

From the Desk of Sister Mary
Greetings and blessings to you in this month of October!

'Before the world was made, God chose you... to live through love in God's presence... to make us praise the glory of his grace'. Ephesians 1:16 paraphrased

Greetings and blessings to you. I begin, not with my usual- a quote from Pope Francis- but with a bible quote and a challenge to each of you who receive this October OASIS.

November is the month of Thanksgiving. It is the month to reflect on the many blessings we have, to be grateful for these blessings and to give back.

When a parolee comes out of prison, most often I hear gratitude for the blessing of returning to the community and wanting to give back. **Life is about PAYING IT FORWARD, giving to all who are around us, acknowledging humanity to humanity. Here is my challenge to you:** during the month of November, when you receive this OASIS, **each of you** send a stamp (s) or a donation to PREP. Prison is a place to receive, to have everything taken care of, to take... Thank you for giving back - in your giving to PREP this month.

Look at your many blessings. Write these down. Send us the list of your blessings when you send your stamp(s)/donation!

We close with: *'I give thanks to my God always on your account for the grace of God bestowed on you in Christ Jesus, that in him you are enriched in every way, with all truth and knowledge'...* 1Corinthians: 1:2 (paraphrased)

We, at the office, send you blessings and love for each day! Sister Mary Sean and Staff



Moving Forward with Hope.

by Daniel Adamik



I've been working for the PREP program as a program coordinator since July 17, 2017. I have facilitated the Anger Management, Gang Awareness, Parenting and Insight correspondence courses for the women and men still incarcerated. After serving 36 years I've been on parole for 1 year, 4 months and 9 days. I am presently in truck driving school-another step forward in my transitional re-entry plans. I received a grant from the Goodwill Industries WorkSource program.

I'm very grateful to Sister Mary Sean for the courses she enabled me to participate in while incarcerated, which established the foundation of my transformation, and prepared me to participate in other self-development/recovery programs. These programs helped me to face and cope with the stressors I face here in the free world after so long away.

As I am about to transition forward I would like to thank each of the participants in PREP's correspondence programs for reminding me daily with each envelope I receive that there are people I have left behind that are counting on me to succeed. My success translates into statistics that support all the lifers struggling on the path toward freedom. What I go through and learn becomes points of knowledge I use to assist fellow lifers being released.

To you my sisters and brothers I say **NEVER GIVE UP**. Keep striving forward, continue to dig into yourselves to gain understanding of how you became the person you did who committed crimes- what it was you felt back then was being satisfied by committing crimes, how that was destructive to others- how your victims were impacted; and the new healing values you chose to learn and practice even in prison and which will allow you to gain your freedom (even on the inside) and remain free once you get out. If "I" can do it, a former execution style murderer, you can do it. Maintain a positive mental attitude being persistent and patient.

Remember, "You are who you are, where you are and what you are based on the choices you have made in your life.

In the same way, you will become what you do, where you go and achieve what you achieve from this day forward, based on the choices you make from this day forward".

I challenge each of you to **adapt** the principles of the twelve steps and **change** your life forever. One day at a time.

I have several people I would like to thank. Sister Mary Elizabeth at the Roman Catholic Archdiocese (Sister Mary Sean's boss), Natalie Esparza and Norma Robbins at the Archdiocese, Sister Mary Sean, Sister Giulli, Sister Anne, and all the other sisters I have met through them. I thank my fellow workers: Fred Price, Alfredo Cruz, Harvey Kobayashi, Tony Kim, Dale Lozier, Paul Cortez, Nora Gomez and all those I have met throughout the last year. I have learned so much from all of them. They have been kind, patience and generous and I will never forget any of them.



Jerry, Tony, Pat, Sister, Jennifer, Fred



Tony, Sister, Sammy, Lucy, Fred Lawrence
Nora, Paul, Tin



Processing The Change

José C. Sandoval

I have been asked a number of times how I feel to be out after serving 24 years 8 months on a 30 year to life sentence. My answer is simply, "Truly blessed." I have been out 23 days, as I write this, and the feeling is still the same, **unbelievable**. I have experienced a range of emotions from sadness to joy, including fear, agitation and frustration, but I wouldn't trade it for anything. Some may ask, "Why sadness?" Well, I paroled from CMC-West on Labor Day, September 3, 2018, and there I left behind several brothers who I truly love and care for. I was saddened to leave them, but I know that my departure is just a part of the journey and I will see them again very soon, out here. As for the joy, well, I'm sure that is obvious. I'm now free physically, which is a blessing. Experiencing the support I've received from so many is amazing. I have been welcomed by family, friends, which include ex-life term inmates, and so many others. This has made my transition a lot easier. Now with the joy come other emotions as well, like fear. Having to venture out to the unknown, including the public transportation system, is daunting. This is where the agitation came in, and still does at times, because people can be very rude and disrespectful. You see, when I ride the Metro, walk the streets, or stand in line at the store, no one knows that I've been in prison for almost 25 years and that I've lived by a code of mutual respect. Nor do they care. This initially led to me being agitated, but I have come to understand that it's not personal. People are who they are and the world doesn't and shouldn't revolve around me. The frustration stemmed from my being placed in a drug treatment residential facility, instead of a transitional home. I recognize that I became frustrated because I was not getting my way. I want to work and be with family and friends. I briefly lost sight of the fact that all that will come and I am just blessed to be free. So, in all, life is great. I have mastered the public transportation system, become accepting and empathetic of people out here, and embraced the time I'm spending with the men in my current home. I've even come to enjoy traffic! I encounter the shocks of society every day after being gone so long, but I embrace and appreciate every experience, as it is a new learning experience. For those that are on the inside I leave you with one question, which I often asked myself when I was struggling inside, "How bad do you want it?" I wanted it bad and I got it! Life is beautiful out here, so do what you have to do and see you soon, in traffic! Your brother Jose.



Homeboy Art Show;
Fred, Lawrence, Tony, Nora



The Journey

by Mark Goodwin, Lancaster

The journey for us is not over Brother Price. We both have some time left on this Earth. It's funny man, I have you down in my relapse prevention plans. God as my witness PREP is the first place I want to go and come see you all. One must always show his love and respect to people who help so change so many people's lives. You and Sister Mary have blessed me with so much wisdom and knowledge. PREP Turning Point is the place to learn human strengths and recovery.

I don't have any family out here so, you're my only brother and this means so much to me to have someone care and bless you with feedback and wisdom to keep going in times like these. So, you have a 56 year old brother in prison, wrongfully convicted, two years off from his second Board hearing. I'm not looking for money or packages, only love, friendship, and a letter of support and prayers.

You and Sister need to come by some time. Sister can have you cleared to come in. There

are so many brothers who need to hear your story big brother, I see you as a meek brother.

I am not from anyone's gang, but God's like you. I am just a

country boy at heart that speaks out against injustice and corruption. Our road does not end here my friend, it's just begun. God has plans for us. With your help and Sister Mary's we will open a new halfway center for the struggling youth. This is how I will make my amends to the LA community. Using the PREP lessons and AVP tools, I will put it all in God's hands.

Peace be unto you all at PREP.



Greetings PREP Sisters and Brothers!

PREP is considering creating a T-Shirt carrying our name, contact info, and possibly an image that represents PREP's mission. So, PREP is asking for your help. If you have an idea for a PREP T-Shirt design please submit it to us. If your idea is selected for use you and your idea will be featured in our monthly publication The Oasis. Below are two examples that were submitted but use your creativity.



Our season of Art Shows began with two awesome shows, Homeboy 5K run/walk and Pilgrim Place. The communities are more than overwhelmed by your talent. 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 shows.

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 Los Angeles, CA 90007