

A PRAYER FOR ALL VICTIMS

JULY 3, 2014: 7:30am: LISTENING TO: *BROKEN* BY: SEETHER

BEFORE I BEGIN, MY HEART BREAKS FOR THESE 2 LITTLE GIRLS AND I WILL SAY A SILENT PRAYER FOR THESE 2 BABIES. RYLEIGH & MIKAYLA FRIEWALD, 2 ADORABLE LITTLE GIRLS WHO NEVER LIVED TO SEE THE AGE OF 10. I DO NOT HAVE THEIR EXACT AGES BUT BOTH WERE UNDER 10. A TREE FELL ON THE CAR THEY WERE IN AND THEY BOTH WERE KILLED. I CAN'T HELP BUT CRY FOR THESE 2 CHILDREN AND MY HEART GOES OUT TO THEM AND THEIR FAMILIES.

RYLEIGH & MIKAYLA FRIEWALD; RIPOSA IN PACE

GOODMORNING EVERYONE, I START MY DAY WITH A HEAVY HEART AFTER LEARNING OF THAT RECENT NEWS STORY. IN PRISON EVERY DAY YOU HEAR STORIES. WE ALL HAVE A STORY TO TELL. BUT WHAT ABOUT THE ONES WHO HAVE NO VOICE? WHAT ABOUT THE VICTIMS OF THE CRIMES WE HAVE COMMITTED? WOULD MY VICTIM FORGIVE ME? WOULD HE UNDERSTAND THAT I NEVER MEANT TO TAKE HIS LIFE? THATS NOT A QUESTION I CAN ANSWER BUT TODAY I WANT TO REMEMBER MY VICTIM. THOUGH HE STARTED THE FIGHT THAT LED TO HIS DEATH, I STILL LIVE SO HE IS THE VICTIM. I HAVE LEARNED COMPASSION, REMORSE, BUT WHAT I HAVEN'T LEARNED IS HOW TO FORGIVE. I DO TRY BUT IT'S NOT VERY EASY. SO I UNDERSTAND THE PAIN, ANGER, EVEN HATRED FOR PEOPLE IN PRISON. I HAVE GOTTEN SOME HATE MAIL SINCE STARTING THIS BLOG. PEOPLE HAVE GONE TO MY PROFILE PAGE, WRITTEN DOWN MY ADDRESS AND SENT ME MEAN HATEFUL LETTERS. THERE WERE 4 AND ALL 4 HAVE HAD FAMILY MEMBERS WHO WERE VICTIMS OF MURDER. I TOOK A LIFE BUT I DID NOT MURDER ANYONE. I HAVE GROWN AND CHANGED IN THE 16 YEARS SINCE COMING HERE. PRISON AND TRAGEDY HAVE FORCED CHANGE ON ME. AND I'LL BE HONEST, I HAVE SO MUCH HATRED IN MY HEART FOR THE MAN WHO KILLED THE WOMAN I LOVED MORE THEN ANYTHING. I DON'T KNOW HOW TO FORGIVE. I LIE TO MYSELF AND SAY, MAYBE I CAN. BUT I JUST DON'T KNOW. YOU HAVE TO BE A VERY STRONG PERSON^{TO} FORGIVE SOMEONE FOR TAKING A LIFE AND I'M WEAK I GUESS. I DON'T KNOW. I KNOW TALKING ABOUT IT IS PAINFUL. THERE HAS NEVER BEEN A TIME WHEN I HAVE TALKED ABOUT JUSTINE THAT I HAVEN'T CRIED OR HAD TEARS IN MY EYES. MY HEART IS STILL BROKEN. BUT I DO UNDERSTAND LIFE ISN'T ALL ABOUT ME. ONE DAY I WOULD LIKE TO TRY TO LOCATE THE FAMILY OF MY VICTIM AND GIVE THEM MY APOLOGY, MY DEEPEST REGRETS. IT PROBABLY WONT MEAN ANYTHING TO THEM AND THATS OKAY, I DO UNDERSTAND. BUT FOR MY OWN CONSCIENCE, I HAVE TO MAKE THE EFFORT AND DO IT. MY DAUGHTER IS A VICTIM. SHE IS THE VICTIM OF A MAN WHO WOULD RATHER BE WITH A CHILD THAN A WOMAN. AND I DON'T KNOW HOW TO HELP HER. SHE IS A MAJOR WORK IN PROGRESS. BUT NEVER IN MY LIFE HAVE I BEEN MORE AFRAID

WHEN I SPOKE TO HER LAST AND SHE TOLD ME THE STORY OF HOW SHE TRIED TO KILL HERSELF. MY BABY IS ALMOST 17 AND TELLS ME HOW SHE WANTS TO DIE. SHE DOESN'T KNOW THE TRUE CONSEQUENCES OR MEANING TO IT BUT THATS A PART OF MY FEAR. I SEE THESE POOR KIDS, WHO ARE BEING BULLIED AND VICTIMIZED, SO THEY THINK THEIR ONLY WAY OUT IS SUICIDE. THE LAST RESORT. I DON'T NEED TO KNOW THESE KIDS, THEY ARE INNOCENT CHILDREN WHO END THEIR OWN LIVES BECAUSE THEY SEE NO WAY OUT. I PRAY MULTIPLE TIMES A DAY FOR MY DAUGHTER. I BEG GOD NOT TO ABANDON HER AS HER FAMILY HAD ABANDONED HER. I BEG GOD TO SAVE MY LITTLE GIRL AND TO GIVE HER A GOOD LIFE, TO HELP ME HELP HER FIND THE HAPPINESS SHE DESERVES, TO HELP BUILD UP HER SELF CONFIDENCE SO THAT SHE KNOWS SHE IS WORTH ALOT. WHEN SOMEONE IS A VICTIM, THEY CHANGE. I WAS A VICTIM OF BEING BULLIED, BEAT UP ALOT, WHEN I WAS A KID. AND MAYBE THATS WHY I TURNED OUT LIKE THIS. IT MADE ME INTO A BULLY. THE SAME THING THAT HAPPENED TO ME, I DID TO OTHERS. BUT EVENTUALLY I GREW UP AND I LEARNED. NOW I GO OUT OF MY WAY TO HELP SOMEONE. I WILL NEVER CLAIM TO BE PERFECT, I WILL NEVER CLAIM TO BE A REALLY GOOD PERSON. I'VE DONE TOO MUCH WRONG. BUT I HAVE LEARNED AND GROWN. I WRITE THIS TODAY BECAUSE I WANT TO REMEMBER MY VICTIM. SO LETS SPEND A FEW MINUTES REMEMBERING THE VICTIMS OF CRIMES, ALL CRIMES, AND I WILL OFFER MY PRAYERS TO THEM ALL. THE LIVING & THE DEAD, I SHALL PRAY FOR YOU ALL. I'LL NEVER PRETEND THAT I HAVE NEVER DONE BAD THINGS IN LIFE BUT GROWING & LEARNING ARE A PART OF LIFE & I AM ON THE RIGHT TRACK. WELL IT'S LITERALLY 80+ DEGREES IN MY CELL SO I SHALL END THIS NOW. I WANT TO GO OUTSIDE WHERE IT'S A BIT COOLER. SO THANK YOU FOR READING, TAKE CARE & GOD BLESS. MY VICTIM IS NAMED RONALD UPDEGRAVE, I AM SORRY, & I SHALL NEVER FORGET NOR FORGIVE MYSELF, CIAO.

TO ALL VICTIMS OF CRIME, ESPECIALLY THE ONES WHO NOW HAVE NO VOICE;

RIPOSA IN PACE

(REST IN PEACE)