



I Am Beautiful

"Life is a journey and a spiritual unfolding is its purpose"

Summer 2010

Volume 1, Issue 1

Epiphany

"Truth is the soil out of which sustenance grows..."(See Epiphany)

"My Savior took me, despite my past..."(See Once Plagued)

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Today, I accept that without Truth, there is nothing. **Truth** is the soil out of which sustenance grows to nourish us so that we can move in healthy directions.

Lies have no nourishment, no food value and starve my Spirit. But **Truth**, as painful as it is sometimes, has a way of "hoeing" and "tilling" itself so that some new growth can come. Even though knowing the **Truth** seems unnecessary or too much to carry, I know it anyway at some level. To bring **Truth** out into the open gives it a chance to lift the veil of secrecy that has made it feel like a beast within and lets it transform into something useable that can again nurture **Health** and **Life**.

Today, I allow the **Truth** to set me free. I didn't expect enlightenment to hurt like this. I thought that if I became "Oh, so Spiritual" and free, the pain would not be there. I didn't realize that an important

step on my road to freedom was in releasing my beliefs that: I own other people; that the world owes me something; that I cannot control my destiny.



I KNOW TODAY, what I cannot let go of has a permanent hold on me. I know that no one and nothing really belongs to me!

Life is a journey and a Spiritual unfolding is its purpose. I see that my ideas of how things had to be were an illusion and that the time and effort I expended trying to get my life to conform to my illusions and disillusionment kept me from my deeper **TRUTH**....I can free myself from control

and illusion.

The **TRUTH** will set you free, but first it will make you mad as hell!!!



"The Storm"
S. Brown
2-2010

Once Plagued

So many mistakes plagued me. But now cleansed; have been set free.

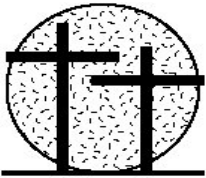
Listening to the winds all around me. Calling, calling; it's time to go.

Along the cloud, I must float. But spiritually well; must not gloat.

My Savior took me, despite my past. What a beautiful life; wish more time lapsed.

My name's written in the Lamb's book. Oh what life took to miss the fire pit's hook.

Now I kneel, in front the throne. Never again trapped; no more feeling alone.



Remember me.
Luke 23:42

*A Catholic outreach to victims,
prisoners, their loved ones, those
released from prison and the entire
community.*

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Letter To My Friends

We would like to give thanks to all the women that have contributed to our "I Am Beautiful" project. This project began over a year ago when we wrote to all the women's prisons across the country and invited women inmates to contribute their poetry, writings and art. These contributions are helping to create a special resource for the many courageous survivors of abuse. This newsletter provides you with some samples of their contributions.

You may be wondering when the resource book will be complete. There is no specific date set at the moment, because we wanted to include as many contributions as possible.

Are you still able to contribute?

Answer: Yes, you may still contribute to the project. New contributions are always welcome and may be published in the future editions of this newsletter.

Question: Will there be a fee or cost for the written outcome of this project?

Answer: Absolutely not! All materials from the women's project or from Dismas Ministry are totally free.

The writings and art in this newsletter were created and sent to us by inmates in the women's prisons all over the United States.

Again, our special thanks to the contributors!

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