

WE WRITE  
THE LETTERS  
THAT HEAL

*In Spite Of*

AN ANTHOLOGY WRITTEN BY  
COURAGEOUS WOMEN TO HEAL  
GENERATIONS

COMPILED BY  
DR. CAROLYN COLEMAN

**We Write the  
Letters That Heal:  
In Spite Of**

Compiled by  
Carolyn Coleman

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## *Dedication*

I dedicate this book to my mama, Catherine Coleman-Myers, who is now dancing with the angels.

You have been my confidant and friend, my go-to person for wisdom, strength and courage in times of storm. I still see your face with your hand to your chin and that million-dollar smile illuminating the room. The aroma of your essence and sweet perfume still soothes my nostrils and brings a smile to my face. It was your faith and ability to rise above the storms that now urge me to keep moving forward.

Your mantle to trust God, walk by faith and tenacity to discern and decipher right from wrong has been passed on to me. Although you are not here physically, daily you walk beside me in the Spirit. Your pours of encouragement, whispers of wisdom, knowledge, and understanding continue to speak to and inspire me.

This book would never have been published without your whispers telling me to keep moving forward and don't look back. Thank you, Mama. I will love and honor you forever. I rise because you taught me, not with words alone, but with your life. I will continue to push, press and win.

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## Introduction



The purpose of *We Write the Letters That Heal: In Spite Of* is to ignite a fire of hope that will enable the reader to find courage in the face of despair. The ultimate goal is to strive to survive and conquer the doubt, depression, fear, and anxiety that come with losses of any kind and degree.

*In Spite Of* exemplifies the small glimmers of hope surrounded by a cesspool of despair. It's about mothers seeking the strength to bury their children and daughters searching for the words and courage to eulogize their mothers. It also shows women how to find purpose after divorce, illegal firings, betrayal, disappointments, and the residual effects from bad relationships.

These letters exhibit the power of ten warriors who pressed in and continued to fight when everything in them declared, "Enough is enough. I quit." God rebuked their spirit of surrendering to their pain or drowning in their sorrows. Now, they rise to share their stories to encourage others to keep on pushing, pressing and winning at the game of life.

For Dr. Carolyn Coleman, *In Spite Of* was and is about letting go of the pain of losing her 96-year-old mother. It

is about recovery and dismissing the urge to drown in her sorrow in a season of despair. It's about an encounter from Heaven that pulled her from the brink of a mountain of depression.

She heard the sweet, gentle whisper of her deceased mother's voice saying, "You told me to go to the light. Now, I am telling you to walk in the light. When you walk in the Sun (Son), you will see the reflection of my face, and in the whispers of the wind, you will hear my voice." That is the genesis of the collective why of *We Write the Letters That Heal: In Spite Of*. Join these women while they walk in the light in spite of the price of the oil to keep on pressing.



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



**You Were Meant to Be**

To My Beloved Nichole,

In spite of all the things that I've been through, I wouldn't change anything because I love you. In spite of all the things I've been through, it's been worth it because God gave me you. I can't change the circumstances because then I wouldn't know the beauty, grace and mercy that God showed us during my pregnancy.

You taught me in the womb the power of love. My mother showed me the depth of a mother's love. I was too ashamed to tell her in person that I was pregnant. So, I penned it in a letter. A few days later, she showed up at my door with a fruit basket and words I would never forget. "You are 24 years old. You are grown, but you will always be my daughter and you will always have a home with me." Those words meant everything to me. What extraordinary love, kindness and understanding flowed from her heart.

It is only now, while penning this letter, that I realize



she identified with my plight. I assume her mother expressed that love to her at age 16 or maybe that's what she desired but did not get. All I know is that her love lifted and inspired me to run my race with joy, hope and love. There is nothing like a mother's love.

I need you to know you were meant to be and chosen by God just for me. It was declared and pronounced in Heaven that you shall be my inheritance for such a time as this.

I pray you know how much you are loved. I hope you know I would not change a thing if it meant life without you. I hope you know you are a blessing from above. I hope you know God calls you His beloved.

In spite of every choice, you were the right one for me. From the moment I felt you moving inside of me, I knew you were meant to be. You brought sunshine to my cloudy skies. You taught me more about love in the womb than I had known or understood in my 24 years. I fully understood the capacity and depth of true love from God. Yes, Heaven sent you from above and joy, peace and happiness encamped my soul.

In spite of all I have been through, you're the blessing and the gift, the challenge and the opportunity. You have been the joy, laughter and bitterness that turned sweet. You are the fresh air that brings comfort on an overheated sunny day. You have been and are my hope and guardian angel too. Just one look at your smile of curiosity and grace uplifted my Spirit and inspired me to keep running my race.



I am sorry for the pain that came into your life—pain that wasn't yours to bear. Forgive the circumstances and dismiss the insecurities in others who want to bring you undo stress and shame. That is not on you; each person must deal with their demons and insecurities. When I sensed your movement, I knew you were meant to be. For you are loved. Don't forget it. Let me repeat it: You are loved. You were born out of love, and yes, God sent you from above.

### Life Lesson

Many times, uncertainties in life leave us overwhelmed and confused. Just remember that what may seem confusing to us is not confusing to God. Affirm, "*Nay, in all these things we are more than conquerors through him that loved us*" (Romans 8:37). Putting your trust in God and asking Him to order your steps, guard your heart, and not lean on your understanding will always result in divine revelations and manifestations in your life.

Love Always,  
Mama

### Affirmation

I am who I am today because God graced me with the gift of you. I treasure every moment and count them all as joy unspeakable.

## **David's Blueprint on How to Respond to Death**

Dear Reader Coping with Death,

When death knocks at our door, sometimes pain comes with it. Despair, uncertainty, fear, and anger join the party. Navigating these vicious waters, which diminish logic and open the floodgates of despair, leaves us void of peace and understanding in the how-to of processing grief.

I found comfort and solace in the written words of David in 2 Samuel 12:22-23. It strengthened me and impeded my understanding of the power of leaning on Jesus in our seasons of death and loss.

Let's look at David's response to hearing his son was dead. When asked about his child's death, *"He said, 'While the child was still alive, I fasted and wept, for I said, 'Who knows whether the Lord will be gracious to me, that the child may live?' But now he is dead. Why should I fast? Can I bring him back again? I shall go to him, but he will not return to me'"* (2 Samuel 12:22-23 ESV). I believe this chapter in the Bible is a blueprint for how to respond to death.

King David is arguably one of the Old Testament's most important and influential people. He was called the man after God's own heart, not because he lived a perfect life—honestly, he was far from perfect. His great love, faithfulness and sensitivity to God's divine sovereignty



made him a man after God's own heart. God loved, honored, favored, and valued David. God's anointing and favor rested on his life, but so did the consequences of disobedience. From this biblical study of David's life, we recognize that troubles, disappointments, betrayals, and wrong choices can bless or curse us.

How we handle adversity will determine our success or failure in life. David had many victories, but he also had his share of struggles. His father counted him as insignificant and ignored him. His brothers taunted and ridiculed him. And Goliath, whom he killed with his slingshot, laughed at him. King Saul loved and hated him. According to the Bible, David had a soul tie with King Saul's son, Jonathan, who loved, respected and honored his life.

David, a man after God's own heart, sent a rival to the front line so he could fulfill his sexual desire for Bathsheba. He ultimately married her and conceived two sons.

As a consequence of David's affair with Bathsheba, the first son born from her was to die. David was distraught when the child became sick. The Bible says, *"David therefore sought God on behalf of the child. And David fasted and went in and lay all night on the ground. And the elders of his house stood beside him, to raise him from the ground, but he would not, nor did he eat food with them"* (2 Samuel 12:16-17 ESV). For seven days, David pleaded with God for the child's life. He refused to eat. He would not get up to do anything but pray for God to spare his son.





Does this sound familiar? If your loved one was sick for any length of time, how earnestly would you pray, fast and ask for God to spare their life? Would you fast and pray? Would you not be comforted?

King David wanted his child to live. After seven days, the child died. His servants were afraid he might harm himself. To their surprise, David reacted much differently to the news of his son's death. Instead of despair, he chose to live. He got up off the ground, bathed and dressed. He took time to worship God, choosing to focus on His goodness rather than his pain. Then David went home and had his first meal in a week.

To counteract these potentially detrimental emotions, David chose to redirect his attention towards the goodness of God. His faith in the grace and mercies of God caused him to worship and give God praise even though his prayer was not answered in the way he desired. David's dependence on God caused him to seek His face intentionally. His trust in God caused him to believe that God would see him through his time of deep loss. He trusted that God would provide. David's love of God was not decreased because of his son's death. His love, dependence, faithfulness, and trust in God increased.

I believe the actions immediately following the child's death were not easy or instinctual, but they were intentional. Like David, we also have the choice of how we respond to death and grief. Will we lean in and trust God? Or will we surrender to the pain that can leave us



wounded for life and stuck in the endless cycle of blame, shame, anger, and despair, which will rob happiness from our lives?

What would be your response to God? Will you allow the pain to consume you or will you, like David, choose to trust and put your faith in God and let Him help you heal?

I pray that you will trust God and strive to be healed by leaning in and drawing closer to Him. He will see you through and prosper your life beyond what you can even imagine.

### Life Lesson

In my moments of fear, uncertainty, pain, and suffering, I can trust God will take care of me.

Sincerely,  
Dr. Carolyn Coleman

### Affirmation

I am willing to trust God even when I do not understand. I trust that He is faithful and will keep me even in the season of death. His love will cover and protect me.

## **Saying Goodbye to Mama**

Dear Daughters of Loss,

In spite of what I've been through, God gave me the strength to tell my mama, "When you see the light, go to the light. I will see you on the other side someday. Farewell, my friend, confidant, counselor, mentor, and mama. I will always love you. I embrace that this is not the end but a new chapter unwritten."

Ninety-six years took its toll on my mother's body but not on her soul. Courage, fighting, fierce determination, lovingkindness, and faith in God were her traits. I witnessed her joys and pain and was acquainted with her grief. I had first-hand knowledge of what God's power can and will do. I saw Him work many miracles through her.

She was first my mama, then a mentor and friend. She always took care of me and everyone else. So, when time came for me to return that same favor to her, it brought me joy.

Taking care of her was my pleasure, honor and joy. During those twelve years, I learned about the woman who was my mama. So many unknowns no longer were secrets untold.

Too often, we forget that our mamas were little girls, teenagers, young women, and married women who usually stayed married way too long. My mama stayed for her children, thinking it was the right thing to do.



Looking through the rearview mirror of time, she recognized it was wrong. She chose to stay for her children's sake, thinking that was what she was supposed to do. Her love for her children and what society's beliefs blinded her to the truth. Time has revealed that self-care and attentiveness to her mental health, and her children too, demanded that she vacate the space that left her daily suffocating in bewilderment and blue. It was not selfish, but the honorable and right thing to do.

### Life Lesson

Don't judge your parents for their choices. Consider their circumstances, pains and losses in life. With time, patience and love, you will honor the sacrifices they made for you, which often left them lonely, broken and blue. Yet, they did it to protect you. Weigh their choices and extend love and grace. Perhaps they did the very best they could with the hand that life dealt them.

Getting to know my mama as a teenager and a single mother at 16 made her more than my mother. I met a beautiful, intelligent, talented basketball player and a fabulous queen. The school of life caught up with her early. Yet, she persisted. She survived and thrived. Quitting was never a word in her vocabulary.

### The Visitation

Shimmering, crystal-bright light encamped the room. I had just laid my head on a pillow on my daughter's couch with tears trickling down my face. Out of nowhere,

this shimmering, crystal-bright, illuminist, white color unknown to my eyes encamped the room. I was not afraid but amazed at the calmness attached to the light that landed above the couch on the opposite side of me. I sat up, trying to determine where the light was coming from. The blinds were closed, the sun was not out and no lamps were on. Yet, this glorious light beamed brighter and brighter. Then I felt my mother's presence and the whispers of her voice. I will never forget those precious words. She said, "You told me to go to the light. I came to tell you to walk in the light. You will see me in the reflection of the sun {Son}, and in the wind, you will hear my voice." For it is written, "*But unto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall go forth, and grow up as calves of the stall*" (Malachi 4:2).

Unexplainable peace surrounded me. The light I saw was so amazing that the Holy Spirit prompted me to capture it. I knew people wouldn't believe it, so I used my phone to capture the unimaginable. The video revealed a halo floating right where the light was shining, and inside was a rainbow and an image unknown yet to me. Everyone who has viewed the video said the same thing: "Your mother was an angel."

I feel my mama's presence every day and it comforts me. In my next release on her life story, I will share more about other visitations from my mama.



## Life Lesson

The Word of God is true: those who die in Christ shall never taste of death. I shout over the whispers that my mama shares with me. I know my redeemer lives and His Word is accurate and true.

To be continued.

Yours Truly,  
The Lady of Wisdom

## Affirmation

I am learning to navigate the water without you physically present, but now I know your Spirit will be with me always. I will always love you, Mama. Your love carries me daily.

I AM is my light and love. He is my friend, advocate, doctor, lawyer, company keeper, counselor, and compass that guides my soul.

