

Dear Friends of MEC,

The other day I received a call from a friend. The system that surrounded her was steeped in worldly concepts that conflicted with her faith. Having little time for fellowship, she was experiencing depression. By the end of our time together, she felt that a weight was lifted from her and was able to face her circumstances with joy.

What were the spiritual concepts that lifted her spirits? Expression, being heard and understood, and turning our hope to the truth.

The need to articulate or communicate our need is expressed by David in the Psalms repeatedly. Psalms 62:8 says "Trust in Him at all times, O people; pour out your heart before Him; God is a refuge for us. Selah" In Lamentations 2:19a Jeremiah tells us to "Arise, cry out in the night ...pour out your heart like water before the presence of the Lord; lift up your hands to him for the life of your little ones..."

Sharing our heart with the Lord and sharing with others is a part of God's best for us. For years my walk with the Lord held an element of "me and God against the world." I remember well several experiences He used to break down the barriers around my heart. Sharing our struggles allows us to experience deeper fellowship. Although we must choose carefully, people who can understand that our feelings are not always our true belief, can keep a confidence, and can encourage us in Godly solutions, will help us to mature. Philippians 3:10b refers to the fellowship of the Lord's suffering. Galatians 6:2 tells us to bear one another's burdens "...and so fulfill the law of Christ." And 2 Cor. 1:4 speaks about sharing the comfort we receive from God with each other. "...who comforts us in all our suffering, so that we may be able to comfort others in all their suffering, since we ourselves are being comforted by God."

When I have put my hope in other things, the disappointment is keen. Examining where I have put my hope helps. True hope is found in the Lord and His word. Psalms 46:1b "God is our refuge and strength, an ever-present help in times of trouble." His hope does not disappoint. Hebrews 6:18 "...so that by these two unchangeable things, in which it is impossible for God to prove false, we who have taken refuge in him might have a strong encouragement to seize the hope set before us." Romans 5:5 "And hope does not make us ashamed (does not disappoint), because the love of God has been poured out in our hearts through the Holy Spirit given to us."

Next time depression tries to visit, remember, He will be with us "in the valley of the shadow" and "He who is in us has overcome the world." Read these verses in their context, cry out to the Lord, and reach out to your brothers and sisters in the body for comfort and support.

Can you feel the depression lift?

*In Christ, Karen*

# Missionary Evangelism to Corrections Newsletter

Since 1983 Reaching those in Corrections for Christ

July 2010

## Most Frequently Requested Prayers

Each service that an MEC volunteer conducts also gives the inmates a chance to request prayer from MEC Intercessors. These are a few of the most frequently requested prayers:



- My family, children, parents and friends
- God's grace and forgiveness
- Strength, wisdom and humility in coming to know Christ better and to be able to follow Him more closely
- Wisdom for my judge and attorney and mercy in my sentencing
- A chance to go to treatment and become a better person
- Thanks for the volunteers who come into the jails to visit us and bring Good News
- Help for me when I get out to find a job and a place to live

smoothly as possible. Each county has their own regulations and procedures governing volunteers gaining access to the jails. Recruiting, training, placing, coordinating jail processing, scheduling, maintaining records, supporting volunteers and communicating with jail staff, volunteers and donors are a part of what we do. Prayer requests are submitted from the inmates and are assembled into a monthly prayer letter. Special events are promoted and organized both in the jails and the community. *This is all done with prayer and to the glory of our Lord Jesus Christ!*

If you would like to assist in the office, or help with Bible and literature distribution, please let us know.

## Office Update

Your MEC office continues to grow and change. We have two paid part-time staff members. Sheree Meader is working about 20 hours per week as an administrative assistant.

Sandy Hanson is working nine paid hours per month, in addition to the twelve hours per month as part of her community service.

Grace Schmitt and Jan Erickson each volunteer a half day each week.

These staff members are literally Karen's hands for specific tasks she is restricted from performing until full healing comes, and they allow her to concentrate on relational and administrative needs.

The office staff does a lot of behind-the-scenes work to keep volunteers going into the jails as

## Spotlight on an Ex-Inmate

Danette was arrested for possession of methamphetamines and endangerment of a child in 2005. She'd been brought up in a Christian home, but says that it wasn't really real to her. She was incarcerated at ACMS in Lino Lakes. MEC volunteers and inmates who came to Christ at that time began praying for her. She ignored anything to do with the gospel.

She was placed on a diversion program which consisted of being tested for drug use, treatment, payment of a fine and community service. The child welfare case was pled down to maltreatment and handled concurrently.

While working with Child Protection to recover her son, she completed a diversionary program, with 5-6 months of extra monitoring. For two years, she continued to struggle with cravings and changing her life-style.

Responding to an ad for a bike giveaway sponsored by Vern Norton Ministries, she went to get a bike for her son and found a church home. There she gave herself to Christ. This time it was for real. As she walked with Him, Christ removed her cravings and any desires to hang around her old using friends. It was at her church that we met. Through our friendship; knowing Vern, who is also an MEC volunteer; and sharing her story; Danette has come to be involved in the MEC ministry interceding in prayer for current inmates.

Danette says, "God has completely healed me from addiction and removed all the cravings." Her life has completely changed in the past five years and she gives all the credit to Christ. Having been reinstated as a nurse's aide, she has her job back and is attending college, all while being an active and involved parent. She has shared her love of Jesus with her son. Now he loves Jesus and has brought that love to others in his Head Start class.

*By Sandy Hanson, Ex-Inmate and current MEC staff*

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## Sample MEC Volunteer Calendar

This is a representation of services (or openings) conducted by MEC volunteers in Minnesota jails.  
 In the course of just one week MEC volunteers will minister to hundreds of men, women and youth.  
**Thank you to all the volunteers, intercessors and donors who make this ministry possible.**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Second Week	8:00AM ACWR TedD 8:00AM RCADC USA JohnB, Steve F. 9:00AM RCADC USB JohnB, Steve F. 8-10:30AM Q8,9&Q10 HCADC KeithK 8:00AM Q11 HCADC GregD&BruceK 9AM HCADC Q12FranW 8AM Q13 HCADC GregD, BruceK 9:00AM SCJm Paul&KarenB DortheaN 9:00AM HCACFm DavidPd 10:00AM SCJw Paul&KarenB DortheaN 11:00AM SCJw Paul&KarenB DortheaN 9:15AM Q12 HCADC FranW 8:30AM VOARCF Church of Acts 8:30AM L2 & 9:30 L4 WCJ North Heights 9:30AM WCJw North Heights 9:30AM ACMSm JimC & TomL 10:45AM AERJCy JimC & TomL 1:00PM RCWR Nancy 3:00-5:00PM ASW DaveCn ISC 4:00PM RCWR Kevin & DeniseG 6:00PM WCJy JimJ	9amHCADC Q11 JamesM 9:30amHCADC Q14 RonS 10amACJF TedD 10am SCJm Opening 1pmWCJmCristL 1pWCJwNormalL 1PMHCADCw RuthM,PennyK,MarlylouM, DianneJ, SherylO 1pmHCADCQ4 JamesM, 6:30-8:00PM HCJC LarryS 7pm HCADC Q12NewHopeCh Q14 TomJ,JeffB 7pmACWR ISC GaryI 8-10PM HCJC ISC TimW	9:30AM HCADC Q12 DickPn 9:30AM HCADC Q13 RonS 10-11:30AM CCJ DaleL 10:30AM ACMSw CherylT 12:30PM ACJF JohnG, MikeB&ChristianZ 1:00PM HCADC Q4 GaryM,JoelF 1:30-3:30PM VOA SuzieB 6:30PM-9:00SCJsn(EFG) wr GregT LowellIP 6:30PM SCJm DaveG MarkF, GregS 7:00PM AERJCb JoelH 7:00PM ACRWw SusanF 7 PM HCADC Q11 Doug & DavidM 7:00PM HCADC Q14 Steven C 7:00PM RCADCm USB FranW, JoeO 7:00PM SCJw LynneS EnelleE 8:00PM AERJCb CindyH & JodyP 8:00PM ACNSb JoelH 8:00PM ACNSg SueD & KimO 8:00 PM ASWb Mark D	8:30 SCJw GeorgeL 9:30AM SCJwRm GeorgeL 10:30AM SCJm GeorgeL 10:00AM ACJF KeithH& GrantH 1PM Q11 HCADC JamesM VOA 1:00PM WCJ L2 DonO, MattO & RichM 1:30 HCADCy SteveB, KevinF 6:30-10PM ACJF ISC KeithK 6:30PM ACMSm JimB GaryI 7PM Q11 HCADC LamarS 8:00PM ACMSw JimB GaryI	9:00AM SCJm DanM 9:00AM HCADCm Q13 Joel 10:30AM RCADCw NancyM 1:00PM+on ACMS ISC DaleL 1:00PM WCJcoed ChirstL & NormalL 1:00-3:00PM HCACF ISC BruceRn 4:00PM+on HCJC PhilS 7:00 PM ACWRm GaryE & DonS 7:00PM HCADC Q13 FranW 6:00 or 7:00PM SFBR TroyH 7:30PM ACWRw JayneK	9:00AM SCJw NEED 10:30AM ACMSw CarlottaK 1:00PM HCADC Q4 SteveB KevinF 1-2pm HCADC Q 11 DanB JamesM 7:00PM WCJmL2 KeithHz, 7:00PM WCJmL4 JimWd 7:00PM WCJw Woodbury Team 7:00PM VOA Concerts whileTaste of Grace & Ransomed Messangers are on sabbatical. 8:00PM RCWRw NancyM	6:30PM ACNSy SteveS & Dean D 7:45PM ASWb JohnH & DonG 7:00PM ACJF TedD,PhilS & ToddJ 7:45PM ACJF TedD,PhilS ToddJ, GregO 7:00PM RCWR PabloM Jeff E 4pm on as needed HCJC PhilS

### FACILITY ABBREVIATIONS

<b>ACJF</b> Anoka County Jail Facility Downtown Anoka	<b>ACNS</b> Anoka County Non-secure (Shelter) Lino Lakes-ACJ	<b>ACSW</b> Anoka Co. Sandford & Walker Lino Lakes-ACJ	<b>ACWR</b> Anoka County Work Release	<b>CARE</b> Community Addiction Recovery Enterprise-Cronin Unit	<b>ECRJC</b> East Central Regional Juvenile Center Lino Lakes-ACJ	<b>CCJ</b> Chisago County Jail	<b>HCACF</b> Hennepin Co. Adult Corrections Facility Plymouth	<b>HCADC</b> Hennepin County Adult Detention Center Mpls.	<b>HCJ</b> Hennepin County Juvenile Center
<b>RCADC</b> Ramsey County Adult Detention Center	<b>RCCF</b> Ramsey County Correctional Facility	<b>RoCJ</b> Roseau County Jail	<b>RWMCF</b> Red wing MN Corrections Facility	<b>SCJ</b> Scott County Jail	<b>AvC-VOA</b> Avanti Center for Girls in Blaine—Volunteers of America	<b>BNRTS-VOA</b> Bar None Residential Treatment Center for Boys in Anoka-Volunteers of America	<b>RCC-VOA</b> Regional Correctional Center in Roseville-Volunteers of America	<b>WCJ</b> Washington County Jail	

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