume that we have the same process and expectation of one that has mastered the role for the title they now

Intention of Action:

Confused? Let me share with you a few practical examples from the perspective of roles in relationships. There is some level of confusion that predicts that when a person is born female that she has matriculated from girl to woman from age alone... from woman to wife... and from wife to mother. Realistically, we know that the natural order of this expectation does not often fall in this reactionary order. With just this revelation, you can get a glimpse that the "perceived" process already provides significant challenges. Mind you, this is not about iudgment (the right or wrong, good or bad) it is about the awakening of our minds from our childhood exposure to an adult reality; based on wisdom. Follow me on this...

There are a set of skills that a female needs to become a girl and proceed up the chain of human social expectation (title and role). Some of the essential skills, by nature, must be rooted in biochemical, physical, mental, spiritual, and social cues. As she gains experience, guidance, awareness, knowledge and puts these tools into practice she, overtime gains the title of a woman through exposure. Although she has earned the title of a woman, she does not fully perform the role of woman until she has gained significant experience, guidance, awareness, knowledge, and puts these tools into practice. Only then, does she overtime, walks into her next level fulfilling the title and role of social expectation. For her to matriculate in her fullness, her desire for mastery (through experience not just exposure) must be guided. This is why schools have teachers throughout the masters (and doctorate degree) level when the student becomes the teacher.

Solutions for Consideration:

Becoming is a process. Often in today's urban cultures, the level of intention to matriculate boys and girls through the roles of man/woman; husband/wife, and father/ mother lack true intention and investment. People with various levels of awareness seek mentors and model behaviors, take selfstudy courses, attend workshops, read books, and apply the tools using the attainment of wisdom and experience. They have learned that overtime, they become the master of their roles. Armed with the reality that we are not born into our titles or roles must be understood and acknowledged. Knowing the difference in having a title verses the knowledge/experience of the role must also be understood. We can then begin to grow in our human experience and to enjoy the value of the true lessons of the journey.

Resources:

Share my "lesson for the journey" through one of my 5 lessons for the journey books available on Amazon under Heather Hetheru Miller or view workshops, videos, and/or podcasts by visiting yourinspiredjourney.com.

Heather Hetheru is a personal change coach.

The Song Remains the Same

By Evangelist Barbara Colbert SÚN COĽUMNIST



To a colleague of mine who experienced a rough patch in his life and will find these words an encouragement to his spirit, and a healing to his heart.

Love is the glue that binds any relationship, holds it together, keeps it secure. It is the state of the heart and the quality of the glue (love),

that determines the condition of it all. If the heart is hard and full of thorns, the glue applied is useless, ineffective, penetrating nothing, only waxing the surface. If the heart is fragile and tender to the touch, the glue applied must be gentle and portioned, or it will affix poorly, unable to maintain a bond under any

We must look to ourselves, within our own hearts, to submit and allow love to be the glue. Sometimes we are yet idealistic in our expectations of the glue. We may be zealous and energetic, prematurely challenging its strength and tenacity. Leaving no holds barred and going full-force, head-over-heels, so to speak. Not realizing that the glue may be too overwhelming. Although it will be somewhat effective and compelling, temporarily fusing, but because its energy is so strong, it is simply too much, too soon. The glue will be rich in quality, but defective in application. If we are not careful, it will be like the paste which the student uses in elementary school - Elmer's. Blatantly obvious. Hard and thick. Leaving a transparent layer that peels right off and discarded as de-

To achieve the quintessential results of love as the glue, we must understand the application, the purpose, and the divine meaning of it all. The application must be liberal and unselfish. The purpose is to foster that which is altogether beneficial, not only to ourselves, but to mankind fundamentally. The divine meaning of it all is to heal that which is broken, seal it, and bring it back to a place of wholeness. But the most important thing, is that the glue has to fuse freely. Once it has been applied liberally with gentleness and care, it is allowed to set. It is in the setting, that the glue perfects its mission to infuse the heart with all its attributes. Filling the deficits, smoothing the bumps and scrapes, finally leaving the subject as a work of art, supernaturally orchestrated by God, the very creator of love itself. Then as the artist does not set his creation on a shelf or locks it away never to be seen again, nor does he put it in a place where it can only be enjoyed exclusively by a singular spectator; so must it be, when love has been the glue. It is a finished work to be set on display for all to see, to be shared with all who desire to embrace its beauty and its splendor.

I want my colleague to know that he did indeed apply the glue with commendable sincerity and perseverance. That although it may seem all to no avail, as the finished subject is no longer a beauty exclusive to him. The fact is, he has indeed met the mark. For he did love genuine and unselfishly. He did foster that which is yet the epitome of love. And although the slope was a slippery one, he did nevertheless come to realize the divine purpose of the whole

So let this writing salute you, my friend. Case in point. When love is the glue, the outcome is for here and eternity and therefore, the song remains the

Embracing the Goddess Within: Be the light

By Addonna AKA Goddess Godis **SUN COLUMNIST**



Her Name is Crystal White, and I will never forget the first time I saw her on stage at the fashion show rehearsal. I noticed her beautiful smile and the twinkle in her

eves. She had a glow about her, and she modelea with elegance poise and grace. I walked over to her and asked her to model one of my designs in the fashion show she said ves.

As we talked, I found out that she was 61 years young. She looked to be around 50. She shared with me that she had

been a professional dancer for the Clifford Fears dance Theater and that she had the honor and privilege to work with world renowned entertainers such as Aretha Franklin and the Hawkins singers just to name a few.

When she came to my loft for her fitting and saw my spiritual photography, she was very impressed. She talked to me about her love and commitment

to God and her love and commitment to serving and uplifting others.

She shared with me her mission as CEO of G.E.M.S. (Grandkids Educated and Motivated to succeed), which provides scholarships to grandkids being raised by their grandparents and awards Grandparents who are doing great things in the community.

A few weeks after the show, I did a spiritual photography session with her. When she showed the portrait to her husband, he said with excitement, "This

is how I see you. You are my angel." He ran off with her picture and posted it on his racebook page, because he wanted to share his light - his wife, a nurturing and loving goddess with the world.

As women, we are the primary nurturers and caregivers of life on this planet. As we grow and evolve out of our own pain, self ignorance and suffering, we become a great source of enlightenment and nurturing to those around us.

Rise Goddess rise. Your light is needed.

If you would like to donate to G.E.M.S., email

GrandkidsEducated@edu.org.

GODIS

GODIS is a spiritual artist who uses her gifts as a spiritual photographer, garment designer, writer, speaker and author of the Book of Wisdom. A Goddess is woman who knows she is a daughter of God. To contact GODIS, email; GODDESSGODIS@GMAIL.COM