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My last Christmas incarcerated. Fourteen years!

I am reminded this year that Christmas is all about God's Love. I asked my young children if they sleep well at night, if they wake up in peace and rested? I was so glad they said "yes". I reminded them that this is one of the greatest gifts that God gives us. Peace and Rest.

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I live in a place of chaos. Prison is the devils playground. So the fact that I can have peace and rest is a gift. From 1984 to 1995 I suffered ongoing nightmares, rarely experiencing "rest" after my military experiences. But it was God that freed me from these demons that no medication or counseling could. When I accepted Jesus Christ (Yeshua Ha Meshiach - Yahveh), God Almighty ... As my Savior and also as my Lord in all areas... These demons were removed and once again I knew peaceful, restful sleep. That has not changed in 25 years. God freed me from those demons then and continues to keep them at bay even in this place full of nightmares.

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So this Christmas I am reminded of God's peace and Love (Psalm 3). That is His gift to all of us and why the birth of His Son is so significant to the whole world. May everyone experience His peace, His Love and His rest this season.

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Here at Kewanee I see the blessings of this program. While the Holidays are always difficult, there is an air of peacefulness. Our Christmas meal was delicious! Roast Beef! That is a rarity! IDOC never serves Roast Beef. The meal was filling, delicious and balanced. We even had cranberries! Haven't had that in 5-years!!

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Many may think prisoners do not deserve this. That's true, we don't. We could be eating cold oatmeal and that too would be a gift. This is a real blessing and is a small reflection of Love. It is a reflection of who we are as a nation, as a people. It is an act of kindness for a group of people, citizens, that don't deserve it. It sends a message of Love. All love is a reflection of God's love, Merry Christmas!