

*Hello!*

*This is Christeus Abbey. I was known as Chris Gist. And my brother Sol also. We came to the Institute from Oklahoma, after being banned from school in the state.*

*Because of our mother Norma Jean Gist and her stand against oppression of black people, the power of racism prevailed against us. And for a brief moment, But, we survived!*

*The time I spent there in Oakland was bitter-sweet. A confusing time also. But I'll not give anything for one moment spent there.*

*The Black Panther Party for Self-Defense.*

*Appropriately named. I agree that any people suffering such, have the right to self-defense in any way necessary. Defending oneself sometimes can be violent. Especially to the opponent. That's the way it is. The opponent always sees violence. When he can only see his own wants and needs as important.*

*We must always stand against wrong in every form.*

*I'd like the 8 Points of Attention in schools. Public and Private. I enjoyed reciting these!*

*And the great honor I had to present the Late-Great Huey P. Newton with a birthday gift! I'll never forget that!*

*The trips to the Alameda Beach and Stenson Beach! Great! Lots of fun!*

*All the rallies!*

*Oh yes! The Free Health Clinic Play, at the Oakland Auditorium (as it was). My brother Sol and Cheryl Brooks as narrators. They did a great job! Like pros!*

*And the time my brother and I went with our mother to visit Huey Newton at his penthouse! That was exciting! The telescope was fun to look through too! To be so high up, I'd never been in a building like that before! (Not that I can remember!)*

*So much I like to tell, but later!*

*Here's "Hello" to: Semile Bay, Patrice and Dorion ( Was great talking to you, Dorion! 😊)*

*Ralph, Leon, Angie and other siblings.*

*David, and his mother Lauren.*

*Cheryl Brooks and Aaron, and, (Brian?)*

*Gizelle. Ashley, from Jaimaica.*

*Kenny and Alice Luddy, mother, Mary.*

*Kim and Elroy, mother Mable.*

*Malik Seale.*

*Jessica.*

*As for staff, Connie. Brenda Hall. Haven, from New Haven, Connecticut. Brenda Bay. Mike Cross (as there for just a short time, told us about his time in prison/hole.)*

*Also, "Big" Anthony and son, Gregory.*

*To Fallen Comrades: In the arms of an Angel  
fly away from here,  
you are pulled from the wreckage  
of your silent reverie,  
You're in the arms of the angel  
may you find some comfort there;  
your're in the arms of the angel  
may you find some comfort here"--Sarah McLachlan*

*Christeus P. Abbey*

*hello*

*How are you today?*

*Christeus*

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