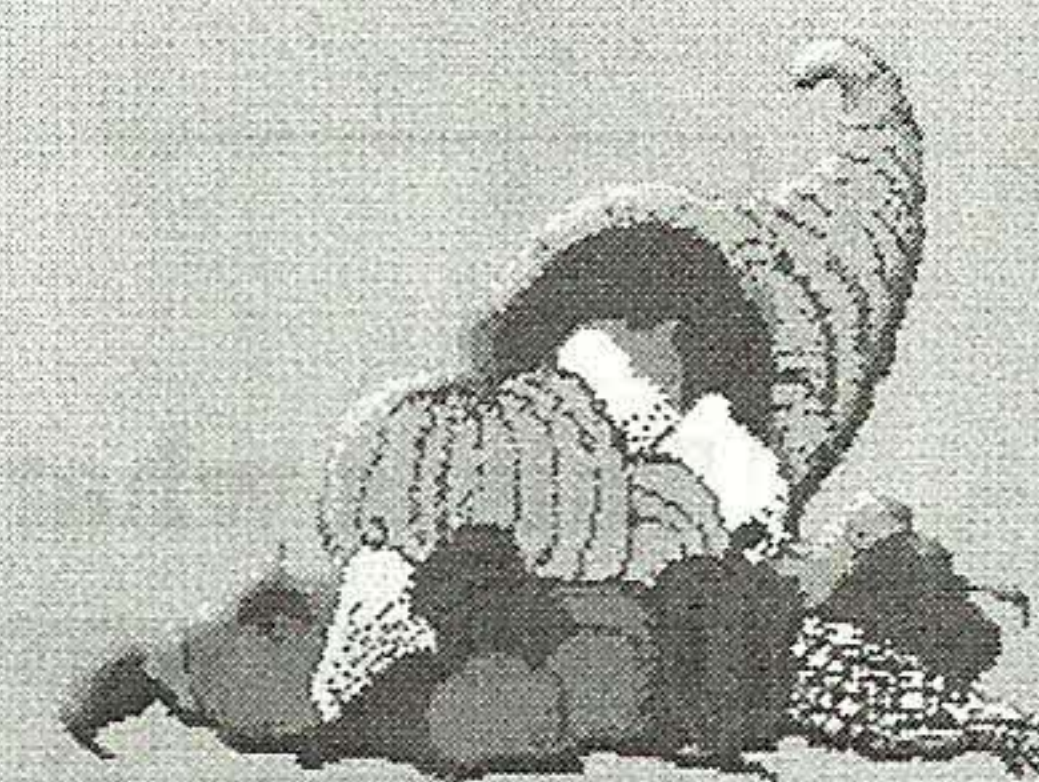


November 2010



Life Abundant, Inc.



Herbert W. Rose, Executive Director

Web site: <http://lifeabundantinc.org> Phone: 215-489-0200 / Fax: 215-489-8818

Sonia Mendelow, Women's Ministry Coordinator

Frank Gianni, Men's Ministry Coordinator

Regina Bready, Administrative Assistant

Thanksgiving!

Thanksgiving is that special day of the year when many families come together to give thanks for all the many blessings they have received in their lives. The older I get the more I look forward to all the kids coming home at Thanksgiving. The house becomes joyfully overcrowded and the noise of grandchildren sometimes deafening, but I would not trade it for the world. In a perfect world our blessings would originate only from pleasant situations and thoughts. But we don't live in a perfect world, and the giving of thanks involves all things positive as well as negative. We sometimes forget, or maybe want to forget, that many blessings come out of trials and tribulations. We all want the perfect family, perfect children, perfect job, perfect health, etc. We don't want anything to rock our spiritual boat of equilibrium. **The Lord says, "Consider it all joy upon your various trials knowing this that the trying of your faith worketh patience."** (James 1:2-3) The Lord isn't saying to jump up and down with joy because of difficult trials but to realize God is sovereign and in control of all that we go through. Sometimes those trials hurt so much you just cry out to God for his mercy and grace. I am truly thankful for both the good and the bad even when it hurts. I trust that you and your family, no matter what your circumstances, will be able to give God thanks during this Thanksgiving Season.

The holidays are a very difficult time for inmates who name the Lord Jesus Christ as their Savior, because they can't be with family, or they have no family. The ministry of Life Abundant is able to help relieve their isolation from family and help ease the loneliness during the holiday season. They do appreciate our support, and you help make this possible.

C. writes, "through our friendship and fellowship I have grown as a person and a believer in Jesus Christ. If it weren't for Life Abundant, I would find myself in a dark place. I am sorry to say, but I never hear from any of my brothers or sisters and even my sister-in-law has stopped writing. I have no reason why, but I used to worry about things like that, but now I leave everything in God's hands and do not worry about anything."

T. writes, thank you for all you are doing. It is hard being in prison for the holidays but you make it a little easier on everyone. God bless."

M. writes, "thank you for coming here and lifting our spirits through the holidays. You are angles from God. God Bless."

S. writes, "Thank you so much for coming and bringing us hope and joy. God Bless."

P. writes, "I want to thank you for all you do. It is hard but I am not going back. I do not know what I would do without God in my life."

As we give thanks for the many blessings we have received this Thanksgiving, please keep in mind those behind prison walls. Yes, they have committed a crime which has placed them in prison, but God challenges us to never forget them. God says, "When saw we thee sick or in prison, and came unto thee? And the King shall answer and say unto them, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me." (Matt 25: 39-40) Be ye therefore perfect, even as your Father which is in heaven is perfect.

I thank you for your continued support of the ministry of Life Abundant. Your financial support allows us to minister to these brothers and sister behind prison walls (some forgotten by their own families).

May God continue to richly bless you and your families at this Thanksgiving Season as you serve our risen Savior.

In Christ,

Herb Rose

What we need is Faith and God.

This is what a young woman said as she evaluates her life while in prison. My father and mother were both alcoholics and addicts. Much of my childhood is a blank. My brothers were always telling me I was ugly. They said this is why my father left me because I was ugly. I was molested from age 7 to 14. When I was younger I thought this was normal. My teen years revolved around drugs and men. I left home at age 16 and lived on the streets of Philadelphia. I started to use crack and eventually went into a rehab center. I had four miscarriages and was told I could never have children. I eventually had two children by two different men. Because of my behavior I could not have custody of my children. I was sent to Montgomery County Prison for a parole violation. My life was the definition of chaos. It was there that I heard the gospel and was saved. Upon release I went home and got involved with church, Bible Studies, A.A. and N. A. I still had forgery charges I had to face in Bucks County. I was sentenced to three to twenty months in Bucks County Prison. I am involved in the Life Abundant program and attending the Conquering Co-Dependency Class. I finally have been able to forgive my brother for molesting me growing up. Through the class I learned just how dependent I became on men, drugs, and sex. This pattern was very close to my own mother's growing up. God has come back in my life or should I say I am back with him. I have over a year in sobriety, which is an amazing feeling. I feel great and God has supported me. I am so glad God will never leave us nor forsake us. If you hear anything from my short testimony I hope it is this, you don't need men in your life or alcohol or drugs. What you need is faith and God.

Sincerely
T.

Our New Address :
Life Abundant Inc., 350 E. Butler Avenue, Suite 103
New Britain, Pa 18901
Our Mailing Address has remained the same

"Give Thanks to the LORD, for His love endures forever". 2 Chronicles 20:21

PARTNER WITH LIFE ABUNDANT

Are you interested in becoming a part of the After Care Solution?

COMMENTS

I am able to give:

- \$ Annually
 \$ Quarterly

- I am able to pray
 Send Email Updates
 Please Mail Updates

I will partner by:

- Mentoring
 Employing
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Name: _____

Address: _____

Phone: _____

Email: _____

Mail to: Life Abundant, Inc. P.O. Box 412, Doylestown, PA 18901

P.O. Box 412

Doylestown, PA 18901

Phone: 215 489-0200

Fax 215 489-8818

Email: lamministries@verizon.net

We are on the Web

www.lifeabundantinc.org

Assisting inmates, ex-offenders and their families develop Biblical principles in their social, economic, and spiritual lives and becoming productive members of society.