



# Little Lambs Inc

## A John & Eileen Sala Ministry

[www.littlelambsinc.org](http://www.littlelambsinc.org) PO Box 504 Sebring FL May 2014

# Graduations

Spring is a time of Graduations! So many family members are ending a time of study and embarking on a new future. April 8, was our Graduation at Avon Park Correctional Institution for the Marriage, Family & Parenting Class. I am proud of these men because coming to this class was not easy. In fact, one student told the new group, "This is the hardest class you will ever take because you will have to look at who you really are!" My advice to them is to see each session or class as a opportunity to repent. I believe in my heart that this is a time of cleansing for these men. God has them here to hear the truth so that a "young

man may cleanse his way" Ps119:9

The men gave remarkable testimonies of changes in their lives that you can read on the following pages. One man's sister emailed me to say, "Good morning, I am S.P. , the sister of L. I am so proud of L. He has changed in so many ways and pray he stays in the hands of God. Tell him I love him." This session of the class lasted a full six months, once every week. There were few absences as they steadily worked their way through the material.

We want to say that the Administration of Avon Park Correctional has been very kind and gracious to us throughout our time at the prison. They make it possible that we can serve the men in this way. We were able to take in a camera and a reporter for the Highlands Today for the ceremony. Jay Meisel of



the Highlands Today is doing a story on Little Lambs for later and he was able to interact with the group. Jan Ryan and I attended the Volunteer Banquet given by the officials of Avon Park Prison yesterday and enjoyed meeting and thanking Warden Timothy Sheffield and Chap. Steven Clark.

My greatest pleasure is to see the change that takes place from beginning to end. Truly, making disciples is a great command of the Lord and it is tremendously effective. Please keep our new group in your prayers and thank you for making this possible. "Thank you for giving to the Lord, I am a life that has been changed."



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## Marriage Family & Parenting Essays

### Marriage, Family & Parenting: My Learning Experience

During the past 18 weeks while attending the "Marriage, Family & Parenting" course by Little Lambs, I was able to learn and discover how my life's experiences molded me. How do my past experiences as a child and adolescent and how I interpreted the actions into the person I am today. One of the most interesting aspects of this rehabilitation course is the immediate impact it has had in my marriage and how quickly it has changed me and my family. As a son and Father, we go thru life on things we believe to be normal. Without this course I would have never learned or known "why I am like this?" Why do I behave in certain ways? My first point of realization was poor boundaries. It was something taught to me but never explained or enforced. This is the main learning point of this course. I always believed that I grew up in a healthy functional family and it was me the dysfunctional one. This caused me to behave with some anger and express myself through painful situations. Another thing I learned is the roles we play as children inside the family. I was able to discover my hidden anger and how this affected my life with my family.

I grew up being the fourth out of five children in the family. I was the clown, athlete, rebel, underachiever, offender and constantly breaking rules looking for attention and like my father called me, 'the black sheep'. It became to rule to communicate better, but failing to do so never brought any repercussions, only arguments. This created family boundaries to be broken. My parents were the one that decided how we would act, and how we felt. So most of the time I was defenseless. As an adolescent I was under constant criticism which built up more anger inside me. This followed me until today

and I became an emotional abuser with those around me by withdrawing or holding back thoughts and feelings.

Due to this feelings and hidden emotions, I had problems in my marriage. Feeling lonely and not knowing how to express my feelings made me look for attention in the wrong places, turning it into an affair. This created trust issues. I would sometimes disguise my feelings and problems as jokes, so I would not feel like I was hurting my wife. Becoming unresponsive to her feelings and emotions, I became an emotional abuser.

This course has taught me how to recover so I can be honest and able to change the way I do things and how I express myself. How to detach from certain situations to create a more healthy and functional home for me and my family. It has cost me a hard time to be truthful and honest to my wife so I can continue with the rehabilitation and recovery of my marriage. I am currently changing myself with the help of literature and the Lord to become a better person and parent to both my sons and my wife. So we can be able to have a more healthy and functional family of my own. With this course I have been able to expend my knowledge and not to commit the mistakes that were committed with me. I now have a better foundation and understanding of how to be a better parent and a more functional person. This learning experience has made my marriage blossom into a more beautiful, understanding, and committed one. Overcoming my past mistakes and growing over them. J.

*J. has enrolled in our bible studies and is also taking the Marriage Class again. It is our belief that the material is so new, even shocking, that first time only 10% is retained. So we do encourage taking the course more than once.*

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**You changed me so much!** Since I been in your class I learned so much about myself. The thing I was doing to my family, which is my wife, kids, everyone I love. Since I been in your class, I change so much my wife see a difference in me.. I love life so much and I also see the difference than I used to. First, I have to start with myself, fill my love tank and my wife and kids tank so we all can have God in us. Without God in our life we will be living in the dark. Plus I learned so much about my kids and what they need from me, how to treat them, not to be on their level. One other thing is to really stay away from drugs. If I could do it in here I know my life will be

different when I get out of prison. I will have boundaries with everyone in my life plus I will give my kids their boundaries. So Miss Ellen, I would like to thank God for putting you in my life. You changed me so much. Thank you . My marriage is stronger than it used to be . Thank you!! J

*The beautiful thing is that the wife and children of this young man will have a real father when he gets home. PTL*

# Hogar R.E.S.A. Graduation May 31, 2014

May 31, will be the date of the graduation of 16 men from the Hogar R.E.S.A. recovery program. This will be the second graduation for the program although they are celebrating 5 years in existence. When a man enters the program, all his clothes, personal needs, food, shelter and clothing are provided by the program. Students are not allowed to carry money and Hogar R.E.S.A. takes full responsibility for them. Now at graduation,



they will also provide a formal suit of clothing for each graduate as well.

These men will be returning to their communities and their homes to continue their recovery in a new setting.

Please continue to pray for them and their families. Pray for jobs, and good friends. Pray for stability through the transition time. Pray for the new group that will be coming in. And now is the season of summer fruit. If you have excess fruit, i.e. mangoes, avocados, or vegetables, remember the program. Food for so many hungry men is a big expense. You can call or bring it to us and we'll get it to them.

## Getting to know the Men of HOGAR R.E.S.A.

On Eileen's birthday, April 4, it was a surprise and a treat to be serenaded by the residents of Hogar RESA with flowers and a cake. It was their first official visit to Little Lambs and some enrolled in our bible study.

Every Monday night at Hogar RESA is a spiritual meeting of one kind or another: bible classes, relationship classes,

or church. Monday, April 21, the Avon Park Program came to Little Lambs for their spiritual meeting. Eileen shared her testimony and gave a short bible lesson. Learning to share through an interpreter is another opportunity, one in which I am sure we will become fluent. After class we enjoyed the birthday cake and ice



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Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting men's sins against them. And he has committed to us the **message of reconciliation**. We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God. God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.

2 Cor. 5:17-21

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## Essays cont'd

I learned to love myself more and love others also. Responsibility. I learned I must work, pay bills and taxes. I am not the problem no more. I am solution. I learned so much about myself and others. And the most important thing I learned is to listen to other peoples. The world do not revolve around, life aint' all about me. It is about others I learned in class. I learned to live and let live. And finally, the Lord must be first in my life!! R.

*One of the hardest things I've ever been asked to do is to sit and think about the kind of person I was and how I treated the ones I profess to 'love' and care for. Sitting in this class and learning about all the different types of abuse and the ways people hurt or abuse others is awful! Almost every one of the different types of abuse and dysfunctional relationship traits I am guilty of. I have verbally abuses my sisters, mentally abused my girlfriends and fiancé, and have emotionally and spiritually destroyed everyone I knew out in the free world.*

*This class has made me do a very deep, long and clear look at myself and the relationships I had. And at how they went wrong, fell apart and are unable to be fixed. All these thing happened because I was blind and ignorant to the pain and real abuse I was causing to loved ones and friends. I do NOT want to be that same person when I leave D.O.C. and now that I have better tools to use, know my need to set boundaries and to practice effective communication, I am and will be one step closer to becoming a Better Man, a Good Dad and the son God created me to be, full of love, understanding, and commitment to His Purpose for this life he's given me! Thank you for this class! W.*

We're on the Web  
[www.littlelambsinc.org](http://www.littlelambsinc.org)

### Schedule May 2014

**TUESDAYS.....Overcomers Bible Study APCI**

**TUESDAYS.....Marriage, Family & Parenting APCI**

**WEDNESDAYS....Boundaries/Anger Management**

**May 31.....Graduation HOGAR RESA @ Avon Park**

Dear Partners,

Summer is here and snow birds are gone. Life has slowed down some. Now begins the 'vacation season' for locals. Jan will visit her family in May and I will visit my children in June. As we look around, we see change all around us. Our words, our actions, our classes, our lessons are all like ripples on water. We say and do them and they take affect where they land and the ripples begin. It starts with the person who receives the word, then spreads to their loved ones. Then those around them are impacted and it goes on and on as they give the message to others. I like to think of myself as only a farmer, a sower of seeds. I don't have to force things to happen. I must sow seeds and God alone will give the increase. That takes so much responsibility off myself. We must only be faithful to what He has called us to do.

I do want to thank everyone for their generous giving to Little Lamb Inc. I know that it is a greater sacrifice in a down economy. You have been so faithful and we are able to help so many others. Invariably the thank you notes from students always includes thanks to not only the staff but the partners of Little Lambs. Most inmates are impacted by how much you give to them and ask nothing in return. We want to thank Mr. Gary Phillips at Thomas Nelson for his support in getting those beautiful Open Bibles for our graduates. They simply love and treasure them. For many, it is the first gift of any value they have received. It is God's intention to bless them & you participate in that.

And a special thanks to all our graders. They truly serve without any complaints, or notice of any kind. Truly, what they do in secret, God sees. He will be their great reward. One student was amazed when we noted that there were two studies with answers exactly alike. Like, how did you all notice that! He explained that he sent his lesson by another student and he had copied his answers. He says he will never do that again!. But our graders note every line, every answer, every essay. My hats off to them. We have many sons!

Much love and Happy Mothers Day. Eileen Sala