

# Messages from the Mound



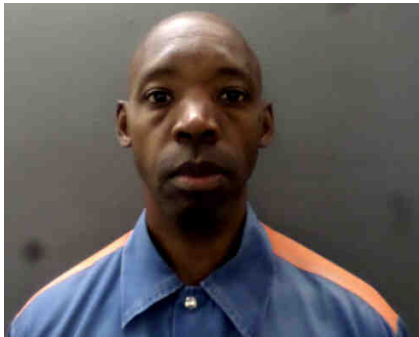
In 2007, I began my prison ministry where I facilitated my Relationship First Aid spiritual based personal development classes at Mound Correctional Facility in Detroit. After Mound closed in 2012, I continued to communicate with the inmates through newsletters, birthday cards and attending/speaking at events at various facilities. It is suspected that the facility got its name because of the many ancient mounds that were found all over Detroit, and I believe the most concentrated and largest ones were along what is now known as Mound Rd.

"Messages from the Mound" is named after the newsletters that I send out to the inmates since that is where we all initially met. Because the classes that I was teaching them focused on spiritual elevation allowing the negativity within them to die, thus ultimately elevating their consciousness, I thought it an appropriate name because a "mound" is defined as: an "elevation" formed of earth overlying ruins, a grave etc., a heap or raised mass. The following articles are from men that are currently incarcerated or released and this serves as an opportunity for the voiceless to have a voice. If you have a loved one that is currently incarcerated and would like for me to send them newsletters, please forward their contact information with a MDOC number to:

Relationshipfirstaid@yahoo.com or contact me at:  
Relationship First Aid, Attn: Ma'at Seba, P.O.  
Box 1934, Belleville, MI. 48112 cashapp  
Donations to: #moundministry

## Expressing self with the power of words

By Brian X (Frazier)  
SPECIAL TO THE SUN



Thumb Correctional Facility 2022 G.E.D. Summer Semester Pre-GED Language Arts Class began with moving to a larger class to accommodate more students. Plants were moved and vines hung on the wall, continuing an environment of growth and development not just for plants, but students also. Some tweaking was done to get the class just right. The teacher allows a student name Patterson to pick a quote of the day that is written on the

board to motivate and inspire students. Patterson says the teacher makes learning fundamental. Kevin Cage Sr. learned definitions he didn't know, that inspires him to learn more, with hopes of ultimately accomplishing his goal of getting his G.E.D. Cage says it is important that he continue learning, paying attention, and listening to the teacher, who helps students with her time and patience. Mr. Cage's favorite new word is finished, the state we are in after MDOC breakfast, lunch and dinner.

The curriculum was strategically chosen by the teacher to expand the student's vocabulary to express themselves and help them communicate with others. "We must also remember, even where there is a good reason to seek deeper meaning of communication with others, this cannot be done properly, or effectively, without our first hearing (or reading) exactly what the other has communicated. Quality communication is an essential factor in developing and maintaining unity among us whom the enemy works to keep us divided." This is in line with the goal of 'Relationship First Aid Class', taught by Ma'at Seba, helping the student use the power and ability to consciously create their reality. It is said that if all the trees were pens and all the water on Earth was ink, plus seven more seas, you could not exhaust all the words. The universe is full of knowledge and truth, so we must never stop learning and developing self.

A student name Dowdell likes the class because everyone has grown. Another student named Marshall says he hasn't been to school since 1974. That the class is helping him expand his vocabulary allowing him to communicate with others. The teacher Mrs. C. likes the class because it is a judgment free zone. Class starts with correcting sentences, writing the meaning of idioms (expression whose meaning is not predictable from usual grammatical rules of language: kick the bucket, meaning to die), determining if two words are synonyms or antonyms, circling the cause, and underlining the effect, and numerous other Language Arts lessons. Next, we go over 15 words and definitions. Some words have more than one definition a student name Gomez (English is not his first language) said, he hadn't considered. Like observe - to comment, to remark, obey; or contract - to make or become smaller. Students then choose two phrases to form a sentence that correctly uses a word from a list. Students do lessons that allow them to choose the right word, and other lessons to apply the right meanings. Near the end of the week, we read current events from a newspaper called, 'News For You', and do the Crossword Puzzle.

Usually class includes discussions that are fun and educational, allowing the teacher and I to paint pictures in the minds of the students, helping the students understand the lessons. It is amazing to see a student get it. I'm thankful for the opportunity to help students bring out the knowledge, wisdom and understanding that is already in them, what true education is.

## When the phone rings

By Currie  
SPECIAL TO THE SUN



The phone rings....Hello, Hello yes is this Ms. Lindsey? Yes, this is Ms. Lindsey. Well Ms. Lindsey, this is the St. Louis Police Department calling to inform you that your son Currie has been arrested and charged

with...Charged with what! Can you please repeat that? Yes of course... Charged with what?, is the question that echoes loudly inside the mind of every father and mother that day when the phone rings. Thoughts of unbelief, feelings of devastation, numbness and emptiness permeates throughout their entire being.

What about the victim's family? The initial feelings are mutual, especially if a life was taken. Some of them may want the person sentenced to death in those states where the death penalty still exists. Others may want them to spend the rest of their lives in prison and die there.

The feelings on both sides are real. These are normal responses to the traumatic things that we experience, in one way or the other in life. It's part of the emotions that connects us in our equal share of humanity. From the moment we are arrested and charged with a crime, for those of us who are fortunate enough to have family, our families begin serving our sentence with us until we are released. Even if we don't have the possibility to make parole, they will still ride it out.

Again, not everyone is fortunate enough to have family there for them while serving a sentence. That's another topic I will write about later, God-willing. When the phone rings.... from the first call to the last call is a roller coaster

ride. They are thinking, I wonder how he or she is feeling today? It can go from despair to remorse. From days where they may want to die, to the days where they are full of life and want to live. From days when they are embarking on a different spiritual path, other than the one they were raised to believe in. From days when they are missing everyone in their family. Then there are those days when the father or mother, or someone else in their family has to tell them that someone has passed away, or there is a new addition to the family, or someone has gotten married etc.

When then phone rings....not knowing what to prepare themselves for when they say hello. Not knowing where you are. Have you been raped? Is somebody pressing or bullying you? Why are you asking for money? Is it because you owe somebody? Are you using drugs? Have you been fighting? All of these things run through a family's mind whenever the phone rings. Especially the thought of getting the call from the prison or jail saying your love one is dead.

When the phone rings.... shout out to Andre Norman and Stephanie Reed who inspired me to write this after watching an episode of "Day One," a Securus Original pep talk series. I have been in for 17 and half years, I was able to really identify and relate to this particular segment. All praises are due to God. Shout out to my family who has been holding me down. Shout out to my Spiritual sister Ma'at Seba for providing me with the opportunity and platform to express myself and get my thoughts out into the Universe. Shout out to my son and my nephews. Keep God first, stay strong, focused, balanced, rooted and grounded. shout out to all my nieces, and my spiritual son who God gave me Zion Jayden, and my Grandchildren love you all.

Lastly to my Grandparents and my mother, who's Blood flows deeply in my veins, I got it now, you all can Rest in peace I'm Good!

## Reparations is ours and we want it now!

By Sean Daniels  
SPECIAL TO THE SUN



According to the Random House Webster's College Dictionary, Reparations is defined as; 1) The making of amends for wrong or injury done. 2) Compensation payable by a defeated nation to the victor

for damages or loss suffered during war. 3) Restoration to good condition.

I read about it in books and news articles, I listen to it on radio stations, and watch it on my television, and even indulge in some open discussions with peers about what reparations means. Who is actually qualified to speak on the behalf of an entire nation of people, for what they feel they may deserve as an individual for the torments of generations of slavery, rape, theft and dehumanization? These discussions are sensitive topics for me and can be difficult for me to have, especially with someone who is grateful for their captives giving them nothing at all. Somehow, I always find myself caught up in a dispute fighting for the freedom of someone who doesn't even want it. Due to what I feel I may deserve as an individual in this long-lost conquered nation, I often find myself standing alone.

I believe the reparations for the people of the long-lost conquered Nation of Africa here in Amerikkka is something that belongs solely to the African people. There is nothing that anyone can give to Africa that will restore her wealth. Only the unification of all of her children all around the globe coming together in one love, one culture, one drumbeat, one vibration, with one thought; "I am courageously in love with who I am."

This is war! What do you actually expect from your enemy? Do you expect for them to give you enough for you to rise and seek revenge against their victory, and lead a revolution into the overthrowing of their system? You can't possibly be thinking that! Do you understand that the more you continue to beg your enemy for your freedom the longer he will have it? Reparations is our responsibility as a nation! It is our responsibility to do for self or suffer the consequences. Look at the wardrobe of everybody that you see screaming; "Reparations! Reparations! Reparations!" What percentage of their closet consist of clothing designed and manufactured at an African owned (Black owned) com-

pany? Where do most of us purchase our food products? What type of music do we listen to? What languages are we the most eager to teach ourselves? Look at our food diets, Listen to our conversations, look at the broken homes of our tribe here in Amerikkka and ask yourself; "is this really a money problem?"

If Reparations means, the restoration to a good condition, and this is what we are seeking, It would be impossible for the African people captured here in Amerikkka to be properly restored into good conditions if we continue to choose to be held captive by the paradigm of this society. We must return to sender everything they gave us. Give them back their culture! Give them back their music? Give them back their language! Give them back the way they treat their woman! give them back their money! Give them back their greed! Their hate! their sexual practices! Give them back the way they raise their children! Give them back their diseases! None of this is yours, How would you look going into a court room screaming Reparations wearing a Dashiki over a \$5,000 Gucci suit? You don't think they see this! When they get a peak of that Gucci tag hanging out the collar of your Dashiki, that validates their power and it shows them that they still have their hold on you. When you come in wearing their identity, they only see a slave that's freezing cold outside willing to trade more of themselves for nothing (monetary value). Did you hear what I just said!? I SAID, "GIVE THEM BACK THEIR MONEY!!"

Open your eyes to who you are and receive your reparations. Stand courageously in your freedom. Unite with your community, open their eyes to who you are and they will see themselves. We don't want their land, because if you give us what is theirs, it could never be ours. Just as their way of thinking, their land will only destroy us. My dear brothers and sisters, be cautious of what you ask for, beware of what you trust. Reparations isn't something someone can give you, because it's already yours. Stop taking the money you labor and struggle for and rushing to spend it supporting the brands that doesn't support you. Tell the stories of your ancestors fight for freedom! Tell the stories no one likes to talk about, the ones of Queen Nanny and her brother Cujoe. This is Reparations! Support black businesses. This is Reparations! Produce your own foods. This is Reparations! Protect your children. Wives love your husbands, and husbands honor your wives. This is Reparations! Forgive yourself for all the years you've submitted to the fear of being yourself, buried in the identity of someone else. This is Reparations!