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Knowing your place: A salute to you on Grandparents Day

By Evelyn M. Bingham
SUN COLUMNIST & POET



As Grandparents, and Great Grandparents, we hold a unique, and yet very important position in our families. We are in a position of example and respect (if in the past, you have been respectable). We will continue to be recesses of love and guidance as well as examples of security. I consider it as a position of honor, one which comes to you long before you're actually ready.

The role of Grandparent, as well as Great Grandparent, is quite different from what we've experienced in the past. To some degree, it requires using the three P's, patience, proactive, and passivity. It requires sitting by and watching the activity of the various family members, praying for their health, safety and success while using an acquired knowledge and wisdom of when to keep our mouth shut. We have learned by now, that our way isn't always the right or best way, as some over zealous parents

have been told in the past!

It is uncanny, and a bit sad, that as we get older and supposedly more wise, there are too few ears which are open to our wisdom, and who actively seek it out. Time teaches you to allow *your children to exercise* their own parenting skills UNLESS you are asked for advice. Even then, we must realize that advice given, does not have to be taken. An understanding of this fact, may be the soothing balm, needed for any bruised or hurt feelings!

While passivity has its place, we must continue to be proactive in our own lives and independence, if your own interests and activities are being pursued, then, there will be less time to dwell on our families, their business, and what they're doing! Let us, as senior parents, grandparents and great grandparents live our lives as actively as is physically possible while being interesting, interested and independent.

Although, we may not be in possession of an abundance of physical strength, we remain invaluable to our families as pillars of centered stability, objectivity(sometimes), genuine un-conditional love, and possessors of the warmest hugs, softest lap and the presence of a comfort so genuine and reassuring, that it might provide a soft place to land, in times of trouble.

Be someone's soft place to land

By Evelyn M. Bingham

Sometimes the problems of life become overwhelming
Although you're giving it your all
That's when you call upon a dear friend or loved one
Let them, be your soft place to fall!

Usually only a little help is needed
To regain your composure and to stand firmly on your feet
It's nice to have someone to buffer the strong winds
To keep you directed forward, and away from defeat.

To be supportive and encouraging to someone who needs you
Takes *love* and *empathy* and is a *real art*
It is greatly appreciated by the receiver
Because the concern and assistance, is coming from the givers heart!
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Tears ©



By Darryl Cheatham
SPECIAL TO THE SUN

As a tear runs down my cheek absorbed by my mustache and beard,
I feel like I'm transported to the time and place that disgraces took place.
I was standing on the corner. I was walking down the street.
I was sitting in the car. I was walking out of the store.
They said I fit the description 100 pounds lighter and skin 2 to 3 shades darker
From guns to knives we lost lives
Faces on T-shirts, obituaries and eulogies
Not the future for the youth to see
Family oracles reminisce and mourn at memorials.
Tear drop mixtures joy and love, hurt and pain
Coming down like a stress release rain.
Moves smooth across eye lids then pools in the corner
Like all of standing on corners
As they fall to earth like asteroid showers
They become libations for all those that passed on
Transitioned and lost to the obscene or unforeseen
But when I close my eyes, you are all seen by me
Exuding respect and honor for the lives you have carved.
Remember there is not only sadness in those droplets
There is empowerment and clarity for each one carries
A story to be told and memories we forever hold.

Giants

By Evangelist Barbara Colbert
SUN COLUMNIST



Joshua said, "Now give me this hill country that the LORD promised me . . ." and though the land was inhabited by giants, because the Lord had promised it to His people, Joshua again declared, " . . . but the LORD helping me, I will drive them out . . ."

What is impossible to man, is more than possible with God. Joshua proposed, where will you make your dwelling place? Will it be in the hill country? Or the valley low? Though there may be "giants" in the way, will you surrender to them, making your dwelling place in the valleys, intimidated and afraid of the mammoths that hover overhead?

God did not give those who serve Him, the spirit of fear. In fact, He is glorified through challenges and battles seemingly unconquerable. He lovingly brings His people out of valleys and into the high places. God will see us through the valley of the shadow of death and we shall fear no evil, for He is ever with us. He will permit the giants to come and hover about us like rumbling mountains threatening avalanche, but He will protect us from their devour. As Joshua proclaimed " . . . but the LORD helping me, I will drive them out."

Still, we must realize that all Giants do not come from the wiles of the Enemy. Some simply emerge from within. Having dwelled within us as companions willingly entertained by our own deficits and desires. Giant's will distract, impede and devastate our lives in whatever way they are given passage. If they come from without, they will seek to infiltrate. If

they come from within, they will seek to manifest. Joshua said that though there were giants in the land which God had promised His people, and though the people were insufficient on their own to conquer those giants, with God's help they would drive them out and take possession of that which He had promised.

Where have you made your dwelling place? What giants are in your life that you have not served over to God for eviction? What shapes your thinking, your emotions, even your health, to the point of control and manipulation? What Giants inhabit your life, and bound you to dwelling in the valley, instead of the hill country that God has promised? Giants of fear, worry, anxiety, anger, jealousy, strife and unforgiveness. Giants that have taken habitation within the heart. We may live with them all our lives and never realize how much of a role they play in our actions and reactions, our choices and decisions, sometimes our very life and death. Yet, where they come from and how they got there is secondary to casting them out, and closing the door for entry no more. Joshua said, " . . . but the LORD helping me, I will drive them out." With God all things are possible.

The Father is a master surgeon, a supernaturally divine Healer. With the balm of "Peace that Surpasses all Understanding", He soothes worry and anxiety, fear forever denounced. With the oil of "Grace and Mercy", He quenches the fires of anger, jealousy and strife. With the precious "Blood of Jesus" He covers a multitude of sins, enabling forgiveness. By God, Giants shall fall, rendered impotent and powerless.

Joshua would only settle for the hill country, because he knew that by God, he was not meant to dwell in the valley low. God has promised Hill Country to all who know Him and any Goliaths inhabiting that land shall flee, when we declare "Now give me this hill country that the LORD promised me that day."

Embracing the Goddess Within: Only the truth shall set you free

By Addonna AKA Goddess Godis
SUN COLUMNIST



"Who am I?" and "Why am I here?" are two of the most important questions you could ever ask. These are questions that only through prayer, meditation and intimate conversations with God can you answer.

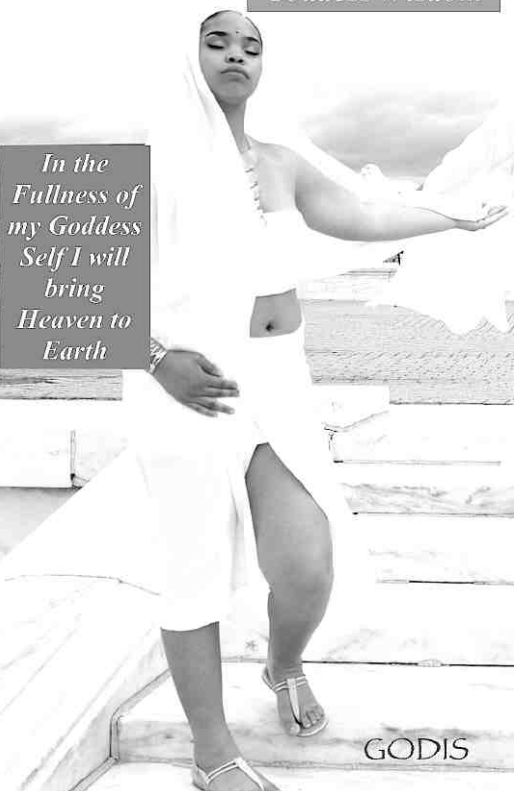
Until you know the answer to these two questions, you in reality don't exist. You are a figment of your own or someone else's imagination. You're playing a role in other people's reality, while the truth of who you are lies dormant inside you.

Who are you? You are a Goddess a daughter of God. You are a sacred and divine creation of God. You are created in the image and likeness of God. You are a feminine express of God. You were created in the spirit of Love. You are a co-creator with God. You have come to this planet to grow and evolve through your human experiences. To evolve yourself as creation and as a creator, and to discover and fulfill the mission and purpose for which you were created.

Rise Goddess Rise. Discover, speak and live your truth. Rise!

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, e-mail GODDESSGODIS@GMAIL.COM

Goddess Wisdom



In the Fullness of my Goddess Self I will bring Heaven to Earth

GODIS