



VOLUME 2  
FEBRUARY 2025

monthly



02.01.25

Mutual Aid And Scientific Socialism

Kensington, Brooklyn



# COMMUN(ITY)ISM

By Jonas King

People assume that the debate between capitalism and communism is an economic debate. It is not an economic debate whatsoever. The core of the argument is not economics, it is human nature. Workers that betray their class and mistakenly argue for capitalism believe that humans as a species are greedy, selfish, and excel through competition. Given this view of human nature, they believe that the most successful economic model exploits human greed and that we should do the best we can while everyone exploits everyone else for personal gain.

Unfortunately for the capitalists, this “human nature” argument has been used to justify systems of slavery, colonialism, gender oppression, anti-LGBT rhetoric, etc etc. “Human nature” is not static, it is constantly evolving and changing. The primary force pushing this evolution is the struggles of oppressed groups against their oppressor.

Socialists, Communists, Anarchists, and all other strains of leftists believe that humanity has long evolved beyond survival of the fittest and that our evolution hinges on community, not competition. We believe that humans are not naturally greedy, selfish, and egotistical, but that they have been manipulated to act this way as a product of the capitalist system that produces endless hierarchies and exploitations of one class by another. (cont.)



**“HUMAN NATURE IS NOT STATIC, IT IS CONSTANTLY EVOLVING AND CHANGING.”**





We believe that when the workers of the world seize control of the factories, the tenants seize control of their buildings, and the ruling class parasites are ousted from power, only then will humanity evolve to meet our true potential as we build generous, hard working, kind, loving, and safe communities.



all photos by @violet go to violet.com for more

**“SOCIALISM IS THE PEOPLE! IF YOU'RE AFRAID OF SOCIALISM, YOU'RE AFRAID OF YOURSELF.”**  
**— FRED HAMPTON, DEPUTY CHAIRMAN OF THE BLACK PANTHER PARTY.**

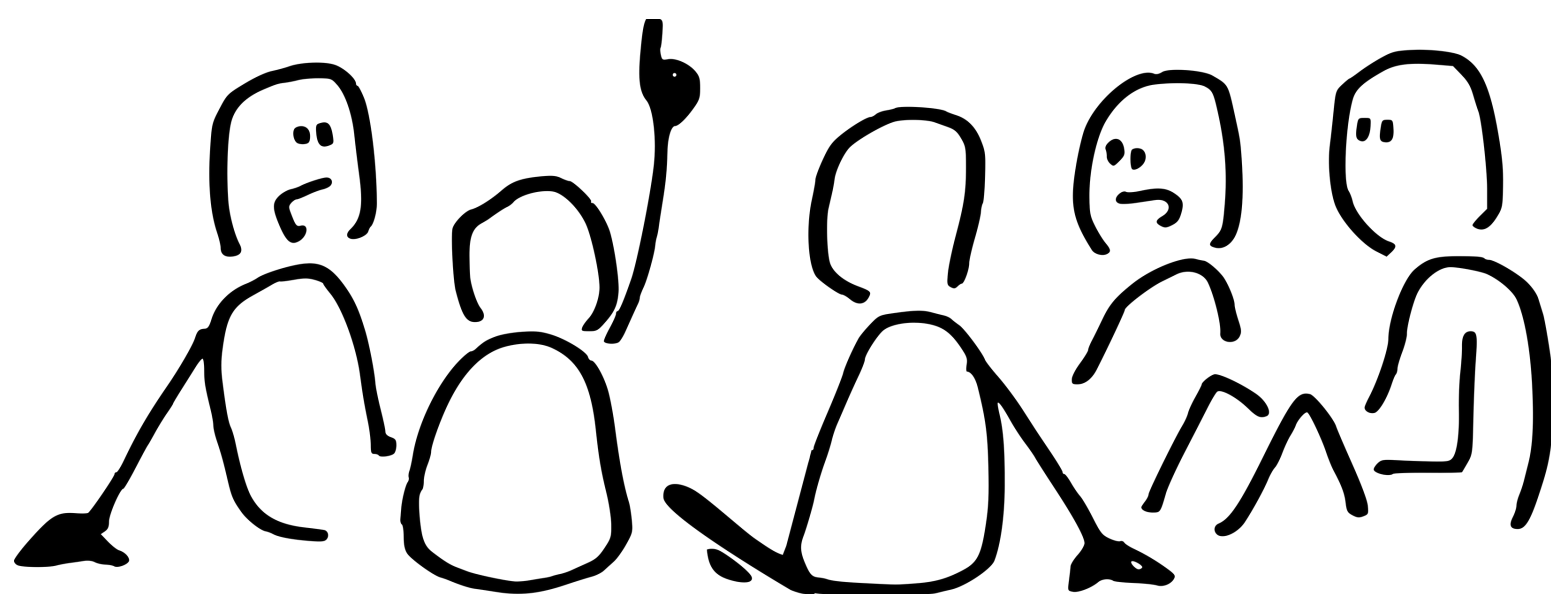




# WHAT MAKES THE SOCIALISM, SCIENTIFIC?

By Violet Burburan

The double S in M.A.S.S. stands for Scientific Socialism, which leads many people to ask: what does this mean? To summarize: Socialism becomes scientific when we focus on analyzing real-world economic and material conditions, rather than idealistic visions of a perfect society. This approach studies how societies develop over time, and allows us to see that problems usually come from unfair systems where a small group of people own most things, and the rest work for them. Through material analysis, we know that progress happens through workers' struggle against exploitation to create systems based on collective ownership and shared resources.



OK, SO WHAT DOES  
THAT ACTUALLY  
LOOK LIKE?

## 1. ANALYZE SOCIETY: THE SCIENCE-Y PART

To be truly helpful you need to know where you are needed and in what capacity. Stepping into communities that are struggling means you sit and listen and ask questions and hear all sides, you don't go in guns blazing assuming you know all their problems and have all the solutions. Observe the world around you, the issues you face, your neighbor's faces, the deli man, the guy asking for change on the corner. These seemingly unconnected personal struggles are parts of larger patterns of struggle. Study the distribution of things like work, money, and power to uncover larger systematic inequities to understand the root causes of these issues. The Marxist method of analysis is referred to as Dialectical Materialism. Not only do we study and act on the material conditions, but we also study and strategize around the contradictions. Where are the workers strong? Where is the Capitalist class weak? What are the opposing, contradictory needs of each class and how can we exploit them to push humanity forward?





## 2. IDENTIFY THE PROBLEMS: FIGURE OUT WHY?

After observing people's issues (material conditions), think deeply about why. Why is there a guy sleeping on the train? How would you act in public if you hadn't eaten for 2 days? Why isn't there a safety network with resources to prevent people from finding themselves in emotional and vulnerable states because of a lack of basic necessities? These questions point to systemic issues that are rooted in the exploitative nature of capitalism. The connections between these individual struggles and bigger societal failures will guide us toward revolution.

## 3. ORGANIZE THE PEOPLE: BUILDING COLLECTIVE POWER

Build and unite unions, universities, protest groups, and activists. Mobilize collective action to grow support and numbers. Educate yourselves and your neighbors

about the interconnectedness of all of our struggles, and the reasons for them (systems of domination and exploitation). Create information documents, organize rallies, teach-ins, and spaces of community and camaraderie to increase support and reach more people. Educate, agitate, and organize!



## 4. CHANGE THE SYSTEM: ABOLISH AND REBUILD

Create support networks that operate outside of the current system to build power and raise collective consciousness pending revolution; reliable and intentional mutual aid, community fridges/pantries/toolkits, neighborhood coalitions, etc. Set up community-run health clinics, disease screening, childcare programs that fit the needs of the community, and comprehensive education initiatives. Organize revolutionary workers unions, tenant unions, and student unions to consolidate the power of the proletariat. These programs should eventually be centralized to support a vanguard party. According to Lenin, the purpose of the vanguard party is to establish a dictatorship of the proletariat; a rule of the working class. The change of the ruling class, from the bourgeoisie to the proletariat, makes possible the full development of society.





# NATURAL MEDICINE

By Nathaniel Walcott

At MASS we believe healthcare is a human right. Under capitalism the medical system is set up to profit off of our bodies. It is not profitable to keep people strong and healthy and out of hospitals. As part of a larger movement of reclaiming sovereignty over our lives—over our economic lives, our safety, our communities—we can also think about sovereignty over our own bodies. One route into taking greater power over and responsibility for the health of our bodies is by thinking about food as medicine. Many pharmaceuticals were derived originally from medicinal plants. By choosing medicinal herbs that are also common foods we can easily integrate healing herbal practices into our routines. Some examples of common foods that are strongly medicinal are garlic, ginger, turmeric, miso, pomegranate and honey.

**Here are two recipes you can try at home that use readily available medicinal plants!**

## RECIPE #1: EXTRA STRONG GINGER TEA

Ginger is most known for being powerfully antiviral. Western medicine doesn't have a lot to offer in terms of safe antivirals, so ginger is special. It is also antibacterial and anti-inflammatory and helps with heart health as well. Powdered ginger is not potent medicinally, so don't rely on pre-packaged ginger tea! To make the strongest ginger tea use around 2 inches of fresh ginger root. This strong ginger tea will help treat stomach viruses, as well as general stomach pain and discomfort. It can also help with nausea, respiratory viruses and overall immune health. If you have an active infection drink 4-5 cups a day.

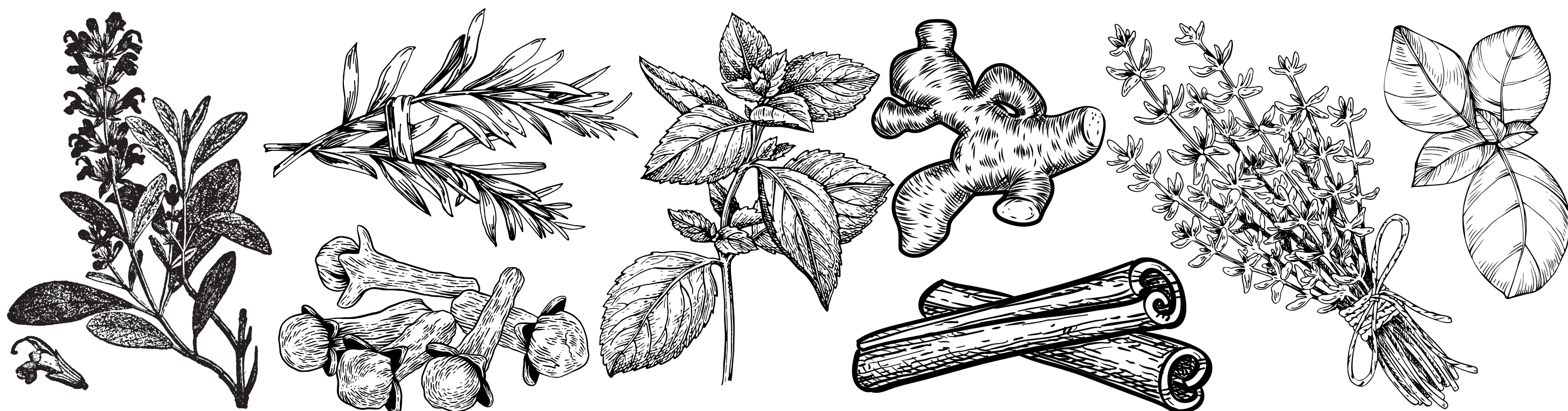
- 1) Peel root and put it in a blender with 1.5 cups of water, give or take.
- 2) Blend to a frothy juice. (If you don't have a blender use grated ginger in water.)

(RECIPE CONTINUES ON NEXT PAGE)





- 3) Heat juice in a small pot, cover and simmer for 5 minutes
- 4) Strain with any kitchen sieve. It will be very strong and spicy.
- 5) Water down if it's too strong and honey and/or lemon to taste. Enjoy!



## RECIPE #2: HERBAL STEAM

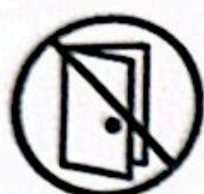
Herbal steams are a traditional way of treating colds, coughs, sinus infections, and asthma. They can also help remediate the effects of smoke inhalation from forest fires and air pollution.

- 1) Choose one or more herbs from your kitchen spices, including mint, sage, rosemary, thyme, oregano, cinnamon stick, whole cloves, and basil.
- 2) Boil a pot of water and pour into a large heatproof bowl (not plastic).
- 3) Sprinkle a handful of herbs into the hot water and let it steep for 10 minutes.
- 4) Place your face over the bowl and a towel over your head. Of course, if it's too hot add some cold water until it is still steaming but comfortable.
- 5) Close your eyes and enjoy breathing in this steam for 10 minutes.

Many pharmaceuticals were derived originally from medicinal plants. Aspirin, for example, is made from salicylic acid, which comes from willow tree bark. It is important to maintain this traditional knowledge as part of our fight for a system based on proactive and preventative care. We must encourage and help our comrades to maintain and improve their bodily and mental health so that we may be as effective as possible in our fight.

**KNOW YOUR RIGHTS**

**IF YOU SUSPECT ICE IS AT YOUR DOOR: WHAT CAN YOU DO?**



**DO NOT OPEN THE DOOR**

Ask ICE if they have an arrest warrant SIGNED BY A JUDGE and to slide it under the door.



**KEEP SILENT**

You have the right to remain silent. If an immigration agent confronts you, tell him: "I use my right under the fifth amendment, I have the right to remain silent"



**DO NOT SIGN ANYTHING**

Do not sign anything that the immigration agents give you, or hand over your personal documents (especially your passport.)



**NOTIFY SOMEONE**

Call a loved one or a **trusted lawyer** immediately. You can also call 311 to report it to the city of New York. When you do so, ask to speak to a representative, do NOT call 911.



**RECORD IT**

You or someone present should take photos and / or record videos of everything you see or hear EXCEPT the people at risk. Send footage to yourself, and/or [nycicewatch@gmail.com](mailto:nycicewatch@gmail.com) & (716) 241-1979.



**MAKE A PLAN**

Memorize the phone number of a trusted lawyer or a loved one, give them copies of your identification, and make plans for someone to take care of your children. You can fight your deportation case with a trusted lawyer and maybe get bail. Talk to friends and neighbors and educate them about their rights. Post this by your door and refer to it if needed.

(adapted from United We Dream and Make the Road NY)



**JUDICIAL WARRANT VS. ADMINISTRATIVE WARRANT**

The 4th Amendment of the Constitution protects against search, seizure, and arrest without probable cause and does not permit police or Immigration & Customs Enforcement (ICE) agents to enter homes without judicial warrants or consent. Judicial warrants can include arrest warrants (to arrest a specific person) or search warrants (to search a home, for example).

**⚠ WARNING:** It is very rare that ICE would be able to obtain a judicial warrant. ICE agents sometimes present a document that says "warrant" on it but is not a judicial warrant. In order to be prepared, here's how to know the difference!

Administrative Warrant	Judicial Warrant
Does NOT allow ICE entry	Does allow ICE entry
1. May have "U.S. Department of Homeland Security" at the top	3. Issued by a court
2. Signed by an ICE agent or supervisor NOT by a judge	4. Must have your name and address spelled correctly
	5. Must be signed by a JUDGE

**IF YOU SEE ICE, CONTACT NYC ICEWATCH**  
 @NYCICEWATCH • (716) 241-1979

MUTUAL ✖ AID ✖ SCIENTIFIC ✖ SOCIALISM

**MUTUAL  
 AID AND  
 SCIENTIFIC  
 SOCIALISM**

- [massmutualaid@gmail.com](mailto:massmutualaid@gmail.com)
- [opencollective.com/massmutualaid](http://opencollective.com/massmutualaid)
- @massmutualaid
- Kensington, Brooklyn