



# You Are 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 Are Beautiful*

A Periodic Newsletter

For Women in Prison

Published by Dismas Ministry

*A National Catholic Prison Outreach*



Remember me.

Luke 23:42

*Dismas*

MINISTRY

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## *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 beautiful! *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.

