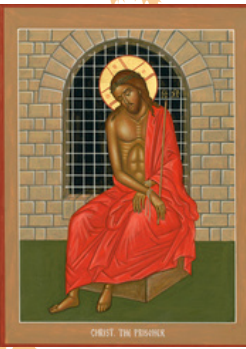
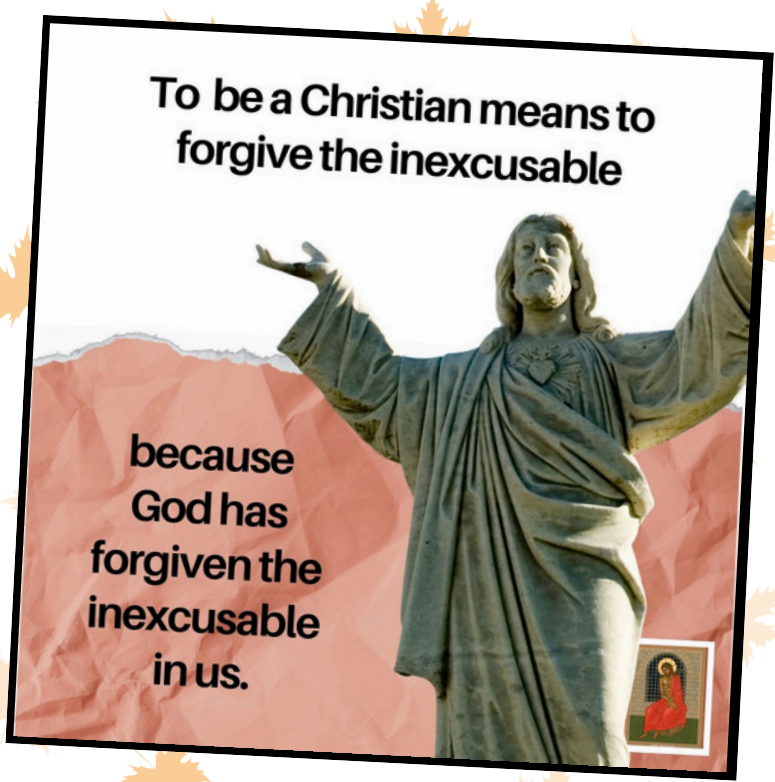




November 2024



tcpm.prayers@gmail.com
twincitiesprisonministry.org



“I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.” Matthew 25:36

Thanksgiving Activities in Prison

Some prisons may have special visiting events, activities, or races. For example, the State Correctional Institution in Chester, Pennsylvania has a Turkey Trot 5K race where prisoners can run and then eat. The money raised from the race goes to Toys for Tots.

From Father Stan Sledz...

November is a good month for reflection and prayer! 🙏😊
In our tradition, it starts with our relatives, the Saints. All of them! That is all the same for the Indigenous Community. We are ALL Relatives!



Regardless of our history together, we need to ask for the grace (God's blessing and wisdom and encouragement) to lovingly turn to them, to remember and ask forgiveness, or to accept their apology. We need to love as God, our Creator and Savior does.

That cannot come merely with willpower or by ignoring pain from the past or present. Sin hurts and needs healing, and then we can pray with peace in our hearts. 😊🙏

It may take a lot of time, but God promises that blessing. That's why God came and remains in the Person of Jesus, the Word and the Spirit of Love!

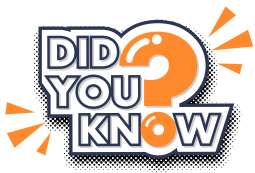
There are 12 other Saints' Days throughout this month, and praying sincerely and humbly can lead us to a more fruitful THANKSGIVING DAY! That's all a grace and gift from our Creator!!

You may not have the physical presence of friends, family and loved ones, but you will have the solitude, with its pain and peace and attention. If not, keep asking. It will come. It will come. God said so and God does so!

With daily love and prayer,
Father Stan



*Pray for prisoners and their relationships with other prisoners, that they will:
Make godly friends to support and encourage them,
Stay away from harmful associations that will lead them astray, and
Be a friend to the lonely, the discouraged, and the lost.*



As recently as 49 years ago, inmates of California's prison system were still being used as subjects for medical experimentation. Although the inmates participated in the experiments on a voluntary basis, critics charged that conditions existing inside the prisons lent a high degree of coerciveness to the inmates' "free" choice.

Inmates in one California prison were paid \$30 per month to participate in the medical experiments. With approximately 2,800 prisoners and only 300 non-medical jobs at \$10 per month, the medical experimentation roles were among the best jobs available and were apparently in great demand by inmates.

Seven states conducted bio-medical research, but very few of the bio-medical experiments were related to the health and well-being of the subjects. Instead, all involved primarily drug and cosmetic testing.

In 1975, the US House Subcommittee on Courts, Civil Liberties, and Administrative Justice concluded that "continued use of prisoners in any medical experimentation should not be permitted." Unfortunately, California prisons took their time phasing out human subject research. Thankfully, the FDA further solidified restrictions by making prisoners ineligible for new drug testing in clinical trials around 1980. [Read more here](#).

8 Benefits of Prison Visitation for Inmates

1. **Morale Boost**: Visiting with loved ones during visitation is encouraging to those in our care.
2. **Thinking Outside the Facility**: Visitation reminds residents there is more life to live outside incarceration.
3. **Connecting with Children**: Family reunification is an important part of reentry.
4. **Seeing is Believing**: When family and friends attend visitation, they witness firsthand that their loved one is safe and well.
5. **Best Behavior**: Residents who routinely participate in visitation tend to be more disciplined and better equipped to avoid potential roadblocks to their reentry.
6. **A Break in Routine**: The prospect of visitation adds variety to the resident's schedule and enhances the overall mood.
7. **A Fresh Perspective**: During visitation, facility employees have the opportunity to see residents interacting with loved ones. This can give staff a fresh perspective on an individual's family situation.
8. **Success Upon Reentry**: Visitation is an important part of reentry. By maintaining bonds with friends and family members during incarceration, individuals are more likely to be successful when they leave incarceration.

While Thanksgiving can be yet another reminder of the abysmal state of food served in the prison system, there is some good news to share!

In 2023, a first-of-a-kind initiative was designed to expand access to fresh, healthy food in prison while also training incarcerated people to work in a green jobs industry expected to be valued at \$155.6 billion globally by 2026.



This new plan, called "Growing Justice," features the development of an indoor vertical farm on the grounds of Central California Women's Facility in Chowchilla, California. This hydroponic farm is built entirely inside shipping containers and outfitted with grow lights and irrigation systems. It will produce nutrient-rich leafy greens for use in the prison's kitchen while also functioning as a job training site for some of the incarcerated women.

Also recently launched is a program called "Chefs In Prisons" in partnership with Dan Giusti, former chef de cuisine at the Michelin Star restaurant Noma, and his company Brigaid, which has a track record of transforming food service in schools. The Maine Department of Corrections is the initial site.

An experienced, food-loving chef embedded in the Maine Department of Corrections will be tasked with transforming food service across Maine's state correctional facilities by taking new approaches to food purchasing, menu planning, and food preparation. The chef will also oversee culinary training for every incarcerated person assigned to work in a prison kitchen, boosting their employment prospects after release. [Read more here](#).



JAILHOUSE

JESUS

RELIGION

Have you heard the terms “Jailhouse Jesus” or “Jailhouse Religion?” These are informal terms for new inmates who “find religion” during their incarceration.

Whether it comes from a genuine desire to repent, an appeal to authority, or other factors is a subject for debate.

Researchers concluded that religious prisoners found many benefits in their religion, including an easier time adjusting to prison, greater safety, and an increased ability to cope. Studies have shown that one of the reasons inmates become involved in religion is to improve their self-concept. Many inmates experience guilt, remorse, and pain as a result of their criminal history and background. Religion helps them to feel better about themselves and thus improve their self-concept in this way.

There are various other reasons inmates may find religion while in prison. Some prisoners may seek to improve their life and the discipline required to practice religion helps them to change and control their actions. Others may join a religious group as a form of protection from other inmates. It is a rarity for a physical altercation to occur in a place of worship, and this means prisoners have a high degree of respect for these places. Social interaction is also an important reason for some inmates to join a religious group. These interactions not only allow the benefit of socializing with other people, but also the benefit of exchanging goods and services among each other.

Also, less than 1% of inmates in the United States prison system identify as atheists, which is much lower than the percentage of atheists in the non-incarcerated population. [Read more here.](#)

O LORD, HEAR MY PRAYER, LISTEN TO MY CRY FOR MERCY; IN YOUR FAITHFULNESS AND RIGHTEOUSNESS COME TO MY RELIEF.

Below are the prayer requests from insiders. Let us pray...

- Prayers of thanks and praise for the recovery of someone who you prayed for.
- Prayer for easier access to religious materials on the inside.
- For passage of bills/statutes in the state legislature that provide support for those affected by incarceration.
- For DOC Leadership, to see the value of religious activity and to take away any barriers in operations to reestablish weekend retreats.
- For safe travels for the family of a resident traveling a long distance to visit them at the facility.
- Prayers for employment of a resident's sister.
- Prayers for a resident's sister with child; for a good delivery and a healthy, happy baby.
- For our government, the election process and elected officials; for finding harmony in decisions that promote justice for all.
- For those recovering from the hurricanes in Florida; for God's grace and strength to deal with any loss.
- For my son's full recovery.
- My father who has lung cancer.
- My mother and others.
- For my children.
- My grandson in the hospital.
- My son's recovery after a concussion.
- For my Dad who passed away.
- Prayers for a friend.
- Prayers and favor for a Wisconsin appeal.
- Healing from alcoholism.
- For a fellow inmate; people on her floor are being mean to her.
- Prayers for a friend who has cancer.

Incarcerated people in many states are charged significantly more for essential items than those outside prison, even though they typically earn pennies an hour or no wages at all. Prisons can price items up to five times higher than in the community and markups were found as high as 600 percent. This financial burden, which can cost hundreds of dollars per month, is often passed onto prisoners' loved ones. Some examples:



Religious items: Depending on your faith, and with huge variations across states, prices for religious items can vary widely. In Connecticut commissaries, the Bible sells for \$4.55, but the only Quran available for purchase costs \$25.99. And in Virginia prisons, a Christmas card sells for \$.80, but they charge \$2.33 for a Ramadan card.

Food: Maruchan brand ramen noodles cost \$.57 in Missouri prisons, but you'll have to hand over \$1.06 in Florida commissaries, about three times more than the grocery store price.

Health: In Vermont prisons, a pair of reading glasses costs more than \$15, about five times as much as a shopper would pay at Walgreens. And in Oregon, prison commissaries sell eight hearing aid batteries for \$11.49. However, Target sells the same pack for \$6.50.

Sales tax: In addition to high markups, many incarcerated consumers also have to pay sales tax, as well as fees related to their incarceration. Iowa prisons add a 6 percent “Pay for Stay” fee to most commissary items.

[Read more here.](#)