



October Prayer Companions

Rooted in Hope

*"Rejoice in hope, endure in affliction,
persevere in prayer."
-Romans 12:12*

Coming Together in Service

ST. NICHOLAS PRISON MINISTRY WORKSHOP



**8:00 AM MASS • 9:00 AM
WORKSHOP • LUNCH
PROVIDED**

Join Twin Cities Prison Ministry for a special workshop at the Church of St. Nicholas on Saturday, October 31st. Come learn more about the importance of prison ministry, discover ways to get involved, and explore how we can answer Jesus' call to serve both inside and outside prison walls.

**ALL ARE WELCOME! REGISTRATION
IS REQUESTED, BUT NOT REQUIRED.**

[REGISTER HERE](#)



ISAIAH 41:10

**"Do not fear: I am with you; do not be anxious: I am your
God. I will strengthen you, I will help you."**

As the seasons change, we are reminded that God's presence remains constant. This month, we pray especially for those experiencing loneliness, uncertainty, or hardship. May our prayers remind those who are incarcerated that they are seen, loved, and never forgotten.



October Feature: Walk in Their Shoes

THE PRISON RULES YOU WON'T FIND IN ANY HANDBOOK

What is everyday life really like? In this feature from The Marshall Project, incarcerated individuals share the unwritten rules and routines that shape daily life behind prison walls. Their firsthand perspectives offer a glimpse into experiences we may never see ourselves, and invite us to approach those we pray for with greater understanding, dignity, and compassion.

[READ THEIR STORIES](#)

Ways to Serve

CURRENT VOLUNTEER OPPORTUNITIES

Support our Pen Pal Ministry by helping with data entry and record keeping, ensuring volunteer and participant information stays accurate, organized, and up to date.

DATA ENTRY FOR PEN-PAL PROGRAM

Help maintain and update the Twin Cities Prison Ministry website, ensuring volunteers, supporters, and those interested in our mission have access to current information and resources.

WEBSITE MANAGER



If you feel called to serve in either of these roles, please contact Fay to learn more:

FAY.TCPM@GMAIL.COM

952-250-7613

Prayer Requests From Inside

LET US LIFT THESE INTENTIONS
TOGETHER BEFORE THE LORD. LET US
PRAY...



- For son & his fiancée
- For strength and healing for an Insider's roommate who is dealing with cancer
- For a Mom who has an upcoming doctor's appointment
- For strength in future events and activities
- Of thanksgiving for everything our Heavenly Father has created
- For healing for a family and mom, and for a safe journey for their overseas trip
- For a father who is attending AA meetings--may he have the motivation to continue attending them and to keep going in a positive way
- For the upcoming REC Retreat in Stillwater--may the Spirit be alive for the Team and for the candidates during the event
- For a friend with serious health issues--provide strength to him and his family and may the doctors determine a proper course of action
- For an Insider's silent intentions throughout the week
- For the safety of a family on the outside
- For help for a mom seeking job opportunities
- For an Insider's transition to the next facility--that the transition goes smoothly
- For a brother on the outside dealing with complications from chemo treatment for cancer--strength and healing
- For volunteers whose ministry wishes are blocked, that God clears a path or opens up other opportunities for them
- For a resident going through multiple operations--for healing and relief from pain
- For a resident's sister-in-law for healing and strength as cancer has returned, this time more severe
- For a family whose daughter committed suicide. For strength for the family and God's loving presence to be with them and for the repose of the soul of their daughter
- For a mom whose son is being released from prison: for wisdom, patience, and understanding as they are reunited. That her son finds support in his transition and a welcoming church community
- For a resident's brother who is dealing with a severe form of cancer: may he recognize God's presence in his struggle and find peace and healing
- For one of the residents who will have surgery this week. May the doctors be skilled and wise in carrying out the procedure, may it be successful and may the resident experience calmness and a quick recovery
- For a good outcome in the next court proceedings
- For thanksgiving and safety for the volunteers and clergy who come into prisons and jails, and their families

A Moment with God

WHERE ARE YOU BEING CALLED TO BRING HOPE THIS MONTH?

Take a quiet moment to bring one person to mind. Offer their needs, fears, and hopes to God in prayer. Then consider one small way you can be a source of encouragement, compassion, or peace in the weeks ahead.