

# “Letter From M.O.M.”

The Bi-Monthly newsletter of **Moving On Ministry**

[WWW.MovingOnMinistry.com](http://WWW.MovingOnMinistry.com)

[www.PrisonMinistry.net/movingon](http://www.PrisonMinistry.net/movingon)

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## “I Can Only Imagine”

As you receive this volume of **Letter From M.O.M.**, we are continuing with more of the testimonies of “How God Changes Lives” as well as some more of our own written articles. We can truly say that the “high” that many of our inmates have been trying to get through the wrong methods, is being surpassed by those putting God in control of their lives.

Watch our website

[www.MovingOnMinistry.com](http://www.MovingOnMinistry.com)

We are also affiliated with International Prison Fellowship

[www.PrisonMinistry.net/movingon](http://www.PrisonMinistry.net/movingon)

## Fellowship

Our mailing list has cleared over 560. The time required for designing the newsletters, printing, folding and stuffing the newsletters, applying postage and printing the envelopes has become great. We get behind on letter replies, and may occasionally miss one. Please write back if we do not answer, and write clearly so we can get the information correct. **We would like to know of the impact we are having and also cherish letters from inmates or relatives to the churches to let us know how we are doing.**

## Intentions & Wishes

The intentions of this newsletter are to allow an understanding of jail & prison ministries. It is our intentions to get input from those incarcerated as well as those “free” to visit. Life experiences of the faith and fellowship from those locked up in the facilities are always desired to let others know of the value of “visitation”. I am certain that each of us have many stories of the miracles God has done in our lives.

Our wishes are that we would have a list of supportive churches that individuals might look forward to attending, once released.

A list of services, such as housing, employment and counseling services, as well as some individuals available for friendly fellowship are also much needed items (Resource List).

God’s Word says if a man stumbles, how can he continue lest there be another to help him up. **Ecc. 4:10** “For if they fall, the one will lift up his fellow: but woe to him [that is] alone when he falleth; for [he hath] not another to help him up.” **Proverbs 24:17** “Rejoice not when thy enemy falleth, and let not thy heart be glad when he stumbleth.” John **11:10** “But if a man walketh in the night, he stumbleth, because there is no light in him.”

Please help us with input for this newsletter as we strive to serve God. We appreciate any articles or input.

**Addresses to contact our  
Ministry Volunteers**

**Moving On Ministry  
Chaplain Bob & Linda  
P.O. Box 6667  
Visalia, CA. 93290**

**Moving On Ministry  
Spanish Ministry  
P.O. Box 6667  
Visalia, CA. 93290**

**Andrea Shannon  
8405 Jalima Ave  
Norfolk, VA 23518**

**Iglesia Puerta de Salvacion  
202 Lafayette Ave.  
Lindsay, CA 93247**

**Discover Bible School  
Attn, Robert  
P.O. Box 7175  
Visalia, CA 93290**

**Discover Bible School  
Attn, Paul  
229 Stormy St. NE  
Albany, OR 97322**

**Sister Denise  
Jesus Prayer Ministry  
P.O. Box 7925  
Chula Vista, CA 91912**

**Prison Pen Pals  
P. O. Box 120997  
Ft. Lauderdale, FL 33312**

**Missing M.O.M. ?**

We must constantly remind individuals that we need to be notified of changes of address or facilities. If we get returned mail (about 20 each month), we remove that individual from the files. If you have, or you are going to be moved, please drop us a note to keep your file active. We get mail returned for bad ID #'s, no cell #, and no bed #.

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**Letters that Express it All**

We like to post real life situations, because God works in real lives and He is the one that gives "Eternal Life."

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**Readily Available Printouts**

For those of you that communicate with individuals that have computer access, we have added quite a bit to our web site. The "**Resource List**" (40 pages), the "**Pen Pal Friends**" (12 pages), ALL past newsletters ("**Letter From M.O.M.**"), inmate lookup links, and artwork are available to be viewed or downloaded.

[www.MovingOnMinistry.com](http://www.MovingOnMinistry.com)

Ask for a copy of our **40 page "Resource List"**

**SASE with Postage is needed but verified indigent envelopes will be mailed..**

\$ .46 for Pen pals  
\$.66 for Resources  
\$.46-\$1.30 for Newsletter  
(Donations Welcome)

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## Sharing Your Testimony

There are 4 parts to an individual's testimony;

1. What my life was like before I met Jesus.
2. How I realized I needed Jesus.
3. How I committed my life to Jesus.
4. The difference Jesus has made in my life.

The importance is not what you have done, but what God is doing.

1. Your testimony
2. Your life lessons
3. Your godly passions

### 4. The Good News

I would like to add that we have shared many wonderful testimonies. Many individuals are afraid to share their testimony because they are not sure what to write or feel inadequate in their writing ability. God's Word says in **Jeremiah 17:9** that **"the heart is deceitful above all things, and desperately wicked: who can know it?"** When the heart is changed by Christ it becomes the center of where God works from in our life.

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## MY PERSONAL TESTIMONY

By Amber Rose Riley

My life was empty and chaotic before I gave my life to Christ. Don't get me wrong, I've known Him my whole life but I'd constantly gone out my own way. At the age of 16, I was using drugs, hanging around with very wild and even evil people. Deep in my heart, I knew I was on the wrong path but I thought what I was doing wasn't a big deal. Three months after my sixteenth birthday, an older guy friend and I were arrested for a serious crime and here I am nine years later still fighting for my physical freedom. I thank the Lord that I have inner freedom.

At first I blamed God and everybody else instead of taking responsibility for my own choices and actions. I stopped reading my Bible once I was found guilty and bounced from one religion to another, trying to find inner peace. I only ended up feeling depressed and alone until I attended a ceremony here at VSPW where I witnessed similar stories. I heard people telling their testimonies to all of us and

deep within my heart I felt the tug from the Holy Spirit and I began to cry, knowing that I'd betrayed God and that I'd never find peace without Jesus in my life. That day I gave my life to Christ all over again and of course I have my ups and downs but with faith and God's Word, I always pull through the difficult times.

My life is dramatically different with Jesus and other God fearing people in my life. I no longer struggle with my addictions, with unbelief and inner turmoil. I have positive people in my life who help motivate me and we build each other up in the Word. I am blessed in many ways and I have inner peace. This is the one thing that everyone needs, especially in this type of environment. I no longer feel lonely and miserable because I have Him right here with me in my heart, in my cell and in every area of my life. Without God in my life I would have given up a long time ago, but with Him I can continue to remain positive, productive and strong.

**NOTES:**

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**Why We Are NOT a Pen Pal Organization**

A pen pal may be someone you never meet. They could look like any one. And yet we get individuals writing and requesting to find a pen pal of specific hair color, eye color and even dimensions. To require those specifications would be going against what we are to look for in Christian fellowship. We love the answer given by Andrea Shannon when she was requested to send a picture of herself. She simply sent a picture of 3 lamas and said “Guess which one?”

One of the restrictions volunteers of M.O.M. have is what is termed as “Familiarity” with the inmates. If we develop too friendly or close of a relationship with individuals, we are not allowed to do ministry in those facilities. We do send some information and answers to questions. Linda may also send a postcard when we are on a trip to share our travels with individuals.

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**Birthday Cards**

Doing the birthday cards every month are Carol Ann, and her family. We get lots of complements on the personalization of the cards and we try to forward the complements to Carol Ann for sharing with her friends and family. Carol has had to back out of doing the 8 services each month she was doing. She is focusing more on article writing, helping with the M.O.M. typing and doing more pen pal writing. Carol is also focusing on more quality family time (as talked about in the “Ministry and Burnout” Article).

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**Ministry and Burnout**

We get individuals writing all the time telling us they want to start a ministry when they get out of prison. They are requesting information of how to become ordained. There are questions of what does it take to start a ministry? There are questions on finances and how to raise them.

Starting a ministry – Most important is that God called you to do it. Lots of prayer. Depending on you and God to carry it through. Often the “others” will bailout on you and you and God will have to run the race solo. M.O.M. has some of the GREATEST volunteers, but they do, as Bob does, and try to carry too much of the load. There is the \$1000 to \$10,000 to form the 501(C) (3) non profit registration with the government. These are real “out of pocket” expenses.

Many people say “I want to be where you are.” Problem is they do not want to do what we do to get to where we are. Eleven years of out of pocket expense. Working 40 hours a week to earn enough money to finance 32 hours a week as a volunteer. Volunteer may be a wrong term, since we actually pay for the positions we fill and the materials we provide. No money payment for services rendered, but a great reward in Heaven.

## Phases of Burnout

Psychologists [Herbert Freudenberger](#) and Gail North have theorized that the burnout process can be divided into 12 phases, which are not necessarily followed sequentially, nor necessarily in any sense be relevant or exist other than as an abstract construct.

- 1. The Compulsion to Prove Oneself**  
Often found at the beginning is excessive ambition. This is one's desire to prove themselves while at the workplace. This desire turns into determination and compulsion.
- 2. Working Harder**  
Because they have to prove themselves to others or try to fit in an organization that does not suit them, people establish high personal expectations. In order to meet these expectations, they tend to focus only on work while they take on more work than they usually would. It may happen that they become obsessed with doing everything themselves. This will show that they are irreplaceable since they are able to do so much work without enlisting in the help of others.
- 3. Neglecting Their Needs**  
Since they have devoted everything to work, they now have no time and energy for anything else. Friends and family, eating, and sleeping start to become seen as unnecessary or unimportant, as they reduce the time and energy that can be spent on work.
- 4. Displacement of Conflicts**  
Now, the person has become aware that what they are doing is not right, but they are unable to see the source of the problem. This could lead to a crisis in themselves and become threatening. This is when the first physical symptoms are expressed.
- 5. Revision of Values**  
In this stage, people isolate themselves from others, they avoid conflicts, and fall into a state of denial towards their basic physical needs while their perceptions change. They also change their [value systems](#). The work consumes all energy they have left, leaving no energy and time for friends and hobbies. Their new value system is their job and they start to be emotionally blunt.
- 6. Denial of Emerging Problems**  
The person begins to become intolerant. They do not like being social, and if they were to have social contact, it would be merely unbearable for them. Outsiders tend to see more aggression and sarcasm. It is not uncommon for them to blame their increasing problems on time pressure and all the work that they have to do, instead of on the ways that they have changed, themselves.
- 7. Withdrawal**  
Their social contact is now at a minimum, soon turning into isolation, a wall. Alcohol or drugs may be sought out for a release since they are obsessively

working "by the book". They often have feelings of being without hope or direction.

**8. Obvious Behavioral Changes**

Coworkers, family, friends, and other people that are in their immediate social circles cannot overlook the behavioral changes of this person.

**9. Depersonalization**

Losing contact with themselves, it's possible that they no longer see themselves or others as valuable. As well, the person loses track of their personal needs. Their view of life narrows to only seeing in the present time, while their life turns to a series of mechanical functions.

**10. Inner Emptiness**

They feel empty inside and to overcome this, they might look for activity such as overeating, sex, alcohol, or drugs. These activities are often exaggerated.

**11. Depression**

Burnout may include [depression](#). In that case, the person is exhausted, hopeless, indifferent, and believe that there is nothing for them in the future. To them, there is no meaning of life. Typical depression symptoms arise.

**12. Burnout Syndrome**

They collapse physically and emotionally and should seek immediate medical attention. In extreme cases, usually only when depression is involved, suicidal ideation may occur, with it being viewed as an escape from their situation. Only a few people will actually commit suicide.

## Prevention

While individuals can cope with the symptoms of burnout, the only way to truly prevent burnout is through a combination of organizational change and education for the individual. Organizations address these issues through their own management development, but often they engage external consultants to assist them in establishing new policies and practices supporting a healthier worklife. Maslach and Leiter postulated that burnout occurs when there is a disconnect between the organization and the individual with regard to what they called the six areas of work life: (1) workload, (2) control, (3) reward, (4) community, (5) fairness, and (6) values.

Resolving these discrepancies requires integrated action on the part of both the individual and the organization. A better connection on workload means assuring adequate resources to meet demands as well as work/life balances that encourage employees to revitalize their energy. A better connection on values means clear organizational values to which employees can feel committed. A better connection on community means supportive leadership and relationships with colleagues rather than discord.

One approach for addressing these discrepancies focuses specifically on the fairness area. In one study employees met weekly to discuss and attempt to resolve perceived inequities in their job. This study revealed decreases in the exhaustion component over time but did not affect cynicism or inefficacy indicating that a broader approach is required.

## Coping strategies

There are a variety of ways that both individuals and organizations can deal with burnout. In general, resting proves to be very effective. This may include a temporary reduction of working hours, slowly rebuilding the endurance of the individual. In his book, *Managing stress: Emotion and power at work* (1995), Newton argues that many of the remedies related to burnout are motivated not from an employee's perspective, but from the organization's perspective. Despite that, if there are benefits to coping strategies, then it would follow that both organizations and individuals should attempt to adopt some burnout coping strategies. Below are some of the more common strategies for dealing with burnout.

### Plans to keep from “Burn Out”

Bob, Linda and all the volunteers tend to be on the edge of burnout. The major things M.O.M. is seeking are to get some financial support and to have more volunteers to help with visitation, pen pals, typing, stuffing newsletters, doing promotion presentations and talent for “*Take it to the Yard.*”

We would like some churches and ministries to come in fellowship with us and help with support of cost of outreach. We would like individuals to help with a monthly commitment of support. We actually have an inmate by the name of **Francisco** that sends a monthly support check. **Ray**, a previous inmate, sends 80 stamps every month. If you know of any possibilities, please forward our information to them. Postage and printing costs are always the greatest, with travel expenses taking a close second place.

The need for volunteers always exists. We need letter stuffers, pen pals, those to do visits to the yards and facilities, prayer partners and testimonies to show the grace of God.

Bob and Linda will “try” to cut back on the number of events and days they are committed. We are going to try to do each of the prisons we are committed to on a quarterly basis. Avenal prison and C.M.C. prison have been scheduled. Corcoran will remain monthly as has been, but we will have some volunteers to help also. We will try to get other volunteers to fill the 2 months in between at the quarterly scheduled facilities. We will still anticipate random services at Coffee Creek Corr. Facility in Oregon, Fed. Pen. in Tucson AZ, and Nevada So. Detention Facility. We are also requested to do services at the California prisons of Soledad, Chuckawalla, Tehachapi, North Kern, S.A.T.F., and many others. The out of state prisons are even more requested. Since 85% of the support for M.O.M. comes from Bob and Linda’s paychecks, there are very limiting factors – Working we don’t have enough time and not working we have the time but not the finances. We still have a desire to do a program of “*Take it to the Yard*” This would bring talent to the prison facilities and delivered with the Word of God. One of the problems we run into is that each facility requires a bunch of clearance paperwork doing annual training at the facility, and get a picture taken for I.D. card. Please pray for M.O.M. and the outreach that God has given us.

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# Being Green

Checking out at the store, the young cashier suggested to an older woman, that she should bring her own grocery bags because plastic bags weren't good for the environment.

The woman apologized and explained, "We didn't have this green thing back in my earlier days."

The young clerk responded, "That's our problem today. Your generation did not care enough to save our environment for future generations."

**She was right -- our generation didn't have the green thing in its day.**

Back then, we returned milk bottles, soda bottles and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. So they really were recycled.

**But we didn't have the green thing back in our day.**

Grocery stores bagged our groceries in brown paper bags, that we reused for numerous things, most memorable besides household garbage bags, was the use of brown paper bags as book covers for our school books. This was to ensure that public property, (the books provided for our use by the school) was not defaced by our scribbling. Then we were able to personalize our books on the brown paper bags.

**But too bad we didn't do the green thing back then.**

We walked up stairs, because we didn't have an escalator in every store and office building. We walked to the grocery store and didn't climb into a 300-horsepower machine every time we had to go two blocks.

**But she was right. We didn't have the green thing in our day.**

Back then, we washed the baby's diapers because we didn't have the throw-away kind. We dried clothes on a line, not in an energy gobbling machine burning up 220 volts -- wind and solar power really did dry our clothes back in our early days. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing.

**But that young lady is right; we didn't have the green thing back in our day.**

Back then, we had one TV, or radio, in the house -- not a TV in every room. And the TV had a small screen the size of a handkerchief (remember them?), not a screen the size of the state of Montana. In the kitchen, we blended and stirred by hand because we didn't have electric machines to do everything for us. When we packaged a fragile item to send in the mail, we used wadded up old newspapers to cushion it, not Styrofoam or plastic bubble wrap. Back then, we didn't fire up an engine and burn gasoline just to cut the lawn. We used a push mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity.

**But she's right; we didn't have the green thing back then.**

We drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull.

**But we didn't have the green thing back then.**

Back then, people took the streetcar or a bus and kids rode their bikes to school or walked instead of turning their moms into a 24-hour taxi service. We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And we didn't need a computerized gadget to receive a signal beamed from satellites 23,000 miles out in space in order to find the nearest burger joint.

**But isn't it sad the current generation laments how wasteful we old folks were just because we didn't have the green thing back then?**

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## 20 FEET FROM FREEDOM

Spending my days behind a chained linked fence, covered with razor wires, electrified to touch and guarded with by men with assault rifles. Looking beyond at the people and the cars as they pass by, wishing I was out there too. Freedom, oh how I regret losing mine. Going wherever you want to go and doing whatever you want to do.

Standing in front of the sign that warns one not to get closer than 20 feet knowing that I stand 20 feet from freedom, and tears begin to flow. This beautiful day with no clouds in a blue sky making me to contemplate life, and asking the Lord why He wants me here. I lift my head toward heaven, talking to our Heavenly Father, the answers suddenly engulfs me and overwhelms me. Real freedom isn't on the other side of the fence. It comes from above, through only and ONLY through Jesus Christ. There were no fences, no razor wires and no people with guns.

At that moment, everything began to make sense. In reality, I am already free. Jesus has set His prisoners free by the shedding of His blood, and the resurrection of His life.

Praise the Lord!

By **Ellis A. Chen**

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### **“I” for an “I”**

For such a small word, “I” sure carries a lot of baggage. All too often you hear people say, “I am prettier” or “I am better” or “I am smarter” – etc. These people are so full of themselves until they’ve become oblivious from whence derives true glory.

In the Bible, the apostle Paul warns sincere followers of Christ to dare not emulate those folk who endorse themselves – those who are afflicted with a severe case of the “I-it is.” Paul says:

“...certainly they in measuring themselves by themselves and comparing themselves

with themselves have no understanding?” 2 Corinthians 10:12

And if you’ve ever tried to reason with persons so afflicted you may recall that they just don’t seem to get it.

Paul continues:

“...not the one who recommends himself is approved, but the man whom Jehovah recommends.” vs 18.

Not long ago I read somewhere that to see yourself as you really are, all you need to do is take one look at Jesus. It made me wonder – what am I reflecting?

By **Joseph Raymond Pulliam**

## **JESUS LIVES AND LOVES YOU**

My name is Terry-Jones Indula and I have been serving the Lord for five years now. He has been my strength, joy, love, rock and defense. About five years ago I was torn apart. In jail I lost my family and to matters worse I was facing a great deal of time. I was very devastated, for I had never been in this position before. You can only imagine the pain I was feeling and experiencing. My pain was very deep that I did not at the time wish to live anymore. It was in that moment I picked up an old Bible that was lying on the corner of my shelf. I did not know why I was holding it. However I felt led to do it. After flipping the pages I must confess I felt compelled to rededicate my life to God upon doing so. I experience God's presence in my life. For God has set me free on the inside and suddenly God's peace that is most certainly beyond my understanding was flooding in my heart, soul and mind like rivers of living water. I found myself thanking Him for His indescribable gift. All the pain, heartaches and sadness I was feeling suddenly was melted. Nothing else mattered in my life but Jesus. It was then God touched me and compelled me to share His love, His joy and His faith. I did and do still experience this. This is the very reason I am writing to you to inform you that Jesus loves you. Don't let your past or your circumstances lie to you. I speak as His witness even in my chains. Jesus is alive and wants to make you alive. He wants you to know His truth and His truth alone will set you free.

I want you to know there is no pit too deep that He is not in still and Amen. His river of living water has to this day continued to flow in me and it can for you, if you only believe in Jesus. John 3:16, "For God so loved the world that He gave His only begotten Son that whosoever believes in Him shall not perish but have everlasting life."

My fellow Brethren, I felt compelled to write this testimony so that you may know that you don't have to be in fear, in darkness, in pain or whatever bondage or sin you've committed. Jesus can set you free. It doesn't matter how big of a problem you are in, please by all means know that there is no problem too big for God. I urge you today by the love of God to turn to Him today that He may set you free from your shackles. Look you do not have to be in prison to be in shackles. There are many people out there who are shackled up in fear, infirmity, despondency, drugs, loneliness and the list goes on. The point I am saying is you no longer have to be shackled up like I was.

The Bible says in 2 Corinthians 3:17 "now the Lord is spirit and where the spirit of the Lord is there is freedom." God is knocking at the door of your heart and he waits for you to open that door and Amen.

The question I pose with you today is: are you going to open that door? If so say the following prayer with a believing heart and God shall set you free: Heavenly Father, I believe you sent your son, Jesus to die for a sinner like me. I ask you Jesus to come to my life and be the Lord over my life. I no longer want to live for the world but for you. I receive your Holy Spirit in my life and accept your gift of eternal life. In Jesus name, Amen.

If you have prayed the prayer above with a believing heart, know that Jesus is in your life and you are set free and Amen. Start by reading the book of John. You'll find yourself develop your relationship in Christ Jesus. You can be a living witness for Him and your life in Him has begun.

By **Terry Jones Indula**

## Testimony of Jason:

My name is Jason and I'm a servant of the Living God; however that was not always true. I was born 7/9/1975 and as I write this, it is my 37<sup>th</sup> birthday. I grew up knowing dysfunction and abuse at a young age. My parents were partiers and I saw a lot of physical, mental and emotional abuse in both homes. At about 11 years old, I began to smoke pot, huff paint and drink and smoke. I ran with a lot of kids just like me who were also wild and lost. By high school, my drinking and drugging got totally out of control. I had started to do meth and was with a lot of girls.

As I always did, I stole stuff, sometimes just to do it. I ran away from home a lot and spent a lot of time at juvenile hall. I took to running around with racist people and became a Skin Head. I did a 3 year stay at C.Y.A. and got out of there even wilder. I'd learned more about crime and had become more angry and violent. I began to shoot meth, rob houses and hung with older, crazier "homeboys." 18 months later, I got sent to prison for 7 years by doing burglaries. I did 4 years and 3 months and came home to start my family. By that time I had helped to start my own Skin Head crew with another "comrade" and gained so called "respect".

I worked during this time off and on, got drunk and high, got married and lost my son, Hunter. I got so out of control, finally my parole officer violated me. I did 5 months on 9 months for the violation. I was determined to change, but my old demons plagued me. I was wanted on burglary charges, suspected of carrying guns. I'd only been out about 6 months and got busted again, spun out in a car jacked truck, with a shotgun next to me. 8 years later, here I sit doing a 27 years sentence.

Miracle of miracles and in 2009, I gave my life to Jesus Christ. By the grace of God, I am a new creation. I love to serve our great God and Savior. On that day in 2009, watching Joyce Meyers, I saw my depravity and asked Jesus Christ to save me. I no longer drink and no longer do drugs. I have put away the racism and the pornography, all by the grace of God. I have awesome brothers and sisters in Christ and I'm building true and loving relationships with family and friends.

If you are reading this, strongly look at your life. Do you see yourself in the old me? How do you shake that sinful life? Call on the name of Jesus Christ, repent and have faith that the atoning blood of the Lord is all sufficient to pay your debt. Jesus Christ, the Word, made flesh dwelt among men. His perfect life and sacrifice paid the penalty of your sins, past, present and future. The Word of God says that, he who calls upon the name of Jesus shall be saved. (Romans 10:13). That is the "Good News."  
By Jason Anderson

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### Moving On

When my past came a calling  
I said a prayer and wrote a note  
By the time you're done reading this  
You'll know just what I wrote.

My lord was crucified  
For times such as this  
To save me from my sins  
So God's wrath I would miss.

My walk with God was being tested  
By a dark shadow disguised in light  
Its appearance was quite attractive  
But there was something not right

I wish not to suffer like one Judas  
Who's fate was sealed with a kiss  
But rather to follow God  
And receive eternal bliss

Oh, how my pulse did quicken  
And my heart more than skipped a beat  
With closed eyes I took a deep breath  
And shifted in my seat

Yes my past came a calling  
But I could not be found  
As I approached the throne of grace  
With my face to the ground

My thoughts turned heaven bound  
As my flesh was put in check  
The last time I gave into this  
Ended in a big wreck.

Glory be to God  
I'm moving on, moving on  
Jesus washed away my sins  
Thank God, I'm moving on,

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### The Lord Knows My Name

Submitted by Joey Barker

You can call me a pauper;  
I've been oft called a fool.  
I long for no riches;  
No kingdom to rule  
I don't need a fortune,  
Or honor or fame.  
I'm content with the knowledge,  
The Lord knows my name

I wandered in darkness  
Where sin did abound.  
On the broad way to Hell  
Were my steps to be found.  
My heart so deceitful,  
Had brought me to shame.  
But the Lord had compassion,  
And wrote down my name.

It's been written in blood  
In the Lamb's book of life.  
On the cross of Golgotha ,  
My Lord paid the price.  
Enduring the scorn,  
The pain and great shame.  
What a cause for rejoicing  
The Lord knows my name.

The road isn't easy,  
The saint has to walk.  
They watch my behavior,  
Expressions and talk.  
They find fault so often,  
I'm always to blame.  
What a great consolation,  
The Lord knows my name.

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**WHAT DID YOU SAY?**

Words have power to build up or tear down.  
They can draw a smile and make us laugh  
or cause tears to roll down the saddest frown.  
Have you ever seen the tears from a clown?

Love is cast into darkness by harsh words.  
The tongue is a snitch telling what's inside  
Issues of the heart exposed to the world  
The anger and lies that come from man's pride.

The tongue is so small compared to the rest,  
like a tiny ruttier that turns great ships.  
Controlling the destiny of the best,  
resetting the course each time our tongue slips.

Like a fire that starts with just a spark  
are words of anger spoken without thought.  
It's not what goes in the mouth that defiles  
but what comes out, that is what Jesus taught.

Keep your heart and thoughts on things from  
above

And when you talk always watch what you say.  
So when someone tries to push your button  
your kind words may gently turn them away.

With bait on your hook to attract our pride  
they'll toss you a line to see if you'll bite.  
Keep your treasures in heaven, not down here  
and let our love for Christ keep shining bright.

Don't darken your love with words you'll regret.  
Sometimes it's better to just walk away.  
The power in yours to hurt or to heal  
It all depends on the things that you say.

So dear Lord, help us to guard our hearts and  
thoughts  
and to be mindful of all that we say,  
so our speech will reflect your light in us  
In Jesus name help us shine through the day.

By **James Smith**

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**YOUR LOVE HAS SET ME FREE**

Lord, I feel your presence  
And too, hear your voice  
Helping me to make my way  
And helping with each choice

Lord, I sometimes waiver  
And too, I sometimes fail  
I sometimes wander far astray  
I sometimes lose the trail

Still you're there to guide me  
With patience, you are true  
Knowing my transgressions, Lord  
Won't take me far from you

Lord, you are my sunshine  
The blue sky in each day  
The beauty that's quite plain to see  
In a very special way

Lord, you are the answer  
The warmth I feel inside  
I know throughout eternity  
You'll be there at my side

Your love, Lord, my true blessing  
Your gift from you to me  
No earthly chains can hold me, Lord  
Your love has set me free.

By **David Marsh** in 10/2009

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## Friends

Friends are forever  
They laugh. They love. They share  
each other's thoughts and words  
and most of all, they care.  
Friends can come and go  
and never be apart.  
Because they keep

each other's smiles  
deep within their heart.  
Friends can laugh and talk and cry  
and think of the lovely times gone by.  
But most of all  
they love until they die.

By **Kevin West**.

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## THE ANT AND THE CONTACT LENS

Brenda was almost half way to the top of the tremendous granite cliff. She was standing on a ledge where she was taking a breather during this, her first rock climb. As she rested there, the safety rope snapped against her eye and knocked out her contact lens. "Great", she thought. Here I am on a rock ledge hundreds of feet from the bottom and hundreds of feet from the top of this cliff and now my sight is blurry." She looked and looked, hoping that somehow it had landed on the ledge. But it just was not there.

She felt panic rising in her, so she began praying. She prayed for calm and she prayed that she may find her contact lens. When she got to the top of the cliff, a friend examined her eye and her clothing for the lens, but it was not to be found. She was calm now as she was at the top. She was saddened because she could not clearly see across the range of mountains. She thought of a Bible verse, "The eyes of the Lord run to and fro throughout the whole earth." She thought, "Lord, you can see all these mountains. You know every stone and every leaf and you know exactly where my contact lens is. Please help me."

Later, when they had hiked down the trail to the bottom of the cliff they met another party of climbers who were just starting up the face of the cliff. One of them shouted out, "Hey, you guys! Anybody lose a contact lens?" Well, that would be startling enough, but you know why the climber saw it? An ant was moving slowly across a twig on the face of the rock carrying it!

The story does not stop there. Brenda's father is a cartoonist. When she told him the incredible story of the ant, the prayer and the contact lens, he drew a cartoon of an ant lugging that contact lens with the caption, "Lord, I don't know why you want me to carry this thing. I can't eat it and it is awfully heavy. But if this is what you want me to do I will carry it for you."

(God does not call the qualified, He qualifies the called.)

Submitted by Wayne Marsh

Written by Eunice C. Baugh, his mom, prior to her passing away.

Drawing by  
**Steven Petric**

