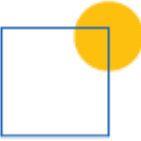




THE BLUEPRINT

Virtual Town Hall



Parenting and Relationships THE FIGHT FOR WORTH AND BELONGING

The Blueprint Virtual Town Hall
September 29, 2020
Transcript

Moderator: Patrick Patterson

Speakers: Pastor Roy Barrett and Brandon Frame

Patrick Patterson ([00:00](#)):

Greetings, I [inaudible 00:00:01] pleasure of being the Host for this workshop on Parenting and Relationship. My name is Patrick Patterson, I'm the President of Global Partners with Fathers and Families. I am in Wake Forest, North Carolina and I am delighted to be joined by Mr. Brandon Frame and Pastor Roy Barrett. Say hello, gentleman.

Brandon Frame ([00:21](#)):

Hey, guys. Hey, audience. [inaudible 00:00:23], everyone.

Pastor Roy Barrett ([00:24](#)):

[inaudible 00:00:24].

Patrick Patterson ([00:24](#)):

So we have a really decent amount of time to talk about particularly black fathers and relationships. And so I've got some questions, but I want this to be as conversational as we have been since we first met each other. So I'll start off with the first question. If I had to ask you, Brandon, why do you do what you do? How do you answer that question?

Brandon Frame ([00:48](#)):

I do what I do because one of my favorite scholars is MK Asante, and he says, "Once you make an observation, you have an obligation." So I made a observation that black men and boys need to see positive image of themselves, need to have their stories told. And furthermore, that goes into ideas are spiritual children are seeded by God inside of us. He places the tools, the people around us to manifest those ideas into reality, so I



FOR MORE INFORMATION VISIT: FATHERSINCORPORATED.COM/THE-BLUEPRINT

THE BLUEPRINT

REIMAGINING THE NARRATIVE OF THE MODERN BLACK FATHER

made that observation. Now I have a obligation and then the idea, that obligation is the idea that flowed into me that I have to put out into the world and then ... and I'll actually, I'll just tie it into Dr. Benjamin Elijah Mays, who Mr. Barrett knows very well, and he says, "Every man and woman was put on this earth to do something unique and something distinctive. If he or she is not doing, it will never be done." So tie that all together, that's why I do what I do.

Patrick Patterson ([01:46](#)):

Love it, man. Do you mind just sharing what you do?

Brandon Frame ([01:51](#)):

So I'm Brandon Frame, Founder and Chief Visionary Officer of The Black Man Can, Incorporated, which is a non-profit organization focused on creating and amplifying stories to show what black men and boys can do.

Patrick Patterson ([02:04](#)):

Love it, love it. Pastor Barrett. Pastor Barrett.

Pastor Roy Barrett ([02:07](#)):

Hey, man.

Patrick Patterson ([02:07](#)):

Pastor Barrett.

Pastor Roy Barrett ([02:10](#)):

No.

Patrick Patterson ([02:12](#)):

Talk to us.

Pastor Roy Barrett ([02:12](#)):

Hey how you doing?

Patrick Patterson ([02:13](#)):

Tell us what you do and tell us why you do it.

Pastor Roy Barrett ([02:15](#)):



THE BLUEPRINT

REIMAGINING THE NARRATIVE OF THE MODERN BLACK FATHER

Sense of passion and purpose. Unapologetically passion and purpose. There is no sense of duty, there is no sense of having to be compelled. It's just more of an internal awareness that this is part of my purpose and is part of the passion and is part of just who I am and who I believe I've been called to be and what I've been called to do. And so, you don't have to browbeat me, don't have to be a paycheck involved. I eat, sleep, drink, and live for what I do.

Patrick Patterson ([02:52](#)):

Love it, love it, where ...

Pastor Roy Barrett ([02:55](#)):

I'm in Norcross, Georgia. Our church is in Norcross, Georgia. My family, we lived on a different county about 20 minutes from our church, but located right now in Norcross, Georgia.

Patrick Patterson ([03:06](#)):

Awesome, awesome, awesome. Pastor Barrett, if I ask you to finish this sentence, "I wish that all fathers knew ..." Finish it for me. "I wish that all fathers knew ..."

Pastor Roy Barrett ([03:17](#)):

I wish that all fathers knew that their presence means more than they could ever imagine. And I would add on, not just presence. Their active presence. Because I do believe fathers know, we know our presence matters. But there has to be a redefining even of our presence. Because I can be present but be absent. I can be present, but not allow my presence to let my surroundings know, especially my family know, that I am present. And so, I think it's the challenge as a black father to make sure that my presence matters. And that when I am present, my presence has such a permeating and penetrating influence and impact, both verbally and non-verbally. So I wish all fathers, black fathers knew, your presence matters more than you could ever imagine. Your active, your tangible, your consistent, your dominant, your fervent presence matters more than you can ever imagine.

Patrick Patterson ([04:33](#)):

Beautiful. Brandon, same question. If you had to finish this sentence, "I wish that all fathers knew ..." How would you finish that?

Brandon Frame ([04:41](#)):

I wish that all fathers knew that time is all that we ask for. Time, right, is the thing that we know we can't give back. You can buy me gifts, you can take me places, but more so than all of that is I want the time dedicated to me is what I wish all fathers knew, that time is what, all we want.



THE BLUEPRINT

REIMAGINING THE NARRATIVE OF THE MODERN BLACK FATHER

Patrick Patterson ([05:14](#)):

Beautiful. There's a strong, strong history of people believing that black men specifically equate their worth with money. If he is working, he has a different walk, you know what I mean? He has a different talk, and I say to myself, it's a little bit sunnier. I've got some change in my pocket. How do you explain that to someone who doesn't understand that? That worth for some is tied to their work and should that be the case? How do we explain that? Pastor Barrett.

Pastor Roy Barrett ([05:56](#)):

I think that's a layered answer, and the reason I say so, layered, is because I think you have to peel back that person's perspective of themselves. And you have to peel back their cultural understanding, and then you have to peel back the way that they have seen themselves. And so I think, when I encounter men who, I'm going to use the word challenged, in that area, we have to look at each one differently. Because for some, they are used to having to "struggle." So whether they have money or they don't have money, it's still the same. And so I think, I start with the peeling back of that, and then help them to understand, "You have to separate your worth from your work because of this: if you marry a woman who makes more money than you, that does not diminish who you are."

Pastor Roy Barrett ([06:51](#)):

And so, if we don't start with the understanding that your greatest contribution is the security of who you are as a man, then we don't have a healthy foundation to even build a marriage, a family, or a community. Because if she makes more money, then you immediately think you are not the head of the household. Because your greatest worth doesn't come from the paycheck, your greatest worth comes from you having vision, to be able to navigate and direct the resources and the finances in such a way for the betterment of your family, the betterment of your community, the betterment of the destiny that you've been called individually, and to navigate the kids that God has surrounded you or entrusted you with.

Pastor Roy Barrett ([07:35](#)):

So you peel back those layers and remind them that your greatest asset is vision, and I often found ... and I'll hush my mouth with this one ... I often remind and share at my church a lot with people that, "Please understand, humans determine your salary. God determines your income." And those are two different things, and I can help a brother to see that your salary's not a reflective of your potential, it's not a reflection of your ability to generate income, because most men that I've encountered only got one or two streams of income. But inherently, you've got probably about five or six potentials for income, so if you have reduced your worth to just one stream, then we need to enlarge the way you think and the way you see yourself. And that's going to really start with vision, your vision of God, your vision of self, and your vision of life.

Patrick Patterson ([08:31](#)):



THE BLUEPRINT

REIMAGINING THE NARRATIVE OF THE MODERN BLACK FATHER

And this is what Morehouse Men speak like, ladies and gentlemen. Brandon, was that fire or what?

Brandon Frame ([08:42](#)):

That was, that was ... I mean, I'm about to be ... Pastor, I'm going to be using that, "Humans, the size of your salary, God determines your income." I'm using that. I'm going to Tweet that. I'm going to save that as ...

Patrick Patterson ([08:52](#)):

Yeah.

Brandon Frame ([08:52](#)):

I'll give you credit. You know that I'm running with that. I'm running with it.

Pastor Roy Barrett ([08:55](#)):

Yeah, run, man, run, run, run.

Patrick Patterson ([08:58](#)):

Two R's, two T's, his last name, Brandon. Both Morehouse Men, what would you add? I mean, that was powerful and it made me think about several elements of my life as a young man, when I was sold on, "You need to make the most in your house." And I've learned that that doesn't determine my worth ... Taking out the trash or fixing [inaudible 00:09:24] or washing dishes or folding towels, that those things are things that demonstrate your worth and your value. A lot of us have been led to believe that it is your income that ... And emotionally speaking, we've all been around brothers who you can talk to them or you see them on social media, it's pretty ... If he lose his job, he go off social media, or he's not coming to the meetings anymore. It's a whole another head space, because to [inaudible 00:09:56] money he's making. So Brandon, what are you thinking? Add anything you want to add to that.

Brandon Frame ([10:07](#)):

I think, I mean, Pastor hit it on the head, and I think ... Because I think about some of the conversations I've had with my own peer group around this topic, and it's frustrating, where I know guys that are in different career ... Because sometimes, too, just thinking about the human and salary piece, like I know brothers who are cutting off their blessings, in terms of the women that they could meet and build with, simply because technically if you've chosen a certain career path, there is different salary levels, or you move up at different paces and stuff, and that. And so it's like, "Well, I've decided to be a teacher," right? And so until I move into administration I could sit around 70 to \$90,000 and what you're telling me is that i'm not going to date a doctor, because I decided to be a teacher. Like that doesn't even make sense. That's crazy, right?



THE BLUEPRINT

REIMAGINING THE NARRATIVE OF THE MODERN BLACK FATHER

Pastor Roy Barrett ([11:02](#)):

Right.

Brandon Frame ([11:04](#)):

I think it's definitely thinking about that our worth is completely, is definitely not tied to how much money we make. It is completely tied to who we are as a man and what we bring to the table. I know that in a relationship, my time, the way that I love, appreciate, and support my woman and my family on a daily and consistent basis is what defines me and what I bring to the table, as opposed to the fact that I only make X amount of money.

Pastor Roy Barrett ([11:36](#)):

Yeah, yeah.

Patrick Patterson ([11:37](#)):

Yeah, good, that's good. On the relationship side, this is a conversation about parenting and relationships. Let's just talk about relationships for a minute and we can all either personally reflect or think about things that we've seen. Let's start with best, Brandon, best relationship advice you ever received and who did it come from? Who did it come from?

Brandon Frame ([11:59](#)):

Oh.

Pastor Roy Barrett ([12:00](#)):

Wow.

Brandon Frame ([12:03](#)):

Best relationship advice, who did it come from? Best relationship advice, I don't know. I'm trying to think. Like I think that ... It's funny because one of the events that we do for The Black Man Can is called the Power Couple Brunch, and what we do is we go around the country. We do these brunches and we have couples sit on a panel or we'll do it as a dinner with 20 couples and ask different questions. And so I think that what I will say is not even the best advice, what I've learned through joining these brunches. We learn from different couple ... There is no silver bullet. There is no way that it's going be ... every household is different.

Patrick Patterson ([12:53](#)):

Yeah.



THE BLUEPRINT

REIMAGINING THE NARRATIVE OF THE MODERN BLACK FATHER

Brandon Frame ([12:54](#)):

Two people have to come together and communicate their needs, the things that they would like. The things that they're challenged with, their fears, their struggles and you have to communicate that and then together, you come together. Tying back the last question with this question, what I find now in terms of relationships is that, for me I'm 32 and so for the generation before me and the generations before that it was tied to like in this provider, I mean this protector into lead this household and the income piece. And what I've learned from my generation and every generation after me is that, one, women in my generation, even a little bit before me, but definitely in this millennial, for me in that timeframe are all assuming roles that they had never before, right?

Patrick Patterson ([13:48](#)):

Yeah.

Brandon Frame ([13:48](#)):

So there's advice and I've learned is that as a man, it's important for me to get to a point of being a self-sufficient adult, right, being a self-sufficient man. Then I should find a self-sufficient woman and then we come together and build. And sometimes I think that that's what may be missing in terms of the conversation is that it's about building in terms of where we are now in terms of relationships and finding your queen so that she contribute what she has and what you have and together you build a dynasty. It's not you build an empire, it's not you waiting for all your ducks to get in a row, because when's the last time you seen ducks walk in a row.

Pastor Roy Barrett ([14:28](#)):

Right.

Brandon Frame ([14:28](#)):

And so we do that, that's how we continue to build our own families and then build our communities to society.

Patrick Patterson ([14:36](#)):

Yeah, that's good. Pastor Barrett, you've married people. I'm sure you've counseled. This is a wide lane for you. Talk ...

Pastor Roy Barrett ([14:44](#)):

Yeah, wide, wow. So I guess if we're talking in the context of man and woman relationships, best advice, man, I'm having a hard time landing on one, but I guess the one that's probably have served me the most probably within the last, let's say, last 10 to 12 years is the state ... It's not profound, but it's just very simple ... and that is this, and I heard it from Apostle Billy Johnson here in Atlanta at New Covenant Christian Ministries who been very instrumental in my life in terms of being a mentor, being a pastor over my life, helping to shepherd me, and

7



THE BLUEPRINT

REIMAGINING THE NARRATIVE OF THE MODERN BLACK FATHER

that is this, "People don't have to do anything for you." And it's so simple but it has really kept me grounded.

Patrick Patterson ([15:44](#)):

Yeah.

Pastor Roy Barrett ([15:45](#)):

Because I think in a very self-culture, we are very, very prone to think that people always owe us, in a litigious, in a very litigious driven society where if we don't get our way, let's sue. If we don't like, let's rebel, and especially when you look at someone in my position, even when you start talking about a leadership role, you can start assuming just because of a title people should do something for you and so the mantra that "People don't have to do anything for you," has really served me well, not just in my relationship with my wife, but just in peer relationship and it's something I try to communicate to every person especially relationship, focus relationship minded people. People don't have to do anything for you. How that bleeds over now, and how that applies, especially when you get into the romantic context, it's still the same.

Patrick Patterson ([16:53](#)):

Yeah.

Pastor Roy Barrett ([16:54](#)):

Just because you married, doesn't mean someone should and I think that the difference between the expectation that is driven by duty versus an expectation that's driven by desire.

Patrick Patterson ([17:09](#)):

Yeah.

Pastor Roy Barrett ([17:11](#)):

I don't get any flowers. I don't get any Brownie points, because I give my wife flowers on our wedding anniversary.

Patrick Patterson ([17:18](#)):

Right.

Pastor Roy Barrett ([17:18](#)):

Or I give them to her on her birthday, she ... that, first of all, she's not a flower person.

THE BLUEPRINT

REIMAGINING THE NARRATIVE OF THE MODERN BLACK FATHER

Patrick Patterson ([17:23](#)):

Yeah.

Pastor Roy Barrett ([17:24](#)):

So she just like ... Look, and she like, "Well, you know, they going to die, because I'm not going to water them. I'm not going to do this." So she like, "You know that's not me."

Patrick Patterson ([17:35](#)):

Yeah.

Pastor Roy Barrett ([17:35](#)):

And so it is ... but when you do things because of a heart to just serve and please, like Brandon was talking about, when you are doing something just out of the understanding and the recognition of just who you are, and you want to see someone else thrive, you want to see someone else be better, you want to make someone else's day, you want to make someone else smile, you want to make someone feel better, that causes you to really be the best of you and then it brings out the best in somebody else, because they recognize, you didn't have to do this.

Patrick Patterson ([18:12](#)):

Yeah.

Pastor Roy Barrett ([18:13](#)):

And I believe we will be better off in society, in churches, in businesses, if every person gets understood. Man, when Brandon brought me a cup of coffee from the break room, he didn't have to do that.

Patrick Patterson ([18:25](#)):

Didn't have to do it, yeah.

Pastor Roy Barrett ([18:28](#)):

He didn't have to do that. When someone allows me to go before them, in the grocery line at Public or Kroger, they didn't have to do that.

Patrick Patterson ([18:35](#)):

Yeah.



THE BLUEPRINT

REIMAGINING THE NARRATIVE OF THE MODERN BLACK FATHER

Pastor Roy Barrett ([18:35](#)):

And so the more grateful we become, the less rage you find in relationships.

Patrick Patterson ([18:42](#)):

Yeah, wow. Wow, I was trying to think about as I was preparing the question, just about my life and marriage. Bless it, my wife and I got married in '97, we've been married 23 years.

Pastor Roy Barrett ([18:58](#)):

Hey, we did, too.

Patrick Patterson ([19:00](#)):

Hey.

Pastor Roy Barrett ([19:01](#)):

'97.

Patrick Patterson ([19:02](#)):

I'm not a Mohawk, man, but I feel connected, but one of the things that's interesting, I have two really powerful lessons that have saved me and I admit, I was married before I was a man. I got married I was 23 and fascinated with the idea of marrying this woman but didn't realize, you wash your car [inaudible 00:19:27] all throughout undergrad on Sundays. When you get married, you need to wash her ... I had no concept ... would be shocked when I would walk in the house after looking at my black Altima, and she's not happy with me. I'm like, "What you mad about now? Like what's wrong with you?" Not realizing the responsibility that leading, but one of the things that sticks with me, I'll say two things [inaudible 00:19:59].

Patrick Patterson ([19:59](#)):

One, in our first, second year of marriage, we bought a house and never discussed buying a house, never discussed ... I grew up in a project, she grew up in a home ... bathroom, and I remember, I went to the flea market and I'm always ... of black art and I found this thing that just had cotton on it, just this, images with cotton on it and I wanted to hang it in the home bathroom. And this is live, I cannot tell you how crazy this was, but I would hang it and my wife would take it down. Saying, this going on probably an hour. I would hang it, she would take it down. I would hang it, she would take it down, and I'm thinking to myself, "What's wrong with you, mess ... I like this picture."

Patrick Patterson ([20:46](#)):



THE BLUEPRINT

REIMAGINING THE NARRATIVE OF THE MODERN BLACK FATHER

But she grew up in a home where things were different and [inaudible 00:20:49] having this conversation with her father, a man that drove trucks, a man that didn't have a lot of fancy things, he was a man. And I never forget, this is his daughter I'm talking about, I'll never forget talking to him, and he said, "In marriage," he had been married for years before me. He said, "In marriage, you can decide to be either right or happy." Didn't make, Pastor Barrett, Brandon, didn't make any sense at the time, because all I wanted was this picture on the wall.

Pastor Roy Barrett ([21:25](#)):

Yup.

Patrick Patterson ([21:26](#)):

So I drove back home, this is his daughter. He's telling me, "I raised her, she's the only girl. You really going to have to figure out what makes you happy, versus right." I recognized in the middle of that conversation, picture really didn't matter as much as I thought it did. It was really a childish behavior, really what it ...

Pastor Roy Barrett ([21:52](#)):

Yeah.

Patrick Patterson ([21:52](#)):

I'll fast forward, my wife and I both had COVID, and through all the things ... All the grueling things you heard are real on TV, and it wasn't until the doctor came to me and said, "Have you made any plans?" And I said, "Plans for what?" She was really ... She had pneumonia and COVID.

Pastor Roy Barrett ([22:14](#)):

Wow.

Patrick Patterson ([22:15](#)):

Yeah, I said, "Plans?" And I'm thinking, we got two daughters, the last conversation that we had wasn't like we were talking about death and a will, and I started realizing how much his words meant to me at that time. Because people think that when they argue, that they will have another conversation. They think when they argue about cups in the sink or [inaudible 00:22:44] on the counter, which are important, so [inaudible 00:22:46] wives watching, I now wipe the counter off, but you think it's important when in truth, in relationships day to day, it's insignificant. When someone says to you, "Have you made plans," changes your idea of what day to day looks like.

Patrick Patterson ([23:05](#)):



THE BLUEPRINT

REIMAGINING THE NARRATIVE OF THE MODERN BLACK FATHER

But I think for me, it's the right or happy and then the second real quick point that I remember having a issue with early in my marriage, as well, I was paying bills at my mother's house and in my house. That's how I grew up. If you made a little bit of money, you're the only one, you're the first to go to college, you make money, you take care of your family that took care of you and I'll never forget, same phrase, same [inaudible 00:23:28], upset with me. Couldn't understand it and my father, who we had a relationship that went this way and this way and this way and this way, every now and then we'd met at this point. He would offer me these wise words but I remember him, seeing him at a moment and saying, "Dad, I don't why she mad at me every day."

Patrick Patterson ([23:49](#)):

Outside of the car wash, he said, "Let me ask you this question, son." He said, "If your mother needs shoes and your wife needs shoes, Brandon, and you can only buy one pair of shoes who get the shoes?"

Pastor Roy Barrett ([24:04](#)):

Yup.

Patrick Patterson ([24:05](#)):

And I said, "That's the dumbest question I ever heard," I said, "Mama get the shoes." I'm married, still navigating my youth, he said, "Wrong. Your wife needs to feel like number one above all and if you are taking money out of you all's house to your mother, it's disrespectful. It doesn't make her feel like number one." And I struggled with it, because I was so happy that I was keeping two important women in my life happy, I thought, but he said, "You're going to have to go to your mother, with your wife beside you, tell her that you are ending your paying bills in the house you don't live in anymore." And if you ever been scared of something, Brandon, it was one of the scariest experiences I ever had, but I will tell you I did execute what he asked me to.

Patrick Patterson ([25:16](#)):

I begged my father to come with me and he said, "Your mama's going to be mad at you, but she's going to love you always, but your wife needs to see you do this." And then my wife is not a hand holder on a regular basis, but we left my mother's house and the grip that she gave me ... You know the interlock?

Brandon Frame ([25:39](#)):

Mm-hmm (affirmative).

Pastor Roy Barrett ([25:40](#)):

Yeah, yes, yes.

Patrick Patterson ([25:41](#)):



THE BLUEPRINT

REIMAGINING THE NARRATIVE OF THE MODERN BLACK FATHER

I didn't hear about it, I could feel without words the connection that was made and I've since made her number one and that's how we've ... Many [inaudible 00:25:54] but it's we got to 23 years. So those are two things that ... I don't know if you have anything else to add, Pastor Barrett, but those are two things that happy and then making sure she's number one, have been pivotal to my time as a husband, as a father.

Pastor Roy Barrett ([26:13](#)):

No, I think that's very significant, because as a father, as a husband ... Well, first, as a husband, I can relate to your story because I am the only child. As long as I have been on this earth, my parents have been divorced and so like you, to a certain degree, my dad lived one block away from us when I was a child, with a different family. But we didn't have a relationship at least for 18 to 19 years.

Patrick Patterson ([26:50](#)):

Wow.

Pastor Roy Barrett ([26:51](#)):

So I passed him to go to the park to play ball. I knew that was my dad, but no real relationship and so I was terrified of getting married because I didn't grow up seeing a healthy marriage.

Patrick Patterson ([27:01](#)):

Right.

Pastor Roy Barrett ([27:02](#)):

I didn't grow up seeing healthy love, especially healthy godly love in a marriage, and so when you start talking about cutting strings and doing those different things, I thoroughly understand and it presses the envelope in relation to if black men don't grow up with a healthy portrait ...

Patrick Patterson ([27:22](#)):

Yeah.

Pastor Roy Barrett ([27:23](#)):

Then the reason there's so much ... I don't even want to use the word baggage, but if you have that yarn, that ball of yarn, the reason there's so much yarn that you're trying to unravel is because the strings are not wrapped in such a way that there's order. So you don't know where to pull the string from, where to start and you just get frustrated because I can't find the string that brings everything into order and harmony. It's because the man comes into a relationship disorganized from the inside. He doesn't start disorganized outside. He starts disorganized emotionally, mentally. His vision, his perspective, his attitude, so the ball of disorganization is on

13



THE BLUEPRINT

REIMAGINING THE NARRATIVE OF THE MODERN BLACK FATHER

the inside and so I definitely understand and relate and walked through something similar like that, with my own wife and having to cut the strings and having to tell my mom that.

Pastor Roy Barrett ([28:20](#)):

I remember it as clear as day, early in our marriage, talking to her, just saying, "Look, she's my wife, and I just want to let you know, I love you. It's not a reflection of me not loving you. It's a reflection of the re-prioritization of my love, of my affections, of my commitment, of my focus, of my finances. And so, yeah, I definitely get it and understand whole heartedly what you're talking about.

Patrick Patterson ([28:48](#)):

Yeah, yeah, [inaudible 00:28:50]. Brandon, what's the biggest myth that needs to be dispelled about black men?

Brandon Frame ([29:06](#)):

I would say that the biggest myth, I mean it's quite a few, I think, but I mean that we are not monolithic. Like it's kind of like there are so many aspects to who we are and that we need to humanize black men and black fathers, right?

Patrick Patterson ([29:29](#)):

Yeah.

Brandon Frame ([29:29](#)):

I think a lot of times, we see these ... We see too many negative images and negative portrayals, negative headlines, so overall, and that's why the blueprint that Fathers Incorporated is releasing is so important, because that is the images and the narratives that need to be out there, like our people, companies, the world needs to know the asset based view of black men and black fathers. Right now we have so many deficit based views and deficit based articles, but there's so many amazing things that are happening. So many phenomenal contributions that are being made and we walk in so many different places and spaces and so that narrative, those stories, those images need to be shared, need to be told and need to be disseminated on the highest levels possible.

Pastor Roy Barrett ([30:25](#)):

Wow.

Patrick Patterson ([30:26](#)):

Morehouse Men, you all, Morehouse in house, you all. That's what that is.



THE BLUEPRINT

REIMAGINING THE NARRATIVE OF THE MODERN BLACK FATHER

Pastor Roy Barrett ([30:29](#)):

I think one of the biggest ... You use the word myth ... I almost want to use the word discrepancies. I think ... but if you say what is one of the biggest myths, I'm going to say, it's really the inability of white America to separate passion from anger when it comes to a black man, not knowing the difference between passion and anger.

Patrick Patterson ([30:56](#)):

Keep going, keep going.

Pastor Roy Barrett ([30:57](#)):

I'll never forget watching a football game. I don't know, it was the New England Patriots, I know that and I think it was ... Yeah, New England Patriots and they were playing Dallas Cowboys. Tom Brady's on the sideline in the face of his lineman about something and the analysts, colored commentators are talking about how passionate he is about winning and how he's getting on them about being excellent and making sure they hit their blocks, they getting their blocks and all, et cetera, et cetera, et cetera. All right, fast forward probably about 10 minutes into the next quarter something, there's Bryant, getting on the offense. Tom Brady is passionate, [inaudible 00:31:43] Bryant is angry.

Patrick Patterson ([31:45](#)):

Yeah.

Pastor Roy Barrett ([31:47](#)):

Same game, two different perspectives and I think when it comes to black men, the myth is if a black man shows emotions, he is angry. If a white man shows emotions, he's passionate. If a black woman shows emotions, she's angry uncontrollable. White woman, she's just ambitious and she's confident. And so I think that's probably one of the greatest myths, misnomer, one of the greatest discrepancies we got to really dismantle is that when a black man expresses himself, somehow he is angry, but yet a white person does it and they are, they are passionate, they are just really trying to convey how much they want to win, how much they want to best.

Patrick Patterson ([32:39](#)):

Yeah.

Pastor Roy Barrett ([32:39](#)):

And it's like, no, a black man that is articulate, a black man that is able to succinctly communicate a vision, a plan, a response, communicate in such a level that he knows what should be happening, what should be coming in return, that's not anger. That is simply called passion, and so we have to be able to make sure that, one, we don't allow the narrative of somebody else's view of our passion water us down because often white America's



THE BLUEPRINT

REIMAGINING THE NARRATIVE OF THE MODERN BLACK FATHER

view of a white man being passionate is not passion, it's actually timid.

Patrick Patterson ([33:19](#)):

Yeah.

Pastor Roy Barrett ([33:20](#)):

And it's subservient, and it's emasculating and so I don't know, I don't mean to go on a soapbox but I'm saying that to me is, that's one of the biggest myths and misnomer that gets at my skin, that gnaws at me.

Patrick Patterson ([33:42](#)):

Well, we're coming upon the time, but I want to just add one last conversation. I want to just toss one other question about black men and I want you guys to close out with this question is around self-care, self-care and you can go on any direction you want to. What do you say ... because there's going to be a lot of viewers watching this ... to the black men that are watching, the black families, to women as well, but to brothers, what do you say about self-care to them, Brandon?

Brandon Frame ([34:23](#)):

So self-care is the essential, because you can't ... as black men, we do want to get back and we want to be providers or protectors, and we want to build, right? But you can't build, you can't provide, you can't protect if your cup is half empty, right? So you have to practice self-care so that your cup is full and runneth over, so you can give from your overflow, right? And so that can start with something as simple ... like I honestly look at going, for me, going to the barbershop is a form of self-care, just to start.

Brandon Frame ([35:00](#)):

Like if you trying to figure out how should you self-care, just going to the barbershop that one time, you know how you feel when you get that cut?

Patrick Patterson ([35:08](#)):

Yup.

Brandon Frame ([35:08](#)):

You get your line up right, and so that feeling right, and practicing that on a weekly basis or a bi-weekly basis, right? That lens, right, leads right into looking at going to a massage place, scheduling a monthly visit, right? So that you can take that time to decompress and take some time off and just allow yourself to relax and receive, to be pampered, right. That can look like, particularly like your favorite restaurant. It can also look like, going to seek, seeking out therapy, right?



THE BLUEPRINT

REIMAGINING THE NARRATIVE OF THE MODERN BLACK FATHER

Patrick Patterson ([35:40](#)):

Come on. Come on.

Brandon Frame ([35:41](#)):

And finding a ... you can pray, you can pray and see a therapist at the same time, right?

Patrick Patterson ([35:47](#)):

Say that again.

Brandon Frame ([35:47](#)):

That's self-care, so and with self-care, so about intentionality, right? Just like you're intentional about making sure you watch game, you're intentional about making sure you ... Whatever it is, going to work every day, right, you have to be intentional about it so that your cup is at a place where it can runneth over. You can give from your overflow, that is essential for like your growth and development as a man to practice self-care and to communicate your needs around self-care to your wife, to your children, right? And create or normalizing self-care not just for you but for your family, right?

Pastor Roy Barrett ([36:27](#)):

Yeah.

Brandon Frame ([36:27](#)):

So everybody's practicing self-care, because if everybody's giving from their overflow, then your household are going to be in a really good place, right? And then they'll carry that on and then that's a generational thing that they'll continue to bring with them into their relationships. So we definitely have to make sure we practice self-care and we have to make it essential to our growth and development as black men.

Pastor Roy Barrett ([36:49](#)):

I agree.

Patrick Patterson ([36:50](#)):

Solid. Solid.

Pastor Roy Barrett ([36:52](#)):

He took it, took the Morehouse Man, what can I say? I ain't expect anything less. I just, I responded to a post recently, Facebook post and it was dealing with pastors and I wanted to support a friend, works in this pastoral



THE BLUEPRINT

REIMAGINING THE NARRATIVE OF THE MODERN BLACK FATHER

community in the context of him saying that especially in the black church, stop demonizing counseling. Stop making people feel bad because they're going through counseling and I like, I am right with you. You can have Christ and a counselor. You can pray while you're driving to the therapist.

Patrick Patterson ([37:34](#)):

Yes.

Pastor Roy Barrett ([37:35](#)):

You go to the doctor, believe for healing, while you're taking your prescription.

Patrick Patterson ([37:40](#)):

Yeah.

Pastor Roy Barrett ([37:40](#)):

Look, I am self-care. We started off talking about your presence matters. So if my presence matters, then I need to engage in the emotional, the mental, the physical well being so I can extend my presence on earth as long as I possibly can. I can't say that as a black man, my presence matters or I want my presence to matter, and then I'm doing all the things to shorten my presence on earth, the opportunity to be with my kids. So presence matters. It's so funny because as a pastor, Sunday's like a work day, so literally, upstairs a couple of hours ago, having lunch, sitting down talking with my wife, and she says, "I just need to know what day you have as Sabbath." And I said, "I have a Sabbath. I rest."

Pastor Roy Barrett ([38:28](#)):

I said, "I have my rest time." I say, "You telling me, you just want my rest to look like your rest," and I understood what she was saying. What she was saying is, "I want to be able to distinguish when you are taking care of yourself from when you're trying to take care of everybody else." And that as a black man has to be as important, like Brandon says, going to the barbershop, taking care of yourself. Now I using the word, [inaudible 00:38:54] line and to take up ... I used to know what that is but I don't know now, but taking care of yourself, I would just really reiterate, especially from a Christian side, you can have Jesus and a therapist.

Patrick Patterson ([39:08](#)):

Love it.

Pastor Roy Barrett ([39:09](#)):

You can have a Bible as well as believing God while you're taking your prescriptions.



THE BLUEPRINT

REIMAGINING THE NARRATIVE OF THE MODERN BLACK FATHER

Patrick Patterson ([39:15](#)):

Wow.

Pastor Roy Barrett ([39:15](#)):

You need a counselor and you ... Listen, you need a Comforter in the Holy Spirit and you need a counselor in your phone that you can call and talk to, and there is nothing emasculating about going and talking to someone about the problems, the challenges, and the issues you are not able to resolve. You may need just to have a week ... I have a pastor that I really respect and admire and he's been married, I think, right about now probably about 30 something years. Leads a tremendous ministry, global, international impact, every year, every year, he and his wife go and do marital counseling. Every year.

Patrick Patterson ([39:58](#)):

Wow.

Pastor Roy Barrett ([39:59](#)):

Unapologetically.

Patrick Patterson ([40:01](#)):

Wow.

Pastor Roy Barrett ([40:01](#)):

And he is pastoring pastors all across the world, every year they go. He say, "Know why? Because I need someone to talk to. I got my own issues."

Patrick Patterson ([40:09](#)):

Wow.

Pastor Roy Barrett ([40:10](#)):

I would encourage every man, don't leave it to your own ability, take care of yourself emotionally, mentally, do it.

Patrick Patterson ([40:19](#)):

Wow.

Pastor Roy Barrett ([40:19](#)):



THE BLUEPRINT

REIMAGINING THE NARRATIVE OF THE MODERN BLACK FATHER

Do it. Do it. Do it, do it. You may not commit suicide physically, but not taking care of yourself, you're committing suicide mentally and emotionally, because you become disconnected from your family, disengaged from your community and you don't have like Brandon said the overflow to pour into your kids when they need you the most because daddy is empty and daddy's at deficit. Go, take care of yourself, by all costs. We need you to live and live the longest life as possible.

Patrick Patterson ([40:50](#)):

Wow. Well, I'm going to say thank you to Brandon. Thank you to Pastor Roy. Powerful words as we close out. I want to say thank you to Kenneth Braswell and Fathers Incorporated for giving us the space to share and be a ...

Pastor Roy Barrett ([41:08](#)):

Yeah.

Patrick Patterson ([41:08](#)):

And we're going to close out by saying thank you all. Please take advantage of everything you're going to hear at the conference, but also please take care of yourselves.

Brandon Frame ([41:17](#)):

Yeah, by all means.

Patrick Patterson ([41:18](#)):

God bless you, guys. See you soon.

Brandon Frame ([41:21](#)):

Yes.