

# DETROIT

## Grief is a five letter word

Evelyn M. Bingham  
SUN COLUMNIST



It may not be the five letter word you were thinking of, but you must admit, it is five letters. Grief means different things to each of us, however; we usually think of it in terms of death and our reaction to it.

What is grief? Grief is the natural reaction to loss that all humans experience. It is a complex and multifaceted emotion which has emotional, physical, behavioral and social aspects. Grief may be experienced by the loss of anything that is significant in your life, and not necessarily just apply to the death of a loved one.

Other causes are loss of identity, through a job loss, the diagnosis of a loved one, especially one of the life changing circumstances or terminal illness etc. This is known as anticipatory grief. There are many other causes of grief including divorce, miscarriage, the loss of social connections, death of a pet or death of a family member. There is no right way or wrong way to grieve, only what is right for you. The only way around grief is through it. Any attempt to avoid suffering or to put off the processing of emotional pain can actually lead to delayed grief or depression. There are many feelings that grievers experience and many stages of grief. Remember, that grief is different than stress.

10 Quotes that beautifully express what grief feels like

1. Grief is tidal. It comes in waves. In time, it can recede and leave us with feelings of peace and advancement only for it to wash back in with all its crushing hopelessness and sorrow. Back and forth it goes, with each retreating drift of despair. We're

left a little stronger, more resilient, more essential and better at our new life or role.

2. Grief feels like fear.

3. We are not alone. We bereaved are not alone -- We belong to the largest company in all the world, the company of those who have known suffering.

4. Grief is like an open window - in our helplessness, we feel as though a window opens automatically. The room grows cold, and we can do nothing but shiver. But it begins to open a little less each time, and a little less....

5. You learn to live with it...the reality is that you will grieve forever. You won't get over the loss of a loved one. You will learn to live with it. You will heal and rebuild yourself around your suffering loss. You won't ever be the same nor would you want to.

6. We can't help searching for their faces. Without you in my arms, I feel an emptiness in my soul. I sometimes search for you in a crowd which I know is an impossibility.

7. It's vast. There is a vastness to grief that totally overwhelms us and occupies the core of our being and extends through our fingers into infinity.

8. Sometimes we need reassurance that there's hope. Deep grief sometimes is like a specific location like a coordinate on a map of time. When you're standing in that forest of sorrow, you could never imagine finding your way to a better place until someone else assures you that they themselves have stood in that same place and have now moved on. It will sometimes bring hope.

9. Grief is not a sign of weakness. Grief is not a disorder or a disease. It is an emotional physical and spiritual necessity, the price you pay for love. The only cure for grief is to grieve.

10. How lucky I am to have had something (Someone) that makes saying goodbye so hard!

# NATIVE SUN

## Kids are not for the faint of heart

By Evangelist Barbara Colbert-Brooks  
SUN COLUMNIST



I'm not going to be that deep with this writing. I'm just going to talk about kids - "grown" kids. Those lovely God-given creations that can turn

from sweet little babies to full grown thorns in our sides. Mind you, this is for those of us who actually experience trauma drama with our grown kids. On the other hand, for those of you who have children who are just absolute angels who do all the right things, and never make a tear to fall, well I guess you don't need to read any further. But back to us who have kids who are literally a pain in whatever part of the anatomy you choose, I'm going to call them "chastening rods". Prophetically speaking, a unique method employed by the Lord to accomplish some thing in His beloved.

Kids are not for the faint of heart. They nestle in your womb all comfy cozy, and then at their appointed time, they make their arrival into the world precious and innocent, capturing your heart and holding it hostage for the rest of your life. Yet they grow and develop into their own persons and personalities, choosing their own roads to travel, quite often to our dismay. No matter how much we have prepared them for life, they still have to take things the way they see fit., often being the rocky and thorny path, compelling us to intervene and rescue them from their poor choices and desires. We ultimately discover this is an impossible task,

but on the road to realization, God determines there is work to be done even in us.

Chastening rods is what they become. In the Book of Habakkuk God used the Babylonians, enemies of the Israelites, to be a chastening rod against them because of their disobedience. Habakkuk didn't understand why God would use a heathen nation to chasten His chosen people. When he cried out to the Lord, God said that he would use their enemies to be an instrument of chastisement to bring them into correction. God had to remind His people, that *those whom He loves, He chastens*. All fashioned to work something out or something in, the beloved Believer.

Kids are not for the faint of heart. They are testimonials of love and all its attributes for the chosen vessel that birthed them into this world. We are called to love them ferociously; a love that will repeatedly be put to the test. But if we are wise, we will embrace God's proclamation that *"Love is patient, Love is kind, Love endures all things, Love never fails."* We will look beyond the veil of pain, disappointment, and sorrow, and remember that God chastens those whom He loves. So although it may seem such an unfair hand that we have been dealt, and a shocking surprise to find our sweet babies turn into sour pussies, there is something being accomplished even in us by the business of it all.

The scriptures say to *"Behold, children are a heritage from the LORD, the fruit of the womb a reward."* Succinctly, they are a gift from God. So for those who shake their heads in silent agreement to this writing, and murmur, *"Girl, I know what you mean..."* Let's just hold our heads up high, take a deep breath, and remember those chastening rods that we once diapered and fed will someday have children of their own.

## Want to achieve your goals? Write them down

(StatePoint) If you have a big idea, goal or dream about helping others, writing down your vision can help. Studies show you're 42% more likely to achieve your goals if you write them down.

Take it from Marcy Bursac. After reviewing thousands of handwritten entries, Pilot Pen selected her as the newest winner of the G2 Overachievers Grant, which rewards an exceptional individual who goes beyond their everyday job and responsibilities to make a difference in the lives of others.

A technical analyst at a cybersecurity firm by day, Bursac is also an author, podcaster, wife and mother. She has used her technological expertise to develop an app for "The Forgotten Adoption Option," her book and platform that helps facilitate adoptions for children in foster care. As an adoptive parent herself, she made it her mission to make it easier for other families to adopt children from foster care, helping to place as many as possible in loving homes.

"Some types of adoption are cost-prohibitive for many families and can take years," says Bursac. "The reality is

that there are thousands of children who need a forever family today, and foster care adoption is an option that can make

this dream more financially affordable for more families."

Marcy has already helped more than 12,000 families through the foster care adoption process. She plans to use the grant money to fund her continued efforts to unite children in foster care with their forever families.

Inspired? Write down your own goals and aspirations and include all the little details required to bring them to life. Be sure to reach for a high-quality writing instrument like G2,

the longest lasting gel ink pen. To learn more about the G2 Overachievers Grant competition or to enter or nominate someone you know, visit [G2Overachievers.com](https://g2overachievers.com).

"We know firsthand that we are so much more likely to achieve our goals when we put pen to paper," says Ariann Langsam, vice president of marketing for Pilot Pen. "That's why we pride ourselves on both providing the tools that people can use to make a difference in the lives of others, and recognizing and amplifying the work of individuals who are making those efforts."



## The Women of Courage Show WHPR 88.1FM Fri 3 to 4pm - Sun 8 to 9am

Our website <https://touchedbythelight.us>

Good morning this is Minister Gloria G. Lee of the Women of Courage Show on WHPR. I would like for you to do me a favor. It will not cost you any money but it is important to our campaign to save lives. Will you please go to the following link

<https://drive.google.com/drive/folders/1mYXeaOU6UZzylaUH1TfK21NGFMlkBpFJ?usp=sharing> and download the four files inside the folder and send this information to five of your friends. If you do this we will be able to reach a million people within a matter of hours. Email me at [murderedvoices@gmmail.com](mailto:murderedvoices@gmmail.com) if you cannot reach the link. I will email you the files. Remember God always rewards acts of kindness. Thank you and God bless.

