



PRISON
FELLOWSHIP

FOR WOMEN

INSIDE JOURNAL®

PFIJW-25W

YOUR SOURCE OF INSPIRATION AND INFORMATION

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Jessica Finds Her Joy

by Cherise Bopape

Growing up, Jessica was angry. Her parents divorced when she was 5, and once they found new companions, Jessica didn't get along with either of their significant others. She began acting out. When she was 13, she left her mother's home to live with her father.

At age 16, she moved to her own place and got a job as a line cook. But she didn't make enough money to support herself. She eventually found roommates but still couldn't pay her bills. Despite her challenges, she persevered and finished high school.

Three years after her graduation, Jessica got married. She and her husband had three



Photo submitted by Jessica

In prison, Jessica (shown here with her three daughters) found lasting change. Today, she helps serve others through the same types of programming that once served her.

daughters. But their marriage fell apart.

On top of the stress of single motherhood, she was experiencing

migraines that prevented her from working.

She filed for disability benefits, but it was a yearlong process.

It was a very rough year, and things kept going further downhill.

"That's basically when I started shoplifting," she says. "I had my kids four out of seven days a week. So, I would steal food and things we needed a little at a time," says Jessica.

Her crimes—shoplifting and tampering with evidence—led to two stints in prison. Her girls were 9, 10, and 12 when she first headed to Nebraska Correctional Center for Women (NCCW).

The light inside

Before Jessica's second prison term began, she spent time in the county jail where a ministry volunteer led her to Jesus. This was an eye-opening experience for Jessica because her parents hadn't raised

her in a Christian environment. When she was a young girl, she occasionally attended religious services with a friend.

But at the county jail, she got exactly what she needed.

"That's where I found Jesus," she says. "I came to the realization that God never leaves you no matter how broken you are or how abandoned you are."

When she transferred out of the county jail back to NCCW to serve her second prison term, she heard about the Prison Fellowship Academy®—an intensive yearlong program of transformation. Jessica liked the idea of living in a restorative community of women, having compassionate coaches,

Continued on page 2

Temperament Part 1: HOW OUR WIRING AFFECTS OUR COMMUNICATION

by Kathleen Edelman

Did you know you were born with a unique wiring (or "temperament") that you've carried with you into every part of your life? The way you talk, the words you choose, the words you hear (and don't

hear), and the things that bring you the most joy and stress are all affected by your temperament. The concept of temperament has been around for thousands of years. There are four basic temperament "quadrants" (sections), which are color-coded as shown in the figures on pages 4–5.

To determine which temperament (or color) you are, ask yourself these questions:

1. In communication, do I speak before I think? Or do I think before I speak? In other words, do I "wear my heart on my sleeve," or

Continued on page 4



Kubkoo: Getty Images

Letters to the Editor



Ekely: Getty Images

Felicitie in Florida

I'm writing to say thank you for your time caring about us in these prisons. Inside Journal always keeps me happy

with every issue. I love the games, recipes, calendars, and encouragement. Could you send [me a] Inside Journal Life Recovery Bible? ... God

has changed my life through your ministry.

Aubrey in North Carolina

I just got saved and would like to join Prison Fellowship Academy if possible. Please also help me out with a Bible.

Dear Felicitie and Aubrey:

To receive a free Inside Journal Life Recovery Bible and workbook, please see the ad below. As for the Prison Fellowship Academy®, a year-long, biblically based program, it's currently offered in

select states. Ask your chaplain or religious coordinator whether there is an Academy or any similar programs offered in your facility.

Courtney in Indiana

I am seeking any resources you have. I have three children on the outs, and I saw you have a program to connect with children of incarcerated parents. I am interested in doing any Bible courses you have through the mail. I am interested in any reentry programs you have available. Please and thank you.

Lindsay in Illinois

I grew up with no religion. I am interested in learning the Bible, but boy is it hard! I am writing you in hopes you can send anything to help me get there.

Dear Courtney and Lindsay,

To see the full list of all the free resources we offer, please have your chaplain visit prisonfellowship.org/storehouse. From there, your chaplain or prison staff can order devotionals, brochures, books, DVDs, and more.

Sincerely,
The Editorial Staff ■

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.



Jessica Finds Her Joy

Continued from page 1

and using curriculum that would help her develop into a good citizen.

She prayed that she would get accepted into the Academy—and she did! Although the Academy was challenging, it transformed her life.

“[Academy volunteers] started to comment about seeing a light in me and my personality changing,” she says. “A lot of what they taught us, I never learned before. ... It got to be ingrained—boundaries, and forgiving through God, and deeper thinking.” This community had such an effect on Jessica that she forfeited an opportunity for work release so she could finish the Academy.

Jessica was always open to fresh ways to develop herself. One day, she decided to attend a Prison Fellowship Hope Event®—an evangelistic celebration on the prison yard—where she and other women were introduced to the hope of Jesus through musicians. She enjoyed it so much that she even wrote the band a letter to let them know.

“It felt like walking into a concert on the

[outside],” she says.

“Everyone was feeling it and dancing around. ... It brought a little bit of real life into the prison.”

As Jessica got closer to God, she grew even closer to her daughters. She had always enjoyed a good relationship with them, and they visited her often in prison.

She learned about Prison Fellowship Angel Tree®—where local churches deliver a Christmas gift to children on behalf of their incarcerated parents. Jessica signed up her daughters. During the four years they participated in Angel Tree Christmas, her girls loved receiving items that suited their unique personalities, like purses and art supplies—things Jessica couldn’t normally afford.

Making her mark

Christian events and programming inspired Jessica. She took advantage of all the resources she could while she was behind bars. She enrolled in courses on parenting, anger management, and more.

By the time she was released in August 2019, she was equipped with practical tools to help her thrive on the outside. Determined to be a good citizen, she quickly got

connected to a church and joined a Celebrate Recovery group.

She admits, “A fear of mine was coming out into the world a different person ... completely reprogrammed. I was a little nervous.” But still, she worked through her fears and now volunteers alongside the same Prison Fellowship® volunteers who once helped her.

She happily drives 45 minutes to serve the incarcerated women who participate in Create: New Beginnings®, a series of 10 restorative, art-based workshops. She also enjoys volunteering with the Academy. As an Academy graduate, she participates in Prison Fellowship Pathways™, which allows her to apply the values and leadership skills she learned in the Academy.

Jessica spends many hours helping others, including her parents who require a little extra assistance these days. To earn a living, she sells handmade crafts with her dad and paints murals. Her most recent mural is on display in her city.

Jessica has exchanged her anger for joy and is making her mark—on the hearts of incarcerated women, in her family members’ lives, and even on walls around town. ■

We Are Stronger Together

by Lexi Aggen

Have you ever thought about what the world would be like if everyone was just like you? Some days it feels like life would be so much easier—there would be no arguments or disagreements if everyone thought the same. But think how boring the world would be too!

Growing up, my brother and I were very different. My brother loved sports, and I was good at school. Some days it felt like our house was going to explode—there was so much going on! He often had his sports friends over to play, while I had school stuff scattered all over the floor. It could also make connecting with my brother difficult—he wanted to play catch, but I wanted to read. I wasn’t good at throwing the ball, so I didn’t want to play.

In my first year of high school, my brother joined the baseball team. Our school didn’t have a bus system, and he was my ride home. My parents couldn’t pick me up because their work was on the other side of town. In the end, it was suggested that I join the team as a manager.

At first, I was really annoyed. I had been dragged to his sports games my whole life and didn’t want to do it anymore. I didn’t enjoy baseball, didn’t understand it, and didn’t want to spend my free time with the team. After all, sports was his thing, not mine. Still, I agreed to do it.

Differences can be a good thing

To my surprise, I started to love managing the team. The coaches and players helped me understand how baseball was played, which in turn allowed



Viktor Aheiev: Getty Images

me to enjoy the games more. I was able to use my skills in organization and management to keep the score book. It also gave my brother and me something to connect over—and our relationship grew. In the end, managing the team became the highlight of my year. To this day, baseball is still my favorite sport.

Looking back, I could have fought managing the team. If I had, I would have missed out on a really cool opportunity to learn more about baseball, and my brother would have missed out on getting to play on the team in his last year of high school. Living for myself would have hurt both of us.

1 Corinthians 12:12 says, “The human body has many parts, but the many parts make up one whole body. So it is with the body of Christ.” We are all created with different talents and gifts—just like each part of the body does something different. You can’t hear with your nose or smell with your eyes. But each one of these things is needed for the body to function.

A better way to live

We were each given unique gifts. It might seem easy to take the things you’re good at and put them to use for yourself. But doing things for

yourself doesn’t always turn out for the best—and sometimes it can actually hurt you. If I had fought joining the baseball team in high school, I would never have learned how much I love baseball, and I would not have that connection with my brother.

When we decide to live for ourselves, we miss out on the chance to experience community and grow. We can get stuck in our point of view rather than broaden our ideas. It may not always feel like it, but when we act selfishly, we step out of line with what God intended for us.

Thankfully, God has a bigger plan for us. He sent His Son to die for us. When Jesus was on Earth, He showed us what a healthy community looks like. His disciples were as different as could be—one was a tax collector who was hated by the Jewish people, and another was a Jewish fanatic. But they worked together to create community and used their talents to help serve one another.

1 Corinthians 12:25–27 says, “This makes for harmony among the members, so that all the members care for each other. If one part suffers, all the parts suffer with it, and if one part is honored, all the parts are glad. All of you together are Christ’s body, and each of you is a part of it.”

Are there people in your life right now who could benefit from your gifts? Maybe there is someone on your unit who doesn’t know how to read. You could take time out of your week to teach them how to read. Or maybe someone in your life could use an encouraging word that you could provide. When we use our gifts and talents to benefit others, we begin to see unity in the Body of Christ. Instead of living for ourselves, we can choose to follow Christ and live in a way that honors others. ■

SCHOLARSHIP OPPORTUNITY

Being released soon? Charles W. Colson Scholarship provides former prisoners with a Wheaton College education.

ELIGIBILITY REQUIREMENTS

- A Christian
- A U.S. Citizen
- A Felony Record (felonies must NOT include a sexual offense, arson, or repeat violent offenses)

AWARD

- Undergraduate Degree: Up to full tuition, room & board
- Graduate Degree: Tuition for a Master of Arts

Questions? Call 630.752.5727 or email cmi@wheaton.edu.

To get more tips and tools for a successful release, ask your chaplain (or other prison staff if you don’t have a chaplain) to visit prisonfellowship.org/storehouse to order the free Inside Journal Reentry specialty edition.

Wheaton College is an explicitly Christian and academically rigorous college in Illinois that offers more than 40 undergraduate degrees and 18 graduate degrees. Visit wheaton.edu for more information.

WHAT IF EVERYONE WAS THE SAME?

If everyone was a surgeon, who would construct the hospital? If everyone worked construction, who would perform the surgery? The world needs all of us for our different skills and strengths.

Romans 12:6–7 says, “God has given us different gifts for doing certain things well. ... If your gift is serving others, serve them well. If you are a teacher, teach well.” If we use our gifts well and fully, God can fit us together like puzzle pieces.

We need to be willing to let God use us to serve others, not just live however we want for ourselves. This means being open-minded and trusting God fully. Not sure where to even begin? Start with this simple prayer:

“Dear Jesus, please show me how I can work with people who are different. I surrender my life to You, confess my sins, and ask Your forgiveness. Help me to uplift others instead of trying to just live for myself. 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 “TOGETHER,” 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.

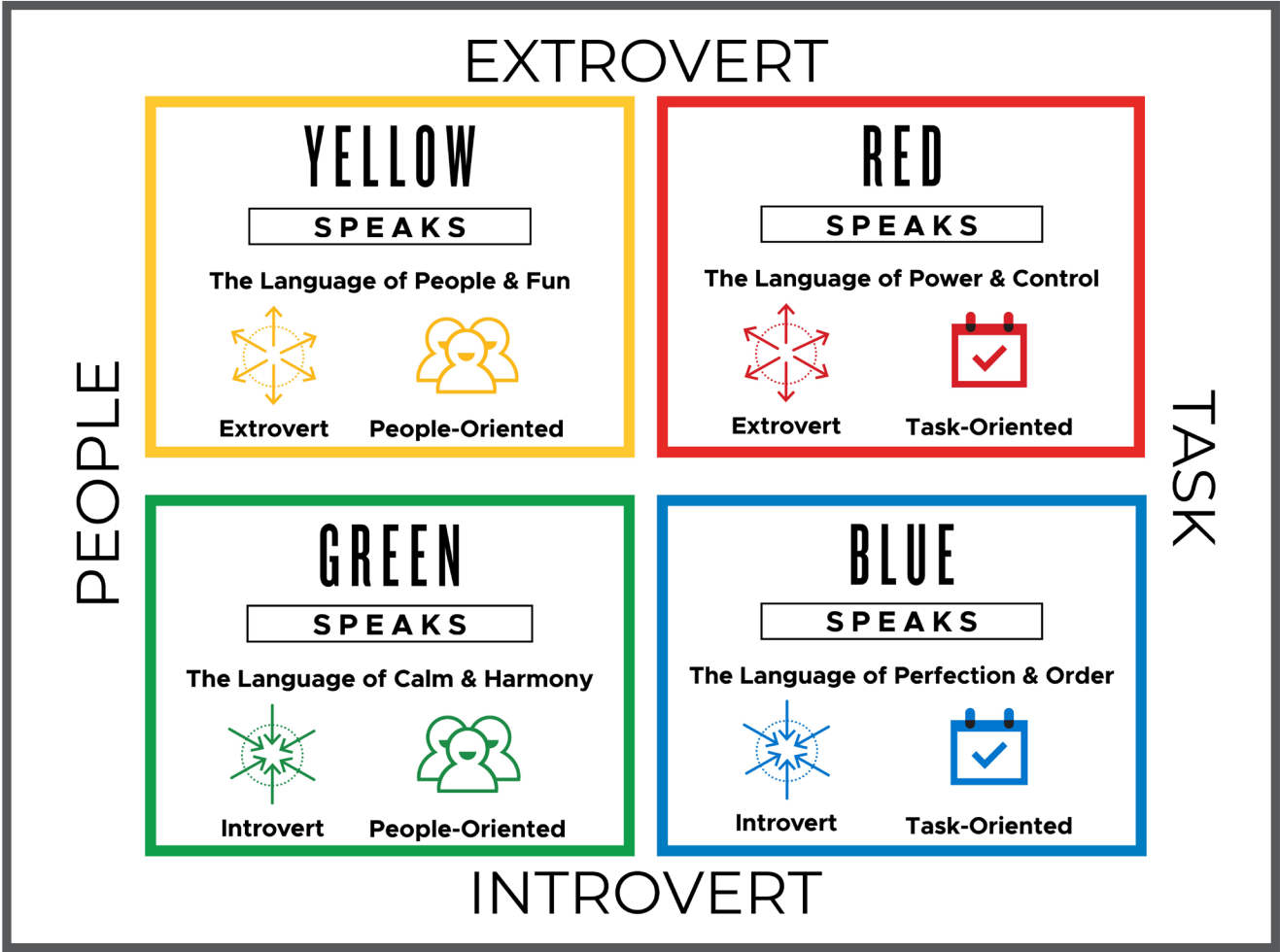
- do others have to wonder what I’m feeling/thinking?
- If you are a more outgoing “heart on your sleeve” communicator who speaks before thinking, that puts you on the extroverted side of the quadrant (Yellow or Red).
 - If you are more reserved and think things through before talking, that puts you on the introverted side of the quadrant (Blue or Green).
2. What energizes you more: accomplishing something or connecting with someone? If given a choice between a person or a task, which would you choose first?
- If connecting with people is most energizing to you, that puts you on the people-oriented side of the quadrant (Yellow or Green).
 - If getting things done is most energizing to you, that puts you on the task-oriented side of the quadrant (Red or Blue).

Everyone has a main color and a secondary color, to varying degrees. You may be some combination of:

- Blue/Red or Red/Blue
- Yellow/Red or Red/Yellow
- Yellow/Green or Green/Yellow
- Blue/Green or Green/Blue

You cannot be colors that are diagonal on the quadrant (because you can’t be the opposite of yourself). Sometimes it’s harder to figure out your secondary temperament (color), since you might relate to the colors

FIGURE A.



on either side of your main color. But your dominant color should be pretty obvious.

Your dominant color affects everything you say, hear, feel, and think. It influences how you interpret someone else’s words or actions. Knowing your color helps you to grow in your own self-awareness and have more compassion for people who are wired differently than you. No one color is better than any other! Each color brings a unique set of strengths to the world. The more you live inside the strengths of your color, the more authentic you can be.

One of the most important things to understand about temperaments is that

each speaks their own language. (See Figure A.) Your dominant color determines the style of speaking that feels most comfortable to you and will naturally come out of your mouth.

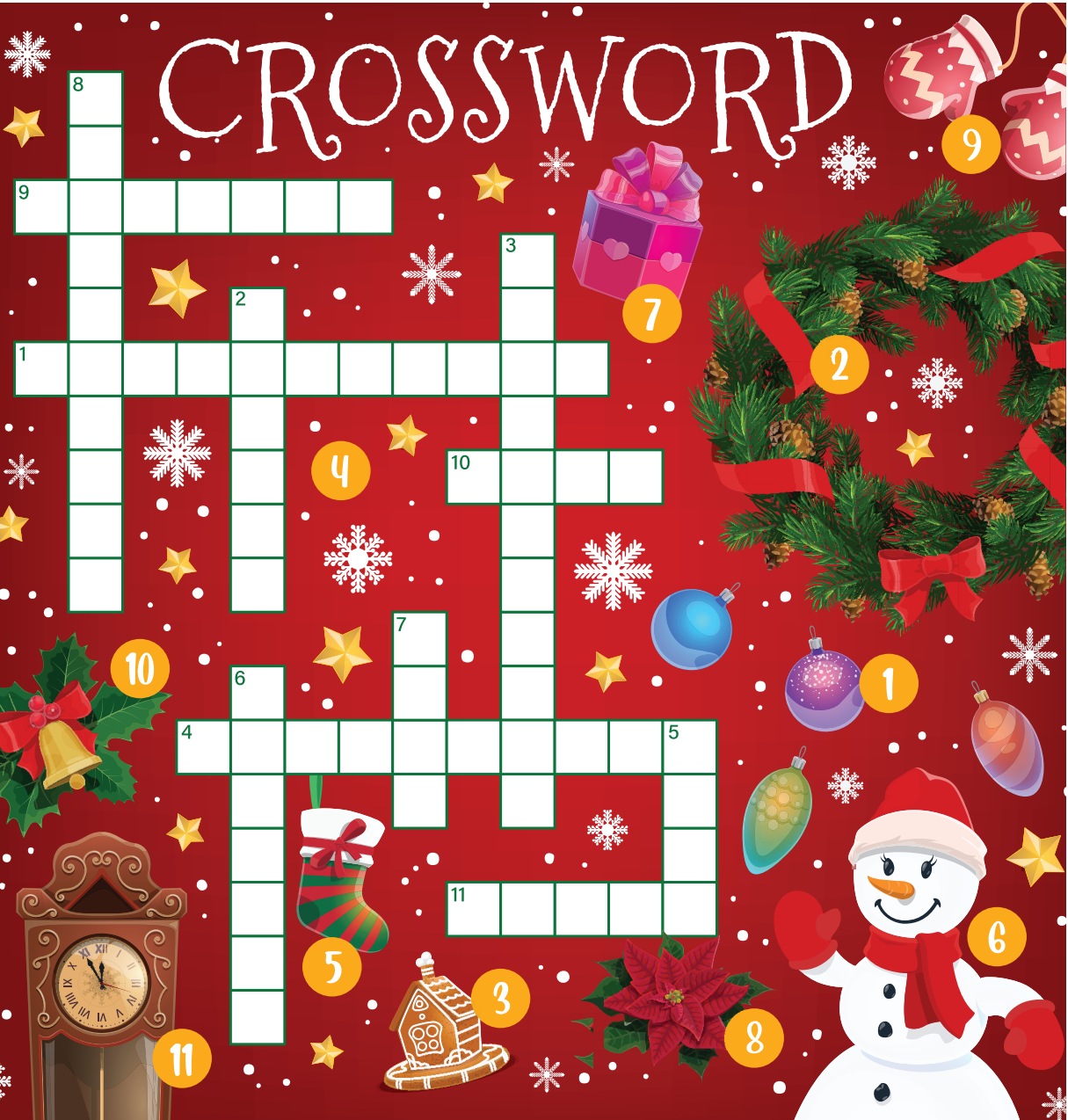
It’s helpful to pause when you speak or listen, to check whether your temperament or the temperament of the person you’re talking to is causing any miscommunication. Greens speak in a way that’s calming and uniting, often trying to avoid confrontation, which could frustrate Reds who are more direct or willing to confront someone in an effort to complete a task. Yellows craving conversations that are fun and energetic might overwhelm (or get bored by) Blues who quietly wait to speak until they have something thoughtful to add..

A comment that one person brushes off may leave another devastated. What motivates one person may overwhelm another. What you forget, someone else may remember for years. This is one of the things that makes communication so challenging. It’s like we are each walking around with different colored glasses on. We may all be looking at the same thing but experience and interpret it completely different. That’s why knowing your color and that of the person you’re communicating with is so important for healthy communication.

In Ephesians 4:29, Paul talks about the importance of healthy communication when he says, “Let everything you say be good and helpful,” or as the NIV translation puts it: “[Say] only what is helpful for building others up according to their needs, that it may benefit those who listen.”

Words are powerful. They create (and destroy) confidence. They start (and wreck) relationships. For better and, unfortunately, for worse, the words you say and the words you hear have the power to shape your entire life. Every word you use is a word you choose. ■

For Part 2, see page 5



Temperament Part 2: HOW OUR WIRING AFFECTS OUR NEEDS

by Kathleen Edelman

Not only does each temperament color speak their own language, but they each have their own set of core needs. Core needs are like food and water; you need them fulfilled every day. In fact, you will exert much of your energy today trying to fill your core needs, whether you are aware of it or not. Core needs are filled through words that others say to you and words we say to ourselves.

Core needs defined (See Figure B):

YELLOWS:

- Approval—Being liked for who they are, without needing to change
- Acceptance—Being invited and included
- Attention—Having a person’s full focus, especially eye contact
- Affection—Being noticed or acknowledged

REDS:

- Loyalty—Being prioritized, knowing people have their back
- Sense of Control—Everyone pulling their weight and following the plan
- Appreciation—Being valued for their unique strengths
- Credit for Work—Being valued for their contributions

BLUES:

- Safety—Being able to trust their surroundings and relationships
- Sensitivity—Being understood
- Support—Being offered or provided help
- Space & Silence—Having time to decompress, process, or think

GREENS:

- Harmony—Everyone getting along or everything going smoothly
- Feeling of Worth—Being valued for their unique strengths
- Lack of Stress—An absence of conflict or combative words
- Respect—Being asked for their thoughts or opinions

Core needs explain why words land differently for each of us. A comment like, “You should join us!” may feel stressful to a Blue who needs space and silence, but it probably energizes a Yellow who is wired to need acceptance. This is why it’s so important to know your temperament and also the temperaments of the people close to you. Most miscommunication is not intentional!

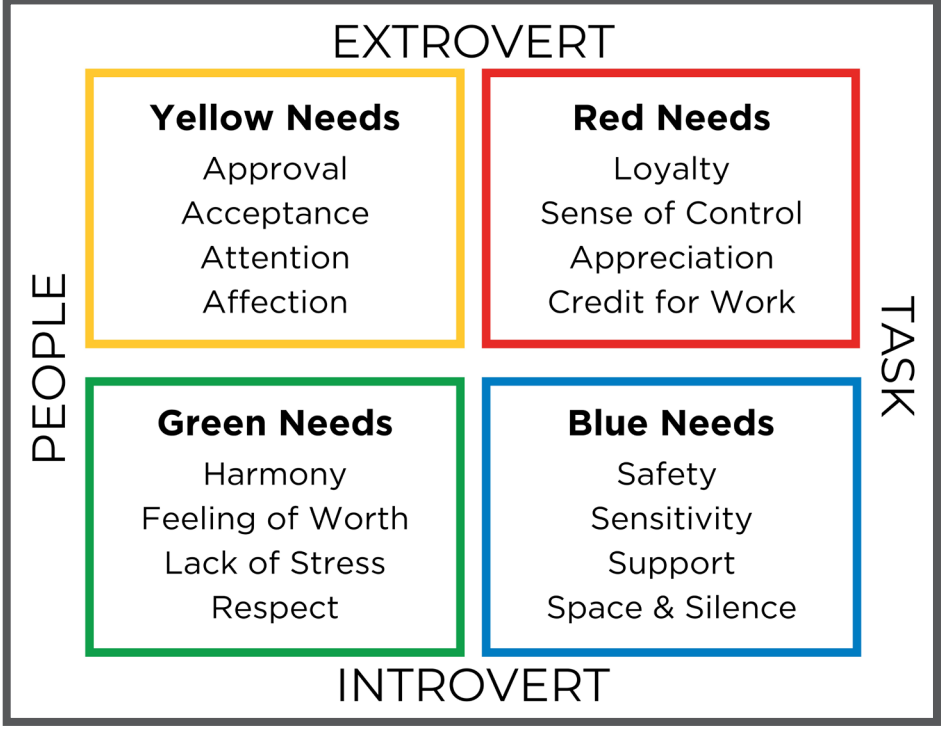
Remember that Ephesians 4:29 verse mentioned on page 4, about building others up according to their needs? The key phrase here is according to their needs, since different people have different needs.

Every word you use is a word you choose. Will you choose to build others up or tear them down?

We each have a community of people that can help fill our needs with the words they speak to us. Ideally, the people closest to you know your needs and are actively trying to build you up. But relying only on others to fill your core needs will often leave you feeling empty. What then?

1. **You play a part.** You are not at the mercy of other people’s words to fill your needs. Remind yourself that others don’t define you. Pay attention to your self-talk. No one talks to you more than you. Are you speaking kind words to yourself?
2. **God plays a part.** God is the ultimate source of the words you crave. Look to His words in the Bible when your needs are unfulfilled.

FIGURE B.



Examples of Scripture relating to the needs of each color:

- **YELLOW:** “Even before He made the world, God loved us and chose us. ... God decided in advance to adopt us into His own family by bringing us to Himself through Jesus Christ.” —Ephesians 1:4–5a
- **RED:** “Those who know Your name trust in You, for You, O Lord, do not abandon those who search for You.” —Psalm 9:10
- **BLUE:** “But the Lord is faithful; He will strengthen you and guard you from the evil one.” —2 Thessalonians 3:3
- **GREEN:** “Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest.” —Matthew 11:28

You were born with your unique temperament—on purpose, for a purpose. The more you understand your color and speak words that fill your (and others’) needs, the healthier and more authentic you and your relationships can be.

One thing to keep in mind: You never know what silent struggles people are going through. You may catch them at a time when their needs are on empty, and they are living out of their weaknesses. This could look like loud outbursts, cutting words, stubbornness, or frustration. We must be willing to give grace, understanding that people are going through a lot and many times are just doing their best with the resources they have.

Kathleen Edelman is an author, speaker, and temperament expert certified in Biblical Studies and Christian Counseling Psychology, with 30 years’ experience as a communications coach. To learn more about temperament colors, check out her books, *I Said This, You Heard That* and *A Grown-Up’s Guide To Kids’ Wiring*, available through major bookstores, or visit her website www.isaidyouheard.study. ■

READER RECIPES



Chocolate Winter Drink

Submitted by Larry in Arizona

INGREDIENTS:

- 2 tablespoons of instant coffee
- 2 tablespoons of chocolate drink mix
- 3 tablespoons of powdered milk
- 3 creamer packets
- Optional: chocolate or peppermint candies

DIRECTIONS:

In a cup, heat 20 ounces of water until it’s hot. Add all ingredients and mix well. If desired, crush candies and place them on top. Enjoy! ■

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

DAILY DEVOTIONAL TEAR-OUT

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

Keep Seeking, Keep Knocking

Submitted by Bridget in Arkansas

“And so I tell you, keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you. For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened.” —Luke 11:9–10

This verse spoke to me so much when I read it. Being in jail came easy to me ever since I started at 18 years old, but something different happened this last time in. It’s always been hard for me to pray or surrender something to the Lord, to “let go and let God.” But this one day, I did! I was listening to Christian music when a song came on and this feeling came over me, and I started to cry. And that’s when I got down on my knees and for the first time cried out to God and told Him, “I surrender; help me, Jesus!” Then a feeling of peace came over me.

Later that day, prayers started being answered. I was given another chance at starting a new life outside these walls. I want to spread the word to others that He is here always. God hasn’t given up on me. I want to tell others who are still struggling that you can have a new life too. But you have to surrender your old life first before you can start a new one with God.

God, please remind me that surrender is something we need to do fully and daily. Help me to live for You each day, in all I do. In Jesus’ name, Amen.

WRITERS WANTED!
The above devotional was written by one of our readers. If you’d like to write a devotional for Prison Fellowship, please list a Bible verse, followed by a personal short story (2–4 paragraphs) that ties in to that verse, and end with a prayer or meditation on that verse or topic. Please add the line “I give Prison Fellowship my permission to publish my works.” Send it to “DEVOS,” c/o Inside Journal, P.O. Box 1790, Ashburn, VA 20146. Note: No previously published works allowed. Submissions may be edited for content. Only your first name/state will be used. Not all submissions will be chosen.

Physical Health: The Power of Food

by Stacia Ray

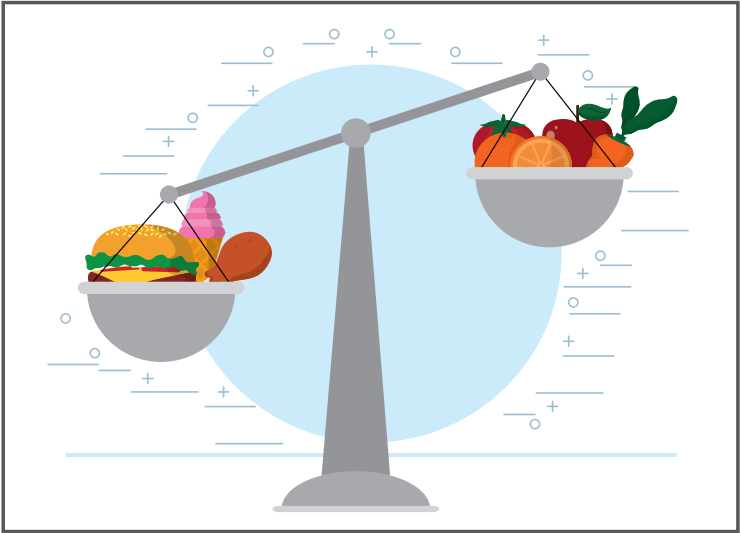
Rather than set a resolution that you might not keep, how about making small changes throughout your year that might actually stick? Even simple changes to your diet can make a huge impact. Did you know that research shows many people feel better when cutting back on heavily processed foods, sugar, and gluten? This is not easy to do while behind bars, especially when you crave comfort foods like sugary desserts and salty

snacks. But junk food can make you feel sluggish and tired. Too much salt or caffeine can raise blood pressure and prevent good sleep.

Instead of snacks with dozens of ingredients you can’t pronounce, how about simple trail mixes, cheese sticks, yogurt, plain tortilla chips, or popcorn? Bananas can help with muscle cramps. Berries, nuts, tomatoes, and green tea can help with inflammation. Canned tuna and sardines contain omega-3 nutrients that can help your mind, heart, and

skin. Certain vegetables (carrots, broccoli, cauliflower, avocado) and fruits with skins and seeds are typically high in fiber, which can help if you’re constipated. Oatmeal is also typically high in fiber and healthy nutrients and can also help lower cholesterol, improve blood sugar, and make you feel full. Just note that some flavored oatmeal packets contain artificial ingredients, which can be unhealthy.

Drinking a lot of water (six glasses a day or more) can prevent dehydration headaches.



Sugary carbonated drinks can cause bloating or heartburn, so black coffee/tea might be a better choice—but limit caffeine to small amounts and consume it early in the day. ■

The content in this newspaper is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Talk to your facility’s medical staff about any questions you may have regarding your health.

THE OUTSTANDING CHAPLAIN AWARD

We asked readers to nominate their favorite chaplain for the Prison Fellowship® Outstanding Chaplain Award. Based on your nomination submissions, here is our next round of recipients:

Jim Adair (CA), Mark Barryhill (TN), Diane Carlson (ME), Chad DeBroux (WI), Linette Ewell (LA), Joseph Gonzales (PA), Tim Johns (DE), Todd Marcotte (WI), Gwen McClinton (MS).

The Outstanding Chaplain Award honors dedicated chaplains who faithfully and lovingly serve those behind bars. This ongoing award is given monthly. Mail your nomination to OCA, c/o Inside Journal, P.O. Box 1790, Ashburn, VA 20146-1790. Or email your nomination to chaplainresources@pfm.org. Be sure to include the name of the chaplain you want to honor, the name of their facility (including city and state), your name, and your personal story or paragraph about why this person should be recognized as outstanding.

2025 CALENDAR

"Yet God has made everything beautiful for its own time. He has planted eternity in the human heart, but even so, people cannot see the whole scope of God's work from beginning to end." —Ecclesiastes 3:11

JANUARY							FEBRUARY							MARCH						
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OCTOBER							NOVEMBER							DECEMBER						
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26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31			
							30													

HOLIDAYS

JANUARY 1 – New Year's Day
JANUARY 20 – Martin Luther King Jr. Day
FEBRUARY 14 – Valentine's Day
FEBRUARY 17 – Presidents Day
APRIL 20 – Easter
MAY 11 – Mother's Day
MAY 26 – Memorial Day
JUNE – Ask your chaplain for an Angel Tree participation form.

JUNE 15 – Father's Day
JULY 4 – Independence Day
AUGUST – Don't forget to submit your Angel Tree participation form.
SEPTEMBER 1 – Labor Day
NOVEMBER 11 – Veterans Day
NOVEMBER 27 – Thanksgiving Day
DECEMBER 25 – Christmas Day

IMPORTANT DATES:

NEWS + NOTES

by **S.C. Anthony**

Angel Tree Camps Held Nationwide

This past summer, thousands of Angel Tree kids attended camps—typically weeklong sleepaway camps—all across the country. From southern California to the coast of Maine, kids were able to get away from their worries to enjoy time in nature, make new friends, and hear about Jesus Christ.

For Isabelle, a 12-year-old Angel Tree child, camp was a safe place for her to escape.

“Sometimes it feels like I’m drifting away, but when I come here, it reminds me that I’m not alone with that feeling and just to keep trying,” she said.

For more than 20 years, kids have had the opportunity to attend participating summer camps through Prison Fellowship Angel Tree, thanks to generous donations that provide kids with the financial opportunity to attend a camp they may not have gotten to otherwise.

Traveling Welding Program Launches

The Virginia Department of Corrections (VADOC) has a new “Education on the Move” Mobile Welding Trailer. The department held an open house this past July in Richmond to show off the trailer, which has six welding stations and six virtual reality (VR) welding simulators.

The program, which is led by a licensed

welding instructor who teaches various welding methods, lasts between three to five months and is offered at four men’s and women’s facilities: Chesterfield Women’s and Brunswick community corrections alternative programs (CCAP), and Nottoway and Deerfield work centers.

VADOC Director Chad Dotson said in a press release, “The ‘Education on the Move’ Mobile Welding Trailer is a significant advancement, not just for the Virginia Department of Corrections, but for the entire Commonwealth of Virginia.”

Prison Hosts Car Show

Last May, incarcerated residents

and staff hosted a car show on the yard of the Correctional Training Facility in California. The event featured more than 20 vehicles, live music, food vendors, and speakers from various car clubs. It also served as a fundraiser for a local nonprofit, making just under \$3,000.

The winning vehicle was a New Arrivals Car Club 1965 Buick Wildcat. Coming in second was the Aztec Legacy Car Club 1937 Pontiac Silver Streak.

“Events like the car show are the catalyst for breaking down barriers and building positive relationships within the prison,” Acting Warden Edward J. Borla told the local newspaper. “The razor wire and towers all disappeared, and it felt like a car show at a park.”

Gardening Program Expands

Women at the Utah State Prison will have a chance to tend to a new garden. The facility broke ground on the garden project in July. There’s already a popular herb and vegetable garden on the men’s side of the prison. Now, women who show good behavior will be given this opportunity, as well.

Kimberly, an incarcerated woman, told Fox 13, “It’s something that’s going to bring, I think, peace and some therapeutic qualities for everybody.”

Food that comes from the garden will be part of meals at the prison. It will also be used in their culinary arts program. ■

CROSSWORD

1.Decorations 2.Wreath 3.Gingerbread 4.Snowflakes 5.Sock 6.Snowman 7.Gift 8.Poinsettia 9.Mittens 10.Bell 11.Clock

ANSWERS!

RECOVERY CORNER

Here are some recovery nuggets of wisdom:

- Choose to be bitter or be better. Let go of hurts and forgive others and yourself.
- Identify the “slippery” people in your life and avoid them if you’re feeling vulnerable.
- Replace toxic relationships with nourishing ones.
- Find a sober buddy or two who can keep you accountable.
- Learn to recognize your addiction voice so you know which voice not to follow.
- Remind yourself that numbing your pain is only delaying it—or making it worse.
- Remember that casual use leads to abuse.
- Reward yourself: Make a list of sober ways to have fun or relax.
- Surrender yourself to a higher power, completely and uniquely: your relationship with God is your OWN.
- You are not your worst mistake, and relapses don’t undo all your hard work.
- Recovery is a marathon, not a sprint! ■

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Editorial Manager:
D.P. Bender

Editor in Chief:
Stacia Ray

Writers:
**Lexi Aggen,
S.C. Anthony,
Cherise Bopape,
Kathleen Edelman,
Stacia Ray**

Designer:
A. Raquel

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