2/06/15: 5:00pm: LISTENING TO: HEAVEN KNOWS BY: PRETTY RECKLESS

I WANT TO START OFF WITH CONGRATULATING MY LITTLE BROTHER JUSTIN PEZZECA. MY BROTHER DID NOT HAVE AN EASY LIFE. AND HAVING ME AS AN OLDER BROTHER MADE IT HARDER. I BULLIED HIM DURING CHILDHOOD, I THOUGHT I WAS BETTER THAN HIM AS ADULTS. AND I THOUGHT LESS OF HIM BECAUSE HE WAS ONCE ON DRUGS. BUT OVER THE LAST FEW YEARS, HE HAS PROVEN HIMSELF A BETTER MAN THAN I COULD EVER ASPIRE TO BE. MY LITTLE BROTHER HAS GROWN INTO A MAN THAT I RESPECT, ADMIRE, AND WISH I COULD BE LIKE. HE IS A VERY ACTIVE & RESPONSIBLE FATHER TO MY NIECE BABY LUCY. HE HAS GONE FROM SOMEONE I THOUGHT WOULD BE IN & OUT OF PRISON HIS ENTIRE LIFE TO SOMEONE WHO IS A HONORABLE, RESPECTED PERSON IN SOCIETY. MY LITTLE BROTHER IS MY ROLE MODEL AND HE RECENTLY PROPOSED TO HIS GIRLFRIEND RACHEL AND NOW THEY'RE ENGAGED. I'M VERY HAPPY & EXCITED FOR THEM BOTH. THANK YOU RACHEL FOR HELPING TO SAVE MY BROTHER'S LIFE & HIS FUTURE. NOW HE ASPIRES TO BE AN ELECTRICIAN. A GOOD JOB THAT HE CAN RAISE HIS FAMILY ON. I ON THE OTHER HAND AM A FREAKIN JANITOR GETTING PAID 19¢ AN HOUR. BUT THIS ISN'T ABOUT ME. THIS IS ABOUT MY BROTHER BEGINNING THE NEXT CHAPTER OF HIS LIFE. I AM SO PROUD OF HIM. HE'S DONE IN LIFE WHAT I FAILED TO DO. CONGRATULATIONS LITTLE BROTHER.

MY MOM TOLD ME THAT COLLEGE SCOUTS ARE COMING TO MY NEPHEW'S BASKETBALL GAMES AND WATCHING MY 16 YEAR OLD NEPHEW RONNIE PLAY BASKETBALL. RONNIE HAS A REAL SHOT AT GOING TO COLLEGE ON A BASKETBALL SCHOLARSHIP. I HAVEN'T SEEN RONNIE IN A FEW YEARS BUT HE'S A GREAT KID. I ALMOST DIED LAUGHING WHEN MY MOM TOLD ME THAT RONNIES MOM, MY SISTER, FOUND OUT HE HAD SEX. HE'S 16, MOST KIDS ARE NOT VIRGINS AT 16 ANYMORE. BUT HE'S A GOOD KID SO I'M SURE HE WILL BE RESPONSIBLE. BUT JUST TO IMAGINE MY NEPHEW ON ABC, OR ESPN PLAYING COLLEGE BALL, I WOULD LOVE TO SEE THAT. WE USED TO BE REALLY CLOSE BUT NO ONE HAS BOTHERED TO BRING HIM TO SEE ME IN A FEW YEARS. STUFF HAPPENS, LIFE GOES ON I GUESS.

I WAS READING SOMETHING. I READ MY DAILY SPIRITUAL READINGS EVERY MORNING, TODAY WAS HEBREWS 13:3, BE MINDFUL OF PRISONERS AS IF SHARING THEIR IMPRISONMENT, AND OF THE ILL-FREATED AS OF YOURSELVES, FOR YOU ARE ALSO IN THE BODY.

I RECITED THIS TO A GUARD AT BREAKFAST THIS MORNING. I DON'T MEMORIZE SCRIPTURE. MY MEMORY IS NOT VERY GOOD. BUT I HAD JUST READ THIS. AT BREAKFAST THE GUARD SAW A GUY AT THE NEXT TABLE HAND ME HIS BANANA OFF OF HIS BREAKFAST TRAY. THE GUARD FREAKED OUT AND DEMANDED THAT I GIVE HIM THE BANANA. THE RULE IS YOU CAN HAVE SOMEONE ELSE'S FOOD BUT DON'T PASS FROM TABLE TO TABLE. VERY FEW GUARDS ENFORCE THIS DUMB RULE. ANYWAY, HE TOOK THE BANANA AND THREW IT AT THE WALL, CALLED ME AN ASSHOLE, THEN WENT AND STOMPED ON THE BANANA. IN MY YOUNGER DAYS I WOULDN'T HAVE KEPT MYSELF IN CHECK AND HE WOULD'VE GOTTEN A BEATING FOR DISRESPECTING ME LIKE THAT. BUT INSTEAD I QUOTED TO HIM WHAT I HAD READ. I ALSO READ THAT PRISONERS DESERVE TO BE TREATED WITH THE SAME BASIC RESPECT THAT WE DESIRE FOR OURSELVES.

I WILL ATTACH THIS READING. IT IS FROM THE LIVING FAITH DAILY CATHOLIC DEVOTIONS.

MY LAST THOUGHT OF THE DAY IS ASH WEDNESDAY. I AM MENTALLY PREPARING MYSELF FOR CHANGE. NO MORE BAD EATING HABITS. I GOT ON THE SCALE YESTERDAY AND WAS 194. I'M NOT HEALTHY AT THAT WEIGHT. SO MENTALLY PREPARING MYSELF FOR THIS CHANGE WONT BE EASY BUT I'VE DONE IT BEFORE SO I KNOW I CAN DO IT AGAIN. I WILL USE LENT AS THE REASON TO PREPARE MYSELF & GET READY FOR GETTING MY BUTT BACK IN SHAPE. ANYONE HAVE ANY WORKOUT IDEAS? ADVICE? I LOVE CARDIO, I AM CURRENTLY DOING THE "INSANITY" DVD (THE 1st ONE), AND IT'S FREAKIN KILLIN ME. THE EXTRA WEIGHT IS KILLING ME WHEN IT COMES TO JUMPING PRETTY MUCH NON-STOP FOR AN HOUR.

WELL THATS ALL FOR THIS WEEK. TAKE CARE, AND GOD BLESS. CIAO.

PS: IF YOU'RE A CHRISTIAN, WHAT ARE YOU GIVING UP FOR LENT & WHY? I'D LIKE TO KNOW.

Friday, February 6

St. Paul Miki and Companions

Respect for the Prisoner

Be mindful of prisoners as if sharing their imprisonment, and of the ill-treated as of yourselves, for you also are in the body. Hebrews 13:3

Paul urges us to practice one of the most basic and powerful of Christian teachings: to treat each person as part of the Body of Christ. Paul had been jailed more than once. No wonder he urged others to be "mindful of prisoners" as if they themselves were one of them. There are many good people in prison who have hurt others by their poor choices and hard-hearted decisions. It is easy to judge them as "worthless" or "rotten," but we do not know what their early lives lacked in comparison to ours or what happened in their mind and heart to lead them astray. This perspective does not condone crimes or deny the need for justice. However, no matter what wrongdoing someone did, each continues to be a human being filled with the same divine presence that inhabits us. Prisoners deserve to be treated with the basic respect that we desire for ourselves. Paul's words echo this gospel teaching today. Sr. Joyce Rupp, O.S.M.