



Little Lambs Inc

A John & Eileen Sala Prison Ministry

<http://www.littlelambsinc.org>

PO Box 504 @ 710 S. Eucalyptus St. Sebring, FL 33871-0504 863-273-7388 November 2018

Can you see my pain?

A quiet, meek, soulful, soft-spoken young man stood before me with his assignment after class: 2 posters rolled up. With sorrowful eyes he unrolled them for me to see an intricate diagram of his family going back several generations listing the major dysfunctional (sinful) markers. Usually students do this on a slip of paper, rarely have I gotten such a painstaking effort. It was obvious it had impacted him a great deal.

As I scanned his work, it was immediately evident that this shy, handsome man had endured a lot of pain. Every male in his family for 3 or 4 generations was an addicted abuser: fathers, grandfathers, uncles. Every female was either addicted, abusers or codependent. He and all his siblings had been abused throughout their young lives.

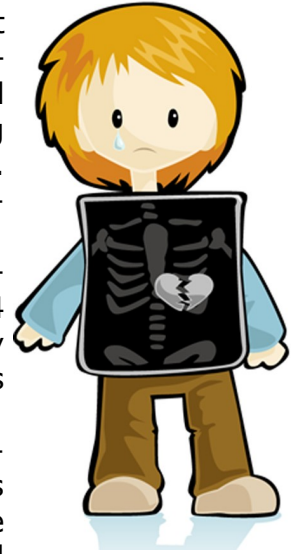
When I asked him what it must have been like at home, his eyes glistened as he said there was very sort of abuse in his family. Covering his pain, he said it was ok because as older his parents had changed. But one look in his eyes said he still carried a lot of that pain. Now it had expressed itself in an angry outburst, an arrest, and a sentence for anger management class.

Without help, without healing, this young man is doomed to repeat the generational cycle through another generation. We have made an appointment to begin counseling for this young man. Please pray for his healing.

Just this week, a young man came up at the main unit, very sad as we had been discussing verbal abuse. He said he was newly married in prison and had hurt his wife with jealous accusations on a phone call. After talking, he realized that he could not provide a place for her to live and she was living with friends which could be a difficult situation for her. This class will show him his responsibilities to her and how to love her through his incarceration rather than demand from her. Another new inmate attending our class on codependency and controlling, came up after and said, "this is my first night, but you just described my life. Everything you said applies to me and I am a social worker"! This is sort of like the blind leading the blind. But now he will be armed to really address the pain in peoples lives as he learns more about the pain in his own life and from a biblical standpoint which holds the key to recovery: Christ in you, your hope of glory!

Thanksgiving Prayer

"Oh my God, I am thankful every day for the freedom from the pain of my past in knowing You. I pray, Lord, make me an instrument of your healing. You said you would wake us very day with the tongue of the learned to know how to help in season when one is weary. Give us the words and the love to bring this young man and many more men and women like him to peace in You and help them to forgive. Teach us how to really love as you loved us and gave your life for us."





Little Lambs Inc
PO BOX 32
Sebring, FL



Victory in a jail cell!

Dear John and Eileen, Thank you for enrolling me in your study of the bible. I am currently serving a 3 year sentence at 30%, but I am a first DUI offense, with a aggravated assault (reckless) felony class D, leaving the scene of an accident with injury. I was under the influence of my prescription suboxone and xanax, along with several other medications back in 3/2011 and I caused a man to be injured. I am a long way from my home in Enterprise, Al, where I had absconded to escape a 27 year marriage and our addictions to drugs, alcohol and fighting. I started over in a new place where I knew no one and I have been clean and sober since Oct. 23, 2017. In March, 2014, I found a good job and probably the best influence in my life since my parents had passed, my coworkers were Christians. As a Catholic, I was resistant to change. Anyway three years later, July 3, 2017, I was at my home after work and my then roommate/ boyfriend was high on Meth and I had to call the police to remove him from my home, and I turned myself in for this 2013 warrant.

I took my time on December 7, 2017. I had been in Tennessee since extradited from to Alabama and now I was blessed to have written this facility and they accepted me here on January 25, 2018. I was so lost and at rock bottom in October and I began to read a Jimmy Swaggart Study Bible, curious and depleted. I reached out to Jesus Christ to show me His Way and to save me and on November 29, 2017, I accepted that I didn't know Him as I had thought I did all my 47 years! On February 28, 2018, I was saved here at Unicoi County Jail Annex by Chaplain Lyle and I began more intense study on baptism. It was seriously calling to me deeply and on July 1, 2018, I was baptized in the Name of the Father, the Son and the Holy Spirit at the local community Calvary Baptist Church by Pastor David. It was the most amazing experience and so I am a born-again Christian, new and hungry for His knowledge, mercy and strength. I am planning to continue my college education, even at age 47, in the Spiritual Advisory area, in which I can grow in my work field as well. My job in Enterprise, Al, is waiting for my return in February, 2019. They are a great Christian-run Assisted Living Memory Care Facility that I have had the pleasure of working for over the last 4 years. They are very supportive for all I am doing in putting my past behind me and coming home without looking back. I am so very blessed. I know God led me there and He was trying to call to me even back then. I am truly a new person in Christ. Even my kids and family don't recognize me. I have a peace and joy in me that I can only explain as God's Gift. He has blessed my children with 2 grandbabies while I have been in here and another is due this fall. So I have missed a lot. By His grace I won't miss anything more. Thank you again for welcoming me so kindly into your group. Please pray for me and my 5 children. My 19 year old is caring for my 21 year old special needs daughter and her own 1 year old plus a new one due. They are back home taking care of each other so please pray for them. Thank you, Epsy

Sent in from a 2015 graduate asking to enroll 3 of his converts!

Dear Little Lambs, I know God is still blessing your ministry so I desire that these whom the Lord allowed me to lead to Jesus, experience the same loving ministry you provided for me. These three young men desire to grow in the grace and knowledge of Jesus Christ. I am merely providing postage!:) Since I graduated, I have earned a Bachelor's in Biblical Studies and I have been licensed to preach. As soon as I get more copies of the degree I'll send you a copy. I have enclosed a copy of the license. I am 12 hours away from completing an advanced degree in Ministry. The Lord is allowing me to earnestly contend for the faith of Jude 3. Praise the Lord for the souls He has saved. And now I commend them into your care. Please the first lessons to these three inmates. **Family, I do have a need. The Case for Christ, and new or used The Case for Faith to use as teaching tools. I know the Lord will provide. Brother Rod, AR** *We sent him the books as requested as tools to this missionary. PTL*

My Covenant with Jesus Essay: I swear to be a great son to the God who sent his only Son to die for me on that cross, so that I may have salvation through him to the Father for it is by his grace that I have become a son of his. I swear to spread God's word, mercy, grace and love to those that are lost in this evil world for God's mercy and love is too much not to share with those that are lost. Amen.

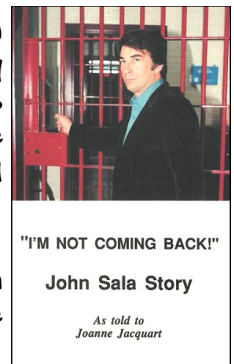
Dear John Sala, I still got about 30 to 40 pages of your book left, but I'm rationing them out as a reward to myself for a day well done. Funny, 'cuz I've never written anyone I didn't personally know before, but a chapter or two into the book, I said, 'if there's an address in the back of this book, I'm going to write this guy.' So I flip to the back, and the back page is stamped with a picture of a cross. The Holy Spirit must have been at work however because instead of giving up I checked the last page of the novel, and there's your name and address.

So I decided to write, but I'm new to this jail and indigent, so I didn't have pen or paper or envelope, but this morning as I was praying on writing you, the guard calls my name to give me an envelope and pen along with my soap and toothpaste. God's always amazing me, how He can create the stars and still be concerned with getting me an envelope. He's good, isn't He?

I am 36 years old. I was born into an intergenerational incestuous family and my medial records show my first hospitalization for vaginal trauma at 8 months old. This in itself could have a devastating effect on a person, but my family is deeply religious and even worked in ministry extensively. So I grew up being sexually assaulted on Saturday night by the same folks that prayed for me extensively on Sunday morning. But I had a younger sister. She had it much worse than I did. We grew up inseparable. When as a teen I could only afford to support my younger sister or my infant child, I gave up the child. I loved my sister dearly. I began to exhibit behavioral problems early in life. At 12 I was dropped off on a street corner and told not to return home. I didn't. I quickly became a sex worker, moving from the street corner to a well paid escort. At 24 I gave my life to Christ in a very dramatic display of this fallen world and God's love for his fallen people.

I grew quickly in Christ and at age 27 I was a paid youth pastor and developing traveling speaker. Then tragedy hit and I lost my son and the man I loved. I still 'limped' along until my sister, asking her final question "Am I a child of light or darkness?", burned herself alive. I was high on psychedelics when I got the call and I picked up the charred remains of my sister in my bare hands. While hallucinating I lost my mind, literally. Began working as a dominatrix, torturing people for money, but God got a hold of me and the demon feeding table I was running, so I quit that and became a homeless drifter holding a cardboard sign and living for a fix and a sandwich. But I spent all day in prayer everyday and begged God to take my life or my freedom but please break my bondage. I landed in county jail for the first time. I've been here and clean almost 2 months! Last week I found your book. Since childhood, I've dreamed of writing a book about my life and yours in my hands reminded me, that although this life has beaten hope from me many times, I have a hope and a future in Christ and big things are what God has planned for me, I hope. There's no rehab options or anything else for me so short of God intervening, I'll be turned back to the streets soon. I'm scared. I'm 36 and I've failed so many times. But the book next to me says you did it and maybe so I can. Hope to hear from you, Ruby. *We found some Christian rehabs in her area, especially Teen Challenge and sent her the contact information for when she is released. We pray she made it.*

Dear John & Eileen, I want to thank you both for the studies which I enjoyed in my 2 years it's taken me to complete. I am not a very good task person, staying consistent. I was very proud of such. I learned a lot about the Bible and myself. The biggest accomplishment in my life was graduating this course! The joy to share my faith with others, I have a dear Christian brother in my pod who I converse everyday about the Lord. He has gotten his faith re-ignited by me helping him as again it's not about me! I done nothing. It's Jesus in me. I still can not get over the joy of this study. I thank you for your endeavoring and diligent ministry and I also plan to go into ministry once released, the Lord willing. My brother here, also his wife and my girlfriend/fiancé, wife one day have a name for the ministry: Two Brothers and Two Sisters Ministry. One of my important missions is to get people out of human trafficking, the women, children, elderly. It's the case of love at hand. It is people like you who inspire me to do the Lord's work. 12 years left on my 27 year sentence. **The greatest accomplishment is 2015, my graduation.** I sincerely went to Jesus and I shared many times. I tried to embrace Christianity. I don't question why it's taken so long. I know it was my season. Keep my fiancé in prayer. She had a terrible accident, broke her jaw, foot and spine. I am also inquiring on any literature on fasting. I have written many places really gotten no aid in that area. God bless you all, Charlie *We sent Charles material on fasting to help him in his making his requests known to God.*



Released to Love

Women's Recovery Group

Meeting on Thursday Evening from 6:30-8:00

At Little Lambs Inc, 710 S Eucalyptus St.

Contact Numbers Mary @ 863-873-6416 or Ruth @ 863-202-0647



We are a support group committed to creating a safe place for women to share their experience, strength, and hope with each other.

As a fellowship of women recovering from unhealthy behaviors and relationships that have affected us in our lives, our purpose is to grow spiritually in our relationship with the Lord and heal emotionally from the hurts and pains from our pasts. The tools we use for our recovery are: the Bible, the book "The Twelve Steps for Christians," and handouts based on Codependency recovery material. All the material used is based on Biblical principles.

Can you relate to any of these questions?

1. Do you feel compelled to control the people around you?
2. Do you feel responsible for other people, their feelings, moods, actions, needs, wants, & wellbeing?
3. Do you blame yourself for everything?
4. Do you feel like a victim?
5. Do you feel ashamed of who you are?
6. Are you a people pleaser?
7. Are you always taking care of others and not yourself?
8. Do you feel tired and isolated?

The definition of codependency is a person who has let someone else's behavior effect her and is obsessed with controlling other people's behavior. Instead of trying to control others, we learn to detach. Instead of allowing others to hurt and use us, we set boundaries. Instead of reacting in our own self-will, we learn to respond to God's will. We let go of worry and denial, and learn constructive problem solving skills. We learn to feel and express feelings; we learn to value who we are in Christ. We stop punishing ourselves for other peoples' problems, nonsense and insanity! We stop expecting perfection from ourselves and others.

Our desire is to improve the quality of our lives as we apply what we learn from the recovery tools and from listening to and sharing where we failed previously. As we place ourselves in the care of Jesus Christ, our attitudes improve. We honestly, openly, and willingly look at who we were and who we are today, now that we are being transformed by the Holy Spirit's presence in our lives.

And it is a place to learn how to really love someone without guilt and pain. Because we are truly free in Christ, we wish you a very blessed Thanksgiving and pray that if you feel the need, come and join us at this special meeting for women. You will be loved. God bless all of you and thank you for supporting this ministry. We ask you to pray to for someone to replace Willie Hubbell with Overcomers in the prisons. Willie has permanently retired and has severe health issues. Pray for God to pour out His mercy on Willie and his family.

Your Servant, Eileen Sala

PS Three prisons in the panhandle of Florida, Gulf, Bay, and Calhoun Prisons, were severely damaged and evacuated in the hurricane as well as The Forestry Camp at Levy and Panama Work Release.

Schedule November 2018

Mon...Avon Park Prison Bible Study

Tue...Marriage & Family/Biblical
Boundaries Avon Park Prison

Thurs..Released to Love, Women
Codependent recovery @ 6:30 pm
@ Little Lambs Inc

Thurs...Marriage & Family/Biblical
Boundaries Avon Park Prison

Thurs...Released to Love Women's
Codependent Recovery Mtg.
6:30 pm upstairs@ Little Lambs

Counseling by Appointment
863-273-7388