

Dear Friend,

You are not alone and the pain you feel is real. There are so many hurting mothers, family and friends that as I read the different stories of what people are facing while their loved ones are incarcerated my heart becomes heavy. I have to go to God in prayer to help me deal with the pain and heaviness.

These are statements from mothers: "Hi, my oldest son will turn 30 in 2 days in a Florida prison; he was sentenced to 10 yrs. We have 1 year down, but it isn't getting any easier for me to deal with it. I don't honestly think I have really come to grips with it and I have no one I can truly talk to about how I feel. I love him but I'm so mad at him, then I feel guilty for being mad. My heart feels like it is breaking." "I am searching for other moms who are going through this same thing. I'm finally able to admit that my life is a real mess, because of my oldest son who is in prison. I'm so sad, frustrated and frankly angry about the whole situation. I feel like a failure as a mother." "I just spent the day with my daughter. Today is her 30th birthday. She has 7 more years to serve. I am thankful that I was able to travel to see her. Now I just feel so sad. The day she was born I could have never imagined this is where she would be in 30 years."

These are just a few statements from mothers dealing with the pain of their incarcerated children. Realize humans can only do so much and we all have to turn to God to help us deal with the pains in our lives. I pray that these Newsletters will point you to Jesus, because He's the only one that can heal the hurt. Matthew 11:29-30 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.<sup>30</sup> For my yoke is easy, and my burden is light.

If you would like to share with our readers how you deal with a loved one being incarcerated please email us your testimony. Please limit your testimony to one page and include a picture of yourself if possible. Anyone can receive a copy of this Newsletter by emailing or mailing us their name and address. They can also receive the Newsletter by email.

We send the books, Bible Study and this Newsletter free of charge. Pray about helping us on a monthly basis by donating any amount. Anything you are able to do will be greatly appreciated.

Yours in Christ,



Pastor Frank M. Bafford Sr.