

A Servant's Prayer - 4:00

Lyrics by Alvin Slaughter & Babbie Mason, 1997

Sometimes I Feel Like A Motherless Child - 3:38

Traditional

Wade In The Water - 2:50

Traditional

Let My People Go - 2:52

Traditional

Standing In The Need Of Prayer - 4:48

Traditional

I Want Jesus To Walk With Me - 3:40

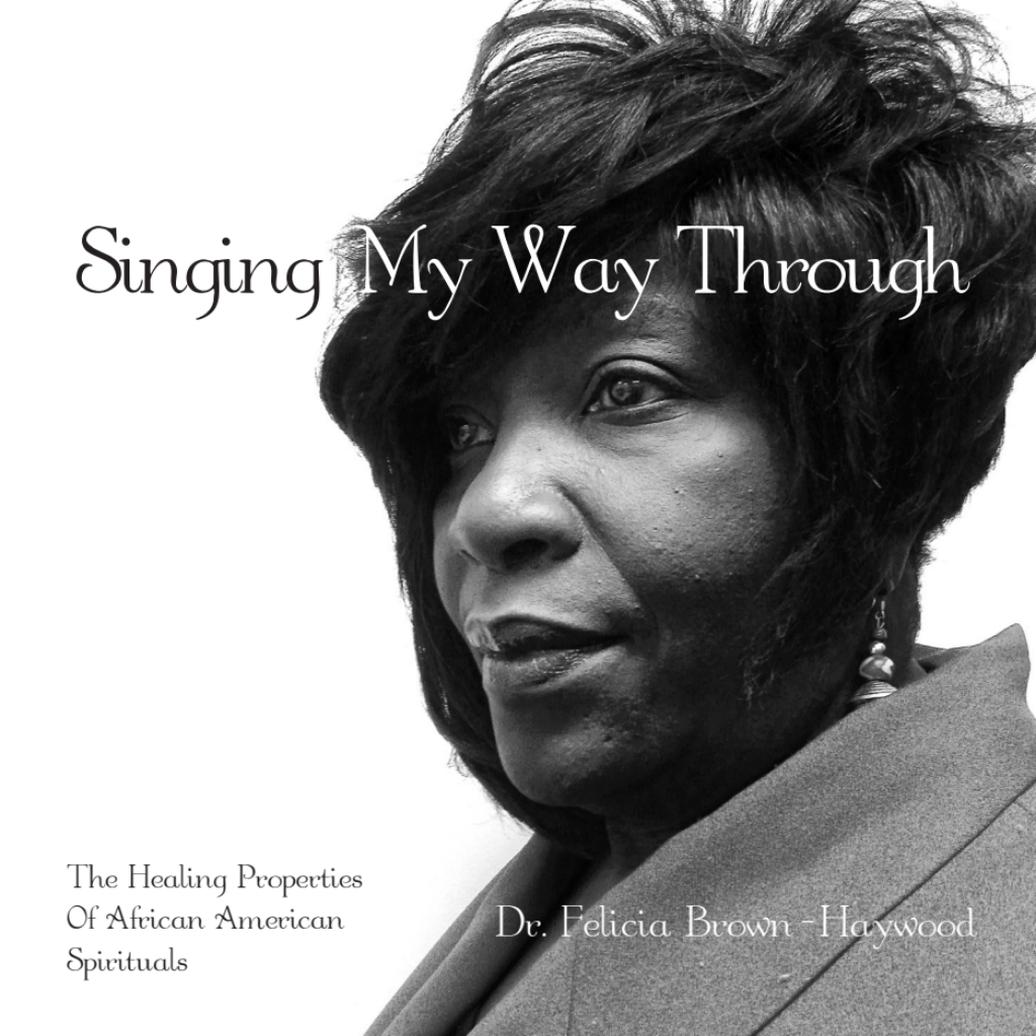
Traditional

There Is A Balm In Gilead - 5:56

Traditional

This Little Light Of Mine - 3:40

Traditional

A black and white portrait of Dr. Felicia Brown-Haywood, an African American woman with dark, wavy hair, looking slightly to the left. She is wearing a dark jacket and a large, ornate earring. The background is plain white.

# Singing My Way Through

The Healing Properties  
Of African American  
Spirituals

Dr. Felicia Brown-Haywood

# My Story

I am a transformed survivor of sexual, emotional and psychological abuse. When you look at my face you would have no way of knowing the direct pain and suffering I endured for eight years of my young life. That season of life does not include the adult years of indirect turmoil caused by the residue of assault. At the hands of so-called uncles, baby sitters and even a youth pastor I became enslaved to a silenced shame. I could not tell anyone, after all who would believe me...I was a child and they were “grown-ups.” The strength to confront these atrocities did not manifest into my consciousness until I accepted Jesus my Savior as my Lord. Not until I moved beyond the Sunday Morning only service and started walking with Jesus every day of my life. It is a process to confront years of masked coping skills which gives the appearance of liberation. It is a process to forgive those who hurt you and leave you broken into pieces. It is a process to surrender to the Potter to have your broken pieces back together again. For me that process of healing & hope involves singing the songs of my ancestors; my silenced shame has been shattered now I can sing songs of suffering and transformation; songs of hope and healing; songs of restoration and liberation. I sing songs so that others will join me in the ranks of a liberated, transformed survivor. To God be the Glory!



# My Many Thanks

I begin by thanking God my Creator, Sustainer, Lifter, and Author and Finisher of my Faith. To my Family, my supportive and understanding Husband, Reggie Sr. Thank You for listening to my stories and consoling me when crying was all I could do. To my five daughters Alexia, Tiffany, Shemika, Davida and Regilynn and one son Reggie Jr. thank you for being and growing and allowing your foot steps to be ordered by God. Thanks Mom- Madelyne Baldwin, for being there even when you didn't know and coming to my rescue when I finally told you. Jean, Sug, Kevon & Lamont, I could not ask for greater siblings. To my extended family - you all know who you are from Atlanta to Canada; from California to the Jersey Shores and all points in between - thank you for loving me and believing in me even when I did not love or believe in myself. Thank you Rev. Evelyn Gettis-Lee for calling me out and Marsha & Joy for praying me through. Meash it's obvious that our talks mattered - thanks! Cheryl Hawkins my sister-girlfriend and piano accompanist for this project thank you for sharing your God-given gifts, talents and love with me you blessed my soul. Thank You to my Beulah Baptist Church Family for ALL your love & support. As "cuz" Karen G. would say - I love you-all-to-life! To my work family - thanks for telling me "you can do this." To all of the women & men, to all workshop participants who joined me in singing the songs of my ancestors as we journeyed together to the other side of "through" and to the other side of our personal pain thank you for helping me to grow in "spite of."

“From the soulful essence of this gospel standard, Dr. Brown Haywood takes the plight of the American Blacks through a beautiful musical journey from the slave era religious songs. This music speaks to us all. Achingly poignant, the rendition of *Let My People Go* gives the haunting message a specificity that animates the entrapped individuals - not a general group - but striking faces and singular pleas. Very powerful!”

*Dr. Katie Robinson - Director, School of Humanities*

“This is so powerful and inspirational it brings tears of joy. You are such an inspiration to women who are in the depths of struggle and trying to overcome them. Thank you for all you do! Wow this is great!”

*Tina Nixon - CEO YWCA of Greater Harrisburg*

“From the depths of our struggle as a people and from your personal trials and triumphs... you just summon your voice and, it is done! What a beautiful tribute to all of those on whose shoulders we stand!”

*Dorothy Guy - Director, Human Resources*

Felicia Brown-Haywood, DEd., LPC, NCC - Vocalist

Cheryl Hawkins, Minister of Music - Concert Pianist, Minister of Music

Frank Gorgo, Radio Active Music - Studio Work & Sound Engineer

Larry Asu - Portrait Photography

Mind Your Design - Graphic Design

Kutco Printing Company - Cd Cover and Label Printing

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