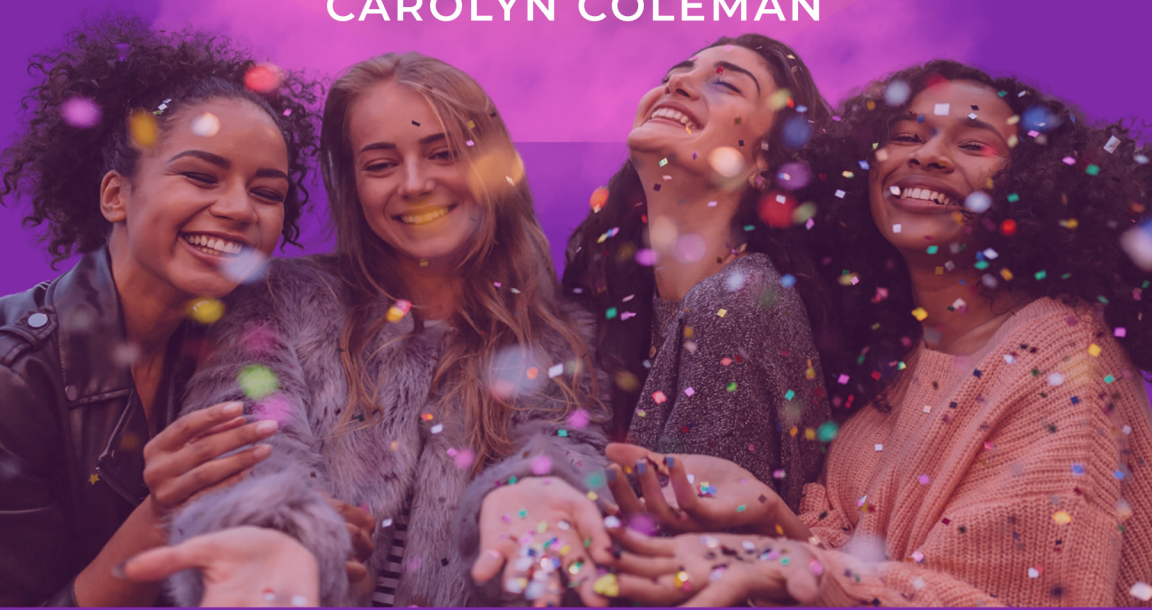


FOREWORD
BY APOSTLE PD WESTBROOK

WE WRITE THE LETTERS THAT HEAL: UNCOVERED

AN ANTHOLOGY WRITTEN BY
COURAGEOUS WOMEN TO HEAL
GENERATIONS

COMPILED BY
CAROLYN COLEMAN



**We Write the
Letters That Heal:
Uncovered**

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Foreword



Dr. Carolyn Coleman and a group of gifted writers, through this book, take you on a journey into the depths of the heart, exploring themes of love, childhood lessons, self-discovery, family rejections, life’s traumatic events, personal and spiritual resilience, and ultimately, the power of discovery.

I was captivated by the book from the moment I started reading it. It was difficult for me to put it down as I was engrossed in the personal testimonies of the authors. I laughed, cried, paused, and even found myself reflecting on my own life experiences. The book is truly a masterpiece that has the potential to bring not just healing but wholeness to many.

I believe this book will inspire others to lay down their fears and pick up their truth, following the authors’ examples of strength, courage and determination to never surrender their identity, value and worth. It is a testament to the human spirit and is filled with truths that anyone can relate to.

As you read through the book, I encourage you to ask the Master to “UNCOVER” the hidden truths within

your own heart and stop suffocating alone. This book is a gift and I pray that it will bless you as it has blessed me.

Thank you for taking the time to read this message. May God richly bless you.

Written by Apostle PD Westbrook



Introduction



We Write the Letters That Heal: Uncovered is a compilation of letters, prayers, and poems written by ten women who refuse to live caged to the pains of their past. These women openly share their truths and pour out their hearts to free the reader from the burdens of rape, incest, divorce, the death of loved ones, the stress of parenting, church hurt, and more.

Uncovered refers to the intentional willingness of these courageous women who exposed their nakedness to help the reader learn from their experiences. Their letters exemplify how to gain strength to strip off, open up, and reveal the inner secrets and outward pains that ultimately set one free to heal from the joys and sorrows of life.

Each letter, prayer and affirmation open windows of truth that frees the reader. The power and raw honesty to lay down their fears and pick up their truth attest to the authors' strength, courage, and determination never to surrender their identity, value and worth. By addressing the hush, the reader is set free to heal. What is often muzzled as a precautionary measure to maintain the outward appearance of wholeness is destroyed.

Each letter uncovers hidden truths and challenges the reader to address and not suppress the unresolved emotional issues of life. *Uncovered* challenges and demands the reader to do more, be more and be healed.

Are you ready to learn how to rebuild, redefine and recapture the joys of life? Allow these letters of love and healing to ignite and activate your recovery. Now is the time to uncover, release and ultimately be healed of the pains of yesterday.



***Letters Written By
Dr. Carolyn Coleman***



Stand and Rise

To Siblings Around the World,

I know life has thrown us some hurdles. Each one was determined to leave a scar. The enemy wanted to open old wounds that you thought had healed. He tried to break our bond of love. He did not know that would be his lie.

I came by to challenge you all to honor the teaching of our childhood; to prove that what Mama taught us was true. I charge you to yield not to the temptations of the evil one and give up on our family tree.

We have been eyewitnesses to the devil's playbook of using the blame game and pitting one against another to bring shame to our families. Those strategic mind games have not conquered us. We must not surrender to the manipulation designed to disrupt, dismantle and destroy our love for one another.

We are the sons and daughters, grandsons and granddaughters and great-granddaughters of the lineage

of our ancestors. We are the legacy holders, of courageous, fierce thinkers whose shoulders we now stand on. They endured suffering, aggression, false accusations, and, yes, induced complications of wrong decision-making. Yet, we stand. We are the atmosphere changers and the ride-or-die truth-tellers because of their determination.

My mama's voice, at 94-years-old, may be weak, yet she speaks. Her strength and words still endure. The love she has shown persists. The forgiveness I have seen operate in her is the star to which I gaze.

My mama, probably like yours, taught us how to get back up quickly when we fall. She said, "Life happens." Good and bad things will come. How we handle them determines our level of success. Our character is defined not by what we say but by our actions and deeds. Mama taught us never to quit and always know we are worth fighting for, ending the sentence with the line, "No one should ever fight more for you than you are willing to fight for yourself. Run your race and win."

Mama's words always dripped of wisdom. She would say, "From creation, you have been molded to be the problem solver, not the problem maker. Winning requires you to think on your feet and react without emotion." I watched her struggle with that one.

She taught the same life lessons to all of us. We have been molded to be the problem solver, not the problem maker. Winning requires us to think on our feet and react without emotion. I watched Mama struggle with



conquering her emotions on numerous occasions. Perhaps that is why she desperately wanted me to learn this powerful lesson.

Mama said to trust God when you can't see, feel, or even believe He is there. Just believe in your heart and know that He cares. Let your faith take you to places your eyes cannot see. She said, "Life is like a loose garment. Wear it as you find it. Expect the wind to blow in a direction that exposes what you might not want others to see."

Mama's words are woven in truth. I have had the privilege to be an eyewitness to her life story for the past 66 years. She never made excuses for failures and was never satisfied with doing just enough. She said, "Doing just enough is never enough. It will stifle your ability to succeed." That was her recipe for life and success. She never chose to hate. She spoke her mind, left the pain behind and kept moving forward.

How many women do you know would loan money to a woman who slept with her husband? What motivated her to help this woman? Mama answered, "Her child was in jail and she did not have money for her bail. Suppose it was my child in need. I would want someone to help me." She would say many see, but few know or understand the heart and the why of others' decisions.

The adage of never judging a book by its cover is profound and dripping with wisdom. It is not always the outside appearance but what happens behind closed doors that reveals true character. I witnessed her deep



level of love and forgiveness despite the pain she endured. Her legacy of forgiveness and love navigates my actions and reactions to life and love. Mama lived a complicated life. She is gentle yet demanding, but what a loving soul.

“Family is our gift from God,” she would say. Not all family members are easy to love. Intentionally find something good in them to love and treasure. That will keep you holding on to family when everything in you says enough is enough. She told me once that I needed to set my siblings straight. They think you will not say anything, not knowing that silence is one of your strengths. She told me it would be best if I let them have it every now and then. She knew I would keep loving them because that is how God made me. Keep the peace but understand that being a peacemaker does not make you anyone’s punching bag or doormat. Stand tall in your truth and step over the mess. Love, forgive and move forward; never surrender truth despite the discomfort it may bring.

She taught me that I will need God’s grace and mercy, so I must extend it to others, especially my family and faithful friends. Grace is God’s unmerited favor. Mercy is God’s loving-kindness not to give you the punishment you deserve. Be patient with others because God has been patient with you. Love because if you do not, the enemy wins. Forgiving frees and heals you from the inside out and keeps you loving and enjoying each moment.



Mama's words of wisdom and enduring power to never quit have navigated me through the trials of life and continue to renew my faith. Love is the seed that keeps me moving and pressing forward. Self-belief gives me the ability to persist. Faith will help me navigate the storms, and love will keep me strong.

I am grateful to God for my Mama's wisdom as I know you are for yours. Thank you, Mama, for always believing in me. For teaching your children what true love looks like, not by words but by deeds. Thank you for seeing what I could not see in myself in moments of despair.

Family, we must love and forgive each other. Yet, be willing to tell each other the truth. I know that we can speak with kindness. Try adding honey to the words that are sometimes difficult to speak. I love my family and believe that you love yours too. We are the legacy holders. Let's stand firm and honor the shoulders that we stand on. Choose love and fight for it. I believe your family is worth fighting for. What do you think? Can we yet love?

Love Always,
Baby Sister

Affirmation

I am determined to love my family in the joyous and painful moments. I owe that to my ancestors and myself. We will rise and win together.

Love Conquers Pain

Dear Beloved,

At times, holding on to the love for your parents, children, siblings, spouse, and other family members and friends can be challenging. Sometimes, it seems next to impossible. But for your health, peace of mind and happiness, you must try.

You may often ask yourself, why do I keep forgiving the same people who mistreat, disrespect, and malign my character? They lie and make false accusations, knowing it's not true. Siblings get together and plot and scheme against you. You accidentally walk into a room, and the telephone conversation is your mom talking negatively about you to a sibling. Oh my, how that can wound your Spirit and break your heart.

Maybe your pain did not come from a family member. Perhaps it was the disappointment of not getting a promotion you felt you deserved after you trained the person who was recently promoted and made your supervisor. Did you think that only happened to you? No, it's the epidemic of the workplace. Underachievers get promotions based on how much garbage they can disperse to supervisors about colleagues, even if it's not true. I know that pain as well. But remember, God has your back, and at the designated time, your opportunity will come. Do not seek promotion from men. They will let you down.



Allow Psalm 75:5-6 to be your compass. It reads, *“For promotion cometh neither from the east, nor from the west, nor from the south. But God is the judge: he putteth down one, and setteth up another.”*

A more profound knife-cutting job-related pain is being fired and intentionally being falsely accused of stealing money from the organization. The authorities know the funds’ location and where their account is housed. I call that playbook, “We want to ruin your reputation.” The hidden agenda is jealousy framed with the mindset that you have gotten more than you deserve. Watch those dogs. I learned from that experience that God will turn even evil acts into rewards and blessings for you. Just keep trusting God and hold your head up high.

At the right moment, God will turn your pain into purpose and give you double for all your trouble. Now, right here is where you land your plane on Genesis 50:20 (ESV), *“As for you, you meant evil against me, but God meant it for good, to bring it about that many people should be kept alive, as they are today.”*

Perhaps your pain came in the form of dealing with “church folks.” Watch out for the family members of a bishop or pastor who died and left you in charge. Those family members who loved and supported you now plot to remove you so they can control the offering plate. Watch your ride-or-die friends. Too quickly, the Judas spirit is uncovered. Well, I’ve experienced that one too. You’re not alone. For if God is for you, no demon in hell



will be able to keep you from your destiny. Trust God and keep it moving. Remember that moving on is often a blessing. Never stay where you are not applauded and respected. No church, title or position is worth your soul.

Perhaps it was the loss of a loved one, divorce, mental or physical abuse, or betrayal by a spouse, close friend or relative that burdened you. Whatever pain you have experienced, don't let it steal your love of self. You must work hard to mend your wounds and heal, but you are worth it. Never allow the abuser to rent space in your head. They see no wrong in their harmful acts. Proverbs 12:15 (ESV) says, *"The way of a fool is right in his own eyes, but a wise man listens to advice."*

Too often, I have witnessed people being offended and the offender not even recognizing the offense. The offender moves on happily, unaware of your pain. Don't you dare give them your power by rehashing the conversation and recreating the pain.

Focus on the good and let God handle it. You win when you let go and keep pressing forward. The victory comes when you refuse to quit and bow down to wrong. Mama always said, "Don't wallow in wrong; it will destroy your possibilities." I say, push, press and win.

I need you to remember God takes care of His own. Promotion does not come from man. Evilness and lies will eventually be revealed, uncovered and dismantled. Truth waits and reveals itself often in the eleventh hour. But just like God, it will show up and avenge itself at the right time. That's why the Word of God says vengeance



belongs to the Lord. Dress yourself daily with these words from Romans 12:19 (ESV), *“Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, Vengeance is mine, I will repay, says the Lord.”*

Why must you forgive and let go? Because you do not want the attachments that come with unforgiveness. Bitterness, anger, malice, and resentment only hurt you. You’re too valuable to allow the weight of others to keep you from your joy, peace, love, happiness, good health, and prosperity. Nothing anyone has said or done to you is worth losing yourself and giving up on life.

What helped me to step over people came from the wisdom of a wise woman (Bishop Myrtle McAllister). She said, “People can’t give you what they do not have.” Wow! That was a powerful statement. Then she concluded, “When you learn to step over the foolishness of people, God is going to use you in a mighty way.”

The wisdom of my Mama (Catherine Coleman-Myers), my late Bishop, and countless other wise women and men blessed me to know the true power of God’s love and the power that comes attached with forgiveness. To forgive others requires you to recognize you need forgiveness. It floods the soul with fulfillment, release, unimaginable joy, love, and happiness. To live your best life is not about others. It’s about you and how you have chosen to live and love yourself and God.

I have chosen to be happy. I have decided to forgive. I have extended grace because grace has been given to me. I have selected the path of love and love has chosen