

# DETROIT NATIVE SUN

UNITING &amp; ENLIGHTENING THE COMMUNITY

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## The importance of family

By Evelyn M. Bingham  
SUN COLUMNIST & POET



In my opinion, *Family* is one of the most important aspects of our lives, for it allows us to have a sense of belonging, a foundation upon which to stand, or in some instances, a soft place to land.

Families can provide us with examples, examples which we would like to aspire to or exemplify, and still others, which we would like to omit, or never incorporate into our lives or lifestyles. Perhaps there are now, or have been, members of your family who have been abusers to themselves as well as others. Perhaps, the abuse was physical or mental abuse to themselves or others, or the abuse could have been drugs, alcohol or sex. In today's society, the lottery and gambling casinos have also provided many visions of instant wealth, or a quick fix. This fanciful, but ulti-

mate untruth, has or will surely, lead to the destruction of many lives and families as well.

Although these negative vices exist, we still were blessed with the will to choose our own path. Look around about you, are there people among your relatives whom you admire for one thing or another? Is it their sweet spirit, their upbeat and joyful manner, their helpful and encouraging ways, a strong honest character, or it could be their academic or personal accomplishments.

Observe what you would like to take and use as *you* seek to mold *your* life, incorporating these findings with your own personality, interests and God given talents. Always remembering, that each of us was given a different and unique set of talents, and abilities, which *no one* else possesses. Take these valuable gifts and practice honing them to your unique perfection and flavor. These gifts will become you. They will bring you success, joy and a sense of accomplishment, which will last your lifetime, if you don't deviate from your truth!

Remember, that as we grow and mature, we are preparing to have families too, may we, provide their best example!

## The DeMarco Project Speaks be a bridge to healing

By Kim J. Clark Aka Expanding Love  
SUN COLUMNIST



Through this publication, we have raised awareness regarding issues traumatized veterans face. This columnist has shared healing steps she has used to move forward in her life after the loss of her son, DeMarco. He suffered with

Post Traumatic Stress Disorder (PTSD), night terrors and depression, all related to his service in the military.

This writer believes it is critically important for our readers to join us in being a bridge to healing for our heroes, sheroes and their families. Never forget, daily, many traumatized veterans suffer in silence. When the veteran suffers, every member of that military family suffers. For most of the readers the holidays are a time of joy. However, there are those of us who are emotionally torn... we put on our holiday face, show up for family events as required by tradition... secretly in pain, missing the veteran we lost...father, mother, sister, brother, son, daughter, aunt, uncle...friend.

As we know, mental and emotional suffering is not limited to veterans. Recently, my brother sent me a text about a story he saw on CNN news. A 13-year-old boy in Florida was feeling suicidal and mentioned it to a kid he never met in person. They were gaming online. The kid stayed online with the boy for two hours and finally convinced him to call a suicide hotline. One child became the bridge to healing which helped save another child's life.

Across America, many people suffer in silence.

"According to the Centers for Disease Control and Prevention (CDC) WISQARS Leading Causes of Death Reports, in 2017:

- Suicide was the tenth leading cause of death overall in the United States, claiming the lives of over 47,000 people.
- Suicide was the second leading cause of death among individuals between the ages of 10 and 34, and the fourth lead-

ing cause of death among individuals between the ages of 35 and 54.

There were more than twice as many suicides (47,173) in the United States as there were homicides (19,510)." <https://www.nimh.nih.gov/health/statistics/suicide.shtml>

We at the DeMarco Project, invite you to help us expand our voice. This holiday season, we ask that you help us by being a bridge to healing. Call someone you have not spoken to in a while. Don't assume they are okay. Reach out to a person who has shut themselves off from everyone. Invite them to a movie, dinner or just to hang out. If the person declines, in a gentle way, tell them you care. Let them know they may have gotten away with "no" today, but you are not going anywhere. Be persistent, but not overbearing. Check on the person at least once or twice a week. From personal experience, please know this simple expression of caring can help someone move through emotional pain.

After DeMarco made his transition, it took a while for this mother to accept invitations. Not every phone call was answered. Many days the best I could do was just look at the phone and not pick it. However, it was comforting to know that someone was thinking about me. Voicemail messages were played over and over. Text messages were saved and re-read on sleepless nights. Secretly, I anticipated the next invitation to do something. An outfit was planned, several hair styles were tried... I did not want to be alone, suffering crying and feeling bad. However, it did not feel like I deserved to feel good. My baby boy was gone. What did I have to feel good about? The phone calls and text message worked as a bridge to healing. They reminded me that I mattered. So, let's work together this holiday season. Tell someone they matter. An act so small can have a huge impact in the life of someone suffering in silence.

Thank you in advance, for helping us by being a bridge to healing this holiday season.

*Kim is the mother of a veteran who loved his country and was willing to lay his life down for the freedoms he believed in. She is the Founder and CEO of The DeMarco Project, Non-profit organization. Her life's mission it to save veteran lives and improve the quality of life for traumatized military service persons. If you would like to support her in the work, donations are welcome. Visit the website: [www.TheDeMarcoProject.org](http://www.TheDeMarcoProject.org).*

## The heart is the Garden

By Evangelist Barbara Colbert  
SUN COLUMNIST



Galatians 5:22 says that "the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control". The "fruit" of the Spirit, singular. One Spirit, one fruit, inhabiting the heart of the Believer, fusing the Spirit of the Lord into the spirit of the man,

making one whole new creation in Christ.

You see, those of us who are "peculiar" people, proclaimed followers of Christ, are mandatorily and statutorily required to become new creatures made in His image. Easier said than done, but only for us - not for God. It's His fruit of His Holy Spirit, which can only be imparted and cultivated by the father God through his Son, the Lord Jesus Christ. Myths and lies will tell us that we don't have to possess all of the Fruit of the Spirit. Well, just having some of the fruit of the Spirit, is like having a half, or a portion of a piece of fruit, incomplete and malformed. Remember, it is one fruit comprised of many divine attributes, without the whole fruit, we are undernourished, unevolved, possibly ineffective.

Keeping it simple, it's like a garden planted with a variety of fruit and vegetables. While we may not eat or have a taste for them all at the same time, we will inevitably need them all at some point in time. When we neglect to cultivate all of the fruit or vegetables in the garden, we will find ourselves lacking at a time of need a necessary ingredient,

rendering the dish incomplete, distasteful, and maybe inedible.

Another thing, Ecclesiastes 11 teaches us to "Cast thy bread upon many waters, for thou shalt find it after many days. Give a portion to seven and also to eight; for thou knowest not what evil shall be upon the earth." It is wise to sow unsparingly and indiscriminately, for we never know when we will need a return. Ecclesiastes 11 also promises that if we sow bountifully, we will reap bountifully, opening a gateway for us to receive bounty from the least likely places, due to the righteous seed sowed along the way. Essentially, we cannot sow seeds of righteousness, from an unrighteous garden. We cannot produce a garden of righteousness, except it be the Fruit of the Spirit.

On a personal note, I will testify of a very recent time in my own life, where I needed every one the fruit of the Spirit. Furthermore, I needed the Lord to enable me to sow unsparingly, and quench my doubt of any return whatsoever. Negotiating the weeds that had infiltrated my garden, the Lord brought to my spirit the remembrance of his words in 1st Corinthians 13:13; a divine assurance that if I possess love, the very essence of Him, His Spirit, His fruit, then all else shall surely spring and prosper therefrom. The fruit of His Spirit will prevail one way or another, the garden will flourish nevertheless.

As always, God does not leave us without hope. So, when your garden is not flourishing and storms of snow and rain, drought and infestations have compromised the cultivation of your fruit, remember that God set love as the very first fruit of the Spirit. The one that will always take dominion over your garden and never die. So that although we may be a bit spiritually undeveloped, we will still nonetheless sow unsparingly, reap bountifully, and be continually fruitful and multiply!

## Family Values



By Evelyn M. Bingham

What happened to Family Values?

Like those you were raised with in *your* day

What happened to the celebration of Christmas, Mothers Day and Easter

Just what is *your non participation*, trying to say!

I'm sure you were brought up in the Church

Or had some religious teaching or affiliation,

But what are you passing on to your children,

Have your mind and moral values gone on vacation?

Don't you know your children must be taught

They must be *raised* to know right from wrong

So that as they mature before your eyes,

You will know the joy of a job well done, instead of the regretful lament of a sad, sad song!

Teach them that Easter is more than bunnies or an egg hunt

Christmas is more than bright lights and presents under A tree,

Teach them that a mighty Son, yet a gentle soul, was born and died

He was an example of a child's obedience, of the promise

of peace and an everlasting love, waiting and available to you and me!!

Teach your children character, integrity *and* a belief,

Give them a rock on which to stand

So that as they are buffeted by the strong winds of life

They can call forth inner strength upon demand.

Stop and be a parent, it is your blessing and your job

Be decisive, be consistent, and changes will happen by degrees,

Oh, but later, if you've done *the best* that you know how,

God and You can look at *your family*, and say "I am well pleased"!

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