



God's  
Glorious Gift,  
our Brain

# Little Lambs Inc

A John & Eileen Sala Prison Ministry  
[www.littlelambsinc.org](http://www.littlelambsinc.org)

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Few of us stop to consciously think about our brains as we go about our day to day life—yet our brain is involved in everything we do: our decisions, our actions, our coordination, our talents, our abilities, our actions, our ability to love, enjoy sex, to nurture our children, our memory. That said, it means that we need our brain functioning well to lead a normal, joyous life.

This is one of the reasons drug abuse is so harmful. It's target is the central nervous system, the brain, spinal cord and nerves. Drugs literally take away our power to decide because drugs specifically take away our inhibitions. We literally yield our brains and say, 'Here, Satan, take control of my brain and my body!' We do things under the influence we would never do sober. Combine that with drugs that stimulate sexual impulses and without inhibitions (limits) it creates disasters for us. Alcohol and drugs would easily overpower our brain and body and kills us. When drugs enter the body, the brain perceives this as poison and releases neurotransmitters to do the opposite of what the drug is doing! God has made our brain to continue to save us by neurotransmitters stimulating us to breathe when alcohol and downers depress our breathing; or stimulating us to sleep for days to recover from a 5 day meth high. So, even while we try to kill ourselves, our wonderful brain is trying to save us! What a gift from God. Without this mechanism, many people would die quickly of drug overdose overwhelming the neurotransmitters in our brain.

Lately, we have legalized Marijuana, saying it is a harmless, recreational drug. Well, someone was lying, perhaps the father of all lies! Chronic, long-term use of marijuana causes an 8 point drop in IQ that is permanent! Not to mention its effect on memory, on our ability to learn new things, on initiating (ability to start and complete tasks, like holding a job), on reaction time which it slows considerably affecting driving and many other tasks and affecting the personality. Not to mention, it being a doorway to harder drugs. Not to mention **that current research says that this is not your parents marijuana! The new marijuana is 10 times more potent!** Not to mention, but without out jobs, crimes are committed to be able to continue to afford the high.

Not satisfied with the locally supplied market of marijuana, principal chemical is THC, the drug market has supplied a more expensive, readily available high in **synthetic marijuana**. This is not marijuana and has no THC whatsoever. Synthetic marijuana is a misnomer. The local drug market calls it **K2 or Spice**. **Spice, usually supplied from China**, is formed by taking dried plants, chopping them up finely, then spraying or soaking them with a chemical mix that constantly changes to avoid the law. No one knows what is in each batch. The batch may be sprayed unevenly, or by an inexperienced person resulting in hot spots. K2 is then smoked, rather inhaled and goes immediately to the brain and produces what I would call a 'brain convulsion'. Literally creating a zombie out of a person. They become catatonic with drooling, staggering, convulsions, violent or aggressive behaviors. On the other side of the coin, it causes extremely high blood pressure and strokes and heart attacks. It can kill on the first dose if a person has a small weakness in their vascular system.

The sad effect is that the person is never normal again. Their life has been changed. The lasting effects are anxiety, fearfulness, PTSD, panic attacks, psychosis and many other residual effects that prevent that person from having a full life and is likely to make them disabled later. **Using drugs is worshipping and selling your brain for pleasure! Idolatry! The Lord has a lot to say about drugs, calling it sorcery in the Word. Sorcery is the use of drugs to cast a spell! Witchcraft! An abomination. Galatians 5:20.**

**Now I must tell you that sugar acts in the same way. It creates a craving that must be satisfied and does lots and lots of damage to the nerves, deadening them and causing neuropathy, deadening nerves so we do feel heart attacks until they're big enough to kill us, and contaminating our wonderful brain with plaque that harms us!**

*Continued on next page.*



It seems that K2 or Spice has invaded the prisons just as it has the world. Just last Tuesday when we arrived for class, they had already had 4 episodes of use and some overdose that day. The men in our class says it is a daily event! One officer said it is a problem in all the prisons! It comes in as contraband from visitors or staff and is sold on the compound. Little do they realize that they are altering their life forever, they will never be the same again! Marijuana and K2 both produce reduced blood flow to the brain.

In our classes we have a lengthy session on the drugs of addictions, their side effects and the what the Scriptures say about it. We have also created PowerPoint Presentations with current news clips of the current drug crisis. We also use a video by Dr. Daniel Amen about drugs and the brain. After class one day the men begged for a flier, a tract, something to hand out to warn the others about the effects of these drugs. They were desperate saying they knew what it looks like, they see it every day, but they need a flier saying what it does!

So we have complied and created a tract to hand out. They went to all the dorms at the prison. Perhaps we will be using it in other prisons also. I have been asked to help orientate all the new inmates and we'll see how that works out. We will work to get every one aware of what's happening and open a door for the gospel.

Let me warn you, too, as in the news, the latest drug on the market is called **carfentanil**, a big animal anesthetic. Carfentanil is 10,000 times stronger than heroin. One **flake** is enough to kill you. Police have to dress in hazardous materials suits to handle a drug bust with this stuff. Sniffer dogs have been killed just sniffing for it. Worse case, it is being mixed into street drugs like ecstasy, heroin, pain pills. They call it the "try and die" pill. A policeman overdosed brushing some white powder off his uniform with his hand. Worse case still, Police have been using a heroin antidote to save people's lives called Narcan. It is a life saver, however there are already **Narcan resistant versions of carfentanil and fentanyl**.

**Arm your children with this information, teach them that their life is truly at stake. Satan has truly come to kill, steal, and destroy.**

Isa 5:11-15 Woe unto them that rise up early in the morning, that they may follow strong drink; that continue until night, till wine inflame them! And the harp, and the viol, the tabret, and pipe, and wine, are in their feasts: but they regard not the work of the LORD, neither consider the operation of his hands. Therefore my people are gone into captivity, because they have no knowledge: and their honourable men are famished, and their multitude dried up with thirst. Therefore hell hath enlarged herself, and opened her mouth without measure: and their glory, and their multitude, and their pomp, and he that rejoiceth, shall descend into it. And the mean man shall be brought down, and the mighty man shall be humbled, and the eyes of the lofty shall be humbled:

Isa 5:22-24 Woe unto them that are mighty to drink wine, and men of strength to mingle strong drink: Which justify the wicked for reward, and take away the righteousness of the righteous from him! Therefore as the fire devoureth the stubble, and the flame consumeth the chaff, so their root shall be as rottenness, and their blossom shall go up as dust: because they have cast away the law of the LORD of hosts, and despised the word of the Holy One of Israel. KJV

Isa 28:7-8 But they also have erred through wine, and through strong drink are out of the way; the priest and the prophet have erred through strong drink, they are swallowed up of wine, they are out of the way through strong drink; they err in vision, they stumble in judgment. For all tables are full of vomit and filthiness, so that there is no place clean. KJV

Prov 23:29-35 Who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath redness of eyes? They that tarry long at the wine; they that go to seek mixed wine. Look not thou upon the wine when it is red, when it giveth his colour in the cup, when it moveth itself aright. At the last it biteth like a serpent, and stingeth like an adder. Thine eyes shall behold strange women, and thine heart shall utter perverse things.

Rom 13:13-14 Let us walk honestly, as in the day; not in rioting and drunkenness, not in chambering and wantonness, not in strife and envying. But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof.

Luke 21:34-36 And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares.

James King, a graduate of all our classes, exited prison a few months ago with the help of volunteers Ruth & Phil Esposito and he sends them a report of his progress.

Blessings from our Lord and Saviour Christ Jesus! When you receive this letter my prayer is that it finds you well spiritually! As for myself I am doing wonderful!

Today I am so thankful to have been brought forth out of the Land of Egypt from the house of bondage. The Lord has led me through that great and terrible wilderness. Each day for me seems like Christmas. Each day my relationship with the Lord becomes more intimate. He character becomes more clear each day! Today I am so thankful for His mercy and Grace and for His New Beginnings.

Yesterday while at work at Winter Park Hospital, the owner for Sun Rise Electric hired me pending a clean drug test. Amen. I have prayerfully decided to take this job. I will be working in the Health Care business. I will be in the repair business, no new construction means 95% of my work will be in A/C. I will have Medical insurance after 90 days, paid holidays after 6 months, paid vacation after 1 yr. I am thankful for this opportunity and consider it an honor from our Lord.

This company embraced me with open arms, knowing I just got out of prison April 15. I did not lie! Even though the devil was whispering in my ear to do so. It is amazing how God gives favor and promotes His children.

I want to share with you both a commitment my son Cohan and I made today in a written agreement to uphold with each other.

We must understand that our Moral Accountability insures the Development of our Personal Character!

We shall be committed and accountable to each other, and willing to be corrected, disciplined, and held accountable for our personal life and behavior!

We both agreed and shall Honor God with our Pledge!

Praise God, I am so thankful for the deposit yesterday. God is good. I am getting along with Cohan's mom so well. Today she called me asking what I was doing. I told her I was waiting on the bus. She asked me if I wanted to go to Walmart with her, I said yes. I rode the bus to meet her and we went to Walmart and McDonalds for coffee and then to the Thrift Store. We spent a few hours together talking. Prayers work! There was a time we couldn't be in the same room with each other.

The maturity of my relationship with God is starting to pay off. Thank you, Jesus. Since I've turned my emotions over to God, I am a changed Man! I am also thankful for me spending so much of my time studying and doing about 25 bible courses for my B.A. Degree while at Avon Park. Also for taking up Family and Marriage Counseling classes!

My life has changed. I have such a different outlook on Life and Spiritual Growth. Find enclosed a photo of Alexandra, Cohan, Misty (their Mom) and James (their Dad). Please make sure Ms. Eileen sees the photo. I will be sending her more very soon. My prayers and love for you both shall continue. Your son in Christ, James



### July was a month for prayers from inmates:

Laron from Tx. Sent us poems but his prayer was the best.

Precious heavenly Father, my Lord Jesus Christ, thank you for another opportunity to exalt your Precious Name. Thank You for the chance to do You a service. Abba, Father, take this testimony and these poems and anoint them with Thy Holy Presence, to do the work that You require. May they be the means of encouraging another Christian, and may they lead some lost soul to the saving knowledge of You. O Lord, my desire is to You. I delight myself in Your Word. Touch the hearts that read this with a call; a new one or a renewed one, that they may receive of You Living Waters and give out those Living Waters to others. I ask for healing for those who are sick, for by Your stripes we are healed. I ask for salvation for those who are lost. Bring them into Your Fold, O Lord. Break their leg if necessary, then bear them on Your strong shoulders, feeding them from Your hand and drinking from Your cup until they are strong again. Let them know that Your love is not only protective, it is corrective. Teach them to trust you. Lead us in Your Paths of Righteousness as we follow your bloody footprints to Calvary. We rejoice to be part of Your flock. We praise and thank You for Your Blessings in Your Precious Name, our Lord Jesus Christ. Amen.





**Good bye, Dear Beloved Friend, Jo Anier**

On Friday, July 14, our beloved friend and volunteer Jo Anier, from Bible Fellowship Church, escaped her body to be home with the Lord. Jo started with Little Lambs while we were downtown in the early 2000's. She transferred to our current office with us in 2003 and continued her job of taking care of all our new students. I would guess she enrolled thousands and thousands of men and women inmates into our School of the Bible. After her eyesight sidelined her 10 years ago, she continued to come each week to the office to keep us company. As her infirmities grew, it became less and less. Throughout her health ordeal, she yearned to go home and we rejoice she is there at last. She used her life to serve the Lord with us and we hope to see lots of Little Lambs in heaven with her. Well done, my good and faithful servant! Her memorial is August 5 at BFC at 11 a.m.

*Dear Friends,*

*I made it through July without Jan and so glad she has come home. It has been hectic but so fruitful. So many challenges this summer as letting old friends go all the while gaining new ones keeps life moving along.*

*Our friends at Hogar Resa have acquired new building, renovated it and use it for their church and meeting center. Since all therapies and classes will include all the Hogars (60-70 people) they will be held at this facility. Willie will no longer be working with the Sebring facility separately. Their women's facility continues to grow and set their foundation. Keep them in your prayers.*

*I have been kept very busy with the drug classes at the Prison. We will see where this outreach will take us. They sincerely have a big drug problem and are finding all ways of addressing it. You can see the importance of giving these men the truth, the truth about God and the truth about the world that is trying to kill them.*

*I will be taking a week in August to visit my son and his family in Kansas, to babysit! Luckily both of my daughters are coming 'to help me'. It is one of the rare times we can all be together. My other son is expecting their newest son late in August. All these babies are so much fun. Almost as much fun as all the babies born into the Kingdom of God who come to us to grow up spiritually!*

*Thank you all for your continued financial support as you know the summer is dry here financially! Your help keeps the ministry flowing. And a special thanks to our SIM volunteers. We have gained 3 new Spanish graders this year! What a great help.*

*God bless all of you In Christ Jesus, Eileen Sala*

**A Graduate's Prayer**

Lord Jesus, united with the Father and the Holy Spirit,  
 give us your compassion for those in prison.  
 Mend in mercy the broken in mind and memory.  
 Soften the hard of heart, the captives of anger.  
 Awaken the repentance that restores hope.  
 Lift to eternal peace those who die.  
 Grant victim's families the forgiveness that heals.  
 Give wisdom to lawmakers and to those who judge.  
 Instill prudence and patience to those who guard.  
 All of us are in need of your mercy. Amen.  
 In God be all the blessings.

Paul Z. Tx.

**Schedule August 2017**

- Mon...Bible Study, Phil Esposito  
@Avon Park Prison
- Mon...Overcomers, Old Unit APCI
- Tues ..Overcomers, Willie @ Avon Park Prison
- Tues... Marriage, Family & Parenting,  
Eileen @ Avon Park Prison
- Tues...Purpose Driven Life Study @ Avon Park  
Prison with Pastor Joe Valentin, (Spanish)
- Wed..... Overcomers, Jeff S.  
6 pm @ Bible Fellowship Church
- Wed... Anger Management & Biblical Boundaries  
Out of session!
- Thurs... Codependent Recovery Women, 6:30 pm  
Mary Tinberg @ Little Lambs
- Thurs...Marriage, Family & Parenting  
Work Camp Avon Park Prison

**Call 273-7388 for appt**