

MARCH/APRIL 2021

WE NEED A TITLE  
FOR THIS THING!



By BRO *[Signature]*

TO: YOU  
FROM: JEFF

Greetings to everyone in the SL community! And warm welcome to all the new subscribers receiving their first newsletter! We are all doing well. It is great to see some things starting to gradually open up as more people get vaccinated. So far Naomi and I have received ours, and hopefully the rest of our staff will soon.

After a year of change and of scrambling to serve our participants in any way possible, we are looking toward the post-pandemic future. We don't know exactly what that will look like, but know it will be at least a little different. With Impact Workshops halted for over a year, we have spent a lot of time examining what made those experiences so special and life-changing. We have learned a lot and are already trying some new things. We have had our artists working with some incarcerated men and women in Pennsylvania through video conferencing. On Rikers Island, we have started doing a daily course about playwriting on their electronic tablets. Every day they sent us their work and our team could coach them with a daily response. Our Creations of a Caged Bird series is now on 20,000 electronic tablets in NY & SC with short films of artistic pieces written by incarcerated men and women and performed by our artists. In Ohio we are working with state administrators to pilot an extended program using arts and personal development classes and workshops. In Cook County Jail (Chicago) we have partnered with Kolbe House to train jail staff in Character Strengths development. As we continue to pilot and refine these programs we are excited to be able to reach many more people with impactful programming in the future!

**This issue focuses on hope.** Some of my most impactful experiences with hope have been in prison. In 2016 when we interviewed women for our first Workshop in a state prison, I met "lifers" for the first time. I did not expect to meet people who were energetic, fun, and full of hope. Before that time I could not imagine how someone who had a life without parole sentence could be filled with hope for the future. The whole experience went to a new level when I met one woman who told me she was truly "blessed" and that she looked forward to every day. She continued that she had spent decades on death row but recently had her sentence reduced to LWOP. As I worked with those women, and many others in prisons who had devastating sentences or prisoners who shared about their painful life stories, I discovered that hope is a state of mind and being. It transcends circumstances. May your hope for the future grow and be nurtured through this newsletter!




FOUNDER &  
EXECUTIVE DIRECTOR

"Most positive emotions arise when we feel safe and satiated. Hope is the exception. It comes into play when our circumstances are dire - things are not going well, or at least there's considerable uncertainty about how things will turn out. Hope arises precisely within those moments when fear, hopelessness, or despair seem just as likely."

- Barbara L. Fredrickson, PhD, *Psychology Today*

EXPLORING THE THEME:

hope

We're excited to be introducing our brand new cover page. Thank you to Brother Mu for your artwork! We've also included lots more information and activities to help keep each other focused and inspired. Our main goal with our *Interactive* Newsletter is just that - to create a chance for the SL Community to interact with each other in positive ways. That's why we're most excited to be building in more opportunities for you to contribute! We want everyone to feel part of the conversation. (Keep an eye out for this  - it signals where you can contribute.)

HOPE has been described as a feeling, a belief, a choice, and a mindset. Throughout the next 10 pages, we'll be exploring the concept of hope in all of the above definitions. We'll be looking at what it means to have hope in the midst of hardship and grief, as we commemorate the one year mark of the Covid-19 pandemic. And we'll explore hope in the context of spiritual beliefs, psychological research, and celebrations of peoples' positive news that give us hope to persevere through our own struggles. We'd love to hear how this issue brought more hope to your life, in little or small ways. Enjoy!

## DEAR COVID-19,

MY, MY, MY YOU HAVE CAUSED A LOT. AND I'M WRITING TO LET YOU KNOW A LOT. SO BEAR WITH ME AND READ TO THE END AND MAYBE YOU'LL SEE YOU NEED TO END. YOU HAVE CAUSED A LOT OF FUSS FOR A LOT OF PEOPLE; COST THEM A LOT OF MONEY AND MADE THEM SHED A LOT OF TEARS. AND ALL FOR WHAT?!? A BLOB OF PROTEINS FAST UNWINDING. A LOT OF CORPSES QUICK DECAYING. THERE ARE A LOT OF DEAR FATHER, DEAR MOTHER, OR DEAR DARLING OTHER IN SPITE OF THIS WE MOST HAVE COFFINS AND CONSOLATIONS; A LOT OF TOMBSTONES AND PROCESSIONS; A LOT OF PARTIES AND MOURNINGS. A LOT OF BODIES BURIED OR BURNT; EMBALMED FOREVER. SONS REMEMBER A LOT GRANDSON'S A LITTLE; AFTER THE DEAD FORGOTTEN. SO IS THIS NOT A LOT OF NONSENSE? HOW DO YOU SEE ALL YOU HAVE CAUSED AND WHY YOU MUST END. I HOPE YOU STOP SOON SO I CAN SEE A LOT OF MY FRIENDS

HAAKEEM



Dave performed Hakeem's poem for the production, *Creations of a Caged Bird Vol. 1*

### BRANDON'S reflection



*Brandon*

SPOKEN WORD  
TEACHING ARTIST

Dear Covid-19 is more than just a poem. It is the intentional address to a complete upheaval of our daily routines. The recognition of a moment in U.S. History that will forever be scarred into the memories of generations. We have truly been impacted in ways that no one could have ever imagined. Our creative minds have been exposed to a traumatic shift in our status quo and now we produce and create from this new view of reality. This piece by Hakeem speaks to this newly established space we live in now. The line in the poem, "*Sons remember a lot, Grandson's a little; After them the dead forgotten*" really illustrates the booming generational effect Covid-19 had on us. Yet even in the catastrophe of the experience, one day its memory will be nothing more than a historical moment read about. A weighted bomb to the chest of the current generation, the fallout and debris effects to the next and one day the simple recall of tales of old for the latter generations.

My question to you is what stories can you tell today that will be left for future generations to hear? What tales of overcoming, of struggle, of hope, of surrendering the faith and grace, of allowing the foreshadowed worry to wash away in the night's rains or the day's tears, can you illustrate through your own words?

I challenge you to create in this new space of time. Tell the story that you are *still living* and how hope has taken on a brand-new meaning in a world bathed in Covid-19. Be bold, be creative, and be yourself all over the pages.

## GRIEF & HOPE

You may have heard of the **5 Stages of Grief**:

**Denial | Anger | Bargaining | Depression | Acceptance**

Much research has been done on this "Kubler-Ross Model" since it was first introduced in 1969. Many believe this is not a linear progression, but rather a set of common emotional experiences for individuals who have suffered traumatic loss, where the goal is to come to a place of acceptance, which provides a sense of control and power over the loss. Out of his own tragic experience, grief expert David Kessler discovered a personal longing for a new (6th) final stage of grief which he calls **Meaning - the sense that "something good can come from this."**

What do you think of Kessler's idea? What feels more hopeful: to accept loss, or find meaning in it?

*As a practice of self-care, please reach out to a friend, chaplain, or psychologist if you are struggling to process these difficult emotions. We are not meant to do this alone!*

# JOY COLLAGE

Thank you to everyone who sent in a picture to contribute to the joy collage! Hopefully it's a nice way to remind us all of the things little things that bring joy and remind us to keep our spirits high.

## CREATIVE CONNECTION



JENNY  
CREATIVE SERVICES



NEW

## MAKESHIFT MEMORIAL

As we reflect on ONE YEAR of this pandemic, with the virus still causing such loss and anxiety, we want to create space for healthy, collective grief. This issue's Creative Connection is a chance to express yourself through art by contributing to our "Makeshift Memorial" honoring people & experiences that have been lost. **Feel free to write, draw, or include pictures of anything that you'd like to share.** It could be someone's name, or an activity that you haven't been able to do, or a drawing of something you would contribute to an in-person memorial if you could.



This is an example of a memorial that was created in Chicago.

Imagine what ours could look like!

### EXAMPLE CONTRIBUTIONS:

my brother being transferred

Stuart  
June 13th, 2020

IN PERSON VISITS





Naomi Blount-Wilson / Commuted Lifer / Commutation Specialist

## DID YOU KNOW? RE-ENTRY INFO

**Q: Is it hard to find housing in Philadelphia?**

**NAOMI:** No, not really, but at first it may not be exactly what you are looking for, however, it will be better than the efficiency you are in now.

**Q: Do you get a check when you come home?**

**NAOMI:** No, I thought the same thing, but you get whatever monies that you have on your books when leaving the prison. Once you get home, Welfare Checks are no longer, but you will get Food Stamps worth \$194.00 a month, until you get a job.

*There is an online database of resources for re-entry that can be found at: [fairshake.net](http://fairshake.net)*



## ASK MS. NAOMI

*"Ask me anything you feel you need to ask - just don't get too personal!"*

In addition to the re-entry info Naomi will be featuring, this section is intended for any questions you want to ask about life inside. Topics include:

- Connecting with family.
- Navigating work placement.
- Dealing with peers.

All questions will remain anonymous, so don't worry. Ask away!

*"Hope is something I wished for, and kept tucked away in my heart. Hope was always in my dreams, then, one day, what I had been hoping for came true.*

*Keep your hope alive *

*Naomi*  
PROGRAM CONSULTANT


**Q: Are there places that help you with clothing?**

**NAOMI:** Yes, you will be surprised at how many Centers get donations for the women and men, and they distribute them to the ladies inside. Some nice stuff too! 😊

**Q: I heard that you can have your rent paid for 6 months. Is this true?**

**NAOMI:** Yes, this is true. Once you find your own place, your parole officer will give you the information you need for the Rent Referral. Boy, does that help!

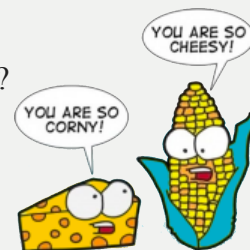
## CORNY CORNER

A little bitty boy was talking to his mother about what he wanted for Christmas 🎄 She asked him what did he want? He looked at her smiling really hard and said, "I want a pony!" The mother looked at the little boy and said, "Oh no. You won't be getting a pony. *You'll be getting  turkey, just like the rest of us!"*

Have you ever seen a man eating tiger?  
*No, but I seen a man eatin' chicken!*

If I am full of keys, and can't open any doors, what am I?  
*A piano*

Do you know what has ears, but can't hear?  
*A cornfield*



Over this time, I have finished my Associates Degree in Christian Counseling, and now, working towards my Bachelors. With all that studying, it was a great advantage for the quarantine to get my studies done.

*Romy*

The good news that I have I go home this year 3rd July ain't it a blessing you guys!!

Lamar

(FACTS) I'm up for parole this March I'm asking for your prayers. I promise to keep in touch once I'm released.

BLESS

**YOUR POSITIVE NEWS GOES HERE**



We're looking for submissions for this section, and want to hear about good things happening in your life.

*Some ideas could be:*

Encouraging interactions with peers, COs, or administrators

Celebrations of personal growth

Positive group experiences

Testimony of seeing God work in you or others



## PRODUCTION HAS STARTED

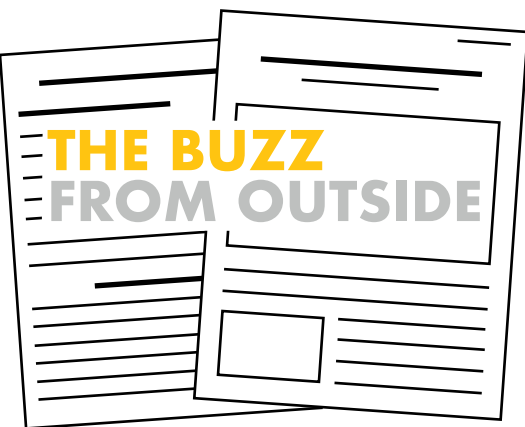
12 SL participants are working with artists on "Creations of a Caged Bird, volume 2" (coming in May!)

## WE COULD USE MORE ARTWORK!



We're looking for contributions of visual art for the production. Theme for the pieces can either be "perseverance" or "legacy."

## PRESS CONFERENCE HELD IN PITTSBURGH



On February 12th, 2021, there was a press conference held in Pittsburgh, PA. The topic was “Merits of the 2nd Degree Lifer Audit.”

In the near future, Lt. Gov Fetterman and others will be discussing legislative strategy to advance a bill that would repeal the Felony Murder rule.



## RECENT COMMUTATIONS

Released on Feb 12, 2021

- George W. Burkhardt, 83, served 30 years
- Daniel Cummings, 75, served 38 years
- Eric I. Eisen, 52, served 26 years
- Reid Evans, 57, served 39 years
- Wyatt Evans, 58, served 39 years
- Charlie J. Goldblum, 71, served 42 years
- Charles M. Haas, 72, served 41 years
- Dennis Horton, 51, served 27 years
- Lee A. Horton, 55, served 27 years
- Avis Lee, 59, served 40 years
- Francisco Mojita, Sr., 58, served 28 years
- Mildred Strickland, 75, served 31 years
- Gregory Stover, 55, served 32 years

## JOE LIGON IS RELEASED

Nation’s Longest Serving Juvenile Lifer

In 1953 at the age of 15, Joe Ligon was sentenced to life in prison, along with 4 of his friends after they all plead guilty to stabbing several men in the Philadelphia area. Even after the 2016 Supreme Court ruling that granted juvenile lifers a new sentence, Ligon refused because he didn’t want to be held to parole. Now, after 68 years incarcerated which included a battle with prostate cancer (he’s in remission), Ligon is finally out and says he’s looking forward to, “A better everything.”



## HOLIDAYS/SPECIAL EVENTS COMING UP:

### PASSOVER

MARCH 27 -  
APRIL 4

### EASTER

APRIL 4

### RAMADAN

APRIL 12 -  
MAY 12

### MOTHER’S DAY

MAY 9



## WELLNESS & CHARACTER

## PREVIOUS EXERCISE RESPONSES: "3 FUNNY THINGS"

In January we focused on joy and the power of humor, and encouraged you to try listing 3 funny things that happened each day. A few of you shared some of those things, which was a joy for us to read. Here we want to share Church's creative way of sharing joy and pain through humor. We hope it brings a laugh and some joy to your day!

IT OCCURRED TO ME JOY IS SOMETIMES ACCOMPANIED BY A LITTLE PAIN. HERE ARE SOME EXAMPLES:

JOY IS A GUARD PUTTING A J-PAY SLIP ON YOUR DOOR.  
PAIN IS WHEN IT'S FOR THE GUY NEXT DOOR.  
JOY IS GETTING FREE CABLE DURING THE COVID LOCKDOWN.  
PAIN IS YOUR TV BEING BROKE FOR THE PAST 2 MONTHS.  
JOY IS AN OLD FLAME WAITING FOR THE FIRST TIME IN YEARS.  
PAIN IS SHE'S WRITING TO TELL YOU YOU OWE CHILD SUPPORT.  
JOY IS YOUR GIRL FINALLY ANSWERING YOUR COLLECT CALL.  
PAIN IS YOUR BROTHER ANSWERING THE PHONE.

JOY IS MAKING A HALLMARK-QUALITY B-DAY CARD FOR #15-  
PAIN IS SPELLING THE NAME WRONG.

JOY IS HITTING THE B-BALL POOL FOR 100 TICKETS.  
PAIN IS YOUR BOOKIE GOING TO THE HOLE-TICKETS CONFISCATED.  
JOY IS WHEN THEY SERVE THOSE DEE-LISH OATMEAL COOKIES.  
PAIN IS WHEN THEY RUN OUT OF COOKIES AND GIVE YOU PINEAPPLES.  
PAIN IS WHEN THE GUARD PUTS WHAT YOU THINK ARE MORE  
"COPIING THROUGH COVID" PRINTOUTS FROM THE PSYCH DEPT. ON  
YOUR DOOR.

JOY IS WHEN IT'S THE LATEST 'SHINING LIGHT' NEWSLETTER.

PEACE/BLESSINGS  
CHURCH

## NEW EXERCISE: "ANCHOR BREATHING"

There are a variety of studies that show the benefits of intentional and/or deep breathing, including in the reduction of stress [☆1] and by fostering positive emotions and behaviors [☆2].

One simple exercise that we often try at Shining Light is called Anchor Breathing. It compares anchoring oneself to their breath, similar to how a boat stays anchored to shore while floating in the water. Follow the steps below and give it a try for yourself, or try it with a partner with one of you calmly reading the steps aloud to the other.



- STEP 1. Imagine being on a boat, feeling calm, and safe
- STEP 2. Attached to the boat is an anchor. It keeps you there, where you want, and happy.
- STEP 3. Our bodies, like the boat, also have anchors, and they can help us focus. Our belly, our nose and mouth, and our chest and lungs can help us feel grounded.
- STEP 4. With your hands on your chest, breathe in deeply.
- STEP 5. Breathe out slowly.
- STEP 6. Feel your ribs rise and fall.
- STEP 7. As your mind wanders, gently bring it back to the anchor point.

*Note: Exercise retrieved from [positivepsychology.com](https://www.positivepsychology.com) Complete at your own risk.*



*Let us know what you think! We would love to hear about your experience!*

What are some other ways you keep your mind and body strong during lockdown?

[☆] = Research Article / See page 10





Kelly  
PROGRAM  
DIRECTOR

One of the most significant days of the Christian religion is Easter, which is a celebration of new life that is born out of death - Jesus Christ died and was buried, and three days later he rose again, bringing the hope of restoration to all people, and all circumstances, for all time. Other religious traditions have significant holy remembrances during this season as well, including the Jewish Passover which commemorates God's liberation of the Israelites from slavery in Egypt, and Islamic Ramadan, which honors the revelation of the Quran to the Muslim people. Each tradition, along with the season of Spring itself, brings a renewed sense of hope and connection with the Creator that is good to take time to reflect upon.

*Feel free to use the following as a guide for meditation/prayer in whatever your faith tradition is...*

### May the God of hope fill you with all joy and peace as you trust in Him (Romans 15:13)

Start with a deep breath—taking in God's love, light, and strength. Pause for a few seconds, and let it out slowly, exhaling any worries, cares, fears, or doubts. *(Repeat as often as you'd like.)*

**1. We often find ourselves celebrating [Easter Sunday] and then moving back into our daily routine. So think about how God might want you to experience something more lasting in this season.**

○ *Help me, God of wisdom, to see this holy season as you do...*

**2. Ask yourself where God seems to be present to you personally this holy [Easter] season. Did you experience God's love, mercy, or hope for new life? Recognize each experience - however small - as a gift from God.**

○ *Thank you, God of love, for the experience of your presence with me in this holy season...*

**3. Think about something you are hopeful for as this holy [Easter] season transitions back to everyday life. Offer this to God in an expression of trust.**

○ *Fill me, God of hope, with your joy and peace throughout the rest of this season and beyond...*



**STEP FORWARD** = if you are someone who tends to never say a word with others - speak up!  
**STEP BACK** = if you tend to answer every question and/or share at length - let someone else talk!

We usually think of this as a way to care for others, helping to ensure every voice is valued and heard within a group. We practice this at SL as a staff, in our workshops, and within our relationships in life.

Let's consider how we can expand on this code and apply it to our theme of hope, on a personal level.

The Research Says section on the next page defines "**hope**" as:

**"Expecting the best in the future and working to achieve it;  
believing that a good future is something that can be brought about."**

How could you take a **step forward** in action - instead of just in words - to move toward the goal or future that you hope for? What actions can you take now to move you in that direction? Is it possible that there are some places where it might be helpful to take a **step back** to achieve the future you hope for?

This is a list of 24 positive traits that reflect an individual's personal identity and have the potential to result in positive outcomes for ourselves and others, and contribute to the collective good [☆3]. A variety of research studies have shown how beneficial the awareness, exploration, and application of these strengths are for individuals, relationships, and communities [☆3]. Every one of us has all 24 traits and uses them in varying ways. Some are more natural for you to express, some you may use in specific situations, and others may be used less or come less naturally [☆3]. Here are the previous ones we've used:



GRATITUDE



PERSPECTIVE



KINDNESS



LOVE



HUMOR



HOPE

As we at Shining Light continue to learn, explore, and consider how to apply these strengths in our lives and work, we invite you to dig in with us! Each of our newsletters will continue to focus on a different character strength. As you process the information and interact with the activities, pay attention to which strengths come most naturally to you or seem harder to live out. And remember to see all of it as an opportunity for growth!

**Hope** as a VIA Character Strength is defined as “Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about.” Oftentimes hope is solely thought of as something we feel. However, this definition is interesting because it expands it to how we think positively of the future with the belief that we have influence on how we get there. How would you define hope? Is this way of defining it new to you?



Travis  
PROGRAM DEVELOPER

## “HOPE THEORY”

**ABSTRACT:** “Hope is defined as the perceived ability to produce pathways to achieve desired goals and to motivate oneself to use those pathways. The historical origins of hope theory are reviewed. Definitions and explanations are given for the core concepts of Snyder’s (1994c) cognitive model of hope, including goals, pathways, and agency. Goals are abstract mental targets that guide human behaviors. Pathways thought entails the perceived ability to initiate and sustain movement along a pathway. Emotions are conceptualized as sequelae of goal-directed thoughts and actions and function as feedback regarding perceived success or failure of a goal pursuit. A temporal model of the goal pursuit process is presented, and the roles of hope cognitions at each phase of the sequence are explained. Several scales constructed based on hope theory and used in research are described. Research on hope is reviewed. Higher hope corresponds with superior academic and athletic performance, greater physical psychological well-being, and enhanced interpersonal relationships. Future directions for research and application of hope theory are suggested, including distinguishing hope from other personality constructs, examining potential group differences in hope, exploring possible maladaptive aspects of hope, and using hope theory to understand and ameliorate current global crises (Rand & Cheavens, 2009, p. 323).” [☆4]

### [☆] REFERENCES

- [☆1] Hopper, S. I., Murray, S. L., Ferrara, L. R., & Singleton, J. K. (2019). Effectiveness of diaphragmatic breathing for reducing physiological and psychological stress in adults: a quantitative systematic review. *JBIEvidence Synthesis*, 17(9), 1855-1876.
- [☆3] Niemiec, R. M. (2018). *Character strengths interventions: A field guide for practitioners*. Boston: Hogrefe Publishing.
- [☆4] Rand, K. L., & Cheavens, J. S. (2009). Hope theory. *Oxford handbook of positive psychology*, 2, 323-333.
- [☆2] Zaccaro, A., Piarulli, A., Laurino, M., Garbella, E., Menicucci, D., Neri, B., & Gemignani, A. (2018). How breath-control can change your life: a systematic review on psycho-physiological correlates of slow breathing. *Frontiers in human neuroscience*, 12, 353.

GAMES & ACTIVITIES



Angelina  
PRODUCTION DIRECTOR

B O R B L E N U O C O M E  
 E X P E C T A T I O N S T  
 X M I L O V E R A N U E G  
 P D M I K I T U S F B H N  
 E E P E T X U S T I X S I  
 R S L F A I T T A D Y I L  
 H I E D F U N W H E L W E  
 T R E E P E P O H N M O E  
 O E Q U E S T R O C M E F  
 I R S A F A I T H E S B A

WORDSEARCH (HOPE)

I hope that you all can enjoy this mini wordsearch. I hope that it brings you some joy and entertainment. You may find these words Across, Diagonally and Backwards.

- 1. HOPE
- 2. FEELING
- 3. WISHES
- 4. LOVE
- 5. EXPECTATIONS
- 6. DESIRE
- 7. CONFIDENCE
- 8. TRUST
- 9. BELIEF
- 10. FAITH

HAVE FUN!

JUST FOR FUN



SHORT STORY (FICTION)

Love to write fiction? We're accepting submissions for short stories to run on this page! Keep it under 500 words, fun and uplifting, and you may just see it in our next issue!

CARTOON/COMIC

Calling all artists! Try your hand at a comic strip or single image cartoon! We're looking to feature short comic submitted on plain white paper for future newsletters!

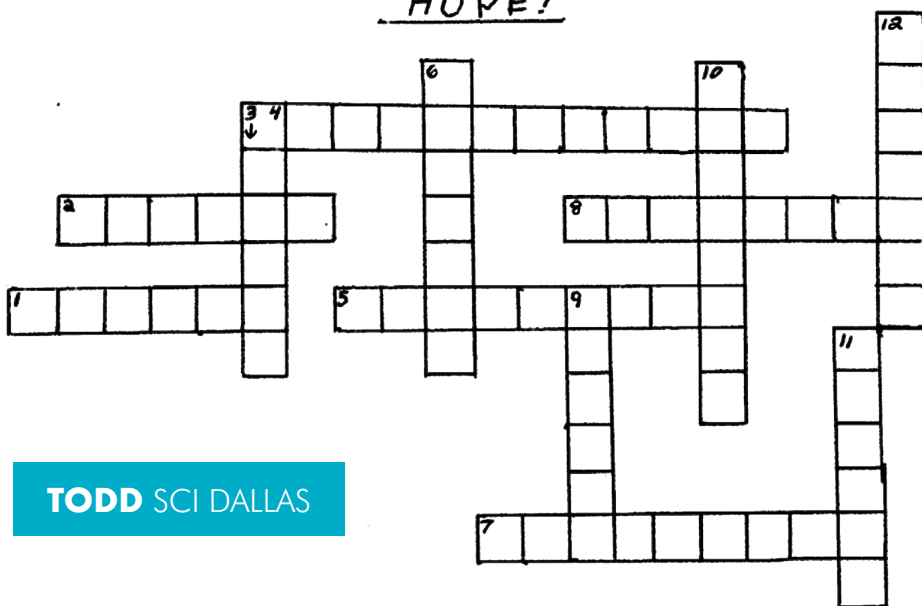
RECIPE SHARE

We've seen some creative "Jail House" concoctions over the years- saltine pizza, chocolate cake, a "moxie" energy drink- if you've got a commissary recipe that brings down the house, send it in!

BOOK REVIEW

What have you been reading lately? Have a novel, biography, or other literary discovery worth sharing? Send us the title and a 200 word review!

HOPE!



TODD SCI DALLAS

1	1 Pe 1:3	Thru Jesus we have a _____ Hope.
2	1 Jn 3:3	With Hope we _____ ourselves
3	Heb 6:18	We Find _____ in Hope
4	Act 24:15	We have Hope for _____
5	Heb 6:11	We have _____ in Hope
6	Act 26:6	We have Hope in God's _____
7	Rom 15:4	Hope is Founded in _____
8	Pro 10:28	Hope gives _____
9	Heb 6:19	Hope is our _____
10	II Co 3:12	With Hope we have _____ in speech
11	Col 1:5	Our Hope is stored up in _____
12	Tit 2:13	Hope is _____

# FOR THE NEXT ISSUE

## WE NEED A TITLE

We're still taking submissions for Newsletter titles, or you can let us know your vote for one of the titles already submitted:

- Shine
- Horizon
- Sojourner
- Word is Bond
- Community Connection
- The Stage
- Grounded
- \_\_\_\_\_



Look for this icon to remind you of all the ways you can interact & share content!

## SHARE THIS WITH A FRIEND!

shininglight is all about offering creative, engaging programs that unlock human potential inside prisons.

### Our BI-MONTHLY INTERACTIVE NEWSLETTER

includes artwork, stories, activities, & encouragement from peers and staff in the SL community.

NAME / #: \_\_\_\_\_

FACILITY: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

How did you hear about the Newsletter?



Peer



Chaplain



Saw a copy



Other: \_\_\_\_\_

Send us this card to subscribe today!

**Shining Light**

**P.O. Box 267 | Annville, PA 17003**

[shining-light.com](http://shining-light.com)

## THEME FOR MAY/JUNE:



HONESTY

**AUTHENTICITY**  
**BEING TRUE TO ONESELF**  
**SINCERITY WITHOUT PRETENSE**  
**INTEGRITY**

SEND IN YOUR **COVER ART** SUBMISSIONS!

## SUBMISSION GUIDELINES

You are always welcome to write to us and share whatever's on your mind. If you would like to contribute to the newsletter specifically, there are a few things to keep in mind:

- Our goal with the newsletter is to "Speak Life," so submissions should have a positive feel, which may include creative expression, encouraging words, or a constructive release of negative emotion.
- Remember that our community includes men & women of all ages and various faiths and backgrounds.
- Avoid details of your case or criticism of the institution/DOC.
- If there is anything in a letter you do NOT want to be shared in a newsletter, please note that clearly.
- Published submissions will be credited with first name and prison, unless you specifically request to remain anonymous.
- Submissions for the next newsletter should be mailed to us by **MAY 1**

Thank you to all who contributed to this newsletter.

We look forward to hearing from you soon with new artwork & messages, encouraging comments and stories!

**Shining Light | PO Box 267 | Annville, PA 17003**