



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 November 2019

AN UNUSUAL ESSAY! In this Marriage Class, I have learned some great lessons and vital truth that is very needful, useful and wonderful to balance healthy lasting relationships... the elements of the soul that each person possesses and can choose to share with someone else. I wish that what I know now, if I only would have known then. I am not where I want to be in life, but I thank God I am not where I used to be. :)

We are products of our past, but we don't have to become prisoners of it. You must study your past before you will decide what to do with the future just to make sure you are well grounded. Your success in life is ultimately measured by the problems you create or the problems you solve. :)

I have learned that failure is success if you learn from it. We can learn more from our failures than we do with success. If you ignore success and pursue excellence in all you do, success will find you. In life, nothing happened by accident or by chance, everything happened for a good reason and purpose. What you put into life is what you will get out of life.

The more we live the more we learn and the things we learned should help us to live longer. Experience is a cool teacher. It gives you an exam first than a lesson. Life in prison has opened the eyes of my Heart to see the Value, Meaning and Purpose of Marriage, Family, Parenting and Relationships and I can't wait to get back out there to make things worth while and differently and uniquely and Productively. Once you know where you want to go in life, only then can you begin to take others there. NO one can do for you what you can do for yourself. But we must realize and understand who is the giver of Life Because the reason for Life is Love and the reason for Love is Life. Not every opportunity is a good opportunity. Not every open door you should walk through and not every closed door you should give up on. Sometimes door are closed for a reason, but be Patient until the right season. Don't be so quick to give up and walk away. Life's Treasures are People.. Together. A Soldier fights not because of what is in front of Him but because of what is behind him, determination for the Family. When you reach the end of where you are, that is the beginning of where God is. No matter where you find your self in life you cannot max out God.

When God is your defender you have a lawyer that no money in the world can buy. :) No man is completely and fully free if he drags his chain with him. A chain is as strong as it's weakest like. Working for your self will not get you far in life. Working for something higher than yourself will cause you to reach great and higher heights in life.. Unity is the Foundation and Key to sustain a Beautiful Relationship. The love of God looks beyond what people are to who they can become. The truest measure of God's love is that He loves without measure.

In general we all are responsible for this world, the way we use it, treat it, handle it, care for it, and make love to it. Living life in prison and coming to this program has changed my view and perspective of life. I am truly grateful and thankful for this new experience. I thank the Lord for the Woman of God that comes and feeds us with these vital truths, knowledge and Wisdom. I pray that God will bless you with long life, enrich her soul, mind and body to keep on doing the will of God. This world needs more godly women, and mothers who are willing to reach out and sacrifice their time and effort to guide this younger generation in the proper direction with good morals and values. I greatly admire people who are putting time to good use. The greatest Gap in this World is between the Knowing and Doing! To the World you just might be one Person, but to one Person you just might be the World. :) *At first I thought these were all quotes, but checked on the internet and perhaps only one was cited. This inmate is so sincere and well read!*



Little Lambs Inc
PO BOX 32
Sebring, FL 33871-0032



What have you earned in Parenting Class?

I've learned a lot in class. Most of all I've learned how messed up I was. Some things I heard mimicked my life and my relationships. I knew I needed a change in my behavior. I also needed to repent my sins. So I have been praying. I have reached out to my loved ones that I was verbally abusive to and asked them for forgiveness after I told them how sorry I was for the pain I caused them. If it wasn't for this

class I wouldn't even know the harm I caused.

I learned about dysfunctional families. How dysfunctional my family was because of me the addict. My wife was my codependent and I controlled her in every way besides physically. My children suffered from my behavior. Now that I look back, I can see how they did take different rolls to please me or my wife.

I've learned to be functional, I need to keep God in my life. Stay on top of my readings. He will keep me righteous. My family will see the difference in my behavior from all I've learned in this class. God will keep me on the right path in my recovery.

I know now from class that I can't just go out and find any woman. My relationship with my wife was doomed to fail because we were both messed up with empty love tanks. I can't just fall head over heels for just any woman. I know I need a woman with good morals and a woman with a good relationship with God.

I also had hidden anger. From the teachings I realized where this anger stems and how to learn from that so there won't be a cycle. I figure this is where all my verbal abuse came from. I learned this behavior is hurtful and feel it can brainwash my loved ones. So now I know where my hidden anger comes from and what not to do.

Lastly I learned how to detach from people. How to talk reason with them and if that fails I say "NO", walk away from that bad relationship. If I believe it will only bring harm to both of us then the relationship was not worth the heartache. It can be hard but we all need to love the right people and life will be good.

I cannot blame my parents for my actions. I had no empty tank growing up. I lived in only 2 homes since age of 5. My parents were good providers and very loving to me and each other. They had no addiction and never hurt each other in anyway. My parents did not use drugs and only drank on special occasions. My dad worked for the same company for 47 years. My mom is a housewife and only worked to provide us a better Christmas and to have her dream pool. The fault lays in my own self-esteem problem and over-active Limbic part of my brain. I chose to use alcohol and drugs to mask my own faults and because of my alcohol and drug use I drained my own tank and everyone around me. So I have no one but myself to blame for my addictions and problems in my life. This class has enlightened me as to my own faults and has changed how I look at life. I wish I could go back and change the course I took. I ruined what would have been a truly wonderful and loving life. The alcohol made me a monster and the drugs helped me cope. Never again.

Now I'd like to thank Mrs. Sala for teaching us about Boundaries...one of the most important characteristics to me, that's been identified by our teacher. Why? Because boundaries sets the true tone for any relationship between two or more living beings. How so? It establishes limitations for both parties. For example: if you come to a friend's house and there's a closed gate, with a No Trespassing sign and a Beware of Dog sign, with a lock secured on the latch. They've established clearly that no one should enter unless they unlock the gate, put away the dog, and welcome them in. (Removing the boundaries!) You're not permitted to shoot the dog, jump the gate, or cut the lock. This would be a clear violation of your friends' boundaries. Boundaries in marriage says: you can not say or do whatever you want when you decide to. It says to think about her feelings and emotional state before acting, even if you are the man. (The human species has the greatest problem with boundaries of others, especially with our significant others.) Boundaries say: You can't disrespect physically or verbally; accept no, no cheating; no demeaning; no running from; but talk rationally, reasoning through problems productively, respond instead of react, saying **no** to express your boundaries; no mind-altering drugs because unsober minds make irrational decisions due to intoxication. Not exercising the boundaries of remaining sober causes us to hurt. I know that it's not going to be easy reversing what's already been done, but I'm trusting God to be my strength, power and might where the changing of my family is concerned.

Dear Little Lambs,

I know God is still blessing your ministry so I desire that those whom the Lord allowed me to lead to Jesus experience the same loving ministry you provided for me! The three young men (names and addresses were included) desire to grow in the grace and knowledge of Jesus Christ. I am merely providing postage! :) I completed your course in 2015. Since then I have earned a bachelor's degree in biblical studies and I have been licensed to preach. I am 12 hours away from completing an advanced degree in Ministry. The Lord is allowing me to earnestly contend for the faith (Jude 3). Praise the Lord for the souls He has saved. And now I commend them into your care! Please send them the introductory Packet 1 or first lesson! *Rod Ar This graduate has gained three disciples and is requesting that they study the course with us. Of course their lessons were mailed out that week.*

Happy Thanksgiving

Dear Mr. John Sala,

I want to say I was quite moved by your testimonial book, "I'm Not Coming Back." I have recently have accepted our Lord Jesus Christ as my Savior. Amen! I have a life of so much testimony that I believe will have a great impact to prisoners everywhere, especially where Gang Members reside. Look, I was affiliated with the Infamous Mexican Mafia of Texas and since I have given My life to Our Father in Heaven, they have honored my decision in doing so! I am not surprised though cause, man, who in their right mind would actually go up against God? Right? I keep busy doing bible study on my own and Bible study courses on my own because of my status. I am categorized as S.T.G. member - so therefore I am in Administrative Segregation. I am not alone. God and Christ are with me each and every day! Amen. I want and desire to become a Salvationist when I am released. I have so much to give as far as my own testimony. I have been in trouble with the law since the age of 11 years old. I am 47 now. Christ has showed me God's preference of how and how I should be. This is why I am so grateful for God loving me as I do Him and Jesus

Dear Little Lambs, I'd like to Thank You for the beautiful Bible I received from you for completion of your study. I love it and have been in it learning all of the areas and how to understand them. I have shown it off not only to many inmates but to officers and Sergeants as well. I pray you much success in continuing to educate others about our Lord and Savior Jesus Christ. May you each be blessed in every way. FL

To John & Eileen Sala,

I wanted to add a little note to my lesson to share with you how much you both mean to me. You're little notes, pamphlets, and comments have shown genuine care and concern to me, someone you don't know. It is this kind of hope and love that solidifies Christ's love in this world I am in such an evil place that it's often hard to remember that. It's extremely difficult to follow God where I'm at, but it's at times like that I remember Daniel, Mordecai, Shadrach, Meshak and Abednego, Paul, Job and Jonah. God never promised an "easy life" through Christianity. There is so much homosexuality, drugs and violence around me. I spend ALL my time in my studies. I am in a lock-down unit so I do not get to enjoy fellowship except with those in my unit, and there are very few believers. I do not get Chapel privileges either. Almost every one in my family is dead so I really struggling with depression and loneliness. My wife passed away at 29 in February and I miss my children so badly that it is often hard to breathe. I have been locked up now for 7 years, 4 1/2 left to go. I want you to know that the bible studies change my life daily. I love you and thank you for all your do for all of us in the name of Christ Jesus. I am in my permanent camp and look forward to my next lesson. Please send it post-haste! TS, FL

Dear John & Eileen Sala,

I received my certificate of graduation and the following day I received the BEAUTIFUL BIBLE you sent. I had not expected such a wonderful gift to finish my studies!

Thank you so much!

I don't know how to feel now that I've completed the studies and will no longer hear from you. I enjoyed the studies and cute little cards. I know I feel sadness at being finished and not expecting to hear from you. I've grown so much since I've started your studies. Thank you for everything. Tx.

Dear Partners,

Because Thanksgiving is at the end of the month, we are given a whole month to devote to specially thanking God for all our many blessings. We are blessed that our snowbirds are coming home. We are especially blessed to see the men of the Hogar Resa drug program seeking God and able to attend church with us. You might not remember but it was 5 years ago in April, 2014, that they began occupying the Grace Place Home on Magnolia. Designed for women, it has housed up to 17 men at a time for drug treatment. It is indeed a special place that you all have helped us build and maintain as a gift to Hogar and the men. A few years ago, the Hogar opened that home for women in Avon Park that we had hoped to have. The Women's program continues today. At our home, the Hogar President Carmelo Ruiz, has begun a renovation including painting inside and outside, repair and painting of all the fencing and the porch. They are installing new televisions, one on the porch, for the residents; refreshing all the beds and bedding and some fixtures. Even the garden has undergone renovation with new walkways, landscaping and an area for lifting weights. Having now 5 homes for residents, they have a dedicated crew for maintenance who are quite good and quick. Presently they will be getting ready for the holidays!

November will mark another Anger Management session. This will include a Parenting Class certificate as well. We will do the course over the second week of November for 12 hours of class. This class is also excellent if your are in a troubled marriage. Registration is by appointment and all are welcome.

Old friends of mine have moved to our area, Richard and Roberta Dunn. I mentored them years ago at Christian Retreat. Founding a Teen Challenge in Arcadia, Fl., years ago, they have now semi-retired and Richard works as a contractor. Richard and Roberta are two of the few people who have taken my advice and watched "Fat, Sick and Nearly Dead" movie and changed their life totally, being healed of so many maladies and losing tons of weight. After 11 stents, Richard is now enjoying good heart health and maybe only one medication. Because of such a tremendous recovery for Roberta, she has decided to devote her life now to helping others gain health like she has. After studying extensively, she has begun a service in Sebring to provide absolutely gluten free meals according to the Dr. Gundry plan. She is an excellent cook and improvised a number of great recipes. No longer eating in restaurants, they have their own hens and pastured eggs, are growing a garden and will soon be raising pastured chickens, make their own sausage using pastured beef. Now even I am taking lessons from them! You can call or email me if you would like to talk to Roberta, or search for her on the web to enroll in her meal plan.

As we count our blessings, we rejoice that God has fulfilled the scripture for us in Isaiah 54:2-3: *Enlarge the place of your tent and let them stretch forth the curtains of your habitations; Spare not, lengthen your cords, and strengthen your stakes; for you shall break forth on the right hand and on the left.* Our school continues to break forth with new students and as we parent them through the course, we are so blessed. Each letter and each lesson is a contact inspired by the Holy Spirit. To see them grow in understanding makes you feel like a proud parent. Yes, we are blessed with so many spiritual children. Especially with those young men

in the prison and in the program with whom we personally interact.

And of course, YOU are our great blessing. When we all

stand before the Lord we will share in the fruit of this ministry. Thank you again and we pray that you all have the most blest Thanksgiving ever.

God love you and bless you more and more each day.

Your servant,
Eileen Sala

Schedule August 2019

Mon...Marriage & Family/Biblical
Boundaries Avon Park Prison
Tues...Bible Study Avon Park Prison
Tues...Bible Study@ Hogar Resa Sebring
Wed... Overcomers Bible Fellowship
Church @ 6 pm
Thu..Bible Study @ Hogar Resa Sebring
Thurs..Marriage & Family/Biblical
Boundaries, Work Camp @ APCI
Thurs..Released to Love, Women
Codependent recovery @ 6:30 pm
Counseling by Appointment

Anger Management Parenting Biblical Boundaries

New Class Now

Enrolling

863-273-7388

To be held:

Aug 12, 13, 15 @ 6-9pm

Aug. 16 @ 10-3pm

Little Lambs Inc.