

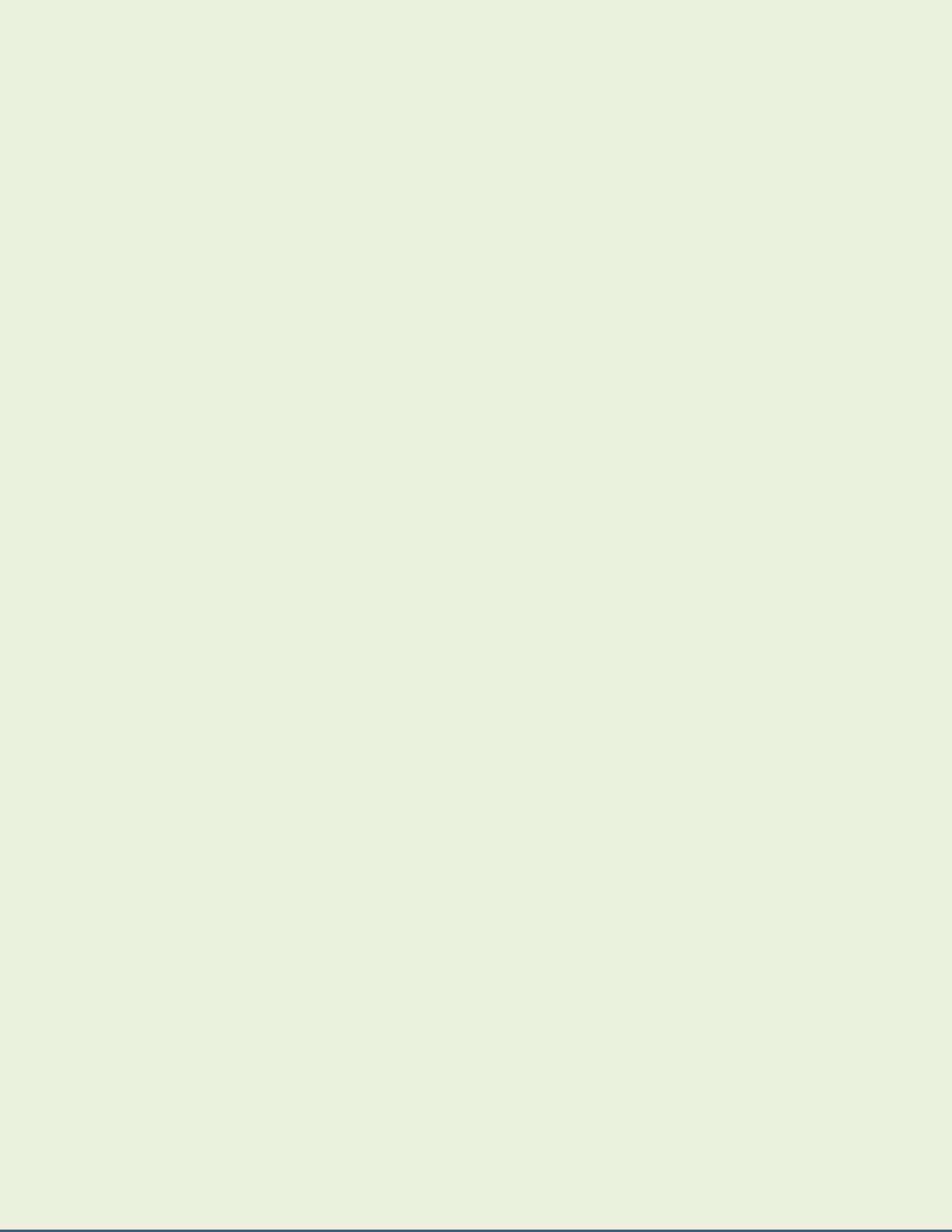
**TEACHING RESOURCES:**  
IDIOMS, PROVERBS,  
and PHRASES  
*"So I buy it so I sell it"*



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Dirección de Bibliotecas Públicas  
Biblioteca Pública de Limón  
Limón Cultural and Civic Committee  
August, 2018









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*Serie:  
Back To Our Roots, N° 1*



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# Presentación

*Por: Margaret Simpson Chambers  
Directora Biblioteca Pública de Limón, y  
Coordinadora de las actividades culturales del  
Comité Cívico Cultural Étnico Negro de Limón.*

En el marco de la celebración del XX Aniversario del Festival de la Cultura Negra bajo el lema: ***Back To Our Roots (Volvamos a nuestras raíces)*** actividad desarrollada cada año en conmemoración del 31 de Agosto por el Comité Cívico Cultural Étnico Negro de Limón, declarado **Día de la Persona Negra y la Cultura Afrocostarricense**. Originalmente denominado "Día del Negro y la Cultura Afrocostarricense", el nombre de esta conmemoración fue modificado en 2011 mediante la Ley N° 8938, incorporándose el uso de lenguaje inclusivo pasó a denominarse: ***"Día de la Persona Negra y la Cultura Afrocostarricense."***

Con el propósito de cumplir con los objetivos del Comité de:

1. Rescatar valores culturales, cívicos, morales.
5. Concientizar al pueblo, padres de familia, jóvenes, educadores, grupos organizados, y otros, sobre la importancia de rescatar nuestros valores, presentamos el **documento:**

## **Teaching Resurses: Idioms, Proverbs and Phrases N° 1 de la serie: *Back To Our Roots (Volvamos a Nuestras Raíces)*.**

Es una recopilación donde hemos realizado el proceso de reescribir y documentar dichos, cantos y proverbios tradicionales de la Región Caribe en inglés, muchos muy significativos en la literatura oral de la cultura del negro en Limón, que ofrece un amplio caudal en la transmisión de los valores culturales del limonense. Frases, cantos y proverbios que solían dar consejos rígidos a niños y jóvenes durante su crianza en los siglos XIX y XX hoy muy poco practicadas en los hogares y las familias actualmente. Se pretende que el mismo sea un recurso didáctico para fortalecer y propiciar el intercambio cultural en las aulas costarricenses como parte de la contribución a la cultura nacional.

***"So a buy it so a sell it" "Así lo compro así lo vendo"***

***Que significa: Así me lo contaron y así se los estoy contando.***





**Distinguished members of the  
Limón Cultural and Civic Committee**

**Foto: Hermelinda McKenzie Williams, American Corner Limón**

**Sentados de izquierda a derecha:**

Prof. Marcelle Taylor Brown, Coordinadora General del Comité Cívico Cultural Étnico Negro de Limón. Prof. Melba Johnson (qDg). Prof. Joyce Edwards. Máster Marjorie McDougall, Prof. Marva Bryce. Prof. Carmen McLean.

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**Ausentes:**

Prof. Judith Gibb. Sra. Beatriz Bailey. Prof. Winfred Cross. Sr. Delberth Brown. Sr. Kendrick Johnson.





## Comité Cívico Cultural Étnico Negro de Limón

El Comité Cívico Cultural Étnico Negro de Limón, tuvo su génesis en junio del año 1999, gracias a la visión del Ing. Ramiro Crawford y otros distinguidos limonenses, preocupados por la pérdida de nuestros valores y nuestra cultura, y conscientes de muchas razones, ampliamente conocidas, por las que se han ido perdiendo los valores en nuestras familias, y por ende, en el conglomerado de nuestra sociedad, se abocaron a estudios serios y análisis relacionados con los temas mencionados. Todo lo anterior, tomando en consideración la composición multiétnica de nuestro medio, con su aporte al desarrollo socioeconómico de Costa Rica.



Dada su riqueza cultural y el aporte invaluable del negro costarricense, que a través de los años ha contribuido a la identidad de este grupo étnico, visibilizándolo, marcando, y afirmando a través de la historia, las diferentes manifestaciones de su cultura ancestral riquísima.

Cabe destacar que desde 1999, que en el marco del Festival de la Cultura Negra-Limón, el Ministerio de Cultura, declara de interés cultural las actividades del comité, y también, otras instituciones, entre ellas, la Municipalidad de Limón, las han declarado de interés institucional.

El Comité Cívico, Cultural Étnico Negro de Limón, ha recibido la colaboración y el apoyo de: las diferentes Iglesias de Limón, el Ministerio de Educación, los Clubes Sociales, la Universidad de Costa Rica Sede del Caribe, el Colegio Universitario de Limón, y los grupos organizados relacionados con el tema **"Back To Our Roots"**.



## **Purpose of the Booklet**

Dear friends

The Limón Cultural and Civic Committee, invites you to journey into this wonderland, which will take you back to precious and remarkable moments lived at homes, churches and schools, places where we learned through stories, rhymes, games and songs.

We sincerely hope you will find it appealing to your needs when dealing with "INTERCULTURE"

Thank you for your valuable time.

God bless you.

**Marjorie Mc Dougall, M.E.D.**



**Foto:** Rafael Barrientos Germé. Colección "Album de fotografías personajes limonenses, 2016"

Prof. Marcelle Taylor Brown  
Coordinadora General  
Comité Cívico Cultural Étnico Negro de Limón

## Message

Este pequeño documento recoge algunas versiones "phrases" de nuestra lengua criolla o inglés criollo, con el fin de recordar nuestro legado, y sobre todo, la oportunidad de las nuevas generaciones de valorar este esfuerzo, en su cualidad de fuente didáctica, para transferir un conocimiento relacionado con el legado cultural de nuestros ancestros, enriquecer nuestro bagaje cultural.

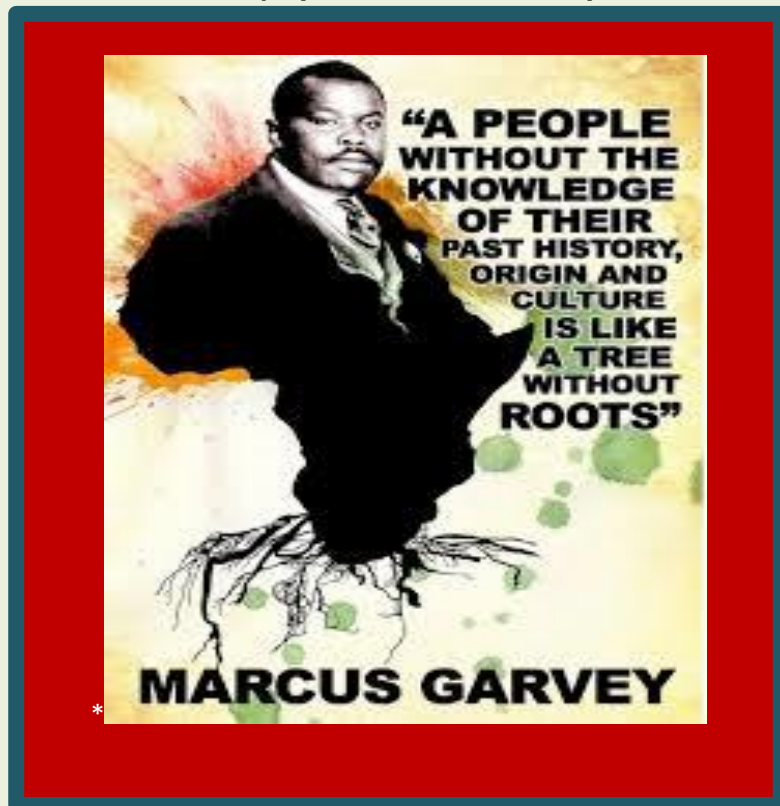
No obstante, manifestamos que todos debemos promover el aprendizaje y estudio del inglés standard, que indudablemente, hoy por hoy, se ha convertido en un vehículo idóneo, para mover el desarrollo socioeconómico de nuestro país y del mundo.

## Marcus Mosiah Garvey

Marcus Mosiah Garvey fue un predicador, periodista y empresario jamaicano.

Nació el 17 de agosto de 1887, en Saint Ann's Bay, Jamaica. Su esposa la Sra. Amy Ashwood Garvey (m. 1919-1922)

Decide fundar UNIA en 1914 «**Universal Negro Improvement Association and African Communities League**» (Asociación Universal para la Mejora del Hombre Negro), cuyo objetivo principal era crear un sistema educativo universitario separado, aunque equivalente, para los negros jamaicanos.



UNIA pretendía unir a todos aquellos de origen africano del mundo y crear un país y un gobierno propios.

El lema de la organización era «**One God, one aim, one destiny**» (un Dios, una meta, un destino).

Ocupación: Editor, periodista, sindicalista y empresario.

En el año 1916 se trasladó a Estados Unidos y fundó su propio periódico llamado "Negro World".

Incentivó a las personas negras a manejar su propio destino, con el fin de romper las barreras, impuestas por un sistema manejado por blancos. Les enseñó la riqueza de sus antecesores africanos, y a sentirse orgullosos de ser negros. Su frase era: "Arriba, raza poderosa, podéis cumplir vuestros deseos".

**Marcus Garvey**, a quienes algunos consideraban **la reencarnación de Juan el Bautista**, entra en la historia del Rastafarismo con una profecía proclamada por primera vez en sus discursos ante los negros jamaicanos.

**«Mirad hacia África, a la coronación de un Rey Negro; Él será el redentor »**

Una profecía que se cumpliría algunos años más tarde, en 1930 cuando el **Ras** (Príncipe) **Tafari Makonnen** fue coronado Emperador de Etiopía y proclamado **«Negusa Negast»** (Rey de Reyes), lo que ubica a Marcus Garvey en el "iniciador" del movimiento Rastafari.

El profeta, seudónimo con el que se le conocía a Marcus Garvey, fallece del 10 de junio de 1940, en West Kensington, Reino Unido por causa de un accidente cerebrovascular. Sus restos mortales fueron trasladados a Jamaica, donde fue proclamado el primer héroe nacional.

Le sobreviven sus dos hijos: Marcus Garvey Jr. Y el Doctor Julius Garvey, quien ha visitado Costa Rica y Limón en múltiples ocasiones.

# Teaching Resources

## Idioms

The end of school year was almost here. Jackie had five exams to study for, and there were many things she did not know. Her friend, Tony, asked Jackie to go to a picnic with her on Saturday, but Jackie decided not to go, instead she planned to hit the books so she would not fail her exams.

The underlined words mean:

1. Hit your books with a stick
2. Study hard
3. Read a little bit

All children in the Smith family liked to go to see the horse races in Estrada. Each one of them decided on the horse he thought would win. The winner would have to buy everyone an ice cream cone.

Sunday's race was close! Both Tom and Andy's horses were in the lead. No one could tell who would win. Finally Tom said, "I think your horse is going to cross the wire before mine. It looks like you will have to buy the ice cream cones today."

The underlined words mean:

1. Lose the race
2. Finish a race
3. Touch a wire

Robert had worked at Miss Mavis' bakery for a long time. Miss Mavis had been very nice to him. She paid him well for this work and let him take some time off when he had something important to do.

One day Robert asked for another raise, but Miss Mavis said that he was not ready for one. It had not been a long enough time since the last raise. Robert was angry and began to say things about Miss Mavis which was not very nice. Robert's friend, James, said "you are not very fair to Miss Mavis. She was always been good to you and

given you what you want except this time. **“Don’t bite the hand that feed you.”**

The underlined words mean:

1. Act like an animal
2. Be happy with what you get
3. Be nasty to someone who is nice to you.

Songs

Brown Girl in the Ring

Brown girl in the ring (Trala, lala, la)

There's a brown girl in the ring (Tra, lala, lalala)

Brown girl in the ring (Trala, lala, la)

She looks like a sugar in a plum (Plum, plum)

Show me your motion (Trala, lala, la)

Come on show me your motion (Tra, lala, lalala)

Show me your motion (Trala, lala, la)

She looks like a sugar in a plum (Plum, plum)



## I Remember

All had water run dry  
Got nowhere to wash my clothes  
All had water run dry  
Got nowhere to wash my clothes  
I remember one Saturday night  
We had fried fish and Johnny-cakes  
I remember one Saturday night  
We had fried fish and Johnny-cakes, beng-a-deng

## Caribbean Nursery Rhymes

Arithmetic  
Arithmetic  
Me father sick  
Me teacher hit me  
With a mortar stick

One Two Anancy  
One two  
Anancy to you  
Three four never trust the score  
Five six  
Always up to tricks  
Seven eight  
Can't play the game strait  
Nine ten  
Anancy, your tricky friend

## Is Wah?

Is wah, is whah, is  
whah you watching  
me fa?

Is whah, is wha, is whah you  
watching me fa?

Sandfly married to mosquito  
daughter

Make de cake with some dirty  
water.

Is whah, is wha is wha you  
watching me fa?



Clap Hand for Mammy

Clap hand for mammy till daddy come home

Daddy bring cake and sugarplum

Give baby some

Baby eat all ain't give mammy none

Mammy get vex

Throw baby down

## Phrases

Duck nu lay egg before fowl.  
You can achieve success regardless of your origin or  
background.  
Play stone kill bud.  
One person's fun and games may have serious consequences  
for another.

Black bud say fi im pickny fus.  
Attend to your own affairs before the affairs of others.

Cockroach neva right before chicken.  
One will never be judged fairly by one's enemies.

If yu mash ants yu fine im guts.  
People reveal their true colors when faced with pressure or  
hard times.

Anansi rope tie him maasa.  
Be careful that you are not caught in the traps you set for  
others.

Pick an pick until yu pick shit.  
The excessively picking end up making poor choices.

Ben di tree when it young, when it ole it wi bruk.  
It is easier to train children when they are young than when  
they are older.

Victory nu come fram lie dung inna bead  
Success requires hard work.  
Pudd'n cyaa bake widout fyah.  
You need the right tools for each job.

Poun a fret cyaa pay ounce a debt.  
Worrying doesn't solve problems.  
Def ears gi liad trouble

Be certain of what you have heard before you choose to repeat  
it.

Nyam some, lef some.  
Plan for tomorrow; don't consume everything all at once.

Craven choke puppy.  
Greed will hurt you.

bucket go well every day, one day di bottom ago drop out.  
If you repeatedly take the same risks, eventually it will end in  
disaster.

Haad ears pickny nyam rockstone.  
Disobedient children often learn the hard way.  
Good friend betta dan pocket money.  
True friends are better than money.  
Clear conscience sleep a tunda.  
Those with a clear conscience can sleep well through the  
stormiest nights.

Trouble nu set like rain.  
Problems often arrive without warning.  
Hang yu basket whe yu can reach it.  
Keep your goals within your abilities and means  
Duppy know who fi frighten.  
Bullies know exactly who they can abuse.  
Wise monkey know wha tree fi climb.  
Choose your goals or battles carefully.  
Day longa dan rope.  
Time will right or avenge all wrongs.  
Yu cyaa ride cow an cuss cow kin.  
You shouldn't criticise those on whom you depend.  
When coco ripe it mus bus.  
All will be revealed when the time is right.

Dawg say 'if im ave money', im woulda buy flea.  
Some people spend money on useless or necessary things.  
Mawga cow a bull mumma.

Someone who appears weak or vulnerable may have powerful allies.

Annu every kin teet a laugh  
Someone who smiles to your face does not necessarily mean you well.

Nu dash whe stick before yu done cross riva.  
Don't be too quick to discard or reject things because you may need them in the future.

Humble calf suck di most milk.  
Humility is more rewarding than arrogance.

Di house whe shelta yu when a rain, look fi it when sun hot.  
When you become successful, look out for those that helped you during your hard times.

Nu cuss alligator long mout til yu cross di riva.  
Don't provoke people while they are in a position to retaliate  
Tek kin teet kibba heart bun.  
Laughter is the best medicine.

Peel neck fowl bawl fi life, im nu bawl fi fedda  
Outward beauty isn't the most important thing  
Every day devil help teef. One day god wi help watchman  
Good people should not be discouraged by the successes of unscrupulous people.

Di hotta di battle, di sweeta di victory.  
Success is more rewarding after hard work and struggle  
Di olda di moon di brighta it shine.  
Age brings wisdom.

If yu cyaa walk faas, tek time run.  
Master the basics before you attempt more difficult activities.

Cyaa bury a man an lef out him foot.  
Be sure to properly complete the task at hand.  
Quattie bread full monkey belly.

The poor or disadvantaged are easily satisfied.  
Yu neva si pop gun kill alligator.  
Don't expect success if you set someone a task that is beyond their ability.

Bud fly too faas, pass him nes.

Excessive ambition puts one in danger of missing their goals  
Bit bit mek poun.  
Small amounts will eventually add up.  
Nu jus one way fi heng dog.  
There is more than one way to accomplish a goal.  
Di man mek outa honey, fly wi nyam him.  
People take advantage of the good natured.  
Anyting stay too long serve two masta.  
Take advantage of what you have before someone else takes  
it away from you.  
When cloud shado come, sun nu set.  
One rough time does not mean all hope is lost  
Play fool fi ketch wise.  
Feign ignorance to one's advantage.  
Fowl gwine fat im begin fram him toe.  
Adult behavior begin in childhood.  
Hungry mek monkey blow fire.  
People are forced to become innovative and resourceful under  
harsh conditions.  
A nu same day leaf drop it rotten.  
One bit of misfortune does not mean total destruction  
Belly full, pitata ave kin.  
Contented people can afford to be choosy.  
If yu see everybody a run tek time.  
Don't be too eager to follow others.  
Gi a man a haas him want saggle to.  
Help someone once and they'll always want more.  
Yu nu know how parson get him gown.  
Don't envy the success of others when you don't know what it  
cost.  
Before dawg go widout suppa, im nyam cockroach.  
Make do with what is available to you.  
Crab say im nu trus nu shadow afta dark.  
Don't make assumptions in uncertain situations.  
If speech wort shillin, silence worth pound.  
Sometimes it is better to keep your mouth shut.  
Silence is golden.  
Cause parrot mek noise, dem say a him one nyam banana.  
The loudest and most obvious always gets blamed.

If yu nu go unda fowl coob, fowl cyaa shit pan yu.  
People abuse you or take advantage of you unless you put  
yourself in a position for them to do so.  
Nutt'n beat a trial but a failure.  
You can't succeed if you don't try.  
Dance a yard before yu dance abroad.  
Practice good behavior at home before you go outside.  
Man nu dead, nu call dem duppy.  
Don't underestimate people.  
Dawg a sweat and long hair hide it.  
Things are not always as they seem.  
Betta belly buss dan good food waste.  
It is better to overeat than to waste great food.  
Jackass seh di worl nu level.  
Life isn't fair.

Fyah de a mus mus tail, him tink a cool breeze  
Some people are happily oblivious to the trouble or dangers  
hanging over them.  
Fowl whe feed a yard nu hard fi ketch  
It is easy to catch up to someone who is avoiding or running  
away from you when that person depends on you for something  
essential.  
Igle jackass follow cane trash go a poun  
People who have nothing to do, or are bored do stupid things  
to kill time  
Fus laaf anno laaf  
He who laughs last, laughs best  
Before monkey buy trousers, him affi know whe fi put him tail  
Make sure the fashions of others suit you before you rush to  
adopt them.  
Di ola di moon di brighta di shine  
Age brings wisdom  
Sick nu care, doctor worst  
If you don't care about your own problems, don't expect  
anyone else to care  
Every mickle mek a muckle  
Every little bit adds up  
If yu want half a bread beg it, if yu want one, buy it yuself

If you want a job done right, do it yourself.  
When jackass smell corn him gallop.  
Use the appropriate encouragement for each person.  
Crab walk too much lose him claw.  
If you overuse a thing you will break or lose it.  
When rat like ramp roun puss jaw, one day him gwine en up in  
puss craw.  
If you continually flirt with danger you will eventually get hurt.  
Yu shake man han, yu nu shake him heart.  
Appearances can be deceiving.

Pepper bun hot but it good fi curry.  
Harsh advice may be good for you.

Young bud nu know storm.  
The young and inexperienced don't understand true troubles.  
or hardships.

Rockstone a riva bottom nu know sun hot.  
Sheltered persons don't know true hardship or troubles.  
Bucket wid hole a battam nu have no business a Riverside.  
Don't criticize others when you have faults of your own.

Hog say the fus water im ketch im walla.  
Take advantage of the first opportunity.  
Wha nu kill fatten.  
That which does not destroy you makes you stronger  
Howdy an tenk yu nu bruk no square.  
It never costs anything to be polite.  
Empty bag cyaa stan up.  
A hungry person cannot work.

Want all, lose all.  
Excessive greed puts one in danger of losing everything.  
Mischievous come by di poun and go by di ounce.  
It only takes a little effort or few words to start a lot of  
trouble.  
Poun a fret cyaa pay ounce a debt.  
Worrying does not improve a bad situation.  
If yu cyaa get turkey, satisfy wid John Crow.



Make the best of a bad situation, and be content with what  
you have.

Ole fyah stick easy fi ketch.

It's easier to rekindle a romantic relationship than to start a  
new one with someone new.

Cock mout kill cock.

Choose your words with care lest you draw unpleasant or  
unwanted attention to yourself.

Peacock hide him foot when him hear 'bout him tail.

A proud person hides his weaknesses when praised.

Finger neba say look ya, him say look yonda.

People never point out their own faults.

So much mout cyaa set fi tell di same lie.

If everybody makes the same accusation then there must be  
some truth in it.

Every tub affi sit on it own bottom.

Every person will have to take responsibility for his own life  
and actions.

One one coco full basket.

Little by little the task will be completed.

Chicken merry, hawk de near.

Danger lurks wherever there is too much merriment and  
excitement.

Alligator shouldn't call hog long mout.

You shouldn't belittle or criticize others when you have the  
same faults.

## Proverbs

Young bird does not know hurricane.

Speak the truth and speak it always, cost it what it may.

When chicken merry hawks near...

Wolf in sheep's clothing...

You can't take jackass to make race horse.

Duppy knows who to frighten.

What doesn't kill will fatten...

What frightens me will kill you.

Before good food waste, make bely bust.

No horse is better than carrying his own load.

Honesty is the best policy.

Not all that shines is gold.

A stich in time saves nine.

Show me your company and I will tell you who you are...

If you do not know where you are coming from you do not know where you are going.

Waste not, want not...

The same knife sticks sheep sticks goat...

If you can't say anything good, do not say anything.

Do not pass up the opportunity to keep your mouth shut...

Do not hang your hat higher than you can reach it.

What God bless no man curse.

The blind leading the blind.

You can lead the horse to the water but you can't force him to drink it.

Haste makes waste...

See no evil, hear no evil, speak no evil...

There is always light at the end of the tunnel.

The longest rope has an end every prayer it's amen.

Don't bite off more than you can chew.

Thief does not know back door.

Scornful dog eats dirty pudding.

Birds of the same feather flock together.

The same dog that bring a bone carry bone.

The chain is as strong as the weakest link.

Dog eats your supper.

It's raining cats and dogs...

You can't catch kuaky you catch him shirt.

You can see a man's face, but can't see his heart.

Learn to creep before you walk...

Discipline begins at home.

Don't bite the hand that feed you.

Empty bag can't stand up.

Don't count the chicken before they are hatched.

One man can't fight garrison...

You can't teach old dogs new tricks.

Stay on the crooked and cut straight.

To teach to count to ten, you must know to count to one thousand.

It's better to prevent than cure.

Easy squeeze makes no riot.

If it is not good in the morning it is not good in the evening.

He who laughs last, laughs the best.

Six of one half dozen of the other.

Don't draw my tongue.

What you sow is what you reap.

If you spread your bed hard you lay hard.

Save for the rainy day.

The higher monkey climb, the more him expose himself.

Mind yu own business.

Blood is thicker than water.

Jump out of the frying pan and jump into fire.

Money is the root of all evil.

Self-praise is no recommendation

Tomorrow is not promised to no one.

Look before you leap.

When in Rome do as the Romans do.

You can run. But you can't hide.

Your children are not your children.

Practice makes perfect.

Too many rats don't dig good hole.

Beauty is skin deep.

Beauty is in the eyes of the beholder.

No man is prophet in his own land.

The more you look the less you see.

Respect is due even to a dog.

It takes two to quarrel.

Break up line up.

You are digging your own grave.

Taking candy from babies.

Whilst there is life there is hope.

Where there is smoke there is fire.

Essence does not come in barrels.

Circumstances alter cases.

It's better to give than to receive.

One hand washes the other and two wash the face.

If you play with cigar you will get burn.

Prevent is better than cure.

It is better late than never.

Not all that shines is gold.

Not everything that is good to eat is good to talk.

You never miss the water till the well runs dry.

## Messages from members of the Committee



I hope as you read this booklet, you will become inspired and will find practical advices for your personal life.

### **Profesora Joyce Edwards W.**

Here are some wisdom words and inspirations left by our Ancestors who have walked before us.

### **Master Patricia Miller L.**

Dios es amor, debemos tener fe, esperanza y amor; el mayor de los tres es el amor. 1 Corintios 13:1-13. Gracias a Dios por su amor y los dones que nos da, enseñenos a compartir con quienes estén en necesidad, el amor es sufrido, es benigno, no tiene envidia, no es jactancioso, indebido no guarda rencor.

### **Profesor Cecilio Allen W.**

#### **Miembro del Comité desde 1999.**

“We were brought up by proverbs which were referred to practically any situation in our lives, then we did not understand them, now, we are conscious of the wise teaching, and we want to involve them through this booklet in our everyday situations.”

### **Master Margaret Simpson Chambers**

#### **Limón Cultural and Civic Committee**

“My desire is that when this document gets to you, and it is read, you will learn to love others, wish them the best, look out for them, treat them in exceptional ways, give them your best, because this teaches us to embrace better and more harmonious relationships, and most of all those of “Respect”.

### **Profesora Aura Mora Knight**

This booklet of experiences, of a life style that our parents and grandparents, usually put in practice when teaching or bringing up children and grands, with examples such as: parables, proverbs, and phrases, but most of all to introduce: respect, discipline, and an acceptable way of development.

So, each of us who have the opportunity to look through these pages, will develop the spirit to better the growth of this generation. "What don't good at morning can't be good at night".

### **Profesora Carmen Mc Lean**

The purpose of this booklet is to share some extraordinary events that took place in this beautiful community of Port Limón, and also, to be a guide that will help you to learn about those remarkable leaders that many times had being invisible because they cannot be found in the history books.

I hope all who reads this booklet will be inspired to continue this wonderful work in education, sport, social, and especially in a spiritual way.

I thank the LORD for the opportunity to be close to some of these extraordinary people. "Coming together is a beginning; keeping together is progress; working together is success" H.F.

### **Licenciada Sheral South S.**

Black Culture Quote

"We are not fighting for integration, nor are we fighting for recognition as human beings... In fact we are actually fighting for rights, that are even greater than civil rights, and that is HUMAN RIGHTS". Malcom X

### **Teacher Melva Mc Lean. (q.D.g)**

Dear Friends,  
God loves you and I also do.  
I am here to serve.

### **Marjorie Mc Dougall, ME.D.**



## Amazing Grace

Amazing grace! How sweet the sound  
That saved a wretch like me!  
I once was lost, but now am found;  
Was blind, but now I see.  
'Twas grace that taught my heart to fear,  
And grace my fears relieved;  
How precious did that grace appear  
The hour I first believed.  
Through many dangers, toils and snares,  
I have already come;  
'Tis grace hath brought me safe thus far,  
And grace will lead me home.  
The Lord has promised good to me,  
His Word my hope secures;  
He will my Shield and Portion be,  
As long as life endures.  
Yea, when this flesh and heart shall fail,  
And mortal life shall cease,  
I shall possess, within the veil,  
A life of joy and peace.  
The earth shall soon dissolve like snow,  
The sun forbear to shine;  
But God, who called me here below,  
Will be forever mine.  
When we've been there ten thousand years,  
Bright shining as the sun,  
We've no less days to sing God's praise  
Than when we'd first begun.

## **Psalm 23**

### **The Lord is My Shepherd**

The LORD is my shepherd; I shall not want.  
2-He maketh me to lie down in green pastures:  
he leadeth me beside the still waters.  
3-He restoreth my soul: he leadeth me  
in the paths of righteousness for his name's sake.  
4-Yea, though I walk through the valley of the shadow of death,  
I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.  
5- Thou preparest a table before me in the presence of mine enemies:  
thou anointest my head with oil; my cup runneth over.  
6- Surely goodness and mercy shall follow me all the days of my life:  
and I will dwell in the house of the LORD for ever.

## **Psalm 133**


How Pleasant to Live Together in Unity!

Behold, how good and how pleasant it is  
for brethren to dwell together in unity!  
It is like the precious ointment upon the head,  
that ran down upon the beard, even Aaron's beard:  
that went down to the skirts of his garments;  
3- As the dew of Hermon, and as the dew  
that descended upon the mountains of Zion:  
for there the LORD commanded the blessing, even life for evermore.

## **Bible Verse**

“Hear me now therefore, O ye children,  
and depart not from the words of my mouth”  
Proverbs 5:7





La edición de este libro digital, se terminó  
el lunes 30 de mayo del año 2018,  
SINABI (Sistema Nacional de Bibliotecas),  
Ministerio de Cultura y juventud  
Costa Rica







Prof. Marcelle Taylor Brown  
Coordinadora General  
Comité Cívico Cultural Étnico  
Negro de Limón

Este documento recoge algunas versiones "phrases" de nuestra lengua criolla o inglés criollo, con el fin de recordar nuestro legado, y sobre todo, la oportunidad de las nuevas generaciones de valorar este esfuerzo, en su cualidad de fuente didáctica, para transferir un conocimiento relacionado con el legado cultural de nuestros ancestros, para enriquecer nuestro bagaje cultural.

No obstante, manifestamos que todos debemos promover el aprendizaje y estudio del inglés standard, que

indudablemente, hoy por hoy, se ha convertido en un vehículo idóneo, para mover el desarrollo socioeconómico de nuestro país y del mundo.

## Purpose of the Booklet

Dear friends

The Limón Cultural and Civic Committee, invites you to journey into this wonderland, which will take you back to precious and remarkable moments lived at homes, churches and schools, places where we learned through stories, rhymes, games and songs.

We sincerely hope you will find it appealing to your needs when dealing with "INTERCULTURE"

Thank you for your valuable time.

God bless you.

Marjorie Mc Dougall, ME.D.