

NOVEMBER 2020

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Forgiveness

is not always easy. At times, it feels more painful than the wound we suffered, to forgive the one that inflicted it. And yet there is no peace without forgiveness.

- Marianne Williamson



As you can tell by the picture and caption to the right, I am dedicating my November (Kislev) blog to all about forgiveness. Because of my past with wronging others, I am expected to easily forgive those who have hurt me. It's not so easy after all. I am also currently working with a family member with his forgiveness of someone in his life. Why is it so hard? I've been contemplating

that. When we love someone and they hurt us, that hurt can go very deep. The deeper the hurt, the harder it is to forgive. Forgiving someone though doesn't mean I accept their behavior or trust them any more. I forgive them for me so I can let go and move on with my life. That is the hardest part, moving on. For example, I have an ex that I believe I let ruin my life. We were together many years and I was more in love with him than any one I've ever loved. We weren't married but I considered myself his wife. He wasn't perfect but I thought he was perfect for me. I thought I was going to grow old with him. Then in the blink of an eye my world changed. I discovered his secrets, his lies. The hurt he inflicted. I was devastated. (I had a stroke!!) After that, a part of my soul was crushed. I had a hard time trusting men. I still do to a point. I tried to forgive him

THE HEAVIEST
THING TO CARRY
IS A GRUDGE
CHOOSE
FORGIVENESS
DAYSTAR



then but to no avail. I would pray about it and think it was finally done only to think about it and hurt all over again. Then I would get disgusted and angry. I tell ya the struggle was real. Then one day I was reading a self-help book on boundaries. It showed me something very important to healing. It said that forgiveness

is not for the other person. It's for me. It doesn't make anything that was done o.k. What it does make o.k. is for me to be able to accept what happened and to move forward. It sounded good but I had to sit on that for a while and think about it. Afterwards I decided to forgive all who have hurt me. And believe me, that's a long ass list. I started with my ex. I then moved on to people all the way back to when I was 5. It was so freeing!!! It was as if I had a weight lifted off from me! I know, I know. Very cliché. But that's the only way I can describe it. The beauty is I didn't have to talk to anyone. It doesn't have to be done in person. Just in my heart. Of course, if I were to run into my ex I certainly wouldn't stop and chat him up. He doesn't have to be in my life just because I forgave him. But I also no longer have the burning desire to... (never mind, it's a felony, lol) I'm free inside. I hope my relative can look past his hurt and do the same. I know he'll be much better off. I also hope that anyone I've hurt can find the strength to do it also. Not for my sake, but for their own.

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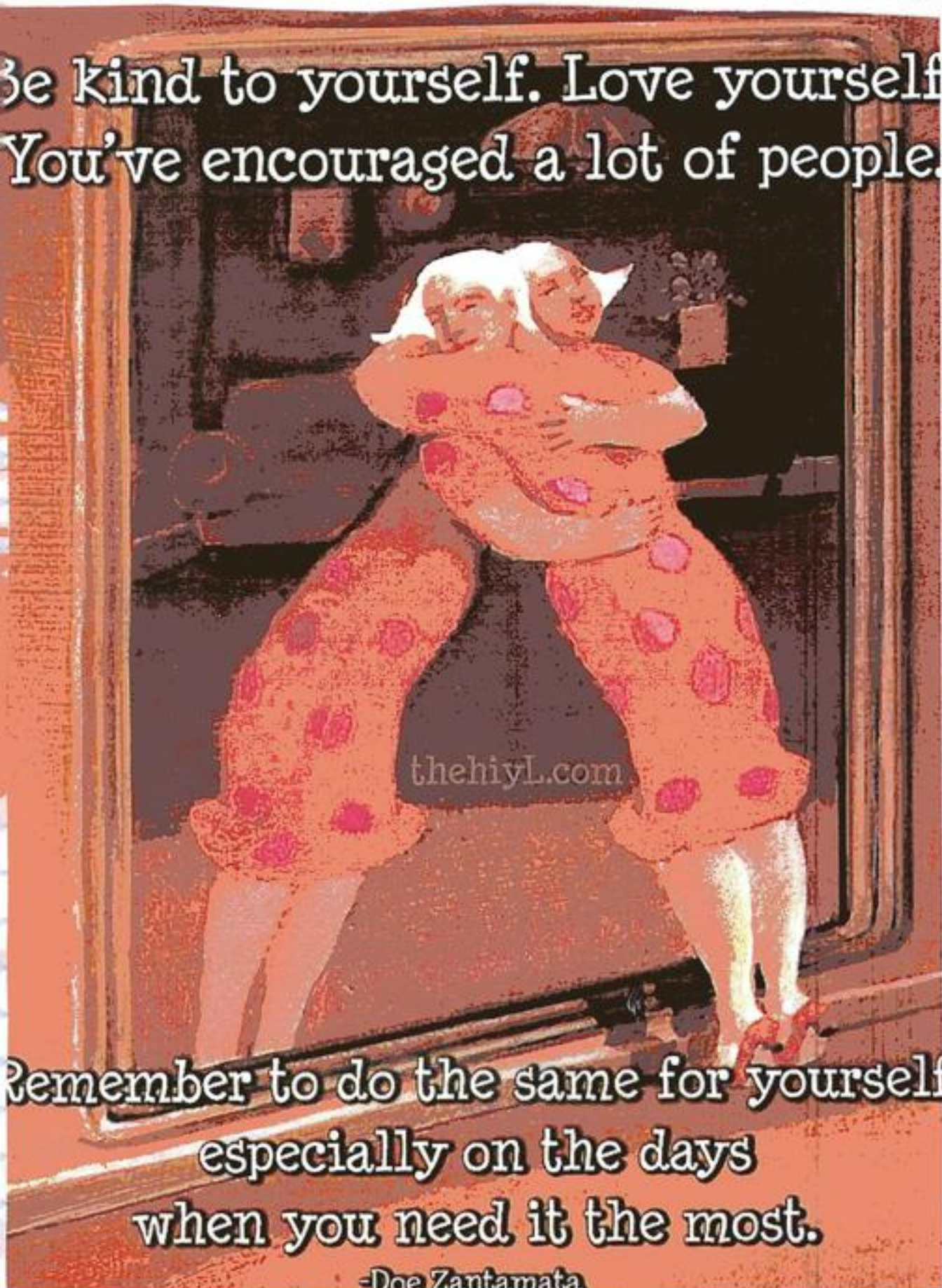
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OK- That's enough on forgiveness. Does anyone have any ideas for a prompt for January? I was thinking about boundaries for December. It doesn't have to be moral issues though. It can be anything at all. Give me some ideas and I will surely write about it. This blog is for you - not for me.

For those of you that write me letters ... first off for now the address is still the same. It is Rhonda Bays 27356-018 Fmc Carswell P.O. Box 27137 Ft. Worth, Texas 76127. (If you send me your email address I can

be kind to yourself. Love yourself
You've encouraged a lot of people.



Remember to do the same for yourself especially on the days when you need it the most.

-Doe Zantamata

always email you too) Secondly, the mail room has went wild with the new rules and rejecting letters. There have been a lot of drugs coming in through the mail and they are trying to stop that. Here are the rules. A) white paper (like notebook style) and white envelopes ONLY. B) No stickers C) No address labels D) No newspaper clippings E) no cards that have glitter or embellishments. Plain cards only. F) No perfume, cologne, or weird substances can be on it or sprayed on it. (For example;

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no kissing the paper with lipstick to make lip prints) I think that is about it. They are very strict with it right now, more times than not, my mail is being returned.

Speaking of mail, I received a letter from an old friend, he didn't put his return address as he was concerned his wife wouldn't approve of him writing to me in federal prison. (imagine that) So, I'm answering him on here and hopefully he is reading this. Here goes:

Dear G-

Hi! Thank you so much for your letter! Just receiving it made my day! I never would have thought that I'd receive one from you - the surprise was awesome! How long has it been? I am thinking about 23 or 24 years. Wow.

Anyway, I appreciate what you said. You are very kind. I am trying really hard. I'm practically a different person now. I've learned a lot about myself and turned my life around.

Your family sounds wonderful. I hope that they are all doing well. And I'm terribly sorry to hear about your mom. Mine passed too - since I've been in here.

I'd love to hear from you again. Thank you for reaching out to me. Your kind words and support mean a lot.

Take Care,

Your Friend Always
Rhonda

OK, So - that's that.

More on my life lately... my boyfriend Nick has COVID-19. I just found out today. I've been worried sick but he said not to be - that the effects are very mild. Mild or not it's scary. There are women in here who got brain fog

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from that! Plus in some people it turns the lungs to mush. As of now he can run an 8 minute mile. I'm kind of hoping he at least keeps his health. (I couldn't run a mile in 8 minutes even if the fence fell down. lol. My best time is 10 min 32 seconds) (And for how sick I am that is utterly amazing!) Everyone please send out your prayers to Nick!

I have applied in court for a compassionate release. The circuit court turned me down now I am in the appellate court. Filing prose is hard! Now I know why there are so many people who go to prison and learn the law. They have to practically have a law degree to navigate the system! I am blessed to work in the law library and have common sense. lol Wish me luck. This is a tiring battle.

I work everyday M-F 7:30-2. The prison is on a partial covid-19 lockdown but I am an "essential" worker. This month I made a whopping thirteen dollars and twenty-two cents for the month. Tes folks, I work there for the pay and the glamour! Haha. Actually, even though the pay is crappier I really enjoy my job. The Education Department's staff is awesome! I'm fortunate to have an excellent supervisor.

OK - I'm ending this for the month. (Instead of each week I'm doing each month) I'm getting my pics taken in December so hopefully I can post some up-to-date ones next month.

Take Care & Stay Safe everyone.

Rhonda

The People I Love The Most!

My
beautiful
daughter
Laura



I



M
Y

F
A
M
I
L
Y



Frankie
and
Dad
♥

