NSIDEOUTIAL PRISON FELLOWSHIP'S NEWSPAPER FOR AMERICA'S PRISONS **VOLUME 24, NO. 1 WINTER 2015**

A Light Shines in the Dark

by A.R. Quinn

ONG BEACH, Calif. - Audrey Fay isn't sure what prevented her from committing suicide.

"I had traveled a long, lonely road," she remembers. Trying to hide the anger and pain she felt, she focused on pleasing the people around her. She did everything that was asked of her, hoping others' approval would fill the emptiness inside.

"Instead," she says, "it almost drove me off a cliff."

Audrey began embezzling money from her employer so that she could meet the expectations she felt from her family, co-workers, and friends. She lived a lie, trapped in the web of her own deceit. She became deeply depressed and thought about taking her own life. When she couldn't take the strain anymore, she walked into her boss' office and told him what she had done.

"They say the truth sets you



When her web of lies started to close in on her, Audrey Fay thought about suicide as a way of escape. But God gave her another way out.

free, and it does," reflects Audrey, "but first I had to go prison."

Six Days in the Dark

Under a plea agreement, she was sentenced to a two-

year term of which she did 13 months. From the county jail, she was sent to Valley State Prison, which at the time was a women's prison—in central California—just days before

Thanksgiving 2004. She had never been to prison before. On her first night, her cellmate was sent to the hospital with a sudden illness. Then someone down the hall tried to light a cigarette

and blew a circuit. The entire unit sat in the dark while rain poured down outside. Audrey sat in her unlit room for six long days and nights. She was alone, except for the rat that scurried in and out.

The only things in Audrey's room were a Bible and a Prison Fellowship pamphlet explaining God's plan of forgiveness. She picked them up and began to read. Her internal conflict built. She wanted to know God, but she had questions.

On the sixth night, she called out to God. She asked Him to save her from the life she was leading and take her as His child. She even prayed that He would make the lights come back on, and that the rat would disappear.

The next day, the lights finally came back on, and she never saw the rat again. It was then that she knew that God had heard her, and she would never be the same person.

Upon her release in 2005,

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essons from a

by Sidney Deloch Jr.

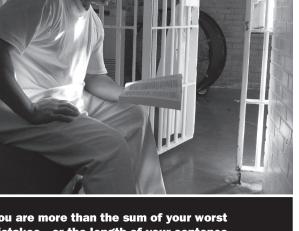
orn and raised in the bayou town of Plaquemine, Louisiana, I thought I had

a good life with a family, a home, and a job with the U.S. Army Corps. But in 1978, I was arrested and convicted for rape. My conviction carried a mandatory sentence of life in prison without parole.

As the judge pronounced the sentence, I stood there stunned. I had never been to prison before, and at age 28, my life seemed to be over. Despairing thoughts flooded my mind as I considered the fact that I would die in prison, never again to be a husband or a father. While I stayed numb and speechless, I heard someone say that I was "trying to be strong." If they only knew; I had no strength at all. Afterward, reality set in. I

was going to Angola, then the bloodiest prison in the country. I wondered if I would have to kill or be killed, but since I would spend the rest of my natural life in prison anyway, it didn't seem

I felt hopeless. When you have an out date, you can look



You are more than the sum of your worst mistakes—or the length of your sentence.

forward to the future and make some plans. Even if you have a long sentence, there is always the possibility of getting it shortened. But how could I hope when there was nothing to hope for?

Let Time Serve You

For the first couple of years,

I just existed day to day. But one day I saw a sign in the education department that read, "Don't serve time; let time serve you." That was an "ah-ha" moment, and it was then that I began to take note of what the prison environment was doing to me. I knew I was better than what I was becoming.

I was raised in a religious family, but I didn't want to know a God who would let this happen to me. All around me, I saw people who had jailhouse religion and were pretending to be holy, but were living even worse lives than I.

One day an old prisoner came up to me and asked me to come to a church service with him. At that time I was so lost and confused that I agreed. Something happened to me at that service, and my heart began to change. The old convict who had brought me looked me in the eyes and said, "No matter what people might say about

you, you have worth. So don't ever give up. You must build the life you have always desired, or as close as you can to that life."

Freedom from Bitterness

He encouraged me to read, study, and grow. My life was not over just because a judge said it was. He told me I could still be the man I was meant to be, but to become that person, I needed to cleanse myself of bitterness. Until my mind and heart were free, my soul would never be free to face the challenges of prison life.

There were so many seemingly helpless, hopeless people in prison. At last I realized what I wanted to do: help others who were tempted to give up. In June 1980 I surrendered my heart to Christ and began to study His Word. I visited the sick at the prison hospital and began talking to anyone who would listen about this new life I had found behind the barbed-

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Taking the Hill

Guest Column: Jim Liske

Sometimes it becomes crystal clear why I do what I do. I had one of those moments of extraordinary clarity one Sunday last October as I forced my aching feet up Heartbreak Hill at the finish line of the Marine Corps Marathon.

I had run the marathon in honor of the many veterans-including many readers of *Inside* Journal-who are behind bars. I prayed for a different incarcerated Marine during each mile of the race. Their names were written on my T-shirt. Many active-duty Marines working at the race thanked Prison Fellowship on behalf of buddies who came home from war scarred, perhaps by post-traumatic stress disorder or a traumatic brain injury, trying to numb their wounded souls with drugs and alcohol. They thanked us for simply standing beside a group that society prefers to ignore.

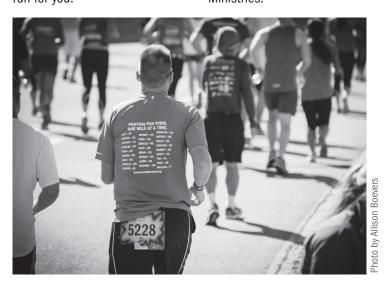
The finish line was at the base of the Iwo Jima Memorial. As I saw it, a moving tribute to thousands who were wounded and killed to take a hill out of enemy hands, my brief pain on Heartbreak Hill was put into perspective. I thought of

Calvary, the hill that Jesus took at the cost of His own life. As men and women have died to give us liberty on this side of the grave, Jesus suffered agony to give us liberty that will last for all eternity.

If you've served our country in uniform, thank you! It was my honor to pray for you and run for you.

Are you an incarcerated veteran? What do you think is the biggest thing our society can do to support returning veterans? Send your opinion to: Editorial Staff, *Inside Journal*, P.O. Box 1790, Ashburn, VA 20146-1790.

Jim Liske is the president and CEO of Prison Fellowship Ministries.



Subscription Info

At *Inside Journal®* (*IJ*), we receive many letters each week from prisoners asking for subscriptions to our newspaper. We are grateful for the interest and support of our readers—however, because of limitations on our staff and budget, *IJ* is *only* available in bulk shipments to your chaplain, programming coordinator, or a volunteer who visits your facility. Chaplains, to set up these shipments for free, please contact our editorial staff at P.O. Box 1790, Ashburn, VA 20146-1790 or insidejournal@pfm.org.

Lessons from a Lifer *Continued from page 1*

wire fences. By 1982, I had matured in my faith and began teaching the Bible to others.

A few years later, my mom came to visit me. She told me she was proud of the person I had become. I could see in her eyes that she meant every word. Her expression of love and faith in me was so moving that I began to apologize to her for all the wrong I had ever done. It was so unburdening.

My mom came to visit me.
She told me she was proud of the person I had become.

A New Life for a New Person

After that day I started getting involved in every self-help program the prison had to offer. I was a new person, and I had to do new things. On Oct. 12, 1985, I received a call into the ministry to preach the Gospel of Jesus. In 1990 the prisoner church elected me as its pastor, a position in which I still serve.

About five years ago, as a way to reduce recidivism, enhance public safety, and create fewer victims, the Department of Corrections and Warden Burl Cain were finally able to establish a reentry program that used Angola's lifers and long-termers to teach and mentor short-term prisoners in both vocational training and life skills with an emphasis on moral rehabilitation.

In June 2010, Warden Cain selected me to be the lead mentor and coordinator of the Corrections Court Reentry Program, a pilot program established in New Orleans that has since spread to seven other Louisiana parishes. Working with young men, many of whom have never had a real chance in life, has been my most rewarding experience. The mentors and tutors are helping to make society safer.

After almost 36 years of incarceration, I am no longer angry or bitter with anyone for any reason. I believe that God has given me another chance to be a good father. He has restored my relationship with my own children, and now I have so many more "kids" behind bars who call me "Pops."

I've learned that because you have committed a criminal act you do not have to become a criminal. Even inside prison you do not have to waste away. You can grow where you are planted and be fruitful. The simple truth is that if you water yourself and fertilize your mind by doing good, you will become good and find joy in yourself and in the God who gives you all you need.

A Light Shines in the Dark Continued from page 1

Audrey went home to her husband, Jeff, who had also become a Christian. They started attending church together and volunteering in their local community.

A New Life Path

While Audrey was in prison, Jeff visited her regularly. Whenever he sat in the visiting room, he was moved with compassion for the other women, most of whom never received visitors.

"Someone has to go to them," he said. So after Audrey was released, he got involved with Prison Fellowship's in-prison ministry, volunteering on Friday nights at Pleasant Valley State

"They say the truth sets you free, and it does," reflects Audrey, "but first I had to go prison."



Audrey and her husband, Jeff, learned new ways of relating to each other after she was arrested.

Prison in Corcoran, California. But Audrey wasn't ready to go back into the prison environment.

In March 2007, Jeff was transferred to Los Angeles for his job, and Audrey came with him, continuing to work for the same commercial real estate broker who had employed her during the work-release phase of her incarceration.

In December 2008, Jeff and Audrey delivered a Christmas gift to a prisoner's family through Prison Fellowship's Angel Tree program. Though she had always hesitated to share her own prison experiences, Audrey knew she had to comfort the family. Her story seemed to come pouring out. As she felt the freedom to talk about the past, she knew it was time to face her other biggest fear.

As they pulled away from the curb she asked Jeff, "Are you ready?"

"For what?" he said.

"For how God is going to move us this coming year," she replied.

"I don't want to move—I like it here," her confused spouse responded.

"Not physically!" Audrey said. "Spiritually. God is calling us to do prison ministry together."

Jeff used to be a race car driver, and he tends to drive quickly, but he was so excited that he stopped the car in the middle of the road. He turned to Audrey and said, "Look where we are."

They were right in front of the California Rehabilitation Center (CRC), a prison for men.

Ready to Face the Past

Jeff and Audrey began to go into prison together in 2009. They volunteered for The Urban Ministry Institute (TUMI), a Prison Fellowship multi-year, seminary-level program that equips prisoners to become Christian leaders behind bars and back in their communities after they are released. The growth of TUMI at CRC allowed for another class to open, and Jeff and Audrey began facilitating their own class in

November 2009.

Audrey joined the staff of Prison Fellowship in 2012 and is now the organization's field director in Southern California. Though she once resisted the idea of going back into prison, she now spends all her time helping men and women behind bars find the same hope she discovered in a dark cell.

Audrey says, "As I accepted Christ's forgiveness and learned to forgive myself, I stopped looking to other people to make me feel loved and valued. Instead, God's love has enabled me to truly start focusing on others and what I can do for them. As Jeff and I serve together, every blessing we pour out comes back to us 100-fold."

PRAYER WARRIORS CORNER



This winter, please pray for the following concerns:

- Pray for all those who are in authority, including wardens, corrections officers, parole and probation officers, and the parole board. Ask God that "they may live peaceful and quiet lives in all godliness and holiness." (1 Timothy 2:2-3)
- Pray for the peace and health of the jail or prison you are in, and all the prisons in your state.
- Pick three people in your prison and commit to praying for their personal and spiritual needs at a specific time during the day. Pray especially that they would come to know forgiveness in Jesus.

Ex-POW: 'Love Replaced the Hate I Had'

by A.R. Quinn

t first glance, Louis Zamperini didn't seem like a kid with a future. Growing up in Torrance, California, as the child of Italian immigrants, he was always

in trouble with local law enforcement, whether it was for fighting, drinking, or hopping onto freight cars. He was angry, rebellious, and liked to take risks.

But young Zamperini found a passion that kept him out of mischief: track. Trained by his older brother, he became the best high school runner in the country. He set a new national interscholastic record by running a mile in a little over four minutes. At age 18 he qualified for and competed in the 1936 Olympic Games in Germany.

Before World War II, Zamperini joined the U.S. Army Air Force. He was stationed in the Pacific as a second lieutenant, serving as a master bombardier aboard B-24 bombers. One day, he and his

Enroll Today!

crew were asked to go look for a missing plane. Their own plane crashed into the ocean. Of the 11 crew members, only Zamperini and two others survived. They spent more than 40 days floating on a raft, drinking rain water and eating raw fish and seabirds, until they were picked up by Japanese forces and imprisoned on the Marshall Islands.

Tortured in POW Camp

Until the end of the war, the Japanese held Zamperini as a prisoner. His family believed that he had been killed in action. He was terribly mistreated, in violation of international law protecting captured combatants. To avoid starvation, he had to eat rice that had been thrown on the ground and mixed with dirt. He was mocked and forced to run a race against well-fed Japanese soldiers.

Worst of all, he caught the attention of the moody, sadistic camp commander Mutsuhiro Watanabe, whom the prisoners

had nicknamed "the Bird." The Bird hated Zamperini because he had been an Olympic athlete; he wanted to humiliate him, so he would order Zamperini to stand at attention while he beat him viciously. Once, he forced Zamperini to hold a heavy hardwood beam over his head for 37 minutes straight, until finally, enraged by the prisoner's endurance, the commander punched Zamperini in the stomach. Zamperini dropped the beam and it hit him in the head, knocking him unconscious.

When the war was over, Zamperini and the other imprisoned Americans were released. The Bird went into hiding to avoid prosecution for war crimes. Zamperini slowly made his way home to his family, resting and regaining his strength along the way. He met and married the beautiful Cynthia Applewhite, and he enjoyed the attention and awards he received because of his incredible story of survival.

But inside, Zamperini carried terrible scars that no one could see. He had horrible nightmares about the mistreatment he had endured, and he would wake up sweating and shaking with terror. When he mistakenly thought he heard the Japanese word for "salute," he would reflexively snap to attention, ready to receive a beating. For a while, he became obsessed with the idea of hunting down the Bird and murdering him. He became angry and sullen, and as he had during childhood, he turned to liquor to help dull the intolerable emotional pain he felt. His wife felt she had no choice but to divorce him.

Zamperini's life began to change

Letting Go, Letting God

The pain of the past can be like a heavy chain around your ankles, weighing you down with every step you take. You can carry it around with you your whole life, or you can ask God to give you a new start as you commit your life to Him. You can start with a simple prayer like the one below. The words can be your own; what matters is that you talk to God openly and sincerely from your heart. He will never reject an honest prayer from someone who admits they need Him.

Dear God, I'm a broken person. I'm tired of carrying around all the pain of the past—pain from the things I've done and what's been done to me. I want a new start. I want to experience Your love, forgiveness, and redemption. Please show me how to live a life committed to You.

If, like Louis Zamperini, you're ready to let go of the past and let God take charge of your life, Inside Journal wants to help. We will connect you with a partner organization that can provide a free correspondence Bible study, as well as a Bible if you do not have access to one through your facility. Write to "Letting Go," c/o Inside Journal, PO Box 1790, Ashburn, VA 20146-1790.

when some neighbors invited him and Cynthia to an event in California where Billy Graham, the famous evangelist, was preaching. He went reluctantly, but the message of God's forgiveness and salvation transformed his life forever. He felt able to let go of the past.

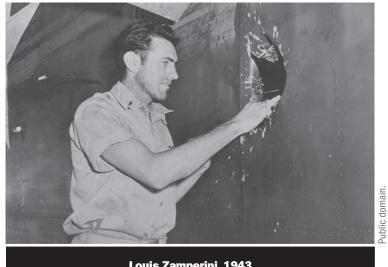
'Forgive Your Enemies'

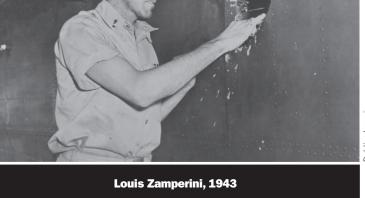
In 1950, he returned to Japan as a missionary. He sought out the camp guards who had imprisoned him and told them that he forgave them. He became reconciled to them and told them about the love of Jesus. The only one who refused to meet with him was the Bird.

Zamperini wrote a letter which he asked to be delivered to Watanabe. It said, in part, "As a result of my prisoner of war experience under your unwarranted and

unreasonable punishment, my post-war life became a nightmare. [...] but thanks to a confrontation with God through the evangelist Billy Graham, I committed my life to Christ. Love replaced the hate I had for you. Christ said, 'Forgive your enemies and pray for them.' [...] I also forgave you and now would hope that you would also become a Christian."

Zamperini and his wife had two children. His war-ravaged body would not respond to training in the same way it had before, and he never competed athletically again, but near his 81st birthday, he carried the Olympic torch in Japan. His life story was made into *Unbroken*, a best-selling book by nonfiction author Laura Hillenbrand, and a 2014 Hollywood film of the same name, directed by Angelina Jolie.





PRIS N WISSION

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In the last 14 years, over 20,000 students have taken our courses. Here is what one prisoner said:

"While here in prison, a cellmate asked me if I would like to do a Bible Correspondence course. 'Why not,' I told him. One of your courses in particular was Works vs. Grace. When I finished it, I understood for the first time the Grace of God. The Holy Spirit opened my eyes and I opened my heart to Him, deciding to follow Jesus. Now I understand the love of God. I would like to study the Bible more, possibly taking college courses. I want to learn more in order to teach others about grace and the peace found in our Lord."

- Edward (He took our Spanish courses.)

This year we celebrate 60 years of prison ministry and outreach from 1955-2015. You can download all our lessons at www.prisonmission.org



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The Bible: Plugging into the Source

In celebration of 25 years in print, we are running classic content from some of our earlier editions. The article below first appeared in the summer of 1994. Enjoy!

o use an electric fan, stereo, or other electrical device, you have to plug it into the wall socket. An unplugged device is lifeless and can't do what it was designed for.

Reading the Bible is like plugging into the power source. It's the direct connection to how God designed us to live. The Bible is God's way of letting humankind know who He is, how He feels about us, what He offers, and what He wants from us.

The Bible is a big book and can be difficult to get through. Maybe you've tried to read it and have given up. This article provides a quick-start guide to the Bible-advice on how to get in, how to get started, and how to get some immediate good out of this amazing book.

A Book of Many Books

The Bible is actually a whole library of books and letters written over thousands of years. There are 66 in all, arranged in two major groups. The Old Testament (39 books) focuses on history before the birth of Jesus Christ. It contains:

- 17 historical books
- 5 books of poetry
- 17 books of prophecy

The New Testament (27 books) begins with the life of Jesus Christ. It gives practical instructions for living the Christian

life and talks about the future. The New Testament has:

- 4 gospels (gospel = "good")
- Acts of the apostles (history of the early church)
- 21 epistles (letters to individuals or churches)
- Revelation

Who Wrote the Bible?

Although the Bible is literally the Word of God, He used humans to write it down. Their personalities and styles show through. The 66 books were written by about 40 authors, including two kings, two priests, a doctor, two fishermen, and two shepherds. Other authors include a statesman, a tax collector, a soldier, a butler, and a variety of others. They wrote in the wilderness, in prison, in palaces, and from exile. They wrote during wartime and peacetime over a period of 1,600 years.

To see what God says about the authorship of His book, read 2 Timothy 3:16-17; 2 Peter 1:20-21; and Isaiah 55:10-11.

(A tip for beginners: Bibles usually have a table of contents in the first few pages that tells you which book starts on which page. When you look up a reference, the chapter is listed first, and the verses are listed after. For example, Isaiah 55:10-11 is telling you to look up the book of Isaiah in the Old Testament and search for the 55th chapter, verses 10 and 11.)

Why Should I Read the Bible?

Look up the following Scripture verses. After each reference, jot down one main reason for

reading the Bible:

- John 5:39
- Hebrews 4:12
- Proverbs 6:22-23
- Joshua 1:8
- Romans 10:17

If you do not have much acquaintance with the Bible, a good place to begin is the Gospel of Mark in the New Testament. The Old Testament book of Proverbs also gives excellent advice for practical living. Stay away (for a while) from tougher books like Leviticus, Daniel, or Revelation. You can study them when you have more background.

There are many versions of the Bible. Among the most difficult to read and understand are the King James Version and the New American Standard. Although many people prefer it because it feels familiar, the King James Version was first used hundreds of years ago, and it contains many words and phrases that we no longer use today in modern English.

Some of the easier and more widespread contemporary versions are the New International Version, the English Standard Version, or the New Living Translation. There are pros and cons to every version.

Whichever version you go with, here are some suggested reading plans:

- Read through the Bible in a year. You can do this by reading three chapters each weekday and five on Sunday. It will take discipline, but you'll learn a lot!
- The Book of Proverbs has 31 chapters. You can read one a day for a month.
- · Read one chapter from the Old Testament and one from the New Testament each day. They give different viewpoints of the same central story: God's plan for redeeming the world.

How Can I Study the Bible?

One of the best ways to get to know the Bible is called the inductive study method. To use it, take a small section of Scripture and apply three skills: observation, interpretation, and application.

Observe: discover what it says. Read the passage very carefully, without any preconceived ideas, and see exactly what it says. Summarize it in your own words.

Interpret: discover what it means. Ask yourself what the passage means. Why was it included in the Bible? What truths

Interesting **Bible Facts**

Chapters in the Bible: 1,189

Longest chapter: Psalm 119

Shortest chapter: Psalm 117

Middle chapter: Psalm 117

Longest verse: Esther 8:9

Shortest verse: John 11:35

does it give us?

Apply: change your behavior. Ask what the verses you are studying mean to you personally. What instructions can you put into practice? What behavior is being modeled for you (or are you being warned against)? What changes might you want to make, based on what it says?

It's good to be in a regular Bible study. Many organizations, including Prison Fellowship, offer Bible studies at different institutions. Ask your chaplain what is available at your facility. You can also begin with a correspondence Bible study (see the offer on page three).

There is no substitute for studying the Bible. Plug in today! ■

What to Read When ...

You need peace: Matthew 11:25-30 You're lonely or afraid: Psalm 23

You're discouraged: Isaiah 40

Friends fail you: Psalm 27

You're bitter or critical: 1 Corinthians 13

You're in danger: Psalm 81

You need rules of conduct: Exodus 20:1-17

You need assurance: Romans 8

You're growing old: Psalm 71

Your faith is failing: Hebrews 11

You're looking for joy: Colossians 3

God seems distant: Psalm 139

You have sinned: Psalm 51, 1 John 1

Noteworthy News

California Passes Prop 47

SACRAMENTO, Calif. - In November 2014, the state of California passed Proposition 47, also known as the Reduced Penalties for Some Crimes Initiative. Sixty percent of the state's voters supported the measure, while 40 percent opposed it.

Proposition 47 reclassified most "nonserious and nonviolent property crimes," such as low-value shoplifting and personal use of some illegal drugs, as misdemeanors instead of felonies, as long as the defendant does not have prior convictions for rape, murder, certain sexual offenses, or certain gun crimes.

The initiative also allows some California prisoners, who are currently serving sentences for crimes previously classified

as felonies, to receive reduced sentences. According to Lenore Anderson of Californians for Safety and Justice, approximately 10,000 people will be eligible for re-sentencing. Resentencing will be dependent on a careful review of prisoners' criminal histories, to ensure they do not pose a risk to public safety.

California estimates that it will save more than \$100 million each year in reduced incarceration costs. The money saved will go toward the Department of Education, the Victim Compensation Government Claims Board, and the Board of State and Community Correction.

Dissident Art on Alcatraz

SAN FRANCISCO - Ai Wei Wei (pronounced eye way way), an artist well known for his work

challenging the Communist government of China, has put his latest multi-media art installation in an unexpected location: the notorious prison on California's Alcatraz Island.

Ai, 57, planned the exhibit without ever visiting Alcatraz, the prison which once housed Al Capone and "Machine Gun" Kelly. Ai was detained and imprisoned by Chinese authorities in 2011, and though he was later released, he has not been allowed to leave the country. He designed his artwork based on secondhand information, recreating the prison in his mind.

When interviewed at his home in Beijing, China, the artist told Smithsonian Magazine that he selected Alcatraz as a way of drawing attention to the plight of prisoners of conscience around the world.

"Since I also have the experience of being arrested and accused, and so many in my generation are purged or punished in China, and forced to give up their freedom, I focus on the question of what is freedom, and what freedom means to political prisoners today, prisoners of conscience.

Ai's art, which includes avantgarde visual and audio elements, will be on display until April 26, 2015.

Failed Assassin Visits Pope's Tomb

ROME - Mehmet Ali Agca, the Turkish man who attempted to assassinate the pope in St. Peter's Square in 1981, arrived at the Vatican in late 2014 wishing to pay his respects.

Then-pontiff John Paul II was critically injured during the attack. After he recovered, the pope forgave Agca at the Roman prison where he was serving a life sentence. Agca

was pardoned by Italy in 2000 and extradited to Turkey, where he was incarcerated for other crimes. He was released from a Turkish prison in 2010.

When Agca arrived at the Vatican last year, he was allowed to visit the tomb of the man he had tried to kill. A Vatican spokesman confirmed that he spent a few minutes in silent meditation at John Paul II's tomb before leaving two dozen white roses.

