

7/22/11

Without Warning

life sometimes throws you a curveball: without warning!

I don't really share the curveballs life has thrown my way due to the fact I often miss the ball & strike out, so to say. However lately I've felt the need to reach out to others who feel this way.

When I was younger I felt the defeat that came from these curveballs to the point that I began to self destruct. Without warning I found myself starting to harm myself with the intentions of dying.

Suicidal tendencies is not a subject I've heard many speak on. Actually I've never heard it spoken outside my centers or the offices of the doctors who tried very hard to help me. In the end the only one who was able to help me was the Good Lord above. However this is the curveballs of life. I feel led to talk to anyone who'll listen about.

I've noticed the young ages of teenage suicide & its getting younger as the years pass. Suicide is a permanent solution to temporary problems, but often times the one who sees suicide as the answer: they feel its their only option. I know - I've been there.

I speak from experience: there is always another option to every hopeless situation.

I'm the survivor of 29 suicide attempts. The only thing I haven't done was put a gun to my head and pulled the trigger. I couldn't see my parents having to go through that, but I tried every other way possible. But God.

In the 29 times, I've flat lined three times.

My purpose in life wasn't fulfilled & God spared me. He has a plan for my life & the life ~~out~~ of everyone else He

has created. Yet we cheat God & those He has placed in our lives when we choose to take the very life He has given us out.

Through all my heartache, pain, & sorrow I have yet to come up with an explanation worthy of the torment I put myself through. I didn't want to feel the hurt & I didn't want to feel the pain or acknowledge the shame so I tried to put me out of commission.

Had I ~~succeeded~~^{succeeded} I would've missed out on being a mother & wife. I'd missed maturing and being able to overcome the very thing that held me hostage for so long: suicidal tendencies.

After many years of therapy, a few hospital stays, & even medication I am very proud to report I haven't inflicted harm with the intent to die since 2006. I know that it will always be there, but God gives me strength to say in my weakest moments: "Help me, I can't do this on my own."

To those who suffer with these tormenting tendencies - there is HOPE. I found my hope in God above. If you feel as if your only answer is the final way out - I encourage you to try Him. He is the One that I've found who could take everything broken and defeated in me & make me NEW.

Suicide is a selfish act because so many people are left behind. Allow yourself the chance to be who you were created to be. It maybe harder to persevere but in the end I believe it's worth it.

Trust & Believe He works all things for His glory!

Have a Blessed Day
JF

7/23/11
Marlin, Tx

My Dearest Daughters,

Hello; Stephine, Heaven, and Justus! Over the years I've written thousands of letters & journal entries to you girls that you've never ~~had~~ read. And I've decided to place my most intimate thoughts & emotions upon pages that I could place on my blog site in hopes that one day you three will access them.

At this present time I've done three and a half years flat on my five year prison sentence. As your mother I feel you deserve nothing but honesty from me. Therefore, I will open myself to you & pray that when the day comes for us to be reunited that these w/ the many other letters I've written will land in your hands.

My daughters you three are the best decisions I've ever made. I love you and though I had to choose to give you a life you deserved that I could not provide (at the time it doesn't mean you weren't wanted). Believe me - you each were wanted & I wanted to give you a life with me, but to keep you three would've been selfish. I wasn't able to care for you the way you needed b/c I turned to my addiction when life became too much to handle.

I don't make excuses. I speak from my heart when I say I wish I was stronger back then. Had I been I might have been able to raise you girls. However, I wasn't. I gave into temptation. I allowed sin to rule me. It cost me you; it cost me way more than I was willing to pay. I am making decisions today to better myself in anticipation of your return into my life.

Sweet babies, I love you three so deeply. I think of you all the time. For the love that God has blessed me I am grateful. I pray for you girls to love God with your whole hearts. I pray for your protection and guidance. I ask God to

draw you each near to Him. That you three would serve Him and surrender to Him to follow His will for your lives. I firmly believe that God will bring you three back into my life in the next few years. I believe that & by faith I speak it.

One of the things I firmly believe is that you three want to find me well; drug, alcohol, and crime free. I believe anything less would be an insult to you girls. I believe you deserve to find me ~~me~~ with my act together. Its unacceptable to me if you find ~~me~~ actively in my past lifestyle.

My love for you girls is pushing me to do better for myself. I love you Babies! May you be blessed by the knowledge of my love for you. I miss you girls.

God Bless you & Keep You

I Love You!

I Love You!

I Love You!

Amen forever -
Your mother -
Frances

4/23/11
Lyrics by J. Whitlock

Here I Am

- (I) Here I am, Lord, in the midst of all my pain. Here I am Lord
I am crying out again. Here I am Lord, reaching out to you.
I know there's only One who can see me through.
- (II) Here I am Lord, drowning in my sea. Here I am Lord, come
and ~~come~~^{rescue} me. Here I am Lord, offering my heart. Come
and cleanse me, give me a brand new start.
- Chorus: Here I am - I hear you when you're calling. Here I am -
I'll catch you when you're falling. Here I am - the Lord of
everything to me your sacrifice you bring. Here I am
I listen to your pleas. Here I am - I protect you from
the unseen. Here I am - your creator and your friend.
Master and deliverer, Here I am, the great I AM.
- (III) Here I am Lord feeling the broken and abused. Here I
am Lord, wondering what you'd do. Here I am Lord, I
am standing here in need, Change my heart, Father
set me free
- (IV) Here I am Lord, am I beyond your reach. Here I am Lord,
do you hear me when I speak. Here I am Lord I'm lonely
and confused and in this moment.. I'm screaming out to you

Repeat Chorus

Here I am - I hear you calling on my name. Here I
am, I'll not leave you unchanged. Here I am - the
beginning and the end. Here I am, The great I AM.

J. Whitlock Miller

7/25/11

This 1 is 4 my Homies..-

This 1 is 4 my homies still grinding in the game... I pray Gods protection and peace over you all, I know the streets are no longer the same. They take more than they give and they don't give a damn. Time don't get easier because the system is broke. More people died this month on my unit than in a year. I've been down since '08 and I'm still trying to make parole. While my homies out there straight balling out of control.

This 1 is 4 my homies that are down on lock. Its time to change the way you think and get it together. I know its what I've got to do. If not they'll hold us all a bed or worse we could end up dead. We got time to make changes but change is an action. It don't just happen.

This 1 is 4 my homies still out there blowing big... Its time to get it together. The stuff they serve is cut, chopped, and screwed. Look in the mirror & see what its doing to you.

This 1 is 4 my homie-man, we been through it. Let's switch on the game and do something different. You smart and business minded. You cold do anything if you put your mind to it. You taught me how to believe in myself again. Help is one prayer away. You done done this you know it ain't what the business is. But I thought I'd shout out to say... I believe in you.

To all my homies... I've got your backs. Through the power of prayer, I Believe.

Change Is Coming

Blessed by the Best