

Date: 5/23/2020 11:49:31 AM

Subject: A Talk with God

Evening

Or should I say morning know there's no darkness round them parts.

Well I'm not fairing very good down here,not sure what's all wrong so I'll just run my mouth n see what comes of it...

Believed I was doing OK

U woke me up just in time 4 breakfast n blessed the eating of the grits,that always r 1 part grits n 8 parts bran!,n the English muffin,pb n jelly,n apple juice glass of water. Lord knows milk don't do me that good. No offence just saying. Oops 4 got 2 mention the sweetmate. Had 2 add 2!

Pray u bless Jose with the I interpretation of the dream he shared with me.

Well God after that I even got some word in which helps quiet my heart. Amen

Work was cool. Gotta chance 2 finish the UW mask n even start another one. Know this one gone b 10 times better! So b it! Then I gotta finish the baby blanket b4 my departure,which I believe with all my heart will b on or b4 July 15! Let my heart tell it

Just hit me what initially pissed me off!

Steve!

He so disrespectful n his social skills suck! So 2 his work ethic! Pissed me off when he came messing with n rearranging the pile of masks I had neatly arraigned! Wanted 2 tell him,"get the hell outta here. I got this!" But I hid my tongue all in an attempt 2 walk in love by overlooking his indiscretions n not giving him a piece of my mind in front of company!

What else?

Unit 6 pissed me off 2!

Them dudes is loud 4 no damn reason . even when its only like 2 or 3 of em. They b arguing bout nothing constantly. Who can beat up who. Who can do the most push ups,pull ups,squats,laps,etc. Who can get/sleep with what hotbodied celebrity 1st! Who had the most money,most women,most drugs,most tickets,most Ramen Noodles. Got on my nerves so much I wanted 2 blow the whistle like - get out! Rec over! So what I'd short em outta 15minutes! They can argue bout that on the way back 2 the unit!

Kinda shook off the anger by the time I hit my cell.

Thanked u 4 answering my prayer regarding if I should go 2 lunch 4 tatertot casserole. U said I could not go. Thanks. Got 2 spend time with myself n determine 2 finish my homework regarding cremation vs burial. N u even protected me from acting on the onslaught of lustful thoughts Satan tryd 2 murder me with.

But then

The Noise happened.

So notta fan!

People just gone make me watch Hobbs n Shaw!

Somehow I managed 2 put on my headphones n even dose off. God 4give my tears, its hard 2 sleep in this place. Haven't got more than 5 hours straight since the 10 months I been here.

Yikes! My spirit truly is vexed! Feel it all in my stomach,behind my developing 6-pack! N in

between my temples. Even behind my eyes which r sleepy n red hot with a hint of pain. Is that the glaucoma?

Did watch the movie on my own n it sucked just like I expected! Should've spent my time more wisely! What a fool I've been. Don't even like TV. Yet I ate a whole sleeve of pb n crackers just 2 make up 4 lunch. Shouldve stopped at half a pack as I felt in my spirit I ate enuff yet in my free will I chose 2 force myself 2 eat the rest. Hello stomach cramps! Blessing was I was able 2 bless Jose with my fish patty, Dale with my tropical fruit n coleslaw, n Joe with the corn n potato soup n 4 saltine crackers! Course I ate the oatmeal raisin cookie. Something bout sugar! N oatmeal. Raisins not so much! Less they covered in chocolate!

Smile

After this U did bless me with the opportunity 2 overcome in house noise by writing the song UNREMEMORSEFUL. I like it. Think its missing something but I like it!

Smile!

If its more 2 b added 2 complete the story please let me know.

Amen.

By 7:10 u blessed me with a sense of release from prison as I went 4 a walk with U. I didn't do much talking neither did U! Maybe we were both taken aback by the mosquito? Gnat that flew in my mouth within the 1st 2 minutes I was out there! Not sure how he or she tasted but did make me nkeep my mouth closed n repeatedly hack whatever remnant of bug I could spit out! Wish I had brought my water! Next time.

Then I seen I still got some grudges 2 let go of!

Truth.

Was blessed 2 say the hell with day room! Need 2 take this off alone time n read the Bible n pray so b it!

Thank u 4 comforting me during this 45 minute period!

I was on a high horse till noise came on the scene!

Pissed me right off. Can't get no quiet time in this place! Plus if I wanted 2 watch what they watching I'd turn my TV on! n watch it. The Hunger Games r stupid 2!

Then the one guy pissed me off by interrupting my standing 4 count by telling me some dumb word I didn't ask 4 or are about! Says it means noncommunicable can't he see I'm not trying 2 communicate? Yikes!

Y can't people just accept n respect that sometimes I just want 2 b left alone. Left alone 2 b quiet. Left alone 2 think. Left alone 2 color. Left alone 2 talk 2 U. Left alone 2write my heart out! Left alone 2 hear. Left alone 2 cry. Left alone 2 plot my successful reentry . Left alone 2 just organize n rearranged my footlocker. Left alone 2 do nothing!!!!

Seems no one cares I'm introverted! Everybody want me 2 b extraverted like 99% of the 500 people here! Don't they know I can do without people knowing who I am or my name or my profile! Don't they know I can go days without talking,with no sweat off my back!That I'm even OK if they never talk 2 me,especially bout some foolishness. Don't they know that I grew up an island?

Don't get me wrong I can deal with people 4 like 2-3hrs a day after that need my space.

Specially if its someone I deem Different! Or someone talking bout a lifestyle I want no parts of! Just being honest

I like the tenets of 1st Corinthians 9 in theory but apparently putting them into practice is a whole nother story!

I AM A HYPOCRITE

Unable 2 become all things 2 all men that I might by some means b used by God 2 save some!

Think that's like vers 22 or 24

I'm 2 lazy 2 look it up n the Bible 3 feet away!

What does that say bout me?

(11:43pm the TVs just turned off lil bit of silence but noise will fill the atmosphere till ...)

Prison loves it loud so people sleep with fans on high 2 birth noise 2 abort other noise. I like it quiet when I go 2 sleep yet quiets been MIA since September 11,1997 I adapted 2 the moment but I'm not gone sleep with a fan on when I'm released from this the custody of the state of Wisconsin.

Wouldn't mind doing like a 3 day shut in of just silence upon my release. Trust if its in ur will u can make it happen! Just need 2 get my head on str8 n recall what normal life is like. Amen need 2 process.

That's what it is. I b pissed cause a bunch of noise has always been unnatural 2. I value silence. Plus when there TVs,music,singers,tablets,conversations,yelling,screaming,sounds of wrestling/fighting,inter comes barking orders,peeping, fidgeting all going on at once I personally experience a sensory overload

**SENSORY OVERLOAD!**

Yup that's it.

Make my head hurt n my heart race

God help

Know I'm not pleasing 2 u at this very moment

Had it up 2 here with males made in Ur divine image.

Yup I'm so sick of being round dudes 24/7!

Now I know why u created women!

Dudes get on my nerves!

Tired of their anger,aggression, greed,pride,ego,thinking they gods gift 2women n muscles,gluttony,h8,lack of responsibility, lazyness,gossip,poor work ethic,use of the n-word,usuatory outlooks,inability 2 relate,walk,talk,testosterone, creation, protein,...

Judging women by their looks/weight,loudness,swag,fabricated story's where they this big superhero, their abandonment of children...their thinking prison is a badge of honor,violece mean mugs,disrespect,selfishness...

12:14am my stomach growling!

6 n a half hours 2 breakfast! Water might do the trick

2 angry 2 sleep though I'm listening 2 midnight gospel or something 2 that effect

Tried 2 get the book writing done but like so many times in the past my attempts 2 do nothing from my private life in public is always interrupted! God help me with Dale as a divine interruption! Lord knows I need 2 make myself 2 b a listening ear. N I have 2 trust that u will bless me with the undistracted time 2 devote 2 penning myh memoir n other books as I trust time 2 u. Maybe I'm tripping cause I want 2 birth the book already seeing its been 5yrs since I started it! Plenty rewrites n now I finally got the perfect voice 4 it. Amen

Hello interview

Trust U'll bless me with the appropriate questions n responses.

Lord knows I also feel like beasting out n just daily committing time 2 sit in the stall n write the book!

What say u ?

Maybe I need 2 stay up later?

Maybe I need 2 put it on hold n PRAY bout my character n seek ur help 2 love those around me who u also created 4 the soul purpose of going 2 heaven

Matthew 25:34,35

Maybe I need 2 focus solely on finishing school like I said so I can finish it b4 I exit prison or shortly thereafter!

That's it

Amen

But God also need 4 u 2 make quiet time 4 me 2 do that less u want me 2 overcome all this gook by studying in the middle of war!

Thank U 4 blessing me with an 8:10 am spot in the Reflection Garden on Memorial Day which is also my day off. Blessed the purpose 4 which U ordained 4 me 2 attend.thank u 4 blessing me with those 40-50 minutes of much needed quiet

Amen

God help me walk in love towards u first n foremost n then me n then others

Otherwise Im a sitting duck 4 failure n hypocrisy

Real talk

I know nothing of myself

Thanks 4 blessing me with Vince number n bringing more old friends back into my life

U up 2 something

God U also have 2 pick out my Eve cause I'm not smart enuff 2 do it

In closing kiss my daughter 4 me n let her know how much I love her n have loved her  
Its 12:37

N one of us gotta get some sleep!

Its me

Smile

I am we

Love ur broken son

Antoine