

# DETROIT NATIVE SUN

## Truth to Truth Spinning Top

Evelyn M. Bingham  
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For the last two 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!

By Evangelist Barbara Colbert-Brooks  
SUN COLUMNIST



I was feeling like one of those colorful pyramid shaped spinning tops I used to play with when I was a child. Spinning round and round at warp speed, going every which-a-way out of control, but heading nowhere in particular.

As I lounged in my cozy little meditation room though surrounded by lofty emerald green ferns, winding philodendrons, tall strappy sanseveras, and elegant cardboard palms, my restless mind was yet seriously inconsolable. My thoughts were racing in their own private marathon, and my countenance was sinking by the hour. All that usually brought me peace and relaxation, now seemed useless. I rested my gaze on the Annie Lee painting that hung on the wall directly across from my chaise lounge. Imprinted at the bottom of the painting was the title "Maxed Out". I sighed. Yeah, that was me alright. Even though the woman in the painting appeared to be thoroughly exhausted from a shopping spree, the depiction was still an accurate portrayal of my own current state of mind. and demeanor.

Closing my eyes, thoughts drifted back through the past several days. I remembered something I heard someone say, "When you feel like you're slipping and about to fall, tie a knot and hold on a little longer!" In my reverie, my fears blared shamelessly. Yes, there were quite a few things going on in my life that at times made me want to give up and just let go. Yet on a clear day when my vision is not blurred by exasperation of the unexpected, I admit that these things are not really deal breakers. In fact, I am well aware that life is full of twists and

turns, ergo, expect the unexpected. Actually, maintaining any degree of consistent control over one's life is an anomaly.

My little antique clock faithfully tick-tocked breaking the heavy silence, reminding me that time waits no man. That for the sake of moving on, consider the fact that though things may be out of my control, *they're not out of God's*. With that epiphany, suddenly the beauty of my cozy little meditation room, my indoor garden,, and even the Annie Lee and all the other companion paintings that have always brought me comfort and inspiration, again meant the world to me.

From my carnal perspective, my life may very well be spiraling out of my control. But like those colorful spinning tops that I played with as a girl, they do eventually wind down and stop. Then I also recalled something else about those spinning tops. One thing that made them so enjoyable was that while they were spinning and spiraling, they were bright and colorful, never knowing where they were going to end up, but enjoying the excitement of watching them until they finally stopped.

So, what do I glean from this introspection? Well perhaps sometimes spiraling once it's done, and like the Annie Lee painting, once you're "maxed out", then you're good to start out again. Having exhausted all your energies, now there's room for a refill. Or as we did with the spinning tops, picked them up, dusted them off, and started them all over again.

Alright, so comparing my life to a spinning top may be about as trivial of a comparison one could come up with. Yet on the positive side, my countenance has lifted, and the hope of inspiring someone to remember, if you begin to feel like things are all just willy-nilly, remember the colorful and exciting energy of the old-school spinning top, and just keep rolling along!

Please make  
copies & Circulate

Opinions are encouraged  
586-918-3061

Wednesday September 18, 2024

**Detroit and other Michigan Cities  
will visit Lansing (the state capitol)  
and**

**Step Up for Safe Driving  
Residents will petition lawmakers to  
enact and enforce laws that  
will put an end to red light running  
and drag racing.**

**\*This event has been approved by the state.  
Chartered buses and cars will meet and leave  
Bert's Warehouse near downtown Detroit  
at 9:00am and return at 4:00pm. Participants  
from other cities can meet at the Lansing  
State Capitol at 11:00am.**

**The program will start at 12 noon.  
It is advisable to bring a lawn chair.**

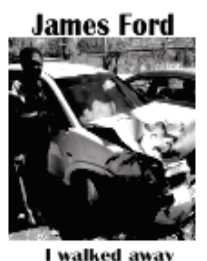
**If you wish to travel by chartered bus call  
586-918-3061 • 701-301-3118**

**Driving is an option.**

**Opinions are encouraged**



**1123 people in Michigan die  
each year in traffic accidents,  
that equals 21 people per week.  
In Detroit alone 156 deaths  
equaling 3 per week.  
20,000 accidents**



**James Ford**  
I walked away  
but will you?

## Embracing the Goddess Within: Processing your journey is a Holy moment

By Adonna Smith AKA Goddess Godis  
SUN COLUMNIST



When you sit down to eat a meal, the body will begin to process that meal. It will use a part of that meal to nourish and strengthen the body. What the body cannot use, you will eliminate when you go to the bath-

room. If for some reason you could not eliminate what the body determined was not useful, it would set up a poison in you and you could die.

Just like the meal, when you go through difficult experiences in your life, you must process it. It is only through your deep and intimate conversations with God (your inner teacher a.k.a Holy Spirit ) that you will be able to eliminate the toxins, the hurt, guilt, shame, anger and pain and receive the gift, the blessing, life lesson and message in it and be enlightened and empowered through it.

Our life lessons are food for our spirit and enlightenment. It is an elevation for our soul. When we surrender our experiences to God's guidance and teachings, we enter into a holy moment, a Moment where our consciousness is expanded. We are able to see things in a much deeper and higher light.

As a result, the toxins, hurt, guilt, shame, anger and pain are eliminated from our mind, body and spirit. Our soul is no longer in turmoil and we are at peace.

Gaining higher knowledge and wisdom through our experiences is the reason for our earthly existence. Our life is not just about how many material things we have gained. It's about what we have come here to learn, what we have come here to give,

and what we are willing to give away. It's about how many souls we have helped to evolve through sharing our gifts and the sacred knowledge and wisdom we gained through our many human experiences.

When we leave our earthy bodies and return to the spirit realm, we can be at peace when we know that we have fully processed all of our life experiences. We have evolved and we contributed to the evolution of humanity.

We have earned our heavenly wings. We have served a divine purpose. We have fulfilled our sacred contract, our agreement with God.

My prayer:  
God I choose to see your divineness in all things. I am open to receiving what my life's experiences have been created to teach me. I am open to your divine presence, guidance, and teachings on this earthly journey of spiritual growth, transformation and awakening to my God self, my goddess self. The self that you in this life time is teaching shaping, molding and creating me to become.

Recommend Reading:  
"I Rewired my Brain My Journey to freedom" by Dr. Cason-Turner can be purchased On Amazon. In this book, Dr. Cason-Turner shares her story

of abuse, spiritual growth and transformation and her commitment to helping others with this process so that they can free themselves.

*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 GODDESSGODIS@yahoo.com.*



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