



From the Desk of Sister Mary

As ever, I begin with a quote from Pope Francis. The issue and concern of immigration that is ours as human beings who are here on this earth for our brief journey to “the next and permanent home” – remains strong in the hearts of many peoples.

“A person’s dignity does not depend on them being a citizen, a migrant, or a refugee. Saving the life of someone fleeing war and poverty is an act of humanity”. June 20, 2018 Francis says ‘It is incumbent on governments to welcome, to accompany, to place, to integrate as many refugees as their societies can reasonably accommodate’. “Each country must do this with the virtue of government, which is prudence, and take in as many refugees as it can, as many as it can integrate, educate, give jobs to”.



We at PREP believe in the dignity of all life. Neither crime nor race are a reason to stop a person from becoming one with society.



Sister Giulii Zobelein, who has been volunteering with PREP since a year ago June, (after ministering eight years in LA Co. jail) is going to our Motherhouse in Fremont, CA. Her presence has brought much laughter, endless and merciless teasing because of her past life with the Zapatista’s in Chiapas (I think you can imagine). Dan will miss Giulii’s riding on the back of his Harley; Fred will miss Giulii’s gifts and her keeping the office running smoothly.

ALL OF US WILL MISS YOU, GIULII, and GIVE YOU GREAT THANKS FOR YOUR PRESENCE IN and AMONG US!! BLESSINGS to you in your new home!!

Programs are running smoothly here in the office. The work coming into the office reflects deeper introspection and transformation in recognizing who you were then and who you are now. Thank you for your continued gifts of financial donations and stamps.

As we do each day, we send blessings, love and prayer to and for you. Sister and Staff



Final Report on Prep Anger Management Course

By J.P. Remsen KV

In the two years that I have been working the Prep Anger Management Course, I have identified multiple areas where I required

and require improvement. The reason I have worked these areas is to bring myself in line with normal accepted behavior in society that I hope to be found suitable for.

The first area of improvement has been learning to accept other people's critical thoughts and opinions of me. I have always had problems in this area and would lash out in anger if I did not accept or agree with the contrary opinion. This course has helped me realize that for me to make better life decisions and choices, nurturing critical thoughts and opinions is a necessity.

Secondly, this course has taught me the difference between good and bad anger. I, up until this course, never allowed good anger to motivate me for positive solutions. Prison taught me violence and the threat of violence solved all things. Positive dialogue and problem solving is the answer.

Thirdly, this course helped me map out my anger profile.

1) Suppression-----my childhood 2) Open aggression-----prison
My solution to these, assertiveness and/or dropping it, are the two leaders for successful anger control.

PROPER COMMUNICATION AND BALANCE ARE THE LINKS FOR POSITIVE OUTCOMES

This course taught me that "suppression" is a dangerous cancer that I cannot allow to fester inside my head. To counter this, I plan on using positive effective communication in explaining my dislike or anger with regards to a person’s words, actions etc.

The fourth aspect of the course taught me the negative effects of mythical thinking and false notions. The way I see myself is not the way somebody else may see me. So, to eliminate false notions, I will place myself in the shoes of my boss or a prison guard. Another way to counter the thought process is simply asking my boss or prison guard a question and "listen" to their insight and thoughts on any area of contention.



Arthur Dominguez - MCCF

Victims Awareness Completion: by Fabian Mendoza – CVSP

Thank you for this Victim’s Awareness course. I learned so much of the harm and suffering I caused so many. I am humbled by what I have learned and will show my remorse by living a life of compassion and loving kindness to all human beings. Thank you so much for helping inmates like me. I am slowly healing from the past. This course has made me strong internally.



Christopher Avitea CMC-W

Set me Straight: Theo Wilson CSP-LAC

Hello and God bless. I have been doing this course for a couple years and it has been a very challenging experience. I love it because it has been the cause of my changed behavior. It has disciplined me as well as set me straight.



Uriel Rodriguez KVSP



Preparation and Patience is the Key
by Robert Luca

Its 11:15 pm, I am exhausted and fatigued. I still need to shower and get some sleep. I woke up at five this morning to get caught up on my homework, have breakfast and prepare my lunch. I was out the door by ten on my way to class, then eight hours at work in a factory, and tomorrow I get to do it all over again. No time for my girl, family, my friends, or a movie. Welcome to life.

I am approaching my first year of freedom as a former lifer. I have experienced many ups and downs and I've been challenged emotionally, physically. I never felt so exhausted, and then I must deal with the unknown. Where am I going to live, how will I make a living, and how will I survive. I can only rely on my family and friends for so long or I will quickly burn them out. I was lucky to go through a good transitional housing program. My advice to you is that you start networking now. Begin to inform yourself what programs are available in your area. Take full advantage of all the help and support that is offered to you. After your initial transitional housing stay, its swim or sink - and you better learn how to paddle fast. The number one mistake lifers make is to try and catch up to everyone around them too soon. They want to be financially stable, have transportation, a nice place to live, and treat themselves to five-star dinners with their girl and friends. And they want it now.

How quickly we forget standing up for count, the same breakfast every morning, and peanut butter for lunch every day. If you're sitting in your cell and thinking "that won't happen to me", your setting yourself up for failure. Be aware.

Re-connecting with my family has been the greatest joy. I am so GRATEFUL. We have had to be very patient and understanding because we are getting to know each other. They don't know that you can be responsible; they don't know that you have learned how to stay sober; they don't know that you want the best for yourself. Be patient with family. Listen without taking it negative. They mean well and want the best for you. Be mindful: they are afraid of losing you again.

Most lifers will hate their first job, I did, getting paid minimum wage. This past year I've worked in warehouses, factories, and in construction. Construction work pays well but its hard labor, and the hours are long. Whatever you do, do your best, be on time, and for peat's sake don't quit. I've seen too many former incarcerated individuals quit their job because they didn't like it or it didn't pay enough. I've been there but, as a former lifer, we are no longer quitters, and I refuse to ever quit on myself again. Building a resume takes time, hard work and patience. Don't lose faith! Remind yourself you have beaten the odds before. What you can do now is begin to read and learn anything and everything in the career field that interests you.



Larry Viera CMC-West

If you're not in a relationship don't be in a rush to get into one. Take the time. I can't stress this enough - get to know yourself first. There are three things that causes lifers to return prison, Relationships, substance abuse, or gangs. In that order.

What I have done right: I continued to stay in touch with the network of formally incarcerated and lifers that are healthy. I made great friends that have become my support system. When I'm feeling frustrated, anxious, or sad, I don't hesitate and reach out to them.

I will Avail Myself

Thomas Waterbury MCSP

Please let me take this opportunity to thank you for your prompt response and your constructive critique of my work. In reviewing my work (which I have kept a copy of to review and reflect further upon), I can see where it is a bit too intellectual and does not cover enough of the emotional elements you hit upon in your letter.

Because I am serving an LWOP sentence, (for 38 years now) I have never experienced the Board nor what degree of insight they may require of me. Circumstances may shortly change whereby I shall need to be concerned with such matters. So, I promise you, I will reflect deeply upon your comments and the insight you have thoughtfully provided me.

Please understand, I have not taken the multitude of self-help groups that I have for purposes of the Board, but rather, I have taken them for myself and because. as a Christian man, I want my life to reflect Jesus and I want to be able to help other people who have wrecked their lives and help disciple them in the faith. So, any knowledge I gain, whether from the Word of God or via self-help groups, that I can utilize to help others succeed, I will avail myself and use.

I cannot thank you sincerely enough for your personal evaluation of my work and I wish there were other courses like this available to us. This is the first time in 38 years I have run across such a course for DV and I am truly grateful and blessed to have had the benefit. If there are other courses you are aware of or things you think I should take, please advise me.



For 4th of July PREP celebrates with Sister Anne and the sisters at the BVM convent in Montrose. We are always over joyed by the welcoming and loving spirit of our hosts there. These amazing ladies really know how to throw a spread. ❤️❤️❤️

BREAKING NEWS:

DEATH PENALTY is INADMISSIBLE

Pope Francis has declared that the **death penalty is never admissible** and that the Catholic Church will work towards its abolition around the world, the Vatican formally announced Thursday.

The change, which has been added to the Catechism of the Catholic Church, makes official a position that the Pope has articulated since he became pontiff.

The church now teaches that "the death penalty is inadmissible because it is an attack on the inviolability and dignity of the person" and states that it will "work with determination towards its abolition worldwide," the Vatican said.

Art Show Update



Our season of Art Shows begins again in September. Thank you for continuing to send us your magnificent and creative art pieces in faithful support of PREP. Your amazing works decorate our office between sales. ☺ September 22: Homeboy 5K run/walk. September 29 Pilgrim Place, Claremont.

I would like to donate to the following organization in the amount of:

\$25 \$50 \$100 \$250 \$500 Other \$_____

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Telephone: _____

E-mail: _____

Please fill out this form and send to:
PREP
P.O. Box 77850