



Little Lambs Inc

A John & Eileen Sala Prison Ministry
<http://www.littlelambsinc.org>

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***Merry
Christmas***

From all of us at
Little Lambs Inc



We usually end the year in prison with our Graduation of the Marriage, Family & Parenting Class, a six month process of making disciples. However this year, we end our class without our "usual" graduation ceremony: no pictures and refreshments. Yet we will be here to celebrate the tremendous journey that these men have taken through the last six months! Inside this issue, I will let these men testify about their road of not only self discovery, but God discovery!(Each dot on this map represents a prison or jail with our bible studies.

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In this class I learned a lot about my attitude; and dealing with my life and every day I will work to be a good person. I came from a dysfunctional family. My mother died when I was 8 years old. I lost everything I had, the love, caring, protection, that a small child needs when he is 8 years old. I came to prison when my son was 8 years old so I know now how he feels. I thank God he still writes and comes to see me. I thank God for that. As for my father, he really did not love me. he was abuser, contrary, no affection, always abusing my mother. I used to see all this with my own eyes, so my child life was nothing pleasant as you can say. In this class I'm learning how to be fair, loving, compassionate, caring, forgiving, understanding to others and talk it out. How to be a better husband and father. My last relationship was the same way. I carried on what I learned when I was growing up. My marriage was a disaster. Now I understand. I want to ask my ex spouse for forgiveness. I already did with my kids. I learned to be more responsible, loving, caring, honest, to be a good husband to my next spouse and my children. To be a productive man in society with God's help. Thank you. May God bless you. J.



I have been to other camps and have taken similar classes as this one. This class here has been the most informative and has delved into many more topics than the previous classes I've taken. I am a good person, like people around the word, I am human and have made mistakes. I have

learned a lot during this incarceration and have grown a lot. So many of the topics in this lesson are about me. I am guilty of a lot of the situations mentioned here. I do not have a wife anymore and after taking this class I came to realize that as a husband/father on a scale from 1-10, I was a 1 or barely a 2. to me that is sad and very eye-opening. I do not believe I will ever get a chance to be a husband again, too old. I will never be able to demonstrate all I have been taught by this course to a loving woman. I have a 30 year old daughter and a 21 year old son. That is my family now. My daughter has suggested we go through therapy upon my release. We need to talk about the mistakes that brought our family down. Mistakes I made. My daughter and son still love me. I am blessed to have them. I will be a better father to them because this class has taught me a lot, mainly how not to make anymore mistakes. I am old and don't want to be alone anymore. Finding a good church and like-minded people to surround myself with will make the right changes in me, plus I will be able to teach others what I have learned. Humans have a lot to deal with on a daily basis. Being a good listener is all some people need. You can be the difference or even a life changing choice someone will make. Helping others is very important and what I learned in this class will be the game-changer. Thank you for the time you take to teach me. D.

GRADUATING CLASS

Marriage & Family Class Essays

Before I started this class, I asked myself why I'm taking this, a Family & Marriage Class? Well, after 2 failed marriages and having a family that isn't right, I figured maybe I can get something from it. So it has shown me that most of my life I've lived without boundaries, much less what they were. Also many of the things I believed were wrong. I know now my family is dysfunctional in many ways. For me, I was the Mascot. I believe the Mascot of the family lives in his own world, living in what he makes reality to be. Living in denial, pretending everything was O.K. when it's not. The Mascot had no boundaries, suffering sexual abuse, physical abuse and emotional abuse, rejected from others driving him to be a sort of loner yet maintaining sanity and trying to help and make others in his life feel just a little better or happy. Many times I felt I had it all together, yet I was wrong because of the lies I believed and still just trying to do the right things. In this class I seen myself as what Jesus referred to as a 'white-washed tomb' full of dead men's bones. It broke my heart and sent me spinning. It made me ask who am I? What is my destiny? Can you say Hypocrite! Now through this class I am on a road of self discovery to answer these questions. Oh, forgot one question, what do I believe. Well about myself anyway? No, I'm by far from perfect but this one thing I'm sure of, I am saved and have been born again of the Spirit of God. I know as I yield and turn in repentance, let Him wash me white in His cleansing blood, and replace the lies I've believed with the truth of His word, then will the thins in my life truly change meaning who I am, my character, myself and others, and what I believe. This class has given me many tools to help get me going in the right direction, especially in setting boundaries which I know is extremely important. In closing, I say this without apology, the principles I learned in this class will do nothing for me but help me to try to be a better person, or a fresh coat of white paint on the tomb. It will set me up again for failure without Jesus Christ. He will change my heart, my life, my beliefs. With Him I will not fail, God knows no failure.

When I first started the class I didn't like it. I thought I didn't need any help and I thought I knew it all. But the more and more I listened and paid attention, I noticed I had a lot of those character flaws and I made a lot of those thinking errors. I felt so stupid because I was doing a bunch of things to run away from the truth and responsibility, and if it weren't for your class I'll still be in the dark about things that might cost me my relationship with my loved ones and friends. I feel like a new man and can't wait to apply my new knowledge that I learned into my life. Thanks for your help and guidance cause I want to be respected and loved and appreciated and I don't want to die alone miserable. L.



What I learned since attending this class is that I was a codependent for my wife and I didn't even realize it. And that I really didn't have any personal boundaries set. I was my wife's stepping stones, her life raft, her protector and etc, any time she would get arrested, I would be there in a heartbeat to bail her out; when someone in the family would put her down or accuse her of something, I would always defend her even when I knew she was wrong. My wife would threaten me with leaving if I didn't get her drugs and I knew she cheated on me for many years, and yet I stayed. Well, after taking this class, I can honestly say I have learned how to set boundaries and not to be a codependent. And I have learned how to say NO! This class has taught me first how to be a better person/ how to make my family a functional family. I know that God is there for me and my family and I can turn to Him at all times, good and bad. My desire is to lead my family to God and to let them know that He is a loving, understanding and forgiving God. I don't know if there are enough words to express my sincere thanks and gratitude for your time, wisdom, knowledge and experience, so now I say thank you, Ms, Sala, for given so freely to me and the class and for sending me out of these gates a **brand new man, and father**. Thank you and God bless you. D.

I really don't want to go into everything I got out of the class because some of it is truly personal. I will take the time to thank you very much. I pray there are truly women out there with your outlook and faith. I pray for the day I can break the chain in my life become the man God has created me to be. I am such a doubting Thomas, and I truly down myself for my bad and never look at all the good stuff. So now I know I am more than a drug addict. I am also very codependent. This wounds deeply, but I do know that nothing good in life comes easy. I need to take the pain from the truth you have given me and grow with it. At least I understand me just that much more so I have tools to guide me through this life. You really got me with some of the reasons I am the way I am and I hope after I take this class again I take it more seriously. I have been going through the hardest time of my incarceration and life itself. I have a long way to go and I praise God He tells me He will not leave me half way done. I pray for my chance with a family of my own and I think I will be good at it. This class has shown me even some of the simple things I went through affected me in my life. I can't use it as an excuse, but I can use it as an example. Thank you for your time and godly love. M.

Hi, Ms. Eileen. My name is HJ. I have learned so much for class. I have a wife and 3 daughters. I thank God for you, especially coming here to a place where people are degraded and in some cases dehumanized to give us the knowledge, wisdom and breaking things down for us to understand where we should truly be in life spiritually.

Our core beliefs could either stagnate you or allow you to grow, but you have to change and seek God and allow Him to lead you. I've truly learned that the statistics are right about dysfunctional households and fatherless children. Without a father or father figure a child has a disadvantage because they look to fill that void they're not getting at home. In the streets anyone or thing can become that father to lead you to a road of destruction down the wrong street.

I've learned how to say "NO", a powerful word. I've learned it's ok to say "NO". It can save your life, some people are afraid to tell a person. I know I was one of those people. I used to feel I'm hurting people's feelings if I told them no, even if I didn't want to give or do something for that person. It's as if I felt I was letting them down, but not anymore. I know when to say "NO" now. I learned without having a solid spiritual foundation, relationships will always be rocky because there is no structure to it, especially no boundaries. Ms. Eileen, I want to truly thank you for your time spent here. It was well worth it to me. You broadened my mind with your teaching. I've changed in more ways than many for the better. I'm a totally different father, husband, brother, friend... If I never see or hear your name again, just know that your teaching will always be a constant reminder of you. Thank you and may you continue to bless others.

Dear Partners,

It is a wonderful time to be alive in the Lord! I am very proud of the maturity of the men from our Marriage, Family & Parenting Class in prison. Each one will face unique challenges but so many have strengthened their faith. Several of the men praise God for being 'a brand new man'. Six months of hard work went into this effort. Our Overcomers classes continue to be well-attended and will have their own graduation next year.

We have been able to purchase a number of Graduation Bibles and we continue to send large numbers of regular student bibles into the prisons. It seems that the only bibles provided in most prisons and jails are the easy reading bibles. It is impossible to answer our bible studies with these bibles so we often have to send the inmates his or her own student bible as well as postage. It is a good way to get bibles into the system!

Changes are being made at Avon Park Prison. It seems that we are getting a new security officer. Mr. Johnson, the current officer, is retiring. I am asking you to pray with us that this influential spot will be filled with someone, perhaps a man of God, but someone open to programs and people. We are being limited more and more on what can be taken into a prison although the Word is never limited! Also, please pray for the Warden. He seems to be sick. Pray, Pray, Pray....

I have just returned from North Carolina and enjoyed a wonderful time with the two newest grandbabies! It was delightful. On the other hand, it has been made clear to me that I have a serious problem. In NC, I was fine, great even. I slept without waking, no coughing, voice fine even singing. One night home and all my symptoms of hoarseness, sore throat, coughing, vague feeling of sickness returned. I am seriously considering that I might have to sell my home. I am apparently allergic to something there. John never had a problem in our home, but I have always struggled with symptoms that until now I assumed was the environment. I have tried just about everything to find the culprit. Although I love my home, I cannot live there. My only course left to check is a blood test to see if allergies show up. This is major for me because I have a reverse mortgage that will run until I'm 100 years old and it will mean I will have to give it up with my home. Please pray with me that God will intervene, either to sell or to heal!

We are all enthusiastically wishing all of you, our family, the greatest, most blessed Christmas ever! As the



times grow darker, we have a hope that cannot be ignored or denied. We alone have the hope of glory, that is Christ in us! Enjoy your families and worship our Lord. Much love and many blessings, Eileen Sala



December 2015

Mon...Avon Park Prison Bible Study

Mon...Overcomers with Hogar Resa

Tue...Overcomers Avon Park Prison

Tue...Graduation Marriage & Family
Avon Park Prison

Wed...Anger Management/Biblical
Boundaries, Out for the Holidays

Dec 15..Taste of Grace, Grace Church

With Eileen Sala

Counseling by Appointment

863-273-7388

Christmas Greetings from Hogar Resa Sebring

