

DETROIT NATIVE SUN

Enlightening the Community

Reasons why we kneel

By Evelyn M. Bingham
SUN COLUMNIST & POET



To kneel is a basic human position of the body whereby one or both knees rest or touch the floor or ground.

There are *many* reasons why people *kneel*, *genuflect*, or *take a knee*. Perhaps *our own* very first remembrance of kneeling, was observed during a religious setting in a place of worship. In front of an altar, or in a pew as in prayer during grief, celebration, or worship. In biblical days, the bible has something to say about *taking a knee*. *Genuflecting*, to go down on the right knee, has always been a sign of reverence, *not* disrespect! *To Kneel*, when the body is supported by a knee or the knees, as when praying or showing submission. When mentioned by the Psalmists it is an invitation to kneel before the Great Creator, in this case kneeling is a sign of submission, not protest. It has been asked *if kneeling is necessary* when praying, *it is not* the posture of the body but the *attitude of the heart* that counts when we pray, as well as the *condition of the soul*!

What taking a knee really means today is the raising of awareness of racism and police brutality and insensitivity, and freedom of speech by means of *non-verbal peaceful* protest, in the hopes of *not having* our country succumb to the hate and division while hiding under the *rock of racism*, all while being an informed, peaceful, determined, *non violent warrior* in solidarity for social justice in our

country. Kneeling has also been used as a *de-escalating tactic* in crowd control during peaceful protests. Kneeling can also be a posture of mourning and sadness as is often expressed on the floor or field when a fellow player is hurt during sports.

Some studies have found that *high power people*, e.g. The President, or members in power, are more likely to *misinterpret* non-verbal behavior. The experience of having power, makes us *less accurate* in reading suffering of the faces of strangers *static photos* of facial expressions. They are less able to take the perspective of others and are quicker to confuse friendliness with flirtatiousness. This is the *empathy deficit* of people in power.

The most recent example of *taking a knee*, was as a result of Colin Rand Kaepernick, an American civil rights activist and football quarterback, now free agent. He played six seasons for the San Francisco 49ers in the NFL. His career ended, when he knelt during the national anthem, in protest of the many incidents of police brutality and racial inequities in the United States. He was immediately publicly berated by Pres. Donald Trump, as ungrateful, unpatriotic, and disrespectful, referring to Kaepernick, and his fellow teammate Eric Reid as sons of bitches, pressuring team owners to *fire them!!* Although his career was put on hold and he lost his ability to play, as a result, Kaepernick has become a hero and is very well respected. It speaks to the power of *kneeling, genuflecting and taking a knee*, when the cause, the intent and the integrity are from a place of sincerity!!

Inspirational Message

By Minister Gloria G. Lee
SPECIAL TO THE SUN



Every day we wake and drive to work, and we see people walking around smiling giving the appearance of happiness and we envy them. We wish that our lives were like theirs. We drive home and turn on the television and we see people walking around smiling at

their friends and spouses and we envy them, and we wish we could live a life just like theirs.

These thoughts bring misery into our lives, because we believe what our eyes see. We accept what is in front of us as being true. We do not see the make up artist in the background making the final touch ups to the actors face. We do not see the diet pills the actors shovel down their throats at night so they can avoid eating. We believe what we see. And what we see makes us miserable. We want to trade places.

We begin to think, why could it not have been me? Why could I not have a car like that? Why could I not have a wife/husband like that? Why could I not have a house like that? On and on the questioning continues, until finally we are dissatisfied with the world around us. We begin to say I thought Mary would make a wonderful wife when I married her. Now she has grown fat. She complains every day. I wake in the morning and she complains. I drive to work and she calls complaining. I come home at night and she complains.

Or you think I thought Tom would make a good husband. Now I know all he thinks about is the next woman he is going to take to bed. If he wants to take the entire neighborhood to bed I don't care. How did I get here? Am I destined to live a life I do not want, a life I hate?

Everyday we make exchanges, we negotiate with ourselves. We make comparisons, and we come up short and we become more and more unhappy. This is why you must take action. Otherwise your unhappi-

ness will lead you to alcohol, drugs, petty feuds at work, extramarital affairs, obesity then death. Yes unhappiness can lead to death. This is why you must take control over your life.

You must be careful when you start your reclamation process, because others around you will not want you to change. They will want you to remain the unhappy person you have always been. If you decide to return to school keep it to yourself. If you decide to buy a new house keep it to yourself. If you decide to move out of state keep it to yourself. People have gotten use to the old you and the new you may have problem exerting authority over your life with others and putting a down payment on the future. You simply may want to learn to play the piano. Do not listen when someone tells you, you are too old to learn to play. If you want to learn to play the piano do just that. This is your life not any one else's.

Communication is the key. We spend a great deal of time learning to communicate with others. We should spend an equal amount of time learning to communicate with ourselves. We need to stay in touch with ourselves over the years. We need to ask ourselves what is next. Am I following someone else's play book? Are there any changes I can make to my life that will make me happy? After you determine what these changes are, you need to sit down and assess how easy or difficult these changes will be to achieve.

The books *You Are The Prophet of Your Life* and *The Devil's Cauldron* give a different perspective on self assessment. Knowing how we relate to other is just as important as knowing how we relate to ourselves. Jealous, envy and even hatred was explored. If you do not entertain defeat you will keep on walking, talking and working until you win. It is all a matter of goals and asking yourself what do I want? Why do you have to buy a dress every week? Why are you always trying to get the attention of Betty's husband? Out of all the men in the state, you have to try and attract someone else's husband. What does Betty have other than her husband that you envy so that you have to take her husband to bed? Read and find your way out of the mess you are in.

By Evangelist Barbara Colbert
SUN COLUMNIST



2020 struck like a silver bullet attacking the nation hard and fast, catching us unawares, knocking us all out of our proverbial "comfort zones." Political contentions, racial discord, climate catastrophes, and terrorist threats, shaken and shattered lives, leaving multitudes in a state of helplessness, hopelessness, and even homelessness. A physical and spiritual virus indiscriminately invaded the land, distressing every familiar foundation known to man. Birthing a "new normal" conceived from fear, worry, and desperate measures to ensure protection and self-preservation, at any price. As remarkable as having lived through Pearl Harbor, the Great Depression, or the 9-11 terrorist attack, 2020 has chiseled its scars of insecurity and a haunting dread of the unknown, in the heart and soul of many for countless generations to come.

2020 sadly witnessed the nation draw its shades, lock its doors, and close its borders. Businesses ceased to operate, unemployment reached record highs, and "contactless" became an everyday word. Face coverings and "six feet apart" became the law, while as a by-product, the cordial handshake, the warm embrace, the affectionate conveyance of a kiss, spontaneously outlawed. Society thrust into economic depression, while the American dream collapsed under the pressure. Behind the scene, spiritual bankruptcy waited in the wings as a potential collateral damage for those who succumbed to the strain, having sadly discovered that no one is immune to the business of calamity and crisis. The "writing on the wall" clearly revealed whether we liked it or not, that we are inevitably vulnerable, and really only human.

Embracing the Goddess Within: One mind

By Aldonna Smith AKA Goddess Godis
SUN COLUMNIST



In order for us to create something new on this planet more than one person has to dream it. We must come together in mind and in spirit, and hold a unified thought and a uni-

fied vision of what we desire in this world to create and to experience.

Through the collective oneness of our mental and spiritual energy, we can create a powerful prayer field of electromagnetic God energy that can manifest and materialize in the physical world what God had already ordained for us in spirit.

Even if we are not able to come together in the physical, remember our greatest power is in coming together in the mental and spiritual dimension of ourselves. Through the practice of mental and spiritual oneness we can move mountains and we can give birth to a new world through the power of our collective prayers. Rise goddess rise. Your light, your love and your wisdom is needed. Rise!

Goddess GODIS is a Detroit spiritual artist who is dedicated to using her gifts as a photographer,

Yet, the sun still rises. The winds still blow and the rain still pours. The snow still blankets in icy white and the night still cloaks in moonlit darkness. God said, "To every thing there is a season, and a time to every purpose under the heaven." That includes the year 2020 and its mind-boggling legacy. If we take anything whatsoever from 2020, it should be a stinging realization that life is a series of seasons, encompassing and defining our lives, designed for us to navigate, endure, and overcome. While things are intrinsically out of our control, we thank God they are preordained to be only, seasons. That being said, we bid a long-awaited farewell to the year 2020.

Still, just to be sure that we retire that turbulent year with some semblance of an attitude of gratitude, we should also take into account what we gained from the journey. At it's best, 2020 should have made us stronger, wiser and more dependent on God. Though the road has been rough, God said "My grace is sufficient for thee: for my strength is made perfect in weakness." Thus, we should be spiritually compelled to surmise that there is a much greater meaning to the events of 2020, than we can see with the mortal eye. Perhaps the political discord pressed us to take our civic duties more seriously and exercise the human rights with which we have been blessed. Racial injustices that passionately forged a unity between all genders and ethnicities to fight a mutual cause choosing life over death. A menacing plague that fostered cessation from even the most basic human interaction, yet personified the frailty of the created being, urging thousands to their knees to woefully turn to God in prayer for hope and consolation.

The year 2020 has come and gone, and we have survived only by the abounding grace of God. Therefore, as we enter into 2021, let us simultaneously bow our heads and raise our hands in thanksgiving, for yet, the sun still rises.

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