

BCJ TIMES



Mom's Day Out!

Mom/Dad Day Out is a new program for MRT graduates plus other requirements to spend a few hours with their children. This is Jamie Ryan's day out.

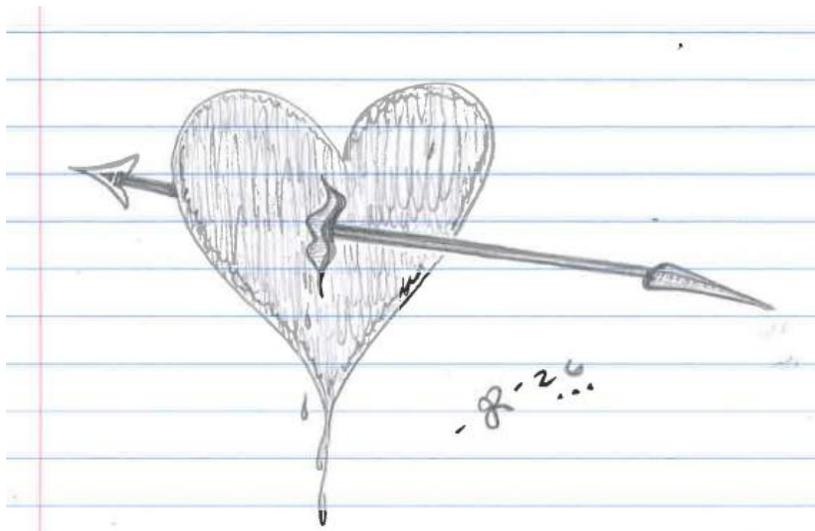
It felt as if I'd won the lottery! The day that JA Ronnie Prince and Lt. Cook told me that I'd have an actual visit with my children. The first thing my youngest son said to me was "Mom, I haven't seen you in years." The best part about those hours is the fact that all four of my children treated me like I'd been the one to wake them up that day. It was like I never left. We fell right back into step, and honestly it felt more natural than I could have imagined possible. I worked really hard and dedicated a lot of hours to self-development to become a version of myself that they deserve as a mom and for the first time, I'm confident I'll be able to carry that out with me. Doing the right thing and being responsible isn't always easy but having such a huge network of support that wants what's best for all of us is new to me. I guess I didn't think they cared if I was struggling all of those years. I definitely didn't think it was in the cards for me to be a mom and influence my kids. Looking back, I know how crazy that sounds, but in that moment, you couldn't have convinced me otherwise. Before I committed to changing my life, I think I was kind of a menace to society. Now that I've killed off my old self and offed my selfish manipulative ways I'm actually quite fond of myself and think I'm going to be a great mom. Nothing is impossible and if I can do it then so can you. We are not alone and if we are willing to make the sacrifice then the same people that we owe time and that count us every day will actually help us put all the pieces of our lives back together. This visit made it into my best of times category for MRT. And I think its only up from here. I am so grateful and blessed.

Please see last page and follow instructions!

Inspirational

Love in Letting Go *By Jami Dutton*

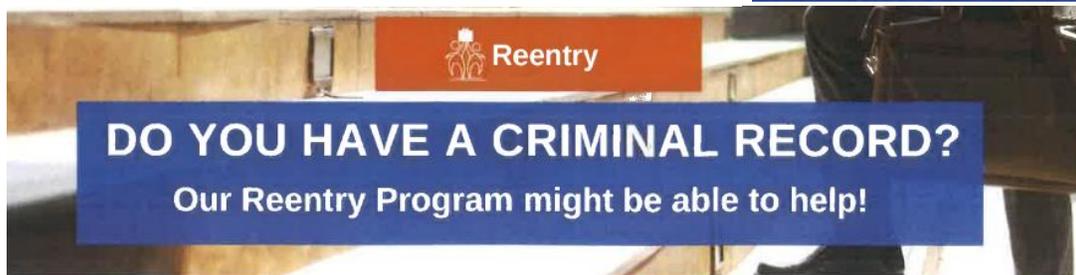
One of the hardest things I've had to do in my recovery is let go of some of the people I love. For a long time, I believed I didn't have to complete this crucial step. That I could remain in their lives and not partake in their behaviors. My theory has been proven wrong more times than I can even count. I heard it a million times "people, places, and things." I don't think I was willing to accept that answer until now. I've gotten to a place in my life where nothing and no one is worth it anymore. I can't even tell you when it happened exactly. I just know now that a negative influence from my past hits my box, I just don't respond. I've learned to love myself and in doing that I understand that I and certain people aren't on the same path. That nothing is worth my peace and that is exactly what some people do. Rob you of your peace. That peace I'm no longer willing to give away. I believe in a way I have reached a place of desperation. Desperate for something different than two hots and a cot. Releasing some of the people has also been a freeing moment. If I can say no to you, I can say no to drugs also. It helped build back some of the confidence the drugs stole. I even used to justify keeping toxic people in my life by using phrases like "who am I to judge them" or "Don't forget where you come from." Those statements were excuses I created because I still wasn't willing to let go. It's not easy because some of those people are family. As a matter of fact, it's downright hard some days. I have to continuously remind myself what I want in life. That's what keeps me on track. I still pray for them and hope that when these doors do open, I can be their example. I want someone to see me and where I come from and say "If she can make it out, so can I." I still love them, just at a distance these days. We all have those people. I encourage you to really stop and think because if you do what you've always done you'll get what you've always gotten. Recovery isn't easy, but I promise it's worth it.



Resources

Do You Need Legal Help But Can't Afford It?

Legal Aid Society of Middle Tennessee and the Cumberland helps people who don't have much money get fair treatment under the law. We offer **FREE** legal help in 48 counties for those who qualify.



ISSUES WE ASSIST WITH...

 Waiving Criminal Court Costs, Fines and Fees	Court costs from entering the judicial system can limit your ability to restore your rights, obtain a license, or get an expungement.
 Expungements	Removing eligible convictions from your public criminal records.
 Driver's License Restoration	Restoring your suspended or revoked driver's license in Tennessee.
 Certificates of Employability	This document can help individuals with a criminal record find employment.
 Restoration of Civil and Voting Rights	Certain FELONY convictions may cause you to lose your voting and civil rights. We can help you get them restored.
 Offender-Registry Removal	If you are listed on an offender registry, Legal Aid can investigate and try to help with the removal process.

We Can Help With:

-  **Family Law (Domestic Violence Services)**
-  **Health & Benefits Issues**
-  **Housing**
-  **Immigration for Crime Victims**
-  **Money & Debt Problems**
-  **Work Issues & Criminal Records**
-  **Senior Care (Ages 60 and older)**

Contact Us
Call 1-800-238-1443 for assistance

Artwork



Something that Rhymes with Hail*By Bridgette Miller*

Jail that's where we are,
 But not who we have to be.
 Our existence hinging on possibility.
 Living on borrowed time.
 Breathing breaths others prayed for more of.
 We struggle with the courage to stay sober.
 That's over.
 Where is the four-leaf clover?
 Just kidding, we don't live in luck.
 We make our own.
 Praying to the god of our forefathers.
 Knowing him deeper than they ever did.
 He loved us even when we were broken.
 This is not a joke.
 We have to get better to be better, to do better.
 Living in hope.
 The time is flying by.
 It's almost time to say goodbye.
 We all promise not to come back and
 I hope we don't.
 There is no hope in dope.
 Addiction leering its ugly head.
 You just wanted to get some bread.
 Now you are wishing you were dead.
 Filled with dread.
 Programs, classes, MRT, church, furloughs,
 rehabilitation, and do everything you can.
 So, you can do everything you want to.
 It's time to rise to the occasion.
 A melody of persuasion.

By Miranda Bumpus

Today I will stand my ground, standing firm
 on both feet, facing the reality I alone am
 responsible.

Today I am taking it back, the hurt and the
 pain all the consequences will be let go.

I am done and I will embrace, renew hope and
 faith.

You are enough,
 You are strong,
 push the shame
 and the doubt out,
 you are not broken,
 nor lead by fear anymore.

Be your own hero.

Music Therapy *By Women's MRT*

*What if cartoons got saved By Bruce Fite *Lose control by Zoey

*Listen to your heart by Roxette *Thank you by Ray Bolts

*Villian by Lilly Rose *End of the Earth by Ty Meyers

*Man in the Mirror by Michael Jackson *If you want love by NF

*Angel by Shaggy *I'm still here by Twang & Round

*Tougher than the rest by Bruce Springsteen *Standback by Stevie Nix

*Spider Web by Gwen Stefani*Complicated by Avril Lavigne *Sail on sailor by the Beach Boys

Fruit of the Spirit and Opposites

Let's each - internally - be Spirit led as we move through today and every day... but also, let's practice making decisions, moment by moment, aligned with the Word practicing walking in the Fruit of the SPIRIT, with pure motives.

LOVE:

Joyfully serving another for their good, not to get something in return.

Opposite: Fear leading to self-protection resulting in the harm of others.

Counterfeit: Affection shown to others for selfish reasons. Attraction to others for how they make you feel. Helping others to feel good about yourself.

JOY:

Delighting in the beauty of God and the salvation he gives us in Christ even in difficult times of loss, disappointment, and pain.

Opposite: Despair and a lack of or fear of hope.

Counterfeit: Excitement and happiness that exists only when things are good leading to mood swings. Happiness not in God but in what he brings.

PEACE:

Confident assurance that God is for us, that he is wise, and that he is in control rather than trust in ourselves.

Opposite: Worry and anxiety.

Counterfeit: Apathy that does not grieve over the difficulty.

PATIENCE:

Suffering joyfully and not becoming angry at God when his timing doesn't match our own.

Opposite: Bitterness and resentment toward God that manifests itself in agitation or outright expressions of anger with others.

Counterfeit: Self-righteous cynicism that pretends concern is unspiritual.

KINDNESS:

Sincere vulnerability that involves empathy, compassion, and help.

Opposite: The inability to rejoice in the good happening to others.

Counterfeit: Helping others in an attempt to control other people marked by promotion of self and pride.

Opposite: Hypocrisy, phoniness, and insincerity.

Counterfeit: Being honest in an insensitive way without love. Insincerity that pretends to be sincere.

GOODNESS:

Honesty, openness, and consistency in all contexts of life.

FAITHFULNESS:

Loyalty, reliability, and courage based on convictions and not on practical benefit leading to loving confrontation when it is right.

Opposite: Opportunistic living that swings from committed to absent.

Counterfeit: Being 'loving' without any concern for truth. Being loyal out of self-righteous pride leading to an unwillingness to address wrongs.

GENTLENESS:

Not thinking of yourself highly so that you are sensitive to the needs of others.

Opposite: Thinking you are superior leading to self-absorption and self-promotion that crushes others.

Counterfeit: Insecurity that is self-absorbed so that words of self-deprecation are said so that others affirm us.

SELF-CONTROL:

Staying focused on the important things rather than what is urgent.

Opposite: Impulsive living in the moment.

Counterfeit: Using willpower to stay disciplined resulting in pride over your accomplishment.

From the author who published the above fruits list:

"These are just summaries, and they do not say everything that could be said. But, if you don't see yourself bearing any counterfeit fruit, then you aren't seeing very clearly. We all struggle to live by the Spirit instead of the flesh, and we all bear fruit of the flesh and counterfeit fruit. But, by God's grace and through the Holy Spirit, God is making us more like Christ, constantly uncovering more idols and self-righteousness, and renewing us by bringing us to repentance and faith. Trust in the righteousness of Christ. You are set free from the law! You are a slave of sin no longer!"

Weather

Tuesday: 62/48 Cloudy

Wednesday: 65/54 Cloudy

Thursday: 68/57 Sunny/Cloudy

Friday: 69/43 Rain

Saturday:

Sunday:

**Thank you to everyone who made issue 4 possible!
Please send in your submissions! We know this jail is
full of talent, show us! Submit your submissions to
Transport Caldwell. Thank you.**