



From the Desk of Sister Mary

Pope Francis Tears Down Donald Trump's Wall: "A Person Who Thinks Only About Building Walls...Is Not Christian"

"Here in Ciudad Juárez, as in other border areas, there are thousands of immigrants from Central America and other countries, not forgetting the many Mexicans who also seek to pass over "to the other side." Each step, a journey laden with grave injustices: the enslaved, the imprisoned and extorted; so many of these brothers and sisters of ours are the consequence of a trade in human beings..."

The cry of the children and parents at the borders is our cry at the injustice to humanity. My staff and I at PREP- continue to support all our sisters and brothers in need.

With Joy I announce the hiring of Luke Sheldon for the position of Associate Director at PREP. Luke, who set up our website PREPLA.org, will focus on grant writing, networking, social media and outreach. WE WELCOME YOU LUKE!!!

We encourage, ASAP, all LWOP's to send Governor Brown a petition of commutation. We will happily write a letter of support. Send us the Board questionnaire information to assist us in doing this. You can pick up a copy of the petition in your Law Library.

Summer blessings, growth and continued change into the person God created you to be.

Note to our PREP family: Please do not submit a whole course, lessons should be submitted one at a time and one per week. Also submit lessons in order. This is for us to provide a better service to you and to assure quality in your work.



LIFE ON THE INSIDE

REFLECTIONS AFTER MY BPH SUITABILITY HEARING

by Richard M. Submitted by Gary Timmons, Restoration House, Sacramento

What I experienced changed my life; my perspective of the board, and my perspective of myself and my future. God did something that I never expected in there. God wasn't just answering prayers for my parole. More importantly, God was answering prayers for healing and peace to the family I caused so much hurt and harm towards. It is a profound story of healing and grace.

It was the hardest and most emotional day of my life. I arrived for the hearing at 10:00 AM and it lasted until 8:15 PM. I was able to make direct amends to the person I attempted to murder nearly 20 years ago and to the immediate family. I have never experienced remorse like that in my entire life. The hearing changed from being about my release to what was more important: their healing, peace, and alleviation of fear.

God moved my heart in a way that I hadn't experienced since the day I was born again. While I waited in the deliberation room, I was content if I would have gotten a denial because I was able to take full responsibility for everything I did and caused in a remorseful way, and to give a responsible account, not only of my life prior to my crime, but since then. I was able to make direct amends, express sorrow and remorse, and give sincere tearful apologies.

Benito Delgado MCFE



What happened next was a miracle in my eyes, and I never expected it.

In summary of what happened next, my victim and family were also moved to tears. They experienced personal healing, were able to forgive me, and to say that they supported my parole.

The District Attorney, who had initially expressed his opposition to parole, changed his position and said that he no longer did.

The commissioners praised me for the honesty and sincerity with which I told my own story, and with which I expressed remorse for the pain and injury caused to my victim and family. They also affirmed my many accomplishments while in prison, my generous service to other inmates and others and my solid goals and plans. I was found suitable for parole. ☺

Quinno Assoon MCFE



Feedback:

Joadanus Olivas, ISP

Receiving 44 to life at 16 has been the hardest thing to endure in my 25 years of existence. My anger has been the result of my being incarcerated, so this course in **Anger Management** was a requisite. It was very necessary and the application of it resulted in competency or in simple words. **It Is Workin!**



By Brian Anthony Alsup

I was in prison for 37+ years, 30 of those years married to a wonderful and independent woman named Catherine Jane. Those 30 years of marriage, and the independence shown by my wonderful wife, is why I wanted to put words to paper for this article.

During the time that I was incarcerated I made plans about how I was going to get out on parole and either assume, or reassume, the duties of head of household, the person who makes the hard and final decisions, the final arbiter of all things family. Well, if you are already out then you are aware of the truth of what I'm about to say, and if you're not out yet, boy are you in for a surprise!

You see, all those years of incarceration turned my wife and partner into a financial, social, and familial genius! She worked hard for that expertise, she learned that she is an intelligent and independent woman, and she is not going to just give-up the hard fought-for right to make the best decision in most things willingly!

Think I'm full of it? Maybe, but I had to ask myself the following question, and answer that question honestly: Who, of the two of us was the person who insured that the rent was paid each month? Who paid the utilities? Who insured that there was enough gas in the car to make sure I had visits? Who put together and paid for my Quarterly Packages? Who fed and

Mario Diaz MCCF



clothed the children? Who sometimes pulled up stakes and moved to an area closer to where I was incarcerated? The honest answer is, "NOT ME!" Granted, most of these responsibilities were performed out of love and caring, but do I really think that she didn't gain a sense of self-satisfaction that she was able to do all of that herself, independent of duty and love? I thought about these things a lot during my incarceration, and through the

simple act of communication with my wife, we were able to come up with a plan that seemed to work for us. As a long-term offender, especially a lifer, it was practically guaranteed that I would be housed for at least the first 6 months in a transitional facility. I didn't bemoan it as poor luck, I embraced the opportunity this arrangement provided because it allowed me the opportunity to reacquaint myself with my wife via the dating process. Don't laugh, and don't moan! This opportunity is a wonderful thing and allows me to relearn why I fell in love with her in the first place, but it will also grant me the opportunity to meet in full measure the woman that she has become during all that time of my incarceration.

The length of this column prevents much more from me, but I hope with all my heart that I have at least reached a few of you who will think about and at least try this perspective. I love you all, have been out since September 26, 2017, and I

**Brian is a resident at LifeOr Concord House
PO Box 645, Pismo Beach, CA 93448
PREP supports Concord House, a Central Coast transitional living home. ★★★★★**

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. ☺ You are daily in our prayers at PREP ♥

FeedBack

Anger Management, Darrol McMurray - Folsom

My Experience has been great! At first, I was a little skeptical, but as I began writing my feelings and opinions it unlocked a wave of deep buried episodes and past experiences I was not conscious of. The lessons helped me realize that anger can be a precursor to a lot of character defects. Having someone to vent your frustrations and anger to is a big help in keeping these emotions in check. Not letting my ego get in the way when someone has done me wrong or disrespected me shows I've grown and matured. Last but not really first, if I walk in God's light it is possible to overcome anything any emotional defect I have.

Mihael Muniz MCCF



Turning Point, Jason Comins – Corcoran

Hello to you and all the PREP staff. I would like to take this opportunity to say thank you for everything you and your staff do. I have completely dropped out of the gang life and these Turning point/self-help classes opened my my eyes to reality. If it weren't for PREP, I may not have ever seen the light. I am in Turning Point and Anger Management. I have not been procrastinating in completing the courses. I have in-between transfers because I got stabbed twice in the past year. I am grateful to be alive. I am now at a location where I can focus on these courses to better myself. Through all these events I received my GED and other self-help certificates. I have a youth parole in February 2019 and I need to be fully prepared to come home. I hope all of you at PREP are doing well. Thank you and God bless.

The Guy in the Glass

Dale Wimbrow 1895-1954

When you get what you want in your struggle for self,
And the world makes you King for a day,
Then go to the mirror and look at yourself,
And see what that guy has to say.
For it isn't your Father, or Mother, or Wife,
Whose judgment upon you must pass.
The feller whose verdict counts most in your life
Is the guy staring back from the glass.
He's the feller to please, never mind all the rest,
For he's with you clear up to the end, And you've passed
your most dangerous, difficult test

Christian Flamenco MCCF



If the guy in the glass is your friend. You may be like Jack Horner and "chisel" a plum, and think you're a wonderful guy, But the man in the glass says you're only a bum
If you can't look him straight in the eye. You can fool the whole world down the pathway of years, And get pats on the back as you pass, But your final reward will be heartaches and tears. If you've cheated the guy in the glass.

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PREP

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