

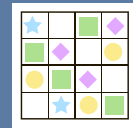
IN THIS ISSUE:



Recipe,
p.3



Devotional,
p.5



Sudoku,
p.6

A Gang Member's Eyes Are Opened

by C.L. Bopape and
J.R. Breault

At only 11 years old, Martin was already sick of being bullied for being poor. Because he rode the city bus and wore hand-me-downs, kids at school teased him.

He felt defenseless. But he thought gang members in his Inglewood, California, neighborhood were rich and strong. Martin says, "Nobody was going to belittle them about anything."

Martin had at least one faithful friend: his mother. She encouraged him to read the Bible and brought him to Vacation Bible School and other church programs. But despite having pastors in his family, Martin saw some Christians as hypocrites; their



photo by Erin Hays

After years of trying to find strength in a gang, Martin eventually found the strength to walk away. He then found strength to overcome the odds, and he became an optician, a scholar, a pastor, a director, and an inspiration.

words didn't match their actions. And church couldn't provide the same safety gangs could.

"My thought was, 'I want to be with these people because they're

offering protection and a family,'" says Martin about gang life.

Joining the gang gave Martin a sense of belonging. It also taught him how to break the

law. He was arrested at age 16. By age 25, he had been arrested three times. Martin was eventually sentenced to 26 years to life for his role in a murder and robbery. He left behind his 3-year-old daughter.

Martin's mother continued to encourage him during his incarceration. Martin says, "She never made me think I was anything less than worthy of God's love."

Taking risks and breaking free

Martin's mother begged him to read the Bible. When he finally did, the words seemed different than when he was younger. This time, Martin's eyes were opened.

"I saw who God was," he remembers. "I saw

what God created me to be. And I realized that God wanted me to have good stuff, and I didn't have to hurt people to get it. That was the God I fell in love with."

Martin didn't want to be a hypocrite like some of the Christians he remembered from his childhood. He decided that to fully serve Christ, he needed to break his gang affiliation—even knowing it could be dangerous.

Martin asked another Christian prisoner and former gang member for advice. The man told Martin: "Go and pray and tell God this is what you want to do." So, Martin prayed. When the time came to stand before his fellow gang members to express his newfound faith, God protected Martin.

Continued on page 2

5 Steps for Finding the Right Friends

by Dillon Shaw

While serving time, we need reliable companions, good influences, and people who bring out the best in us. Here are some tips on finding—and keeping—good friends.

1. Examine your motives.

Before you look for friends, first look at your own desires and behaviors. Ask

yourself why you made the choices that led you to prison. Did I hang around the wrong people because I felt worthless or needed their approval? Did I choose a certain group because they had the drugs or alcohol that offered me a sense of escape or fulfillment?

Figuring out why we are drawn to specific people is an essential step in finding healthy friendships.



photo by Prison Fellowship

When I was first in prison, I tried skipping this step, and I ended up being attracted to the wrong crowd. We need to make sure that our reason for wanting to be around

certain people is to develop connections that are good and healthy for everyone, not to just get what we want or to find our self-worth in others' opinions of us.

2. Determine what you can offer others, and vice versa.

There's an old saying, "To have friends, one must show himself friendly." Proverbs 18:24 puts it this way: "There are 'friends' who destroy each other, but a real friend sticks closer than a brother." You should do your best to be a good friend to the people you

Continued on page 4

NEED A BIBLE?

Get a free Inside Journal
Life Recovery Bible!

NOW WITH A
WORKBOOK!

WRITE TO:

Tyndale House Publishers
Attn: Inside Journal Bible
351 Executive Drive
Carol Stream, IL 60188

Include this information to make sure your Bible
or Workbook gets delivered:

- ✓ Your complete name and prison ID number
- ✓ Your facility name
- ✓ Your facility address for prisoner parcel delivery
- ✓ Whether you want English or Spanish*

*Bibles and Workbooks are
available in English or Spanish.
You can order a Bible and
Workbook together, or separately.
Limit one order per person.



Eyes Are Opened Continued from page 1

One gang member said, “Hey, if this is what he wants to do, let him do it. If he’s serious about it, OK. If he’s not serious about it, please have at him.”

From that moment on, Martin made sure his words and actions matched. He attended classes that Prison Fellowship® offered on parenting, finances, and boundaries. He also started working as an education clerk, grading papers and explaining assignments. When one of his former gang members joined his class, Martin quickly realized the man couldn’t read or

write. He took time daily to teach him.

Viewing life through new eyes

One day, that man looked at him and said, “Martin, I understand. I see who you are now. I see why you left. You’re not for that life.” He was right. Martin preferred “God life” over “gang life.”

In 2000, Martin was transferred to San Diego’s Richard J. Donovan Correctional Facility. There he worked in an optical lab and learned the duties of an optician—someone who uses machines to design and fit eyeglass lenses. He studied for the state

Letters to the Editor



Ekely: Getty Images

Andre in California

Let me start by thanking you for all that you do and all the literature you produce for people like me to read and share. I’m writing in hopes to obtain a new copy of Inside Journal, and if possible a few to pass around. Any useful information and positive reading would be highly appreciated.

Dear Andre:

We’re so glad you have enjoyed Inside Journal and that you want to share it with others! Inside Journal comes out quarterly, in March, June, September, and December, so during those months, be on the lookout for the latest edition. You can also let your chaplain know there are other free bulk resources available at our Chaplain Storehouse at www.chaplains.prisonfellowship.org. Keep

reading and keep sharing with others!

Vernon in North Carolina

My faith is strengthened in the ability of the things I’m able to carry out and complete in His name. My faith is an active power, having no bounds or limits. It has allowed me to transform my place of confinement into a place of paradise. ... Trust in the Lord and you will forever find solace.

Migail in Florida

My whole spiritual life has been dependent on my answer to one question: Who is Jesus Christ? All this time as a Muslim, I’ve accepted Jesus as only a prophet or good teacher, [but] I’ve been rejecting His teachings ... Jesus has invited me to accept Him and live with

Him eternally; I now understand who Jesus is and I believe in what He said. A Prison Fellowship newspaper led me to this belief in a markable way.

Kenneth in Virginia

Here, the world labels us as convicts, ex-cons, criminals ... none of which define who we are in Christ. Every saint is a sinner who fell down and got up. It’s not how one falls, but how they get up. One day according to God’s will, I will rise up from behind these walls in that appointed time. This is just an endurance and testing of my faith allowed by my Heavenly Father.

Dear Vernon, Migail, and Kenneth:

Thank you for taking the time to share your stories with us. It’s amazing to see how God has worked and is still working in each of your lives. By sharing your faith like you have shared these letters, others will know about the transforming love of Christ! We encourage and pray for all of you as you continue in your faith journeys.

Sincerely,
The Editorial Staff ■

optical certification, paying for the test himself and passing with ease.

Shortly before his release, Martin enrolled in The Urban Ministry Institute (TUMI), an intensive biblical studies course, made possible by a partnership between Prison Fellowship and World Impact. The program equips prisoners to become Christian leaders, and it opened Martin’s eyes to new possibilities for his life.

Martin was released in 2017 after 22 years of incarceration, receiving early parole for good behavior. After finishing a strict reentry program, he landed a job as a painter. He also started

attending Pillar of Fire, a church pastored by a friend he had met in prison. Eventually, Martin became co-pastor at Pillar of Fire—a role he still holds.

He kept growing spiritually and seeing more clearly. Despite his prior felony conviction, he defied odds by winning an appeal that allowed him to practice as an optician.

Martin appreciated his optician career, but he longed for full-time ministry. So, in August 2021, he joined Prison Fellowship as a field director, overseeing ministry to several large prisons. Martin loves interacting with men and women behind bars—

including at two facilities where he was once incarcerated.

“When I go to Donovan, I can literally tell them I used to live in Building 13,” Martin says. “I hope I can show men and women, ‘Hey, even though you’re in this situation now, that’s not the end of it. There are some great things that God can and will do if you allow Him.’” ■



photo by Erin Hays

Do You Need Your Vision Checked?

by A.R. Quinn

Here’s a question for you: Is it hard to read the words on this page? If you are straining to tell the difference between a C and a G, you might be due for an eye exam.

Many people notice changes in their near vision—the vision you use for reading or looking at a tablet—around age 40. (This not-so-fun part of aging is called presbyopia.) It tends to get worse in the years that follow, leaving most older adults reaching for reading glasses.

In the last few decades, age-related vision problems have become more common behind bars. Between 1996 and 2016, the number of incarcerated people aged 55 and above increased 280%. The need for vision care has gone up too.

Even gradual vision loss can reduce the quality of your life. You might find it hard to read food labels, study for a class, or enjoy a letter from a loved one. Poor vision can also make you feel isolated, depressed, embarrassed, or angry. Sight problems are even more frustrating if you have a hard time scheduling an eye exam, finding books in large print, or getting your eyeglass prescription filled.

A vision for life

It’s not just your physical eyesight that impacts your quality of life. Each of us also has a vision of ourselves and our place in the world, and that vision affects everything else. But just as our close-up vision gets worse with age, our vision of ourselves also easily becomes distorted.

Everyone’s vision of themselves is shaped by the experiences and influences they collect during their lifetime. A man who has suffered repeated rejections might

see himself as unworthy of love. A man who has been called a low-life and a dead-beat might see himself as incapable of achieving great things.

When lies like these cloud your vision, the consequences are devastating. Jesus once explained to His followers, “Your eye is like a lamp that provides light for your body. When your eye is healthy, your whole body is filled with light. But when your eye is unhealthy, your whole body is filled with darkness. And if the light you think you have is actually darkness, how deep that darkness is!” (Matthew 6:23, NLT)

A prescription for clarity

When did you last examine your view of life? If it’s been a while—or if you’ve never stopped to think about it—now might be a good time.

Here are some questions to ask yourself for a spiritual vision check:

- Do I have a hard time seeing the purpose and value of my life?
- Do I struggle to distinguish between choices that will harm me and choices that will help me?
- Do I turn a blind eye to facts or advice that contradicts my views?
- Do I always focus on obstacles and setbacks instead of finding hope for the future?

A new lens on life

But there’s Good News: Even if your vision seems foggy right now, it doesn’t have to stay that way. God offers a prescription to get you to 20/20 clarity.

Jesus once told a crowd of people, “I am the light of the world. If you follow me, you won’t have to walk in darkness, because you will have the light that leads to life.” (John 8:12, NLT)

When you open your heart to a relationship with God through Jesus, light will come into your life. The more you turn toward His light, the better you will see. You can let go of lies that blur your vision, and you can begin to see your life through the crystal clarity of truths like these:

- God created you in His image. (Genesis 1:27)
- God intends your life to be full of meaning and purpose. (Ephesians 1:11)
- God loves you so much it’s hard to even imagine it. (Ephesian 3:18-19)
- When you lean on God’s wisdom, He helps you make choices that lead to life. (Proverbs 3:5-6)

If that sounds appealing to you, take a look at the sidebar on this page, where you can learn more about how to restore your spiritual vision. ■



MarioGuti/Getty Images

READER RECIPES

Not all ingredients will be available at all facilities. Be sure to comply with your facility’s rules and regulations whenever cooking.

Pad Thai

Submitted by John in Florida

INGREDIENTS:

- 1 packet of ramen noodles
- 2 heaping spoonfuls of peanut butter
- 1 bag of cheddar popcorn
- 1 piece of chicken from the chow hall, shredded
- Optional: soy sauce, peanuts, vegetables

DIRECTIONS:

Cook the ramen noodles according to their package directions. Drain the water. Mix in peanut butter, popcorn, and chicken. Add a splash of very hot water. Stir it all together (including any optional ingredients). Microwave for one minute and 30 seconds and enjoy! ■



nata_vkusdey/Getty Images

IS YOUR VISION BLURRY?

Do you feel like your life is a mess? Is your self-esteem not so great? You were made by the perfect and powerful Creator of the entire universe. You were created in His image. And He has a purpose for your life.

Ephesians 2:10 says, “For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.” (On the flipside, be careful not to think too highly of yourself. You were created in God’s image, but be clear, you are not God. As it says in Romans 12:3, “Don’t think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us.”)

See your value clearly by seeing yourself the way God sees you. God thinks the world of you. It might not always feel that way, especially when your life isn’t going smoothly. But one of the best signs that God thinks the world of you is that He sent His one and only Son Jesus to die as a payment for your sins, so that you may have eternal life if you believe in Him.

If you want to renew your focus, ask Jesus into your heart and accept His free gift of eternal salvation.

Not sure where to begin? Start with this simple prayer:

“Dear Jesus, please help me to see more clearly. I surrender my life to You. I want to see myself how You see me. Amen.”

To learn more about Jesus or to sign up for a free correspondence Bible study through one of our trusted partner organizations, write to us at “CLEAR VISION,” c/o Inside Journal, P.O. Box 1790, Ashburn, VA 20146-1790. For a free Bible or accompanying study guide/workbook, see our ad on page 2.

FLOODLIGHT: A Video Program of Hope and Inspiration

What started as a short-term fix in response to the pandemic is growing to provide the best video content possible with you in mind.

Prison Fellowship's Floodlight® is a free video service created especially for men and women in prison and currently used in almost every state. It provides videos through partnerships with top content providers and through original Prison Fellowship productions. Every month, Floodlight viewers can see new inspirational stories from returning citizens, hear words of encouragement from believers on the outside, enjoy music and drama, learn and practice leadership skills with the Global Leadership Summit faculty, or come together for an original Floodlight special program. Viewers can also find thoughtful and practical Bible teaching.

Programs are available in Spanish and English. Here is a program guide of this fall's lineup*:

“We are using your Floodlight program with great success. I can tell you that you are changing lives and making a huge impact with this program. You can now reach all 2,000 [prisoners] within their cells. That is massively powerful.” —Prison Chaplain, Midwest

*Content may vary. To learn how your facility can participate, ask your chaplain to email floodlight@pfm.org.

SEPTEMBER	
Women’s Roundtable Discussion <i>Original Documentary • Prison Fellowship</i> Hear from formerly incarcerated women on the specific challenges faced as a woman and a mother in prison.	The Holy Ghost Series <i>Bible Teaching • Rock City Church</i> The presence of God is powerful when people come together in worship.
Three Questions Every Follower Asks <i>Leadership • James Maxwell-Global Leadership Summit</i> Teaches Community and Restoration in relationships by showing that as followers of Jesus, we should become leaders by “adding value” to others.	Purpose Driven Life <i>Life Skills • Rick Warren-Purpose Driven Life</i> Helps us understand God’s incredible plan for our lives. It enables us to see the big picture of what life is all about and begin to live the life God created us to live.

OCTOBER	
Please Excuse the Mess <i>Bible Teaching • Rich Wilkerson-Vous Church</i> Our life is always under construction. God is working to bring out the potential in all of us.	Therapy & Theology <i>Relationships • Proverbs 31</i> Using these words—connection, affection, protection, and reflection—to improve relationships.
I Have a New Name: Sermon on Identity <i>Inspirational Story • Hosanna Wong Ministries</i> Spoken word artist Hosanna Wong shares her firsthand experiences with loss, hope, and redemption, and her innermost desires to see lives healed and restored by the power of Jesus.	True Hope <i>Gospel Short Stories • Bible Media Group</i> This Lumo Project production brings the original Jesus narrative to the screen using the Gospel text as its script, word for word, to understand the story of Jesus. ■

5 Tips for Finding Friends

Continued from page 1

hang around. And at the same time, you should make sure you’re being treated well by others. If you look back on your life leading up to prison, were the people you called friends treating you like a true friend would? Were you treating others like a true friend? Make a list of the qualities that are necessary for a good friend or friendship and live out these qualities.

Remain humble and teachable, with more listening and less talking.

3. Pay attention to your friends’ habits.

Perhaps you’ve figured out that the loudest, most arrogant, or toughest person is probably not the healthiest friend. The people who have bad habits like lying, doing drugs, or putting others down aren’t going to be good influences on you. A healthy friend will usually have healthy habits, like regular sleep routines, consistent exercise, and prosocial (caring and cooperative) patterns of interaction. Ask yourself, does this person have a good rapport with staff and C.O.s as well as other prisoners? Does this person help others, whether it’s holding a door, assisting

someone with GED homework, or helping someone move their property when they first arrive in a new unit? Those are the kinds of habits you should make note of when choosing friends.

4. Take the initiative to start conversations.

After identifying a possible friend who seems to be honest, consistent, purposeful, and healthy, introduce yourself to them in one of the common areas. Start a conversation and be confident and comfortable. Tell them it seems like they really have their life together. They will most likely appreciate your comment, and they will probably be the kind of person

who is open to helping others walk in the right direction. If there is no clear next step with this person at the end of your conversation, ask them if they would be willing to help you understand how you can change and grow like they have. Remain humble and teachable, with more listening and less talking.

5. Prioritize healthy relationships.

Research suggests that the average person can only maintain around 15 quality friendships. You may know hundreds of people by face or name, and even perhaps know a few details about them, but quality friendships require you to use your limited resources:

time and emotional energy. If you invest your time and energy into the healthiest relationships because you’ve made them a priority, you won’t waste time or energy on relationships that could end up influencing you in the wrong direction.

Who you serve your time with affects how well you serve your time. Be a good friend to others, and then find others who would be a good friend to you. Avoid toxic friendships and seek out healthy friendships. Sounds simple enough, but of course, being incarcerated can be complicated. Keep working on it! And if you’re being released anytime soon, these same tips will apply to finding friendships on the outside. ■

DAILY DEVOTIONAL TEAR-OUT

Tear out this daily devotional and then start each morning and/or end each night saying it and praying over it. You'll be amazed by how a healthy spiritual habit like this can bring encouragement and focus to each day!

But God

by S.L. Ray

Kintsugi, which means “golden repair,” is a Japanese art form. It is rumored to have started when a 15th century military ruler in Japan sent out a broken tea bowl for repairs, and it came back held together with ugly metal staples. This man then asked artists to find a way to make the brokenness beautiful. The solution: to use a special resin mixed with gold, silver, or platinum, which would then highlight instead of hide the damage. This kintsugi art form celebrates the brokenness, making the object more rare, precious, and valuable.

As flawed sinners, when our lives are broken, we try to fix things ourselves. And we often end up with the ugly metal staples or even just a handful of shattered useless pieces. But God uses His grace to mend our cracks and to turn us into a useful piece of art—one that is more beautiful and unique than before.

The Bible says in Genesis 50:20, when talking about the bad influences in this world: “You intended to harm me, but God intended it all for good.” And Romans 8:28 goes on to say, “We know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.”

BUT GOD.

We struggle with pain and darkness. But God brings us to a place of healing and light. We look at our shattered pieces as worthless. But God mends them together in a kintsugi work of art, more useful and valuable than ever before.

An incarcerated man named Christopher experienced this kintsugi in his own life: “I have lost everything. My family wants nothing to do with me because of where I am and what I’ve done. My wife left, taking everything, including our two kids. I’ve lost all my personal possessions. I spent 20 hours a day in a cell with nothing to do but sleep or read. I have hit rock bottom.”

BUT GOD.

“Yes, I miss my kids very badly. But God is using my situation to make me part of His [situation]. Prison is the best thing that could’ve happened to me.”

BUT GOD.

“I realize that God loves me enough to put me in here, to get me on the right path, and to spend some good quality time with me. This time is hard. But God’s got this!”

Think about your day. Think of the things that seem broken. Picture your life like the broken bowl and imagine God pouring His liquid gold into the cracks. Then offer Him this prayer:

“Lord, take my bad and turn it into good. My plans can fail me, but Your plans can free me. Today, I offer You all my broken pieces. Repair them with Your precious gold, turning me into a rare and valuable work of art. Then show me how I can use this new artwork to reflect Your beauty onto others. Amen.”



ed chechine/Getty Images

FEATURING OUR FOUNDER:

Charles “Chuck” Colson was an American attorney and political advisor who served as special counsel to President Richard Nixon from 1969–1970. Chuck, who had become a Christian shortly before the Watergate scandal broke, voluntarily pled guilty in 1974 to obstruction of justice. He served seven months in Alabama’s Maxwell Prison. He was the first member of the Nixon administration to be incarcerated for Watergate-related charges. In his best-selling memoir, *Born Again*, Chuck wrote, “I found myself increasingly drawn to the idea that God had put me in prison for a purpose and that I should do something for those I had left behind.”

Colson emerged from prison with a new mission: mobilizing the Christian church to minister to prisoners. In 1976, he founded Prison Fellowship, which is now the nation’s largest Christian nonprofit serving prisoners, former prisoners, and their families, and a leading advocate for criminal justice reform. Chuck passed away in 2012 at age 80, but his ministry continues to grow, with Prison Fellowship programming in all 50 states and Prison Fellowship International programming in more than 113 countries. ■

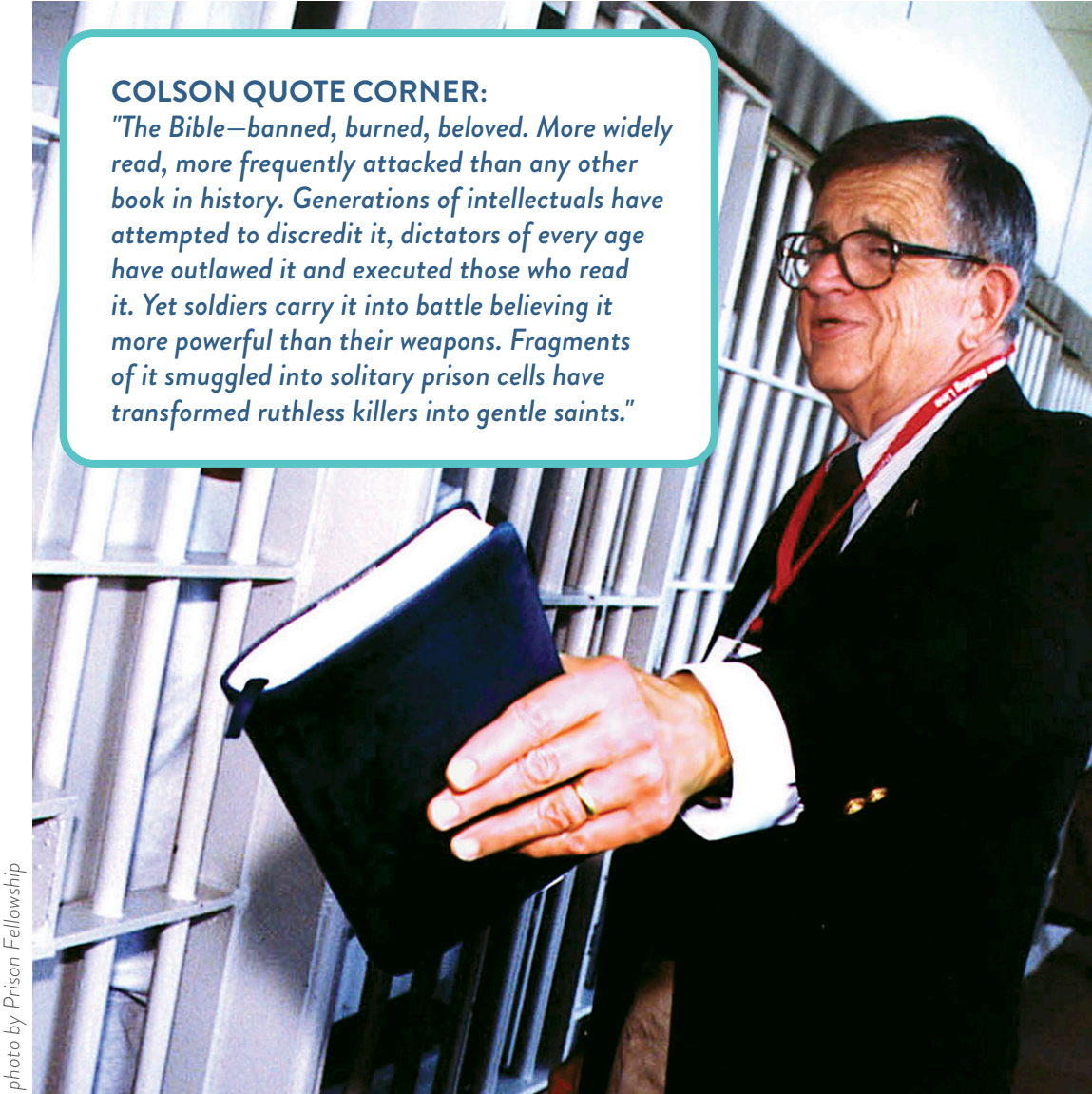


photo by Prison Fellowship

COLSON QUOTE CORNER:

“The Bible—banned, burned, beloved. More widely read, more frequently attacked than any other book in history. Generations of intellectuals have attempted to discredit it, dictators of every age have outlawed it and executed those who read it. Yet soldiers carry it into battle believing it more powerful than their weapons. Fragments of it smuggled into solitary prison cells have transformed ruthless killers into gentle saints.”

POETRY CHALLENGE

by S.L. Ray

You don't have to be a great writer to write something great. Often, all it takes is a pencil and some quiet time alone with your feelings. Sure, being creative helps. So does reading the works of other authors and practicing your own writing. But you don't need to be good at grammar or have a degree in writing to say something impactful. And one way to start your journey as a writer is through poems. Poetry can be very empowering and healing. Give it a try and see for yourself!

Here are seven tips for writing poetry.

1. Write for you and not for others.

A poem doesn't need to be shared with others or submitted to Inside Journal; it can be powerful and healing just to pour your words onto paper, whether you tear them up and never read them again or whether you edit and reread them later.

2. Jot down every thought.

Get in the habit of stream-of-consciousness writing: Write down whatever comes into your head. Weird thoughts, random words, frustrations about your day, dreams about your future—write it all down. Think of this less like a journal about your day and more like a no-rules place to pour out whatever pops into your mind, whether it makes sense or not. “Dumping” all your thoughts can help get your creativity flowing.

3. Figure out the mood.

In poetry, there is usually one central attitude or feeling; for example: cheery, romantic, funny, gloomy, reflective, or hopeful. Make word choices based on what emotion you want the reader to feel while reading your poem.

You don't need to be good at grammar or have a degree in writing to say something impactful.

4. Use imagery.

The key here is “show, don't tell.” Share a story or explain a feeling, but in a way that uses a lot of descriptions (where a reader can almost see, touch, or feel what the writer is saying). This sentence is an example of telling: “Life behind bars can be really hard sometimes.” But this sentence shares the same idea using imagery: “Black and blue pain explodes, spreading from the inside of my skin into the outer corners of my cell.”

5. Find a good rhythm.

This doesn't mean it has to rhyme. It certainly can, but some of the most powerful poems don't. It just means a strong poem should have some sort of rhythm



Rabia Kupeli/Getty Images

(sometimes called a cadence), almost like a song. That's one thing that separates a poem from any other writing piece. Try reading your poem out loud to feel the rhythm. Again, rhyming isn't important, but it should have some sort of flow.

6. Consider using a sound device.

A few common sound devices used in poetry are repetition (repeating the same words or phrases for emphasis), alliteration (using the same consonant sounds at the beginning of words, like in “whisper words of wisdom,” or even like in “fishing for phones”), assonance (similar vowel sounds, like in “low moaning roar”), onomatopoeia (words that represent their sounds, like in “buzz, whirl, hiss, bang”).

7. Choose your line length.

Unlike other styles of writing, poems use lines (sometimes called verses) and stanzas (groups of lines/verses). As the writer, you decide how long to make each line based on things like syllables, numbers of words, rhythms or rhyming patterns, etc. You can also decide whether each line should be the same length or not, depending on what feel you're going for.

See next page for actual poems. ■

ACTIVITY: Sudoku

Fall is back-to-school time. But you don't have to go back to school or be young to keep your mind sharp. One great way to stimulate your brain is Sudoku. To complete this puzzle activity, you enter numbers in squares so that every number appears only once in each horizontal line, vertical line, and square. Studies show Sudoku improves memory function, decreases your chances of getting Alzheimer's, and strengthens your logic and math skills. And you can learn Sudoku at almost any age. If you don't love numbers, try the “Image Sudoku” below the numbers Sudoku—or mail it to your kids (or make your own using drawings/icons you think your kids would like). See answers on page 8. ■

Sudoku

EASY

2		5			9			4
						3		7
7			8	5	6		1	
4	5		7					
		9				1		
					2		8	5
	2		4	1	8			6
6		8						
1			2			7		8

MEDIUM

		6		9		2		
			7		2			
	9		5		8		7	
9				3				6
7	5						1	9
1				4				5
	1		3		9		8	
			2		1			
		9		8		1		

HARD

			8					
7	8	9		1				6
					6	1		
		7					5	
5		8	7		9	3		4
	4					2		
		3	2					
8				7		4	3	9
					1			

Marek Trawczynski/Getty Images

Image Sudoku

EASY

★		■	◆
■	◆		●
●	■	◆	
	★	●	■

MEDIUM

●		★	
	■		◆
■		◆	
	★		●

HARD

		◆	
			★
●			
	■		

Irina Kuznetsova/Getty Images

STAFF PICKS:

Here are some of our editors’ favorite poems.

‘Hope’ is the thing with feathers by Emily Dickinson (1830–1886)

“Hope” is the thing with feathers -
That perches in the soul -
And sings the tune without the words -
And never stops - at all -

And sweetest - in the Gale - is heard -
And sore must be the storm -
That could abash the little Bird
That kept so many warm -

I’ve heard it in the chilliest land -
And on the strangest Sea -
Yet - never - in Extremity,
It asked a crumb - of me.



HOW TO GET THERE by Michael Leunig (1945–)

Go to the end of the path until you get to the gate.
Go through the gate and head straight out towards the horizon.
Keep going towards the horizon.
Sit down and have a rest every now and again,
But keep on going, just keep on with it.
Keep on going as far as you can.
That’s how you get there.



Love After Love by Derek Walcott (1930–2017)

The time come
when, with elation
you will greet yourself arriving
at your own door, in your own mirror
and each will smile at the other’s welcome,
and say, sit here. Eat.
You will love again the stranger who was your self.
Give wine. Give bread. Give back your heart
to itself, to the stranger who has loved you
all your life, whom you ignored
for another, who knows you by heart.
Take down the love letters from the bookshelf,
the photographs, the desperate notes,
peel your own image from the mirror.
Sit. Feast on your life.



A Hymn to God the Father by John Donne (1572–1631)

Wilt thou forgive that sin where I begun,
Which was my sin, though it were done before?
Wilt thou forgive that sin, through which I run,
And do run still, though still I do deplore?
When thou hast done, thou hast not done,
For I have more.

Wilt thou forgive that sin which I have won
Others to sin, and made my sin their door?
Wilt thou forgive that sin which I did shun
A year or two, but wallow’d in, a score?
When thou hast done, thou hast not done,
For I have more.

I have a sin of fear, that when I have spun
My last thread, I shall perish on the shore;
But swear by thyself, that at my death thy Son
Shall shine as he shines now, and heretofore;
And, having done that, thou hast done;
I fear no more.



Risk by Anais Nin (1903–1977)

And then the day came,
when the risk
to remain tight
in a bud
was more painful
than the risk
it took
to blossom.



READER SUBMISSIONS:

Here are some of our favorite poems written by you, our readers.

Forgiveness by Code in Florida

In this life my choices and decisions haven't always been too clever,
And my actions really not much better.
However I'm so grateful to be in your care
Because to be punished and how would only be fair.
Even though, everyday still I am so blessed
Because of your love and sweet forgiveness!
When I think of your power, you set my soul on fire.
I smile and feel true peace.
I look forward to leave this body, when my soul is released.
Thank you, God! Though my words can only describe so well how I feel.
I know you are there, I know you hear me, I know you’re real.
You strengthen me with tenderness,
And love me with your forgiveness!



HE CAME LOOKING FOR ME by David in Florida

Hurt and unhappy I ran away from home to go live on the streets.
Slept in abandoned houses and sold illegal drugs to make ends meet.
Teamed up with other juvenile delinquents who lived the same way.
Ducking and dodging truant officers was the highlight of our day.
As I hid in the run-down house a gentle and a loving familiar voice said
"Son please let me in."
Yet shame blocked my positive response, because of disobedience and sin.
Unable to face the loving voice on the other side of the door.
I made a quick dash up stairs to a hidden room on the second floor.
Thinking I was successful at evading, and there was no way I could be found.
Sitting inside the hidden room I heard foot steps closely walking around.
Then the voice spoke up again and said, "Son don't hide, I've come to take you home.
There's no place I won't find you, no secret unknown.
Even though your feelings of hurt caused you to run away.
Eventually you'll develop the courage to overcome the evil day.
So stop running from your fears, son, because there are giants to defeat."
Proudly then I walked out of the hidden room, happy that he came looking for me.



God’s Hotel by Mykeshia in Pennsylvania

As I lie here awake in this horrible place,
I start to wonder why I’ve lost faith.
Some call this a prison, even a jail,
But, to me, this is God’s hotel
Where He took me from out the hood,
Cause honestly, it wasn’t looking good.
As I’m wondering, here lying awake,
I’m praying for daylight, at least for my sake.
I think of my wrongs, then confess my sins,
So my fresh start can finally begin.
I’m no longer blind and I finally see,
That God’s hotel, was just what I need.
For most, a punishment this may be.
For me, it’s the beginning of a great opportunity.
Where I can work through all my problems,
Maybe then, I’ll begin to solve them.
My soul cries, thinking I’ve lost to sin,
But in the end, this was really a win.
Cause God can work on me in here,
So once I’m free, I’ll have no fear.
I was so sure I wouldn’t fail
But, here I am, back in jail.
To my name, not even a dime.
But really I’m rich because I have time.
Time to move forward and finally rise up
And work through my past, where I’ve been stuck.
Time for me to take a good look,
Because this is the beginning, not the end of my book.
It won’t matter what I choose
If in the end I was gonna lose.
Cause this was God’s plan for me
And I can’t escape my destiny.
I may not understand the reasons behind it,
However, I am listening and trying to abide by it.
I may whine and cry, maybe even think I will die,
But in the end I know I will survive.
Because God is here holding my hand,
As He walks me down this road He has planned.

WE WANT TO HEAR FROM YOU!

Do you have a poem you want to share with our readers? Or even a great recipe using commissary items? Please send your poems, recipes, or other inspiring works to: SUBMISSIONS, c/o Inside Journal, P.O. Box 1790, Ashburn, VA 20146-1790. Please also write “I give Prison Fellowship permission to publish my submission” somewhere on your letter. NOTE: Submissions may be edited for content or space. Not all submissions will be printed. If selected, your works will be printed with your first name only; no last name or personal information will be included.

NEWS + NOTES

by E.G. Andrews

Prison Launches Radio Station

According to CBS Denver, Colorado is launching the nation’s first statewide prison radio station entirely run by incarcerated people.

The University of Denver Prison Arts Initiative coordinated the project. Incarcerated men and women in three Colorado prisons are producing the radio programs, which are available to more than 14,000 listeners behind bars across the state.

“There’s so many people inside who are on a journey of positive change, and to be able to play a small part in that is really an honor,” Ryan Conarro, Inside Wire general manager and program director, told CBS Denver.

“This is an opportunity to really change the stigmas of what prison is.”

At Limon Correctional Facility, a man named Anthony joined the team of incarcerated producers to do something good with his time behind bars.

“This is an opportunity to really change the stigmas of what prison is,” said Anthony. “I want to live worthy if I get a chance to be back out there in the world.”

The University of Denver Prison Arts Initiative hopes to increase their radio productions in more facilities in the near future.

New Pell Grant Provisions Coming

As of July 1, 2023, all incarcerated students who are enrolled in eligible prison education programs will once again be eligible for Pell Grants. These changes have the potential to increase access to postsecondary education in prisons and give many of our nation’s incarcerated men and women a second chance.

Through the Department of Education’s Second Chance Pell experiment, new statutory provisions will restore Pell Grant eligibility for students in a prison setting. Eligible prison education programs are approved to operate in a correctional facility, operate in the best interest of students, offer transferable credits, and lead to professional licensure or certification.

Research on prison education shows that individuals who enroll in postsecondary education are 48% less likely to be reincarcerated and 12% more likely to find gainful employment after release.

Second Chance Hiring

Timm Wroe made a decision that led him to spend 25 years in prison. Behind bars, he made another decision—to continue his education and pursue a business degree while incarcerated.

After his release from prison, Timm struggled to find work, and when he did land a job, his ankle monitor made it difficult to come and go. Then he found a work-from-home position with a marketing company. Going into the interview, Timm was nervous. He had never worked a corporate job before and worried he lacked the skills.

In a Chief Executive Group article, Timm said he did his research about the job and the company. When he spoke with a recruiter on the phone, he was honest about his background. It turns out she also had a long prison sentence. “She helped me realize that the skills I picked up while incarcerated were more valuable than I thought and explained what would carry over into my new role,” Timm said.

Nearly one third of working-age adults in the U.S. have a criminal record. They face countless barriers and negative stigma that make it difficult to find gainful employment after their release. But as more businesses open opportunities to people impacted by incarceration, more people like Timm can prove they are much more than their past mistakes. ■

Get Equipped in God's Word!

Free Bible Correspondence Courses

Enroll Today!

All you need is a Bible, a pen, and a willing heart.



- Receive Lessons in the Mail
- Earn Certificates of Completion for each course
- Build Spiritual Strength, Character and Endurance
- Receive Personalized Comments and Encouragement
- Trained Volunteers Review and Respond to Each Lesson
- Upon completing the self-paced 35 lessons, the student may earn 6 credit hours at Berean Bible Institute, West Bend, Wisc.
- www.Bereanbibleinstitute.org

Please enroll by writing us at the address below and be sure to include:

- Your name and ID#
- Institution Name
- Institution Address
- City, State, Zip



You can download all our lessons at www.prisonmission.org

Sudoku answer key (from page 6)

EASY

2	1	5	3	7	9	8	6	4
9	8	6	1	2	4	3	5	7
7	3	4	8	5	6	2	1	9
4	5	2	7	8	1	6	9	3
8	6	9	5	4	3	1	7	2
3	7	1	6	9	2	4	8	5
5	2	7	4	1	8	9	3	6
6	4	8	9	3	7	5	2	1
1	9	3	2	6	5	7	4	8

★	●	■	◆
■	◆	★	●
●	■	◆	★
◆	★	●	■

MEDIUM

8	7	6	4	9	3	2	5	1
3	4	5	7	1	2	9	6	8
2	9	1	5	6	8	4	7	3
9	8	2	1	3	5	7	4	6
7	5	4	8	2	6	3	1	9
1	6	3	9	4	7	8	2	5
4	1	7	3	5	9	6	8	2
6	3	8	2	7	1	5	9	4
5	2	9	6	8	4	1	3	7

●	◆	★	■
★	■	●	◆
■	●	◆	★
◆	★	■	●

HARD

1	6	5	8	4	7	9	2	3
7	8	9	3	1	2	5	4	6
4	3	2	5	9	6	1	7	8
2	9	7	4	6	3	8	5	1
5	1	8	7	2	9	3	6	4
3	4	6	1	5	8	2	9	7
9	7	3	2	8	4	6	1	5
8	2	1	6	7	5	4	3	9
6	5	4	9	3	1	7	8	2

■	★	◆	●
◆	●	■	★
●	◆	★	■
★	■	●	◆



© 2022 by Prison Fellowship
INSIDE JOURNAL®
is published four times a year by Prison Fellowship, P.O. Box 1790, Ashburn, VA 20146-1790.

prisonfellowship.org
703.478.0100

Editorial Manager:
J.R. Breault

Editor in Chief:
S.L. Ray

Writers:
**E.G. Andrews,
C.L. Bopape,
J.R. Breault,
A.R. Quinn,
S.L. Ray,
Dillon Shaw**

Designer:
A. Raquel

A member of the Evangelical Council for Financial Accountability and the American Correctional Association.

Inside Journal® is a registered trademark of Prison Fellowship®.