

DETROIT NATIVE SUN

The DeMarco Project Speaks:

Get around to him

Celebrate and Save lives during the Holiday Season

By Kim J. Clark Aka Expanding Love
SUN COLUMNIST



The holiday season is a great time of celebration for most families. However, many individuals are suffering in silence. Recently, at The DeMarco Project, we have received an alarming number of calls from veterans, family members, and active-duty military

personnel expressing concerns about loved ones wanting to commit suicide.

When the veteran suffers, every member of that military family suffers. For most 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, or friend.

When writing about such an important topic, we would be remiss in our duty of raising awareness regarding suicide-related issues if we did not acknowledge the staggering statistics of death by suicide in children, especially African American males.

Historically, in the Black community, suicide or suicide-related deaths were a "taboo" subject. However, for the sake of our children's lives, we must move past outdated belief systems. Research shows, "Between 1991 and 2017, suicide attempts among black adolescents increased by 73%, while attempts among white youth decreased, according to an analysis of more than 198,000 high school students nationwide. Other studies have shown an elevated risk of suicide among African American boys ages 5 to 11.

You may be wondering what you can do to help. We at the DeMarco Project invite you to help us expand our voice. It is critically important for our readers to join us this holiday season as a bridge to healing those suffering in silence.

Below are a few ideas that can make a difference in the life of a person struggling to be okay.

- Call someone you have not spoken to in a while. Please don't assume all is well.
- Reach out to a person who has shut themselves off from everyone. Invite them to a movie, dinner, or 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. Say it with a smile in your voice.

Embracing the Goddess Within: What about the children

By Aldonna Smith AKA Goddess Godis
SUN COLUMNIST



Our children don't come from us. They come to us and through us. They are a gift from God.

They are tomorrow's hope and God's promise. They are seeded with the vision and

blueprint for humanity's next level.

We must build a community around them that will nurture, protect, and spiritually enlighten and guide them. We must share our ancient and ancestral spiritual knowledge and wisdom with them. We must become the image and vision for them, as one who has been created in the image and likeness of God. We must also demonstrate to them what it looks like to have conversations and maintain a personal relationship with God, so they will always know, live and walk in the knowledge and truth of who they are as powerful co-creators with God.

If we do this, they will not become a tool and instrument used and manipulated by the world. They will become a powerful tool and instrument and manifestation of God.

- 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.

- If you know someone actively serving in the military who cannot come home for the holidays, send them a card or a letter. Receiving mail is very important to military personnel who cannot be home with friends and family.

- Have a letter writing holiday get-together. Send the notes to your loved one. Can you imagine the smile on their face when they receive all of the mail?

- If your loved one can come home and has a friend who cannot come home, get together and send a notecard to their friend.

- If the service member's friend can travel or go on leave, invite them to visit with your family.

- Host a video chat call. Make sure everyone is upbeat on the call.

- Talk to *not at* your children, nieces, and nephews. Listen to what they have to say with an open heart.

After my son DeMarco made his transition, it took a while for this mother to accept invitations. When the phone rang, calls were not answered. The best I could do many days was stare at the phone and not pick it up. However, it was comforting to know that someone was thinking about me. The voicemail messages left on the phone were listened to over and over. Text messages were saved and re-read on sleepless nights.

Secretly, I anticipated the next invitation to do something. I did not want to be alone, suffering, crying, and feeling inadequate. However, it did not feel like I deserved to feel good. My baby boy was gone. How could I possibly feel good?

The phone calls and text messages worked as a bridge to healing. They reminded me that I mattered. So, let's work together this holiday season. Tell someone they are important to you. A small act can significantly impact the life of someone suffering in silence.

Thank you in advance for helping us act as 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 in which he believed. She is the Founder and CEO of The DeMarco Project, a non-profit organization. Her life's mission is to save veteran lives and improve the quality of life for traumatized military service persons. If you would like to support the work, donations are welcome. Visit the website: www.TheDeMarcoProject.org and the Facebook page.

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 within women of great spiritual beauty and wisdom who knows that she is a daughter of God. She is in touch with her creative spirit. To contact GODIS email GODESSGODIS@yahoo.com.



By Evangelist B. Colbert Brooks
SUN COLUMNIST



Some years back, I had proclaimed that, when I got around to it, I was going to let some people know just how blessed they are and that they really need to

get down on their knees and give God some praise. I wanted to build a worldwide podium and remind everyone I knew just how good the Lord had been to them. Warning all who would hear that they did not wake themselves in the morning, nor were they capable of breathing the breath of life into themselves. One day I was going to just drop it like it's hot, and tell everyone I encountered the real deal: Jesus Saves!

Well fast-forwarding some years later to this day, I still feel that way. Knowing the Lord for myself and righteously indignant. Justified by the faith I have in the Lord and speaking from experience that God is in fact tried and tested, a good God. Yet still seeing so much selfishness and indifference, from a generation of young and old ingrates, it seems that things are really no better; in fact, they actually seem worse. The human condition, in the eyes of a just God, is rapidly declining. The light of hope that can penetrate all darkness sometimes seems to have faded to a mere flickering flame. There are still so many yet lost, so many still suffering, so many straddling the

fence of Salvation's lost and found. In hoping for others to know Him as I know Him, I wish for a spiritual taser to literally shock the non-believer into realizing the brevity of life, that tomorrow is not promised, that there's no time like the present to know Him for yourself.

Now, it's Christmas time again. The celebration of the birth of our Lord and Savior Jesus Christ. A holy One sent to mankind to offer a better way to live and die.

Ultimately securing a place in eternity for those who will come, where hardships, sadness, and despairs shall be no more. As such, my wish for the world is the acceptance of the gift of salvation. I did, by the grace of God, when I finally got around to hearing for myself.

I will continually proclaim with my words, my life, the very fiber of my being, that Jesus is Lord. With a spirit of righteous indignation I forge ahead with God as my pilot, relentlessly letting those whom I encounter that Jesus is the Truth, the Way, and the Light. My life forever foundationed and fortified by my faith in God. Hoping that my fellow man will desire to know the Truth, choose to follow His Way, and be drawn to the Light of His salvation that only He can give.

Let us consider the Lord while there is still yet time. Get around to placing Him a priority, remembering that our days are numbered and time waits no man. Jesus is not only the reason for Christmas, He is the reason for every season. Therefore, let us all get around to proclaiming Joy to the World, the Savior lives waiting to get around to you!

Truth to Truth

By Evelyn M. Bingham
SUN COLUMNIST



For the last four years, I have been trying to clarify in my mind, the intersection of journalism and poetry. You cannot distinguish journalism from

poetry merely by saying, "one is an art and the other isn't". Journalism is mainly explicit and plain; Poetry is mostly implicit and suggestive. Poetry however; should not be dismissed, as it once was, as a fancy, as opposed to sober facts of practical people. Constructors of the imagination are *not* fancies, and never were! Writing poetry requires a selection and ordering of words, phrases and thoughts, and though the poet is engaged in word management, *like the journalist*, they arrange the words in ways that are vastly, *but not entirely* different.

Archibald MacLeish, a world renowned journalist and poet tends to be objective and dispassionate; poetry turns to emotional significance apart from the event itself. Poetry may take liberties with materials, which history and journalism are not free to take. What distinguishes poetry from journalism is not a difference in kind, but a difference in focus. Journalism is concerned with *the look* of the world; Poetry, is concerned with *the feel*

of the world. We know *by the head* now; by the facts, by the abstractions. Sadly it seems, we have lost or are losing our human ability to feel them!

As previously stated, both journalism *and* poetry seek the truth, carefully choosing words to convey the right facts and emotions. Its apparent in every good journalist there's a poet *and vice versa*. Andrew Springer, journalist, says poetry is about experiences while journalism is about facts, yet both seek the truth. Editor, poet of NYT magazine describes a poet, saying you tell the story, *but you tell the story that's under the story*. The poet brings to light human reactions to grander events in the hope that people will see or recognize themselves in it. Journalists seek words that give clarity and precision. Poets seek words that express the inner truth. Poetry is the language of the heart, which seeks to unmask the hidden truth about what we truly feel. Mr. Springer, Exec. Producer, of NBC Stay Tuned, states what's remarkable about poetry is their ability *not just* to use words, *but savor them*. Every single word is chosen for a specific meaning in a specific place to evoke specific feelings. He advises journalists to take a lesson from poets. Don't just use words, savor them. Make our essential work lodge itself in the mind of our audience. *Journalists look, poets feel*, so if you want to describe a horrific plane crash and find the debris, send a journalist, if you want to find out *what it felt like to be in the crash*, send a poet! Better yet, send a Journalist-Poet for the complete story!

