

DETROIT NATIVE SUN

Enlightening the Community

Becoming renewed - not unglued!

By Evelyn M. Bingham
SUN COLUMNIST & POET



We as Americans, especially during this uncertain, supercharged, never before heard of, political climate, are all suffering from the stress of being the pawns of our present governmental leaders as we sadly witness the lying, deceit, backbiting, and total

lack of concern and empathy for us, the people they have sworn to protect!

It leaves us afraid and wondering how we can remain whole and balanced, not only personally for ourselves, but for the families and occupations for which we are responsible. It is obvious that we need to use every tool in our survival war chest, just to cope and maintain some balance in our lives by the renewal of mind, body and spirit.

To renew – To make new, fresh, in good condition, strong, to give spiritual strength to, to begin or take up again, to get a new lease, revive.

Starting or beginning a new year, a new move, a new job, a new business etc., all contributes its own share of stress! Learning to slow down, prepare and appreciate your life and your present situation, brings the questions and frustrations as to how to avoid becoming unglued!

Some ways, which may be helpful in the elimination of stress and anxiety are: To learn some relaxation techniques, listening to peaceful and relaxing music, reading, writing, or other rewarding hobby, de-cluttering of home, office and personal space, organization of home, surroundings and possessions. Further ways to renew your body and your spirits would be to communicate with family and friends, and to renew our old

acquaintances. An area of your life which may need to be addressed is to seek to do surgery on any bad or unhealed relationship issues between friends, family or acquaintances, taking or making the opportunity to seek to forgive or to ask forgiveness for any past hurts etc., this act alone, may be mind, and soul liberating--and renewing! Sharing yourself with others by letters, calls, visits, volunteering etc., or by encouraging a young person or others to reach for and achieve their dreams.

It is important, and necessary to develop or strengthen your spiritual connection, thereby bringing inner peace and satisfaction and a grounding to the real. Along with quiet, relaxing music is the practice of prayer, gratitude and meditation, all that is needed is you, your mind, and a quiet space, and receptivity.

Some ways in which to prevent becoming unglued, which is defined as, to separate or detach by or as if by dissolving an adhesive, or the slang: To upset, confuse. To come unglued, slang: to become emotionally upset and lose ones composure. Other ways, would be to improperly plan or to not plan ahead for your future. Being on time (which is a great stress reliever), not having too much on your plate, learning to say NO, learning to delegate some responsibility, learning not to take on more duties than can safely be handled.

Let us plan to become physically renewed, by beginning a realistic fitness routine which you enjoy and will be consistent with, as well as a more healthful way of eating.

Good luck to each of us as we seek to start our new year ahead, more renewed, and definitely less unglued, especially with the hope and knowing that ultimately, Gods Got This!!!

Sugar on the floor

By Evangelist Barbara Colbert
SUN COLUMNIST



SI heard someone say once, that they felt like "sugar on the floor". I didn't quite understand what they meant at the time, but I soon found out.

Life is full of twists and turns that take us down roads we may never, in our

wildest dreams anticipate traveling. I always thought that the older I grew there would be fewer things that could surprise me. That I would be like my mother and my wise old aunts, full of wisdom and sass, negotiating every bumpy road in life with unwavering grace and sophistication. Yet, I have come to find that that is not always the case. In reality, the older I get, the more I understand that school is never really out. There's always time for another lesson to be learned.

Two things occurred and I understood what it meant to feel like "sugar on the floor." My younger daughter, at age 24, left to go out into the world on a quest to pursue her dreams and aspirations. Always only minutes away from home, now hours away, across the country. I found myself surprisingly experiencing a renewed bout of the long-forgotten, empty nest syndrome. Then, a very good friend for many years, bewildered and betrayed me. I suddenly found myself catapulted into an abyss of insecurity, apprehension, and self-doubt. Even my own hopes and wishes seemed to have lost their appeal and fallen by the wayside. A heavy feeling of aimlessness and foolishness attacked my mind, inhabited my emotions. I discerned that this shaky state of being could only be compared to "sugar on the floor"; slippery,

scrunchy, sticky, and if not quickly cleaned up, hazardous.

Sometimes life just "happens". Events transpire or occur, for whatever reason, from whatever cause, bringing about collateral damage, so to speak. We become entangled in the lives of others, be it our loved ones, or ones we've come to love. Whatever the relationship, when it takes a drastic turn, the impact will most assuredly be a phenomenal one. Be it the cutting of apron strings, or the reluctant removal of rose-colored glasses; the place in the interim, the sticky transition, the road to recuperation, can all be the feeling of "sugar on the floor". Like tiny shards of broken glass, sharp and embedding, painfully penetrating. Hard to see, but lethal underfoot, prone to draw blood or cause a fall at any given moment. Messy, just like "sugar on the floor".

Yet, the person that I heard say the phrase "sugar on the floor" never made it past the catastrophic feelings that it brings. They never grasped that although life can be crazy, there is a method to its madness. They didn't know of the God who is far greater than anything we can encounter in this unpredictable life. The Savior who has told us that in such a time as this, to "count it all joy". That though we may feel like the proverbial "sugar on the floor", to count it all as a sweet savour to season our souls. The Father is an untenable companion willing and ready to accompany us along the rocky terrains of mountains and valleys that impede our travel through this journey called life. Therefore, I myself will surely count it all joy. Why? Because the joy of the Lord is my strength, and though I may feel a bit fragile and unsettled today, tomorrow I will be stronger and perhaps a little bit sweeter, because of the "sugar on the floor".

Mommy did you get your mammogram this year? Part 1

By Minister Gloria G. Lee
SPECIAL TO THE SUN



Help Save A Woman's Life and Those of Her Children by inviting Gloria Lee from Touched By The Light Foundation to speak before your convention, women's group or club or church regarding Breast Cancer in Black women. Prevention Saves Lives.

African-American women don't fit the profile of the average American woman who gets breast cancer. Putting off the first mammogram until 50 – as recommended by a government task force – could put their life in danger. "One size doesn't fit all." The recommendations waiting until 40 may be appropriate for the general population could have a deleterious affect on African-American women who appear to have a higher risk of developing very deadly breast cancers at early in life. A study found that African American women are 3 times more likely than white or Hispanic women to be diagnosed with triple-negative breast cancer. African-American women appear to have a higher risk of developing very deadly breast cancer early in life. Beginning in their 20s, into their 50s, black women are twice as likely to die of breast cancer as white women who have breast cancer. In older black women, cases of breast cancer decline, but the high death rates persist. African-American women aren't getting screened for breast cancer as often as white women and when they do it is later in life. Often the mammograms are not routine screening mammograms, but rather they're done because the woman or her doctor felt a mass in a woman's breast. Invite us to speak at your next women's retreat or health event. No one should lose their life for lack of proper screening. Our

women's coalition meets regularly the 2nd and 4th Tuesday each month.

For every woman who is murdered or dies from breast cancer or HIV/Aids there is probably a child left behind. That child will be raised by a relative or placed in foster care. If placed in foster care the child languishes until adopted. As you continue to read you will learn the fate of several young girls living in foster care homes. Children who have lost their mothers do not always fare well in foster care even if adopted. Parentless children suffer. How would you like to be told your mother was murdered because your father was angry that the court gave her custody of you? How would you like to be told your mother died of breast cancer and you will never see her again? The function of a parent is to give a child a feeling of security, homeostasis and placement. No individual can take the place of a parent. The parent is the rock for the attachment of the child. A parent is the child's strength. A child is able to say no when a parent is present. The child is able to make choices and negotiate when their parents are present. Do not count on the state to place your motherless child with one of your family members. Placing children in foster care has become as profitable as placing Black men in prison.

This nation apparently does not understand or does not want to understand the devastation visited upon society when the mother is missing from the home. Children need their mothers and they should not have to suffer all their lives by having their mothers taken away from them. There has been enough posturing by politicians and drug companies in this country for the past century. If Rogaine can be developed for male baldness and drugs to treat aids to protect males surely breast cancer in female should not be far behind. The problem of violence against women and women dying of HIV/Aids and breast cancer must be solved. Living without a mother is worse than living without food or water.

Embracing the Goddess Within: The sacred contract

By Aldonna Smith AKA Goddess Godis
SUN COLUMNIST



Everything that God has created serves a divine purpose.

Before I came into this physical form known as Aldonna (a.k.a GODIS), I existed in the spirit realm. I was

pure light and energy I was a spirit being. While in spirit form, I had a conversation with God. During that conversation I was asked to take on a physical body and embark upon a spiritual journey to a place called earth. God and I discussed the time, place and the date that I would be born, the parents that I would be born to, the life experiences that I would have and the lessons I needed to learn. We also discussed the spiritual and creative gifts that I would be given and the purpose and mission I was to fulfill.

After the plan was completed, I agreed. My sacred contract with God was signed and sealed. Once I was birthed in to the physical world, I lost all previous memory of my contract with God. There were times when I would feel that I knew something but I could not remember what that something was. I also had the feeling that there was more to me and this life than I was living. It was not until I had a deep and strong desire to seek and to know the truth is when my spiritual awakening began. The questions that I needed answers to only God could answer and those were Who am I and Why am I here?

I began to seek a deep and personal relationship with God. Though fasting, prayer and meditation, I was able to



GODIS
Spiritual Artist

clearly hear and see in the spirit and create a more intimate communion with God. It was through our conversations that our sacred contract our agreement was revealed. it was at that moment that my mind and my spirit was set free.

Rise goddess rise!

Goddess GODIS is a Detroit spiritual artist who is dedicated to using her gifts as a photographer, garment designer, writer and speaker to document, celebrate and inspire the emergence of the goddess, the spiritual essence of women. GODIS is the Author of THE BOOK OF WISDOM a Book of Empowering Affirmations and WE ARE ENERGY, which talks about the Power of your Spiritual Energy and how it effects you and the world around you. Contact her at Goddessgodis@gmail.com