



# Little Lambs Inc

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

PO Box 504 @ 710 S. Eucalyptus St. Sebring, FL 33871-0504 863-471-2626 **June 2018**

## ***GODLY SORROW UNTO REPENTANCE***

Of course May and June are graduation months as well as honoring the parents of those graduating with Mother's Day and Father's Day. And so, too, are we having graduation. Hogar Resa held their graduation in Sebring on May 5th and this next two weeks we will be graduating all our 4 classes at Avon Park Prison.

In our study at the prison, helpfully called Marriage, Family & Parenting/Anger Management, we not only cover the functional, biblical marriage and family, but the dysfunctional one. Actually, I see the class as a type of 'Fourth Step' in our walk with God. As you know the fourth step says, "We make a searching and fearless moral inventory of ourselves." This involves carefully and fearlessly looking over the details of our lives where we have been harmed by others, and where we have harmed others. Later in the steps, we work on asking forgiveness of those we have harmed if possible and forgiving those who have harmed us.

But the fourth step requires that we know right from wrong. In our pre-Christ days, accepting what was normal in our often very dysfunctional families, we came to accept it as 'the norm for everyone'. In fact, lots of that behavior is very sinful as well as dysfunctional. As we move through our material, as we discover the awfully sinful way we were treated and the way we treated others, we repent, we ask forgiveness, we change. Without knowing that it was sinful, hampers my full repentance. Like verbal abuse. Often most people do not realize they are experiencing verbal abuse, or that they themselves are verbally abusive. Yet, in our module on abuse and domestic violence, we carefully go over what is considered sinful and abusive behavior. Often I see shocked faces and saddened eyes as the truth hits home.

In fact, most often the men come in happy, in good moods. By the time some classes are finished, they looked wounded, even shamed as they privately make peace with the truth in their own lives. I feel like Paul when he confronted the Corinthians about their behavior, he was glad in the second letter that it led to their repentance. Only godly repentance brings true and lasting change! Change that the family can see and feel. Change when parents know in their hearts their child is different! Change that a child can feel as the love of the parent becomes selfless and caring. On inmate once said to the class, "To me, you walk up that road (to the chapel) every week, knowing that your heart will be hit with lots of arrows, yet you come anyway! You are eagles, not turkeys!" This sorrow is only temporary. We know that this cleansing will produce godly sorrow and lead to a more godly life. We pray that our bible study produces the same repentance in all the little lambs. That is why graduation is so special! Their journey as a disciple of Christ has only just begun, oh, but what a beginning. Now they are ready, no longer babes, ready for the meat of the Word.

For even if I made you sorry with my letter, I do not regret it; though I did regret it. For I perceive that the same epistle made you sorry, though only for a while. Now I rejoice, not that you were made sorry, but that your sorrow led to repentance. For you were made sorry in a godly manner, that you might suffer loss from us in nothing. For godly sorrow produces repentance leading to salvation, not to be regretted; but the sorrow of the world produces death. For observe this very thing, that you sorrowed in a godly manner: What diligence it produced in you, what clearing of yourselves, what indignation, what fear, what vehement desire, what zeal, what vindication! In all things you proved yourselves to be clear in this matter. That our care for you in the sight of God might appear to you. 2 Cor 7:8-12 NKJV

Though I have taken much of this throughout my years working in addictions treatment, as a client first then as a Peer Facilitator for 3 years and now I'm completing my Bachelor's Degree in Christian Counseling, hopefully to then be able to start my Masters of Ministry in Christian Counseling. Most of my focus was on the addiction recovery portion of it and not so far into the co-dependency, especially boundaries.

Through my addiction to heroin to cocaine as well as any other drug and lifestyle of edgewalking (walking on the edge), I have found that I basically abandoned my family, myself and God. I've now come to realize how my empty love tank has affected all those around me especially my children and grandchildren. I finally came to realize in 2011 that I loved drugs, wild sex with women, the drug-dealer lifestyle etc more than I loved my now ex-wife, children, my freedom, my self, and most importantly God - Jesus - the Holy Spirit. Actually I didn't really ever know what love is. I believed it was a feeling and a thought. But it's not. It's responsibility and sacrifice. It's an action, not feelings and empty words. It's about giving and expecting nothing in return. It's selfless, not selfish. Now I realize I've been robbing everyone else trying to fill my own love tank that had holes in all in it! :)

Thanks to God loving me first, I now am learning how to love. The bible gives me an example on how to be the husband and father I should have been.

Learning how to set boundaries will help me to achieve this. One of my biggest problems out there was not saying NO!!!! to my own lusts and desires for drugs and women.

As you say Boundaries helps us to "guard our hearts" with all diligence. Especially with today's media and all its outright sexual content. With the internet and dark web you can go anywhere and see anything. So the part of us that must be changed is our HEARTS and only God through the teaching and example of Jesus and the Holy Spirit living in us can change our HEART!! Renew our minds daily with the word and with accountability partners in order to help each other stay in check and on the straight street.

What I've learned in this class?

There is a lot about life and life's circumstances. I've always had my suspicions that I made a complete mess of my life, to end up in prison and the class really confirmed that. Every week, I came out of this class, more and more upset and despondent. It is never easy to take a hard look at your self and how your past life has gone! The class confirmed I came from a broken home and I sought relief from abusing substances and fell further and further from grace!

It proved I was in an abusive relationship for the past 15 years with a total psychopath who not only exhibits all of the abusive traits, she set a new standard and has some of her own! Also my children don't stand a chance with the way I mistakenly raised them and now I cannot even fix it unless in 2026 when I get out GOD allows it to happen!!

I've learned that finding GOD and My Lord and Savior Jesus, is the Best thing that EVER happened in my life. All of the anger, bitterness, and resentfulness a, feelings that had me in chains are gone! I am a new creature! The cycle of addictions was very interesting, the nutrition, the Brain Damage of substance abuse, all really helped me! I can't help but feel a little insulted that all of this knowledge cannot be taught in school or church! Why can the theory of evolution be taught and not the truth of our Creator God? Society is in trouble and only getting worse. I must wonder how to get this information out to the public! The statistics for drug use and incarceration are staggering! The statistics on children from fatherless homes is very disenchanting and the same for all the visitation for ex-offenders. I'd say not very encouraging. I'm stuck here, with a divorce and no-contact order, eating food I know is very unhealthy, with the worse health care possible, next to non-existent. Animals and trees have more activists supporting them than people who are incarcerated! There is no rehabilitation or parole, the system for probation is designed to violate you and put you back in prison. The Florida D.O.C. needs an overhaul like Texas just did! You get 1/3 gain time off the top, you serve →

Continued from page 2

1/3 of your sentence in prison and you do 1/3 of your sentence on parole. According to USA Today, Florida spends the least amount in the US on inmates! And they constantly cut that. They just cut our medical, schools and now the chapel is in danger! And most people don't even know all of this! I discussed this with the KIROS volunteers and they aren't aware of any of this! It's all covered up, behind RASOR WIRE! The senior inmates have it the worse. They should parole most of us. At least give us a chance to prove we don't want to come back! I have excellent health care through the veterans I can't even use in D.O.C.!! God has made a miracle in my life. I truly am a new creation! Thank you Jesus! All I do is study my bible, Systematic Theology, church history, bible history and Biblical Archeology. I serve on 3 praise teams and 2 Christian bands on the Rec yard. I write songs, bible study outlines and sermons everyday and share the miracle the Love of Jesus has done for me. Thank you for your time and teaching. God bless you. Signed, one of your Little Lambs.

## Happy Father's Day!

We are celebrating Father's Day as we give all these men a new vision for their families. We want to give their families a truly new man in Christ. As I read their essays and hear their testimonies I am blessed to know that the Lord has truly made these changes in their hearts and minds. What a blessing to a family to have a really loving father! It is sort of like finding a present under the Christmas tree. And the new dad is so much better than the old dad. And wives can find a truly loving husband, more patient and kind. I think we are more blessed as we leave the prison than the inmates. We get to witness God's handiwork in person. And as the many letters to the ministry testify too. We are blessed in changing lives, miracles happening every day! Don't you love God? So Happy Father's Day to all you wonderful Father's who support the ministry of Little Lambs. We love you. Eileen

Essay Prison can be described as a moment to moment, an hour to hour, and a day to day emotional rollercoaster ride. In such an environment days can easily be defined as bleak, miserable, and even hopeless. With that being said, I had low expectations when I joined and became a part of Family, Love and Marriage Counseling Class. However, it didn't take long for me to change my first impression of the class as well as my attitude. This class has helped me grow spiritually, academically, and positively. Even though the class only lasted for 24 weeks, the lessons taught and my experience of the class will stay with me for a lifetime.

Most of the lessons that were discussed in the class could be supported by bible scriptures relating to the topic. As a class, interpreting various bible scriptures to find solutions to our everyday problems was spiritually refreshing. In example, having learned that a family is the system created by God, this helped me understand both intellectually and spiritually what a healthy and functional relationship is. A healthy functional couple commit to each other by choice and they decide to stand by each other no matter what. Also, a good relationship is based on unconditional love and praying for each other is important. Upon reflection of the scripture, we can come to the conclusion that the purest love is expressed by earnest prayer and that prayer will preserve love.

Family, Love and Marriage Class has further influenced me in academical ways. On one occasion, I was provided with the opportunity to watch an educational video informing me of the most commonly used drugs, their side effects as well as the long term effects and how these drugs affect the human body and the brain. More often than not, the instructor of the class shared some of the current events with the class. Along with these current events, came class discussion of the statistics of various drug overdoses and how dangerous it could be to continuously use these drugs. Such learning experiences has helped me exercise more self control and to make better decisions, not only for myself but for others as well.

Furthermore, this class has affected me in positive ways. Not only was I encouraged to look for answers in my bible to my daily issues, but I also began to pray more. With the guidance of this class in the right direction, I was able to shed some of my burdens. As a result, I feel better about myself and I have developed more patience in general.

In conclusion, signing up for this class was one of the better decisions that I've made while in prison. I've learned how to maintain a healthy and functional relationship with my loved ones. Simultaneously, I also learned the harmful elements that can negatively affect a healthy, functional relationship. Though some of informative learning materials were lengthy and tedious, the challenge was highly beneficial, even worth the effort in the end.

Dear Partners,

Willie and I have just returned from our close to 50th Marriage, Family & Parenting Class Graduation at Avon Park Prison. Willie remarked, "This was better than church!" And it was. Our group of 15 men, one going home tomorrow, rejoiced, received their certificates and opened the floor for testimonies of how the class affected their lives.

Each man willingly came forward to bear his soul. Some noted that for the first time, they experienced bonding over our 6 months together and how they came to love and trust each other. Having been taught to trust no one and certainly not to talk about your feelings, they now opened up to the group and really felt accepted. They recognized themselves on the compound, one saying in the dorm "alright, tighten up Little Lambs!" They belong, they belong to God.

Another came forward and wept about how he learned God was real and that God was calling him. Now this man always seemed together, sort of above the fray. We were stunned and moved at his testimony. It seems that in 1989 in prison, his 11 year old daughter asked him, "Daddy, why do you love drugs more than me?" Of course he denied it, said he loved her and would even die for her, but he kept up with the drugs, crime and promiscuity. In prison in 2011, for his 5th time, he seemingly had found God and was in a bible study. One night he taught a lesson. After the lesson 2 leaders from the group came to his cell and said, "You can't teach anymore. You can come, but

you still use and smoke. You can't teach others what you are not willing to do." The men left his cell, one suddenly returned and said, "God told me to come back and ask you, why do you love drugs more than me?" and he left. Weeping now as he continued his story, he remembered his little daughter's words of years earlier and it pierced his heart how God heard her words and used them to again. And it was true! He then told God, "You know I love drugs more than my daughter. You know I love women more than my wife and children. You know I love heroin and cocaine more than you. But here (reaching out his hands), I take my heart as it is and give it all to you!" and he placed it in God's hands. Needless to say we were at church, at God's altar. Since his conversion he has studied a lot and his testimony is on the page 2. So many moving testimonies. Lives changed, lessons learned, understanding given.

They all expressed their thanks for you letting us come to them and minister to them. And we thank you too. I reminded them of Paul's comment, "I robbed other churches, taking wages of them, to do you service." 2 Cor 11:8, not that we robbed but rather you gave!

*Thank you for giving to the Lord. I am a live that has been changed.*

*Thank you for giving to the Lord, I am so glad you gave.*

Willie Hubell will be moving to Bradenton this summer. Pray that all goes well and that he might continue to minister with Little Lambs if opportunity provides. God bless you all and thank you for your support, prayers, and love. Your servant, Eileen Sala

Left are the women at Hogar Resa Avon Park attending the graduation in May.



Willie & Aldo

### **Schedule June 2018**

- Mon...Avon Park Prison Bible Study**
- Mon...Overcomers with Hogar Resa**
- Tue...Overcomers Avon Park Prison**
- Tue...Marriage & Family/Biblical Boundaries Avon Park Prison**
- Wed... Overcomers Bible Fellowship Church @ 6 pm**
- Thurs..Released to Love, Women Codependent recovery @ 6:30 pm@ Little Lambs Inc**
- Thurs...Marriage & Family/Biblical Boundaries Avon Park Prison**

**Counseling by Appointment**  
863-273-7388

**ANGER MANAGEMENT CLASS**  
**JUNE 6,7,8, 2018**  
**CALL TO ENROLL**



The women at Hogar Resa Avon Park