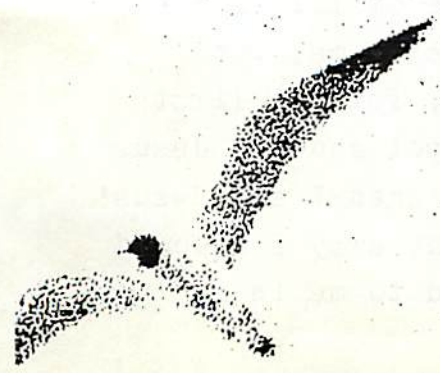


# release



WAITING .....

In prison it seems that one is always waiting.

Waiting for a visit.

Waiting for permission to make a phone-call.

Waiting for the C.O. to call you up  
about the request you put in.

Waiting in line to exchange clothes.

Waiting in line for meals.

Waiting in line to pick up pay-tokens.

Waiting in line at the canteen  
to buy your groceries.

Waiting.

So much waiting.

That's one thing about prison-life:

you become very good at waiting.

Larry Hansen

TESTIMONY OF A PRISONER AT ROCKWOOD INSTITUTION  
on November 21, 1983.

I would like to take this opportunity to share with all of you an experience I had when I first came to Stony Mountain Institution.

It was November 1976 when I travelled from Ontario to Manitoba in the Sheriff's car, with heavy shackles on my ankles. That trip was very painful. The emotional pain started when I realized that Stony Mountain was going to be my new residence.

At that time I became very angry, not only at the system of the law, but at the whole earth-globe. So angry, that ... I became a "friendly con" right from the first day; so angry, that I lost all my spiritual behaviour, what little I had.

After a few months I realized that the type of life I was showing to others was not the real life that was in me, but was only a performance. So, one Sunday-morning, for the first time in four months, I decided to go to the chapel and ask Jesus for forgiveness. I entered into the chapel, and when I saw Jesus' body hanging on the cross I started to cry. Right away I offered my tears to Him, because I felt that He restored to me in my

mind and in my heart the human flexibility to understand that a change had to be made in my life by me, for me.

Since that day I have been close to Him, more than ever before, and now I am ready to tell you, that Jesus has been a great comfort to me during all this time of sorrow and tribulation. To-day I really believe that He is with me all the time.

I would like to invite all of you to throw away fear and to cast yourself on the amazing mercy and love of God. Living the true life, that life full of joy, full of freshness and full of courage, we are able to confront this life of hostility.

Remember, that there is always room for one more in Jesus' heart. He is here at this moment with His arms wide open to hug you and protect you from the injustices and evils of this life. It is not too late. Maybe this is the time to embrace that hug. Let us pray.

Our Heavenly Father, I thank You for giving me the courage and the words to share in front of these people for the sake of Your glory.

Give us Your blessing, so that we can grow strong in love for You.

We are here together, ready to embrace that hug.

I am speaking on behalf of those who are bowed.

I am speaking on behalf of those who need Your healing; those who suffer with disease. I ask You to be with them, because they suffer day after day with no hope. Touch them with Your healing power and give them a little happiness in this life.

Thank You, Father, for listening to the words of a great sinner and a prisoner like me.

In JESUS' name I pray. Amen.

John Doria.

THE PARABLE OF THE MUSTARD-SEED

What shall we say the Kingdom of God  
is like?

Or what parable shall we use  
to describe it?

It is like a mustard-seed,  
which is the smallest seed  
you plant in the ground.

Yet, when sown  
it comes up  
and becomes the largest of all herbs.

And grows branches so big,  
that the birds of the sky  
make their nests in its shade.

-\*-\*\*--

For centuries the prophets in Israel had foretold the coming of the Kingdom of God. The word 'Kingdom' means 'the reign of the king' rather than 'the king's territory'.

When Jesus was born and at His baptism was ordained by God with the words, "This is My beloved Son, with whom I am well pleased", the long expected Kingdom (reign of the King) had come at last, and was proclaimed by John the Baptist and Jesus.

In His parables Jesus taught the people many characteristics of the Kingdom. This one deals with the development of the Kingdom and emphasizes its dynamic expansion.

On arrival the Kingdom had an appearance of insignificance, to say the least (just like a mustard-seed). It did not present itself with a showing of glorious luster, formidable strength or great potential. A baby in a manger and a man being immersed in the water of a wilderness-river are not counted as earth-shaking events.

However, the appearance of its beginning did not portray the immensity of the life-force it contains (which is true also of the mustard-seed). This inherent energy guarantees continuous growth and expansion and will make the Kingdom by far outgrow all other kingdoms that ever were, or will be, on this planet.

Guinea de Haan.

### ROCKWOOD CHAPEL

In this introductory article I will put forth my thoughts about the benefits and drawbacks of our chapel as an inmate. These are my thoughts and not necessarily the views of the staff or other inmates; in future articles I will try to express the thoughts of others as well. This article is the first in a series and I will try to cover as many areas as possible.

The Rockwood Chapel is one of the best "features" of this institution. It is a sanctuary from the hassles of the institution itself; a place where a person can go if he needs to relax or just get away for a short time. The programs are some of the best. In fact, I feel that they are the most beneficial ones at present offered by the institution. The chaplain is one of the nicest persons I have met in a long time. He and a good number of volunteers spend a large amount of time trying to ensure that the programs accomplish what they are meant to.

It is very refreshing to know that there are still a few people in the world who are willing to share their time with those who just need a friend.

The chapel here is a very important part of my life now. It will continue to be so in the future. I am sure that a good number of other inmates feel the same. Next time I will give my views of the programs.

Grant McDonald.

GOOD NEWS FROM THE STREET.

I had an opportunity a couple of weeks ago to hear about RENEW, an ongoing program for all people, leading to a relationship with Jesus Christ in our own personal lives.

Father Bill O'Brien had been invited by the Catholic Bishop of St. Boniface to make what I would call a marketing and sales visit to Winnipeg. Bill was formerly from Hamilton and is now based on the RENEW office in Newark N.J.

RENEW is a six year old program, used in the Catholic Church, dedicated to the spiritual growth of the people of God as a vibrant faith community. Love of God and love of neighbour are key concepts of the program. There are three goals:

1. Teaching and witnessing to the word of God.
2. Developing a vibrant faith community, particularly through small groups.
3. Establishing justice, formation and action. Regrettably I don't remember exactly what that was, except that it does not involve carrying banners or burning flags.

The Lord took three years in His ministry, so the program is implemented over a three year period. After an organising period to train the leaders ( some of whom may be new in the program and a bit rusty in church activities) five bursts of activity follow, each of six weeks duration.

1. Fall The Lord's call. The Lord loves you.
2. Lent Our response. We turn from sin to the Lord.
3. Fall Empowerment by the Spirit. We try to live justly.
4. Lent Discipleship. We form ourselves for mission to others.

5. Fall Evangelization. We reach out to bring  
the Good News to all.

I hope we get this program in Winnipeg. The  
punch line is: "Christ must be allowed to renew our personal  
lives."

John Lewis

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HOUSE-TALK ...

Who would ever have believed it? Here I sit, dreaming about  
'my column'.

It's Advent ... and I am busy anticipating programs, neigh-  
bourhood celebrations, Eddie's baptism supper and holiday-plans.  
The telephone has been more invasive than ever with weekend greet-  
ings and Christmas requests. Somehow I feel a little overwhelmed  
and House 155 reflects it.

Perhaps I too need an angel.

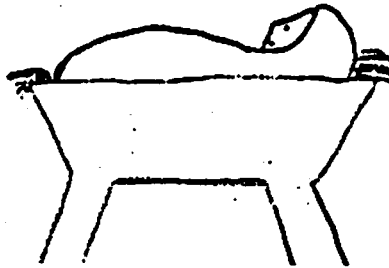
Fear not: for, behold, I bring you good  
tidings of great joy, which shall be to  
all people.

For unto you is born this day in the ci-  
ty of David a Saviour, which is Christ  
the Lord.

Welcome then, into my home and heart, as mighty  
God, as gentle Father, as bringer of Peace. There is room in all  
my confusion, fear, restlessness and hope ... there is room in my  
heart for You.

Joyfully,  
Anita.

And the angel said to Mary,  
 "You will give birth to a son  
 and you are to give Him the name JESUS.  
 He will be called the Son of the Most High.  
 The Lord GOD will give Him  
 the throne of His father David.  
 He will reign over Israel  
 and His kingdom will never end.



To us a child is born  
 and the government will be on His shoulders.  
 He will be called:  
 WONDERFUL COUNSELOR,  
 MIGHTY GOD,  
 ETERNAL FATHER  
 PRINCE OF PEACE.  
 He will reign on David's throne  
 and over his kingdom,  
 establishing and upholding it  
 with fairness and righteousness.  
 There will be no end  
 to His government and peace.

Isaiah (prophet)

Because of the tender mercy of our GOD  
 the rising Sun is coming to us from heaven  
 to shine on those living in darkness  
 and in the shadow of death,  
 TO GUIDE OUR FEET INTO THE PATH OF PEACE.

Zechariah: (priest)