

DETROIT NATIVE SUN

UNITING & ENLIGHTENING THE COMMUNITY

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Showing what you feel

By Evelyn M. Bingham
SUN COLUMNIST & POET



How often do you show your loved ones how you really feel about them, or do you just assume, that they know. Not many, if any of us, were born with the ability to read another's thoughts or emotions.

This is especially important

when it comes to Mothers, for although she may know or understand you like none other, she still needs to hear directly from you, what your feelings are towards her.

A Mother rarely asks for what she wants or needs. It is up to each child to show or express themselves in their own way, a way in which their Mother will understand.

Mothers are far less impressed or appreciative of material things as opposed to emotional expressions of love, for just as Aretha Franklin sang in one of her hit songs, Give Me Something I

Can Feel, it also applies to a Moms feelings. This is not to say that other gifts are not cherished, for they are. Mothers will accept and appreciate the loving intent of the giver!

If you are blessed enough to still have the presence of your Mother around you in your life, make sure that she knows how much you care for, love and appreciate her. Hearing from you and other family members

alleviates her fears, as to your well being, it is when we, as Mothers, don't hear from you, that worries begin. Whereas, a thoughtful phone call or a visit will bring more joy to her than you could imagine!

E-mails texts and other tech savvy forms of communication, are lost or rebuffed by a Mothers heart, we seek the real, unconditional, heartfelt expressions of love and respect and are most appreciative of the ability to see your face or hear your voice. We do accept Skype, or Face Time, if you are unable to be present in person.

Once a Mother is gone, her memory will remain vivid for many years to come and you will miss these opportunities for expressions of love. For many years after a mother's death, you will probably reach for the phone to call her on those special occasionsor just to say Hi! Show what you feel, Now, while you still can.

This is a Mother's Day quote from Kate Douglas Wiggin, "Most of all the other beautiful things in life come by twos and threes, by dozens and hundreds. Plenty of roses, stars, sunsets, rainbows, brothers and sisters, aunts and cousins, comrades and friends----but ONE Mother, in the whole world."

Let us give honor to the Mothers in our lives, whether in person or in memory!! If you are a person who does not have a Mother to love, due to circumstances beyond your control, or whose memories of Mother do not evoke happiness, find a Mother figure whom you love, admire and respect and show her your affection! It will surely warm her heart!!

Happy Mother's Day, to all who serve in the capacity of Mother!

Lessons from the Journey...

The word of a mother: Create or destroy

By Heather Hetheru
SPECIAL TO THE SUN



Good day good people! Backstory: Women are born into this world with a unique purpose. Depending on your preferred creation story,

the origin of humanity and our ultimate end may stir a variety of reactions and behaviors that define the life we decide to live. There is a natural order of journey of life. Female babies grow into girls, girls to women, women to wives, and wives to mothers. There is no judgment on those of us born female and the order that our lives progress after we were recognized as girls. The collective circumstances, environment, knowledge, experience, and our motivations (and a few other unique factors including DNA) shape the order of life and who we become. Regardless of who we become, armed with the correct knowledge and intention, we are powerful beyond measure! Without the correct knowledge and awareness we are destructive beyond comprehension! For example, many of us may not be fully aware of our ability to create or destroy the lives of our children with our words. Whatever lens you choose to process this insight, please keep an open mind, because the life you create or destroy may be your own!

Intention of Action:

In the shadow of Mother's Day, let me share with you a practical example from the perspective of motherhood. Whether motherhood was an intentional choice or an unplanned event, the collective circumstances, environment, knowledge, experience, motivations and a few unique factors including DNA often shape the type of *mother* we become. Giving birth and having the "title" of Mother does not automatically give us the skills for *motherhood*.

Motherhood itself is a "process of becoming." When we conceive, carry and birth a child into the world we are deeply entrenched in the creation process. It is during the creation process that the WORD is most powerful. The womb-niverse inside of our bodies is an extension of the universe where all things are possible and can be "spoken" into existence. Therefore, what we say, eat, do, and feel has a direct impact on the life incubating inside of us. Our voice is easily recognized by the child incubating through vibration, tone, pitch, intensity and the chemical reactions stirred by our thoughts and feelings that fuel the words we speak.

The environment that is created from our intention and feelings not only impact our own bodies but also shapes the child incubating inside us! After the child is born the impact of the environment we created, as well as our voice, continues to vibrate within the child throughout his/her lifetime. After birth, our child, who has developed a memory imprint of our words, thoughts, feelings and intentions have internalized us and integrated as part of who they become.

Solutions for Consideration:

Motherhood is a process of becoming a mother. When mothers truly gain the insight that our words can create or destroy we will advance motherhood to the level of intention that will be the change we need to see in our families, communities and the world. Our intention to speak through encouraging words, will continue to create the circumstances, environment, knowledge, experience, and motivations that will impact not only the DNA passed on through our children but the factors that contributes to shaping the type of person our child becomes. Now ask yourself, what is evidenced in the words that you have spoken into your child's life? Based on your "word" did you create or destroy?

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 visit yourinspiredjourney.com.

Motherhood: As good as it gets!

By Evangelist Barbara Colbert
SUN COLUMNIST



Webster defines motherhood as "a woman in relation to her child or children." God breathes life into His creation and he purposed women to be the vessel by which he brings him forth into this world. Motherhood is a privilege, a calling, and above all, a blessing.

God, in all His infinite power, has

fashioned mothers in all variations; some good, some bad, some indifferent. With this, the best perspective concerning motherhood, is that which we glean from the history of mothers since the beginning of time, and to conclude that even our founding mothers, were not all perfect.

M is for Mary, the mother of our Lord Jesus Christ. Barely a woman, Mary was chosen by God to be the vessel to bring His Son into this world, the Holy Redeemer who would usher mankind into reconciliation with the Father. Mary symbolized humility and faith in God's supernatural intervention to achieve His plan of Salvation. Mary, mother of Jesus, was a mother above all others and forever remains in a class of her own.

O is for Orpah, the sister-in-law of Ruth. Because of her decision to separate from Ruth and return to her pagan gods, Orpah was recorded in history as a mother of missed opportunities. Jewish folklore portrays her as a woman morbidly corrupt and immoral, and due to her indiscretions, she bore four monstrous sons. Although Ruth became a part of the genealogy of Jesus, Orpah was ultimately killed. A mother who left a legacy of shame, degradation and tragedy.

Embracing the Goddess Within: Lift up the children

By Addonna AKA Goddess Godis
SUN COLUMNIST



To be a mother is a one of the most powerful and important positions on the planet. The job of the mother is to birth and to nurture life. She is the vessel for which new life

comes through. It is through her love and cares that families, nations and worlds are built. She is God's greatest co-creator.

Through her personal relationship and intimate talks and communion with God, she can be given the knowledge and wisdom needed to raise a generation of children that are spiritually and morally strong, who value themselves and others and who know the power they possess as one who has been created in the image and likeness of God. They will know like their mother that their thoughts and words create. They will know how to use the power of their imagination and vision to create and manifest the dreams and desires that God has implanted in hearts. They will know how to have a personal and intimate relationship with

T is for Tamar, the daughter-in-law of Judah and the mother of his twin sons. Tamar connived and seduced her father-in-law, Judah, and conceived twin sons, bringing about scandal, guilt and shame to God's chosen people. Tamar, a mother who, through trickery, blackmail and incest, manipulated a position for herself and her sons in the ancestral tribe of Judah. But a mother nonetheless.

H is for Hannah, a woman of grace and favor, who suffered the humility of barrenness. Hannah petitioned the Lord in prayer and weeping. He opened her womb and she bore a son, the prophet, Samuel. Hannah was a mother full of praise and thanksgiving. She was blessed with five more children, the proverbial "quiver full", pronouncing motherhood as truly a blessing and a gift from God.

E is for Eve, the mother of all humanity. She and Adam introduced the first act of disobedience and opened the door for the great transgression, mankind's fall from grace. Eve was cursed to bring forth children in pain and suffering, and set the precedence for every mother throughout eternity. She was the first mother to experience the loss of a child through sibling rivalry. She was the mother of the first dysfunctional family, and the first mother to birth and bury a son, all in the calling of motherhood. Eve, the mother of sorrows then and now.

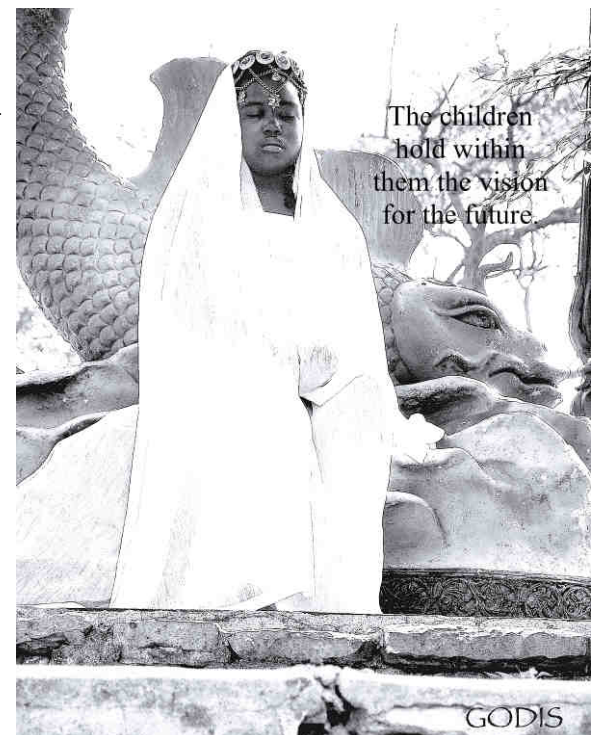
R is for Rahab, chronicled as a harlot and an outcast from reputable society, Yet, Rahab is moreover remembered for her faith and kindness to God's people, earning her favor in the eyes of God. Rahab was the mother of one son, Boaz, who was blessed to be the great grandfather of King David, earning himself and his mother a link in the lineage of Jesus.

Yes, let us concur that Motherhood is a gift from God. Functional or dysfunctional, it is essential to God's plan for creation. So, bless the Lord for all the mothers from then to now, and remember - it's as good as it gets!

God. They will possess great knowledge and wisdom, and they will walk like giants on the face of the earth.

They will be powerful co-creators with God. We must lift up the children by spiritually elevating their minds.

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