



From Pain To Empowerment

The Fabric of My Being

Selected Poems

By

**J. Joy “Sistah Joy” Matthews
Alford**

Wearing the armor of a soldier who has come to know the power of The Word, Sistah Joy walks us through past challenges, gently tending to wounds and scars along the way. The journey carries us from sunless valleys of disillusionment, through the uncertainties of hope, prospect and chance to the majestic mountaintops of faith and empowerment. Ultimately revealing a shining breastplate of success she stands tall in victory over the many adversities and losses that have molded her to become the poet and “caretaker of spiritual healing” she is today. Upon reading this collection it is clear that faith is her constant companion throughout the journey. Sistah Joy says of *From Pain To Empowerment*, “This is the story of my journey told through poetry. The deliverance is available to all who embrace the reality that there is no place that God does not dwell and it is through His dwelling in us that we can each be healed and made whole. It is through God that we can each be victorious in our desire to not just live, but to live life abundantly!”

-Terri Allen, CEO and Founder
Thelemaque Publishing/CAAPA, Inc.

Sistah Joy, one of the most skilled poets and spoken word artists of this era, knows how to articulate everyday life experiences, both good and bad, by expressing joy, victory and empowerment in ways that make you feel everything will be all right because God is always in control.

- Pat Smith, co-author of “Woman, by Revelation” and vice president of
The Anointed P.E.N.S. (*Poets Empowered to Nurture Souls*)

The poems in this collection are offered in testimony to the power of faith in helping us overcome trials and tribulations. Prayerfully the sharing of this journey can help others who find themselves in need of an anchor. I would offer that faith allows us to celebrate the victory even as we are challenged by the vicissitudes of life.

- J. Joy “Sistah Joy” Matthews Alford



Cover Design by Sistah Joy.
Cover Photo by Gerald Barnes

J&D Publications
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Washington, DC 20026