# You Fre Beautiful A Newsletter By and For Women in Prison

Winter Issue January 2013

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

#### **HERE I AM**

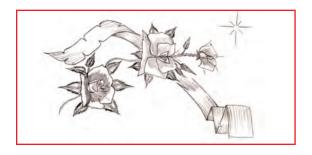
By Kellina

Here I am-frozen in time,
my head in my hands
my heart on the line
and time goes by so very slowly.
Just how I'll do this, I don't know.
But,
Here I am.

### Thanks to *Ashley* for sharing her thoughts...

I could not stay out of trouble-so much hurt I had been through.
I felt nobody wanted to listen.
My Higher Power knew
what I was going through even though
my dad and brother did those things.
I still love them and they will always
remain in my prayers.

I have strong faith because my mother has been sober for six years, so no matter how big of a problem you have, Jesus has been through more. Amen.



#### **EMPOWERMENT**

By Nicole

I gift you with *Empowerment: Encouragement, Inspiration* from within to achieve the impossible... to love the beauty and quit disguising our identities with our inner perceptions.

Learn to embrace our destinies... love ourselves for the butterflies we are and disregard the moth images Inside our heads.



#### SPIRITUAL INHERITANCE

by Barbara

A Spiritual Inheritance is being able to fly without wings, not able to hate anyone not even your own enemy.

A Spiritual Inheritance is being able to live forever. It is being able to love those who don't know how, or are not able to love themselves.

A Spiritual Inheritance
Is flying all around
when you open your heart
to the Good News!

## You Hre Beautiful

A Periodic Newsletter

For Women in Prison Published by Dismas Ministry

A National Catholic Prison Outreach



Letter to Our Friends

Dear Friends,

We were so delighted by the positive responses we received to your art and writings in *I Am Beautiful*, Volume 2. Therefore, we are pleased to announce that Dismas Ministry has obtained funding to create Volume 3!

You are cordially invited to submit your short stories, poetry, testimonies, drawings and colored cover art to be considered for this next book. Please send them to us between now and the **deadline-June 15, 2013**.

We hope to create a meaningful resource to support your expressions of struggle and hope, and to share these with women in prison in the country.

Be well & be beautifu! The Publishers

#### I Am of My Father

by Debbie

I am so beautiful in the image of My Father. He breathed life in me and gave me a drink of heaven's water. I am so humble being a child of our Lord My soul is the heart of the temple of His accord.

By faith I have gotten stronger, living in this cell.
My soul, my life belongs to Jesus; they're not for sale.
My past was so hopeless, you see, I am here.
The blessing of Christ calms my troubled fears.

The joy embracing God gives to me Are flowers of happiness in the miracles I see. Love is beauty for we are of Christ--The Holy Sacred who gave his pure life.