

The Baggage Handler

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What's In Your Bag?

Feature: Delay Is Not Necessarily Denial

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Several months ago I told you about my plans of going to an Illinois correctional facility to give an inspirational talk. The goal was also to present each woman with a journal and copy of *Bag Lady* for Christmas.

After much prayer I solicited donations to accomplish this.

Yet, to my surprise none of the corporations I approached which included Allstate, Mead, Harpo, Wal-Mart, Phat Farm- to name a few- would contribute to this endeavor.

The day for my appearance at Dwight Correctional Facility came and I still didn't have 1200 journals or books to give the women. The only thing I had was myself. I couldn't understand why such a selfless desire of wanting to give gifts to these often overlooked women had gone unfulfilled. -But, I still believed that God had heard my prayer.

After my visit I made a few more attempts to get journals for them, but to no avail. Eventually, I let go and moved on to other things. Then, this Mother's Day something very interesting happened.

I didn't attend my church, but I **did** watch one on television. I sat in my pajamas eyeing a Chicago-based church (House of Hope, Pastor Meeks) expecting to sing along during praise and worship then absorb a great sermons.

However, what Pastor Meeks said before the start of the sermon ministered to me more than the entire hour of church service. Paraphrasing Pastor Meeks, he said, "Ladies, we normally give all of you flowers for Mother's Day, but today that didn't happen because we gave them to every woman in prison in the state of Illinois." He then held up a book and continued, "we also gave every woman in prison in Illinois a journal like this so she can write down her thoughts." I was ecstatic. My prayer had been answered above and beyond what I had asked for. All of the women behind bars in Illinois received the gift, not just those in the Dwight Correctional Center- the facility I visited. No, the journals weren't from me but does that matter? Absolutely not, it's not about me. The fact is that they received them.

I've said all of this to say- Don't allow a delay to waver your faith.

Remember: A delay, even a very long one, does not mean that God is saying

DEAR ALETHEA cont. CONTINUED:

It would be different if I did not think I was going to continue to attract men. The problem is...I would not want to get involved with someone EVEN IF HE WAS THE KIND OF PERSON I HAVE BEEN LOOKING FOR MY WHOLE LIFE!!!!!! Now do I have issues or what?????

Please advise,
Psych Teacher 101

ANSWER:

Dear 'Psych Teacher'- I am sure you would not have to research far in your textbook before coming to the chapter affirming unequivocally that you without a doubt have a serious problem.

You have established that there is nothing wrong with you physically but we often miss examining ourselves internally. There is always a reason for us attracting and involving ourselves with the wrong men/relationships over and over again. And it hardly ever has anything to do with our external-being. Could it be that somewhere deep inside you actually do not feel as if you deserve - Mr. Right-? Are you passing over who you need in hopes of getting who you want? Are your criteria too rigid or unrealistic? Do you have baggage from the past clouding your judgment?

You say you are sick and tired of being sick and

no to your request.

LOOK FOR OPPORTUNITIES TO SHARE YOUR LIFE

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Disclaimer: Although I have studied psychology and sociology, I am not a doctor, therapist or clinician of any type, so please use the advice associated with this newsletter at your discretion.

***** Ask Alethea *****

QUESTION:

Dear Alethea!

At this time in my life I am not motivated nor inspired to become involved with a man. To be honest, I do not know if I will ever feel that way again. I LOVE the opposite sex, but I guess I have been wanting a lasting relationship for so long (which has eluded me to this day), It just does not matter if I have it anymore.

Like many women, I do not think something is wrong with me. I am full-figured (by NO means FAT), but I am told that I am very pretty...even beautiful by men all the time. No the problem is definitely not attracting men...

I guess you can say I am "Sick and Tired" of being "Sick and Tired" of the drama that accompanies interpersonal relationships. And for all the crap I go through, I usually end up with the short straw on these issues.

Now do not get me wrong, there have been wonderful men in my life who have wanted to marry me and everything. I just was not attracted to these men in the ways I believe are necessary in sustaining a healthy life-long relationship.

Now I am 45 years old and I have never been married before ever. Notwithstanding the horrible odds for African American women like myself, I guess I am not compelled to talk to anyone else. I mean this attitude could last me for the rest of my life.

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tired, if so, now is the time to make a change. As the saying goes, -you will not get something different until you do something different-.

Believe me, there is someone out there for you who is also tired of the drama and game playing and he is looking for you, hoping for you, dreaming about you, praying for you. You just have to keep an open mind and not shut yourself down to the possibility of actually finding true happiness with a wonderful man. Afterall, we create our own reality. In other words, if you tell yourself Mr. Right is not out there- he will not be... at least not for you.

How many times have you told yourself that you can not find your car keys and ran around looking for them- only to discover after a frantic search that they were right in your hand?

Speak encouraging words to yourself. Even if you do not believe them say them anyway, eventually your mind and everything else within you will began to agree.

But most of all- pray first and aim high. God knows EXACTLY how to get Mr. Right to you. Odds mean nothing to the GOD we serve.

Be Encouraged!