

THE ROAD MAP OF THE WAY

God did not dictate these word for word to some man. God inspired the writers to see the signs of his love in the events of their lives. He inspired them to write in their own words and in their own way. Over a period of one thousand years they wrote stories and letters, recorded history and visions, composed prayers and poems and collected wise sayings. All of these different kinds of writings make up the Bible. All these writings focus on one man. His name is Jesus. The collection of writings called the

Old Testament tell how God prepared a special people to be the ancestors and family of Jesus. The New Testament writings tell about the life and teachings of Jesus.

Have you ever read any of these books?
What questions do you have about the Bible?

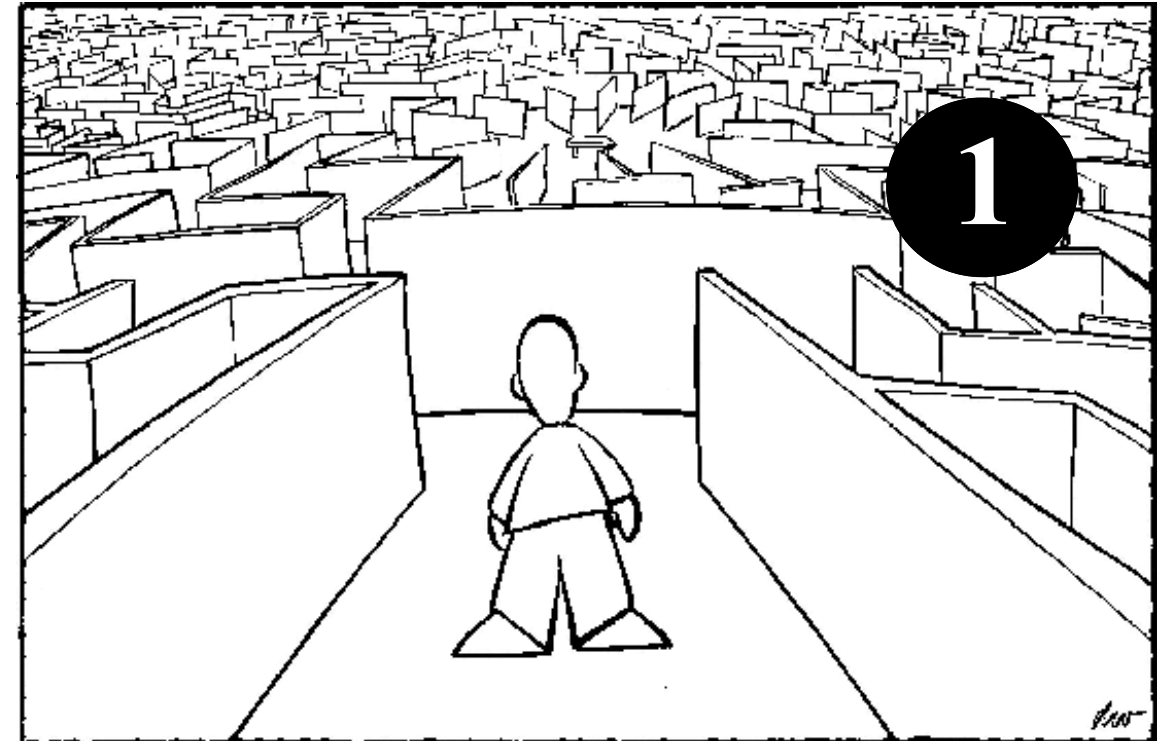
If you want a bible or have some questions about it, write out a request for a Catholic bible and turn it in. The Catholic chaplain will get one to you.

There are 73 books in the bible, 46 in the Old Testament. 27 in the New Testament. Each book has a name. Each book is divided into chapters. Each chapter is divided into verses. To look up a passage in the bible such as John 1:35-42 you open the book to chapter 1. Then in the small print find verse 35 and read through verse 42. Simple isn't it?



FINDING THE “WAY” IN JAIL

VOLUME ONE



STARTING POINT

Jail is a hell of a place to spend time ...nothing much to do...lots of noise most of the time...no privacy ...dangerous ...some pretty nasty fellows here ...no respect...just a number...separated from family and friends ...no freedom ...worried ...afraid ...angry ...wondering if I've been forgotten by God.

Is there anything positive about being locked up?
Doesn't seem so. You can't do much about what

is going on around you. You can't do a whole lot about getting out. You can get angry and eat your guts out. You can spend sleepless nights worrying. You can quit, just sit, and turn your brain off. No profit in any of these!

One thing IS positive. You have time to think. You can shut out the noise around you, go inside your head and ask yourself some questions. The answers you find to these questions may well point out the WAY that is in front of you...a WAY leading to a better appreciation of you...a WAY opening to a new view of life...

a Way to be happy with yourself.

The best way to find the WAY is to ask questions: For starters: “What kind of person do I think that I am?”

No hurry. Take your time. Be honest. You can’t hide from yourself. Some suggestions which might help you: “I am someone worthwhile. I am free to make my own choices. I am responsible for the choice I make. I am not perfect, but I am a good person. I am. (finish this off with your own ideas of who you really are, good or bad, strong or weak)

If you feel like it, think about these questions:

- What worries me the most while I am in here? (What will happen when I go to court? How is my family doing? Will I still have a job? etc.)
- What scares me most about being in here? (The guys in here? The guards? Loneliness? etc.)

ON THE WAY

When you’re hungry you look for food. Sometimes you don’t find much. Sometimes it is just a hamburger. But sometimes you have a really good meal. It satisfies you. You wish that you could have food like that every day. Like your body, your soul gets hungry for answers to questions such as these:

- “What is life all about? Is life worthwhile?
- How come life is so unfair to some of us and so good to others?
- Is this life worth the effort?
- What awaits me after the coffin is closed?”

Another sign of our hunger might be questions like

the following.:

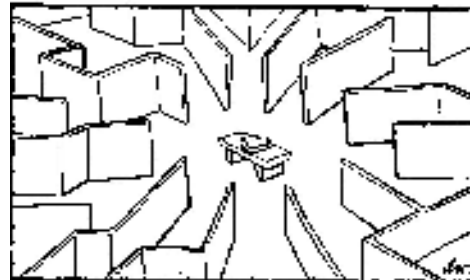
- “Is there a right way and a wrong way to live which is the same for everyone?
- What can I do when my life is so messed up?”

What are the questions about the way your life is going that nag you? (Think carefully! Think about how you got here and what you would like to do when you get out. Think about what kind of person you are and what kind of person you want to be.)

Each of us feels these hunger pains. All around us people are offering us answers to these questions. Some promise a quick fix. Others say there is no hope, that you can’t beat the system. Still others say that the answer lies in God, in religion.

Perhaps you might like to talk over your questions with a Catholic chaplain. Fill out a request to see the chaplain (Catholic) and turn it in. A chaplain will contact you. No strings. No sermon. No quick solutions. Just a chance to talk.

ARE YOU WILLING TO TAKE THE FIRST STEP?



Outside of Chicago, there is a road called the Elgin-O’Hare Expressway. It does not reach the town of Elgin nor does it lead into O’Hare Airport. It’s an expressway from no place to nowhere. The expressway called The WAY begins right here and now where you are and it leads right into a new, better, more satisfying life. Our guide and friend on this WAY is Jesus.

HOLD IT! READ ON!

Religion may not mean much to you. It has a bad name with a lot of people. BUT some mighty fine people have found help in it. You can’t lose anything by asking questions about God and Jesus, about the Bible and religion.

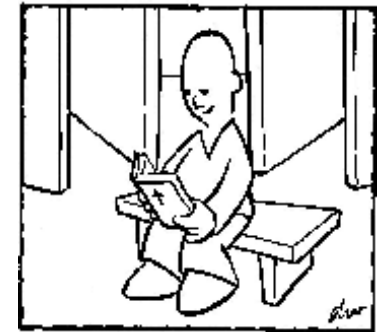
WHO IS THIS JESUS?

If you are interested in this man Jesus, ask the chaplain for a New Testament and read the life of Jesus in the Gospel of Mark. It is the shortest one. The first thirteen chapters tell what He said and did. The last three chapters tell about His horrible death and his glorious resurrection.

If you are interested in Him, talk to Him in your own words. Ask Him for help to know His WAY. What questions do you have about Jesus? Is He really concerned about me? Is He really alive, etc.? Is He really both God and man?

Mail Call! Is there a letter for me? Yes, there’s a letter for you. . . from God. There are all kinds of letters from God for you. The birds and the animals, the sun and the moon, the grass and the trees, the flowers and the mosquitoes, are all letters from God. There is a special one – the Bible. It is 73 different love letters written over the period of one thousand years.

When Jesus walked the earth, the people who followed Him were called disciples. Soon after his death they spoke of themselves as followers of the WAY, His way. A few years later the people of Antioch put them down by calling them Christians (Acts 11:26). Within a hundred years Christians were in all the corners of the Roman Empire. They began to speak of themselves as belonging to the Catholic (which means universal) Church. The Catholic Church today is the oldest Christian Church. It traces itself right back to the time of Jesus and his first followers.



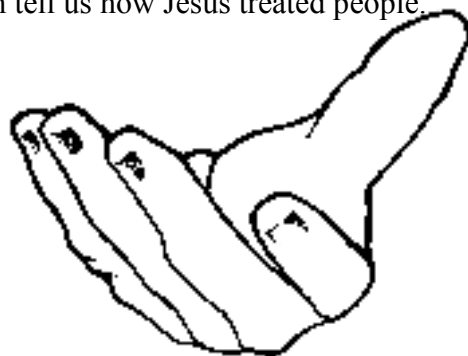
Over a century ago a sailing ship was on its way to Brazil. The wind died when it was over a hundred miles from shore. The crew ran out of water. They saw another ship and signaled that they needed water. The other ship signaled back, “Drop your buckets where you are!” The thirsty men thought this was a crazy idea. You can’t drink salty sea water and live. But they were so thirsty that one man threw a bucket over the side and pulled up a pail full of water. He tasted it. No salt. They were sitting in a stream of fresh water pouring out of the mouth of the mighty Amazon river a hundred miles away. Drop your bucket where you are!

EVEN GOD CAN'T FORGIVE ME!

Is that the way you feel? Let me tell you a true story. About twenty-five years ago a man we'll call Joe was in the hospital. Alcohol had ruined his several marriages, his career, his health. The docs thought he was dying. There was no hope for him. He was not a church-going man. He didn't much believe in God. But he swears that God appeared at the foot of his bed. God just stood there looking at him as an understanding friend – no bawling out – no condemnation – just real friendship. That feeling of being loved, in spite of all that he had done, did it for Joe.

He recovered, never took another drink and began to help other people. Did he join a church? Not yet. He is still looking. Does he believe in the forgiveness and goodness of God? You bet He does!

It would help a lot to get over the worries and feelings of guilt we have if God would come and stand by our bunk. He doesn't do that very often. But he does tell us the same message of his friendship and forgiveness in the Bible. To hear this message of forgiveness and friendship we do not have to do a lot of studying about the Bible. We don't have to start at the first page and read through all 73 books. We merely have to look at the stories which tell us how Jesus treated people.

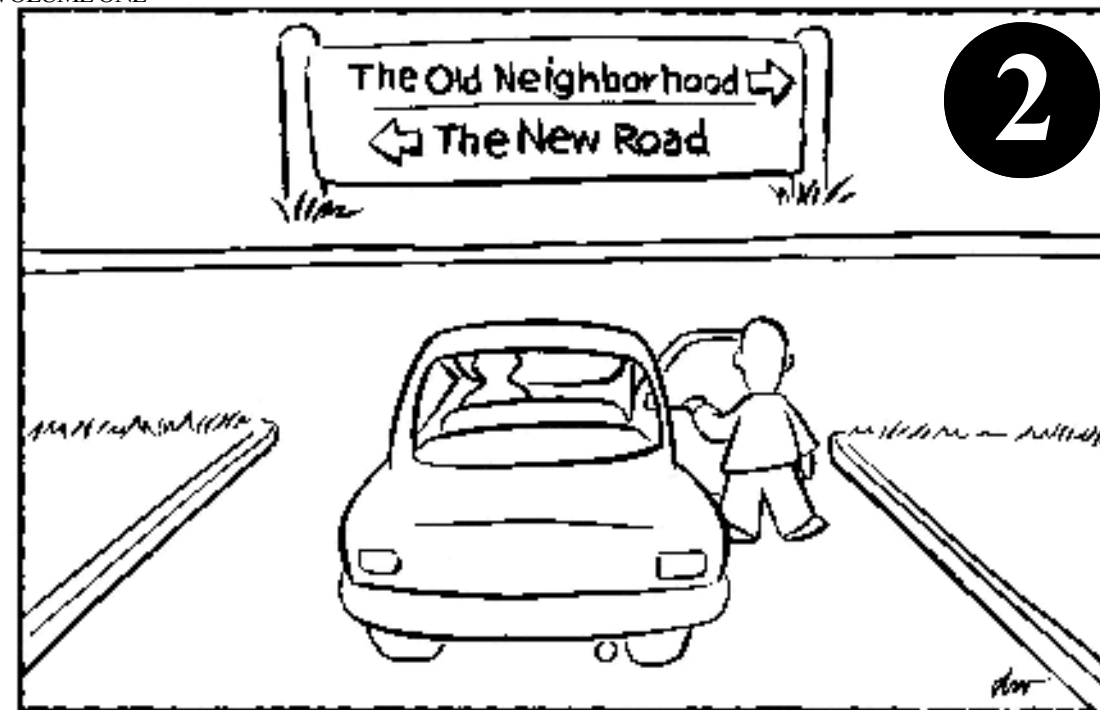


Jesus tells us about how God treats His people. He told the story of a son who had disgraced his father, wasted his money, denied his religion, and was on the street. When he finally woke up and went home, his father welcomed him with open arms and threw a great party for him (Luke 15:11-32). He told a woman caught in bed with a man, not her husband, to go home and be good (John 8:1-11). He forgave Peter for denying him without Peter even asking for forgiveness (Luke 22:54-62, John 21:15-19).

Talk with someone, perhaps a chaplain. Talk about how bad you feel and what you plan to do. It does not hurt to ask God to give you direction and the strength to make the changes you want to make. Every morning say to yourself, "God loves me. God is my friend. God cares for me. I'm lucky!" then say ten times, "I am loved by God. No one can tell me different!" God invites us to come to Him. Can we say "Yes"?

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WHICH ROAD?

Picture in your mind the day you get out of here. The gate closes behind you with a clang. A car is waiting to take you home. You get in. The motor kicks over. The car starts to move. You are free! The road is wide open! But it goes in two directions. One you know. It leads back to the kind of life you left when you were sent here. The other goes in a different direction. It offers you the adventure of a different way of life. It looks different. It is scary. But it promises to lead you

away from here for good. The driver asks, "Which way?" Take some time to think over your answer. Which way do you really want to go? There's something to be said for going back to the old neighborhood, to your old friends, to the way you were used to living. There's also something to be said for looking for a different way to live. Think of one or two reasons for picking up your life where you left off and one or two for trying to go in a different direction.

IT'S YOUR CALL, MAN!

The direction you will go the day of release begins TODAY, right here and now.

- Do feel good about the way your life has been going?
- Do you want to go on in the same way, with the same future, the same friends, the same kind of jobs?
- If you want the old way, good luck!

If you want to try a new WAY of life, it is a good idea to be clear about what you want and don't want.

- In a practical way, what kind of job do you want?
- What kind of husband and father do you want to be?
- What kind of friends would you like to have?
- Where would you like to live?

It is easy to think of all the things we have done wrong. It's more important to think of things we do right. Make a list of things you have done right, like learning how to drive a car, being able to read, putting your shoes on the correct feet, helping a friend...all sorts of little things. Come back from time to time to add new things to the list as you think of them.

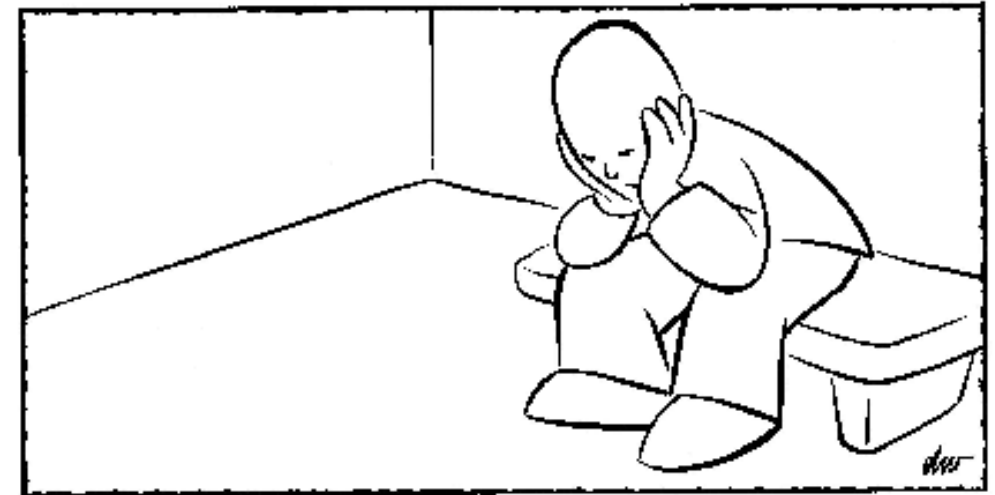
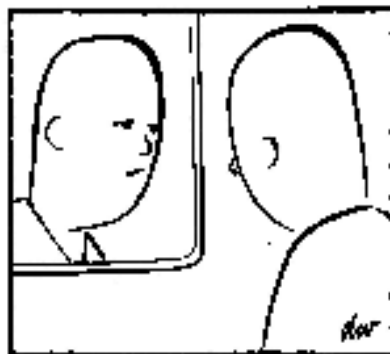
WHAT'S STOPPING YOU?

Every one of us can give a dozen reasons why we do not get what we want. People, events, our family life, the neighborhood, society all gang up on us. If you want to, list all the reasons you can think of that keep you from getting what you would like to have.

But we are our own worst enemy. There is a demon inside us telling us that there is no chance that anything can be changed. It makes us feel that we are no-good, worthless, failures. It's a lie! We are not dead yet. We can change right up to the day they nail the lid on our coffin.

Right now we can't do much about the past, about society, about the people who have done us in. We can't change what others think of us. We can, however, begin to change the way we think about ourselves. We want to change and to believe that we are worthwhile human beings.

It might be a help to talk with the chaplain or a volunteer about why they think you are an O.K. person.



THE GUILTS

The demon who tells us that we are not worth much has two friends working on us. They are The Guilt and Worry. They help keep us from seeing how we can change. They tell us there is no use in taking the first step on a new Way of life.

"The Guilt" tells us that we cannot change because we are so bad. Have you ever said to yourself, "I'm no good because I did this awful thing. There is no hope for me. No one can like me because of what I did" The Guilt is working on you. We may even feel that there is nothing that can be done to make up for the harm we have done. Good! A large dose of The Guilt often is the shock which causes us to look closely at the way our lives are going. We can then make the choice of which road we want to take. Do you find The

Guilt working on you? If so, what do they say?

WORRY

The demon Worry tells us there is no way out, that there is nothing we can do about the problems in our lives. We keep going over the same thing time and time again, "Will I have to spend a lot of time in here? What is going on with the family? Will someone be gunning for me when I get out?"

It is easy to say, "Don't worry." We do worry. Maybe we need to accept the fact that we can't do much about the problem by ourselves. Maybe it might be a good idea to turn to God and trust that He will help us see what we can do to handle the problem and will bring some peace into our lives.

Talk to the chaplain about the Guilt and the Worry drumming in your head.

ME and the WALK

With FAITH we can Walk the Talk

- FAITH that Jesus, my brother, walks with me,
- FAITH that the Holy Spirit will guide me and help me,
- FAITH that the Good God loves and forgives me.

We need to get some clear ideas about ourselves. We have to be clear about what we think we can and can not do about our rights and our responsibilities, about our relationship with God and with other people. It takes a long time to come to the answers of these questions.

A few questions to ask ourselves:

Why is it that it seems to be easier to do bad things rather than good?
Isn't it true that there is a voice inside of me that tells me what is right...and what is wrong? Where did that voice come from?

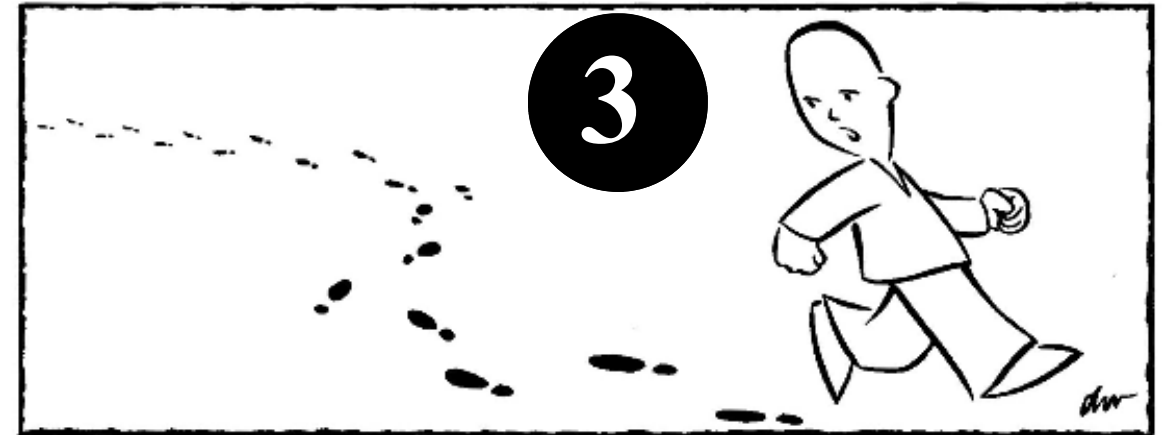
By now, I should be able to answer some of these questions. Do I know love? Do I give love? Do I know how to receive love?

How can I love others if I don't learn how to love myself?

Jesus helps us in many ways to Walk the Talk. He promised to be with us always. "And behold I am with you always, until the end of the age." (Matthew 28:20)
He sends the Holy Spirit to teach, support and guide us. "...I will ask the Father and he will give you another Advocate to be with you always." (John 14:16)
He founded a Church to teach us, guide us and support us. "...the gates of the nether world shall not prevail against it." (Matthew 16:18)

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WALK WHAT YOU TALK

Don't talk the talk unless you walk the talk." Good advice! It's easy to talk tough and even to walk tough. We say, "No one disrespects me! It's easy to hold up this store. Get even, especially if a friend is hit." Walking that kind of talk walked you right into jail.

But when we're worried, or feel guilty, or feel bad about ourselves we talk another kind of talk. We say, "I'm sorry for what I have done, for the kind of life I have led. I will change. I believe in God and in Jesus. I read my Bible. I say my prayers. I say my rosary. I go to church." We're talking the talk, but are we willing to walk the talk?

Merely saying the words does not lead us to walk the talk. That walking requires us first to look closely at what the talk means to us. Oh sure, we

can repeat what people have told us the words mean. BUT, what do they really mean to me? What do I think of when I hear words like faith, religion, God, Jesus, Bible?

TALK – I love you...I will love you forever...You are the only woman in my life. I'll take care of you.

WALKING THE TALK is hanging in there with her when the going gets tough. Taking off when the babies start to cry, when diapers need to be changed, when there is not enough money, when she is complaining about something, is NOT the way to WALK THE TALK.

*What's the way you WALK THE TALK?
Are you all talk and NO WALK?*

WHAT DOES THE TALK MEAN?

To Talk the Talk so we can Walk the Talk we need to understand what the words mean to us. Religious language, which some people call, “God Talk,” means different things to different people.

We need to take a moment and reflect on what our idea of God is, what our image of Jesus is, and what exactly the bible is with regard to our own beliefs.

Let’s start with our understanding of God:

Do we believe God exists?

Do we believe God was present before anything else existed?

Do we understand God to be the creator of all things?

Let’s think for a minute, and try to be as honest as you can, and ask yourself these questions:

What is the image of God that I had when I was young?

And what is the image of God that I have today?

Are you willing to challenge yourself and grow your understanding of God a little deeper today?

After reflecting on these important questions, will you be willing to consider the notion that God loves you without measure and without regret?

More than ever, we really need to be honest with ourselves about these matters. Honesty will provide for us a clear picture of where we are today and a better chance for a better tomorrow.

Now, how about this Jesus? What do we know of Him? Again we need to honestly ask ourselves about:

Do I believe in Jesus?

What do I want from Jesus?

What does Jesus want from me?

As you can see, now we are getting a little more serious because this Jesus was a man just like us. He suffered and died with pain.

Jesus is the man who was truly a man in every way, shape and form. Yet, He chose to love us as His Father does. He asks us to change our ways and be perfect like the Father is.

We may ask, “What an order!!!!” He doesn’t ask us to be superman, but he invites us to be better than what we are today. Can you think of anything that you can improve and be a pleasing change for God?

He does not leave us alone. He showed us the way to live, he promised to be with us until the end of times, and he taught us to call God, OUR Father. which means He is our brother.

He did all this for us. What are we willing to do for Him?

Matthew 25:40 What did you do for the least of my brothers?

Remember what we have learned in the past, that the bible is a collection of love letters from God.

We know that many people wrote the bible, therefore, not all the stories are to be taken literally. Many times the writers portrayed stories that were relevant to the people of the time. This is why we need to share our interpretations of what we read with others and follow some of the traditions of the people of God. Always remember, that the main message in all the stories is about LOVE.

Thinking about how we understand the Talk usually will bring up questions. There will be things which do not make sense to us. To take our first steps on the WAY to Walk the Talk we need honestly to ask the questions which bother us. The Catholic chaplain and the volunteers are available to help you.

Put yourself in the tax collector's shoes. Jesus comes and stands next to you and asks, "Why are you so down on yourself? My Father and your Father is forgiving and loving."

I say, "Sure, but can he forgive me? I have done such rotten things."

"Then God will especially forgive you because the sick person, not the well person needs the doctor."

I say, "But it's too late for me. I can never change!"

"Who says so? I know a guy who changed as he hung on a cross next to me. He's in heaven at this moment."

I say, "But I've tried and failed time and again. I'm afraid I'll fail again."

"So...you just ask for forgiveness one more time."

I say, "I can't do it alone."

"I know that. I'll be right at your side as long as you need me. More than that I am really and truly present in the Eucharist each time you come to Mass. I'm there to help you because you are my friend."

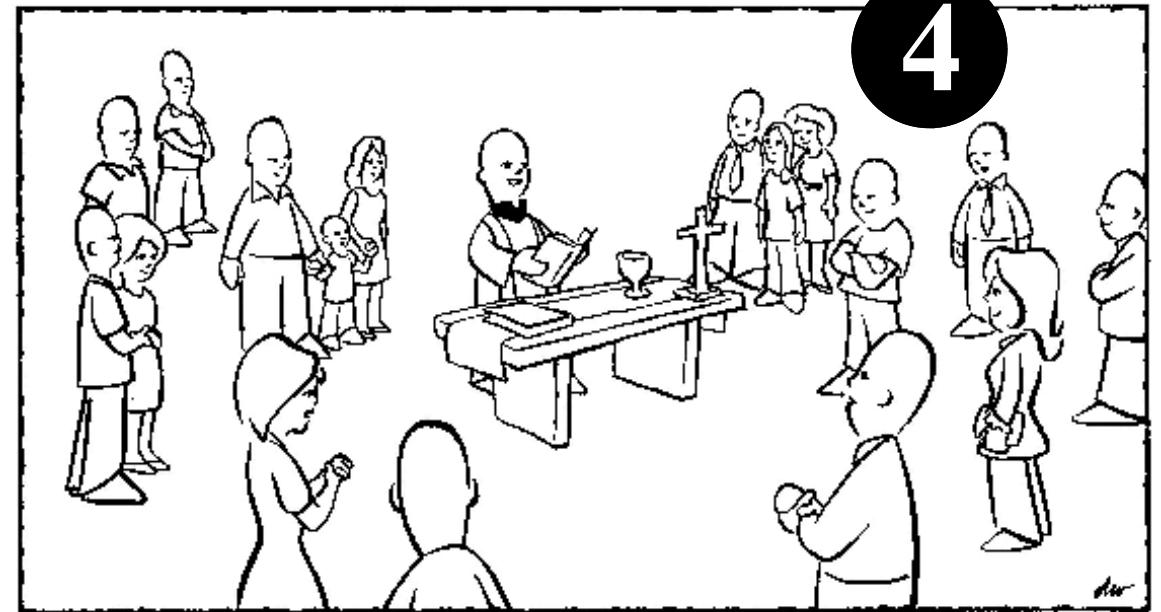
I say, "What do I do now?"

"Admit that your life is a mess and that you need help. Ask God to forgive you and then take the first step by going to church regularly."

If we Walk the Talk, we'll do what Jesus told us to do in memory of him. St. Paul wrote: For I received from the Lord what I also handed on to you, that the Lord Jesus, on the night he was handed over, took bread and after he had given thanks, broke it and said, "This is my body that is for you. Do this in remembrance of me." In the same way also the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink this cup, you proclaim the death of the Lord until he comes. (I Corinthians 11:23-26) (also see Matthew 26:26-30, Mark 14:22-24, Luke 22:14-20)

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REAL MEN GO TO CHURCH!

"Oh Yeah. Says who? I don't believe it! Church is for old men, grandmas, wives and kids but not for real men!"

It's true that church is for old people, wives and kids, BUT Jesus walked the WAY in the company of real men, men who had the guts to change, to give up their former way of life and eventually to die for him. Church is especially for men who want to WALK the TALK, real men who are not afraid to admit that they need help to clean up their act. It's for men who are not afraid of what the other guys might say about them for going to church. It's for the macho types who know deep down inside

that they are not as tough as they pretend to be. It's for men who believe Jesus was a real man.

When you were on the outside what did you think about men your age who went to church regularly?

What do you think about the idea of going to church more often than when you are hatched, matched and dispatched (baptized, married and buried)?

When the deputy or trustee announces church services, what do you usually do? Why? When you think about getting out of jail or maybe going to prison for a couple of years, would that be one good reason for you to begin going to Mass regularly?

WHY DO REAL MEN GO TO CHURCH?

Some men have their act together. They not only say that they are Catholic, but they try to do their best to live the way Christ taught us. They treat their wives and children kindly. They work hard. They're faithful to their wives. They pray. They know they are weak and they go to Mass, to hear the word of God and to receive Jesus who is really and truly present in the Eucharist.

Other real men go to church because they don't have their act together. They are overwhelmed by the worries and problems they have. They are discouraged because they have tried to do the right thing and things have gotten all screwed up. They feel that they need a goal in life and that they need help to reach it. They want to clean up their act, stay away from the drugs and the booze, hang around with different types of friends. They know they can't do it on their own and that they have to turn to God for help.

Of course, there are guys who think they don't need to go to church. They are the guys who do not believe in God or in Jesus. They are the guys who think that they have all the answers. They think that they can take care of anything that comes along. But this type of guy needs to come to church more than the others. This type of guy needs to hear the message of Jesus. He also needs the prayers of the people of the church community.

"Before he was given up to death, a death he freely accepted, he took bread and gave thanks. He broke the bread, gave it to his disciples and said, 'Take this all of you and eat it; this is my body which will be given up for you.'"

"When supper was ended, he took the cup. Again he gave (the Lord) thanks and praise, gave the cup to his disciples and said: 'Take this all of you and drink from it: this the cup of my blood, the blood of the new and everlasting covenant."

It will be shed for you and for all so that sins may be forgiven.

DO THIS IN MEMORY OF ME."

THE "WISE" GUY AND THE REAL MAN



One day Jesus told a story about two guys who went to church (the Temple) to pray. One (a Pharisee) kept the commandments down to the smallest regulation of the Law. The people thought of him as a good and holy man. The other (a tax collector) was a social outcast. The people had no use for him because he worked for the Romans (the enemy) and usually over-charged people on their taxes.

"Two people went up to the temple area to pray; one was a Pharisee and the other was a tax collector. The Pharisee took up his position and spoke this prayer to himself, 'O God, I thank you that I am not like the rest of humanity - greedy, dishonest, adulterous - or even like this tax collector. I fast twice a week and pay tithes on my entire income!' But the tax collector stood off at a distance and would not even raise his eyes to heaven and beat his breast and prayed, 'O God, be merciful to me, a sinner!' I tell you the latter went home justified, not the former; for everyone who exalts himself will be humbled, and the one who humbles himself will be exalted." (Luke 18:9-14)

In this story which one do you think was the real man? Why?

What would you say to God if you talked to Him honestly like the tax collector?

I know I should go to church

But none of my pals do...
But church is for old people...
But I'm not good enough...
But I don't want to be a hypocrite...
But I don't get anything out of it...
But...But...But.

YOU CAN'T GET TO HEAVEN ON YOUR 'BUTS'

We are expressing our thanks to God the SON who died on the cross for our sins and rose from the dead and we are saying that we are open to the presence of God the HOLY SPIRIT who is with us to guide and encourage us as we Walk the Talk. In other words, by this gesture and these few words we are opening our hearts to the living, ever present God who is

three equal persons in one nature. As Christians and CATHOLICS we are expressing our belief in the great mystery of the Blessed Trinity.

We end by saying, “Amen.” This word means that from the bottom of our hearts we mean what we have said. It means something like, “Yes! Right on! Yea man!”

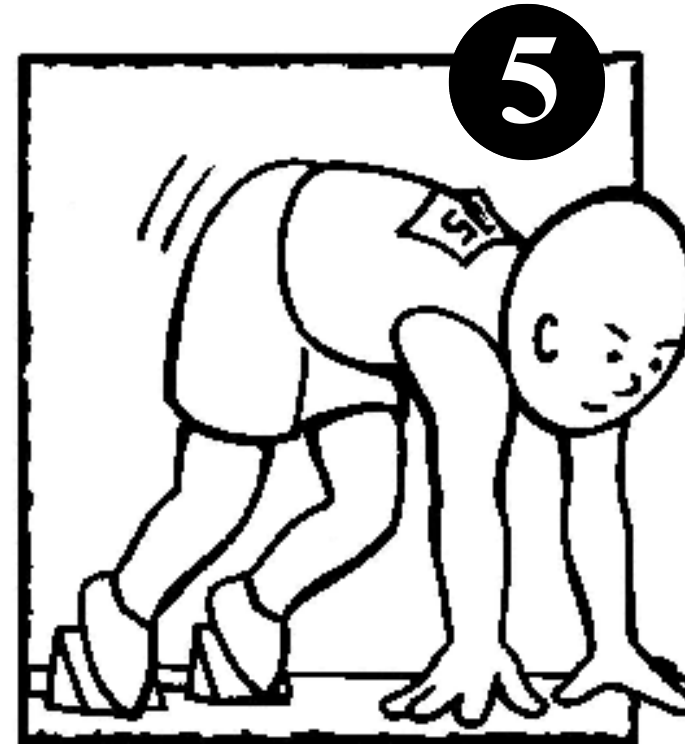
Parents may also bless their children by making a small sign of the cross on the foreheads of the children before they go to bed..

It is a good custom to make the sign of the cross before and after we eat. Sometimes we make a small sign of the cross on our forehead, our lips and over our heart. We are asking God to be in our thoughts, in our words and in our feelings.



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• **What’s the talk?**

“I’m never coming back here. I’ll change when I get out.” Great!

• **What’s the walk?**

It’s taking a new road in life?

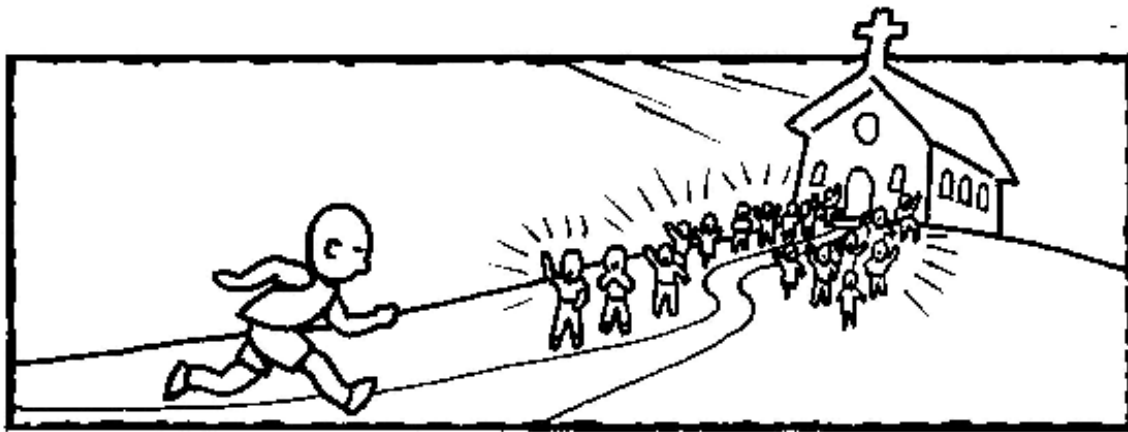
• **What’s the Way?**

It is the path through life in the footsteps of Jesus.

Put the three together and it means getting serious about this religion stuff.

You say that you have made up your mind to Walk the Talk of the Way. But you do not go to church very much or you have not made your First Communion, or that it has been years since you went to the Sacrament of Reconciliation. O.K. That’s in the past. Today you begin this program which is the first step in that journey.

LET’S GET
SERIOUS



• How long is the program?

Usually a few weeks but it is different for each person. For some it is preparation for The Sacrament of Reconciliation or for First Communion. For others it is a brush up on what they learned years ago in school, or it might be the first step in becoming a Catholic.

• Fill out the application form asking to see the chaplain and become part of the program. The chaplain will answer your questions, talk with you about your faith, and help you pray.

WHAT DO YOU NEED TO DO?

If you sign up for this program you have to be ready to put something into it. You will need to become an active part of the learning process. This means

- 1) asking the questions that are on your mind,
- 2) sharing your honest ideas and opinions,
- 3) praying daily,

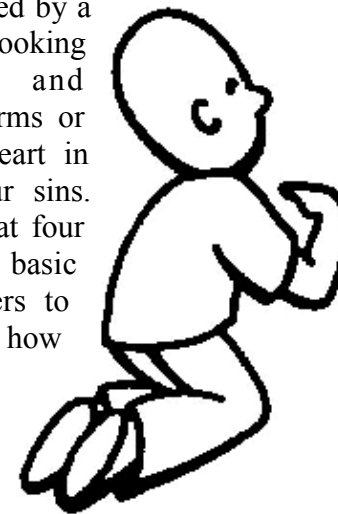
- 4) reading Scripture,
- 5) letting the chaplain know if you are transferred to another section or facility.

Jesus said, “But when you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you. In praying do not babble like the pagans, who think they will be heard because of their many words.”

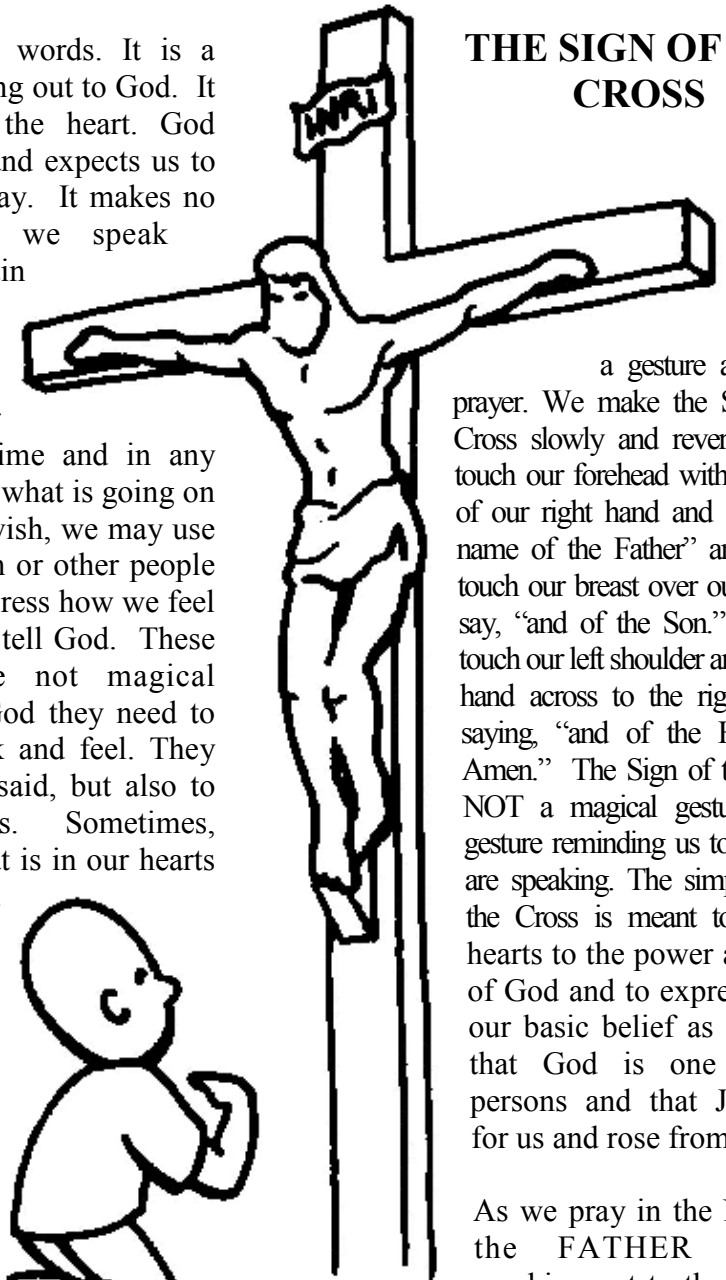
GETTING SERIOUS ABOUT WALKING THE WAY

Getting serious about this religion stuff starts with praying. Think a moment. Do you pray? How do you pray? When do you pray? What do you think prayer is? Do you think it is a way to get God’s attention and help? Jesus told us that God knows what we need before we ask.

Prayer is more than words. It is a special kind of reaching out to God. It is the language of the heart. God speaks to our hearts and expects us to speak in that same way. It makes no difference whether we speak English, Spanish, Latin or any other human language. What counts is what is in our hearts. In our own words at any time and in any place we can tell God what is going on in our hearts. If we wish, we may use words that the Church or other people have composed to express how we feel and what we want to tell God. These formal prayers are not magical formulas. To reach God they need to reflect what we think and feel. They need not only to be said, but also to rise from our hearts. Sometimes, instead of words, what is in our hearts is best expressed by a gesture like looking to heaven and opening our arms or striking our heart in sorrow for our sins. We will look at four or five of the basic Catholic prayers to help us learn how we can pray from our heart.



THE SIGN OF THE CROSS



When we pray, we usually begin with

a gesture and a short prayer. We make the Sign of the Cross slowly and reverently. We touch our forehead with the fingers of our right hand and say “In the name of the Father” and then we touch our breast over our heart and say, “and of the Son.” Then we touch our left shoulder and bring our hand across to the right shoulder saying, “and of the Holy Spirit. Amen.” The Sign of the Cross is NOT a magical gesture. It is a gesture reminding us to whom we are speaking. The simple Sign of the Cross is meant to open our hearts to the power and action of God and to express to God our basic belief as Christians that God is one in three persons and that Jesus died for us and rose from the dead.

As we pray in the NAME of the FATHER we are reaching out to the God who cares for us, loves us and forgives us.

accepting of the love and forgiveness of God. This force does not wear a red outfit and have horns and a tail. It hides in some of the rules and values of our family or our gang. It ambushes us by making us think it is OK to hurt people or to treat them disrespectfully. It says to us, "Everyone is doing it. Why shouldn't you?" It talks to us in the voices of friends who urge you to go along with the group even when we know it is wrong. We ask God to protect us from the evil in our hearts and the evil all around us.

The Lord's Prayer begins by saying that we want to accept and bring God's rule into our hearts and into the world. It ends by asking God's help to overcome things that prevent us from doing this.

We conclude the prayer with a hearty AMEN which means that we really mean what we have said.

Before next session, memorize the Our Father. Jot down any questions you have about the Catholic faith. Bring them to the next session and ask the chaplain about them.



FINDING THE “WAY” IN JAIL

VOLUME ONE

OUR FATHER IN HEAVEN

If we could ask Jesus face to face to tell us in a few words what God is like, he would tell us a story. There was a man who had two sons. One of them was a good homeboy. The other left home, gambled, chased women, wasted his life. When this son lost everything he came to his senses and decided to go home. When he arrived, his father welcomed him with open arms and threw a party for him. (Read Luke 15:11-32) If we were to ask Jesus how we should talk to God who is like that good father, he would say:

Our Father in heaven,
hallowed be your name.
Your kingdom come, your
will be done on earth as it is
in heaven. Give us today our daily bread;
and forgive us our debts, as we forgive our
debtors; and do not subject us to the final
test, but deliver us from the evil one.
(Matthew 6:9-13)



God is like a loving, caring parent who never gives up on us, who is always ready to forgive us. This Father only asks that we realize that the way we have been living is not the right way and that we want to take the right path. God is the Father of ALL people, not just of our friends or of people like us. We are all brothers and sisters. We all belong to ONE family. There is no “us” against “them.” Heaven is not some place way out in the universe. It is not up or down. Heaven is a symbol of God's power. In the old days the one who sat on the highest seat had all the power, something like the one who sits at the head of the table. Saying God is in heaven means that he is the Lord over all things. God rules and judges all things and all people. His word is law! It means that God is perfect, all-powerful, all good, etc. God told Moses, “I, the LORD, am your God. . . you shall not have other

gods before me...” (Exodus 20:2,3). Other gods are power, being the big shot, money, pleasure, sex, drink, drugs, and all those things that are more important to us than living the way God has made us to be.

HALLOWED BE YOUR NAME

Hallowed means praise, glory, honor not merely to a name but to the person for whom the name stands. We know how to identify people by the names or nicknames they have. When Moses asked God what his name was, the answer was “Yahweh” which means, “I am who I am.” God is God! He needs no other name. The second commandment given to Moses by God was, “You shall not take the name of the Lord, your God, in vain...” (Exodus 20:7. Using God’s name as an exclamation or swear word is not honoring God.

YOUR KINGDOM COME ON EARTH, AS IT IS IN HEAVEN

We are saying that God is not to be praised only in words, but especially by the way we live. The kingdom of God is not some place up in the sky or some time in the future. It is right here and now in the hearts of people. It is a kingdom of peace, justice, holiness and caring. We do not expect God to bring about His kingdom in a magical way. We are saying that we will honor God by doing our part in bringing peace, forgiveness, kindness and holiness into our own lives and into the lives of the people around us.

GIVE US TODAY
OUR DAILY BREAD

The God to whom Jesus tells us to pray is a caring Father who gives us what we need. “Which one of you would hand his son a stone when he asks for a loaf of bread, or a snake when he asks for a fish. If you, then, who are wicked, know how to give good gifts to your



children, how much more will your heavenly Father give good things to those who ask him.” (Matthew 7:10-11) The daily bread we ask for is not only food on our table, but all the things NECESSARY for life. Some of these things are not material. They are things like inner peace, friends, respect and love. God does not give us all the things we WANT but the things we NEED. However, God expects us to do our part. We depend on God for everything we need, but we have to work as though everything depends on us. We can’t just ask and then sit back and wait for things to happen when we say these words. We also promise to be God’s helper in supplying the needs of others. We promise to take care of our children and our wives, and to give respect, honor and friendship to all the people we meet each day. These are things that they need and that God supplies to them through us.

AND FORGIVE US OUR DEBTS AS WE
FORGIVE OUR DEBTORS

This is a hard phrase. When we or a family member or a buddy is hurt, we want to get even. We want revenge. But by saying this prayer we are asking help to forgive and make friends with even our worst enemies because God has forgiven us and made us His friend. If we refuse to try to forgive we are closing our hearts to God’s forgiveness. In other words, we are saying that we refuse to try to be the kind of person God calls us to be.

AND DO NOT SUBJECT US
TO THE FINAL TEST, BUT DELIVER US
FROM THE EVIL ONE.

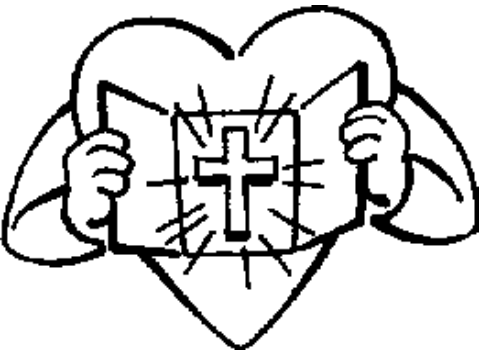
The final test is to refuse to change, to refuse even to want to change. We pray that even though we do not try very hard to change our attitude toward God and Jesus that we will never come to the point where we finally and completely

turn our back on God, to the point where we refuse His forgiveness and love. It is hard enough to walk the talk when we have to fight against our strong inclinations to pride, anger, lustful sex, the abuse of alcohol or drugs, the There is also an evil force in this world which tries to block our reaching out to God . We must be aware that this evil force hates our

The words of the Lord’s Prayer are slightly different at Mass because a translation that was made hundreds of years ago is used instead of the present translation.

Our Father who art in heaven, hallowed be thy name, thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. Lead us not into temptation, but deliver us from evil.

Amen.



THE JOYFUL MYSTERIES:

1. The Annunciation - Luke 1:26-38
2. The Visitation - Luke 1:39-56
3. The Birth of Jesus - Luke 2:1-20
4. The Presentation in the Temple - Luke 2:22-38
5. The Finding of Jesus in the Temple - Luke 2:42-52

THE SORROWFUL MYSTERIES:

1. The Agony in the Garden - Matt. 26:36-46
2. The Scourging at the Pillar - Matt. 26:67-68
3. The Crowning with Thorns - John 19:18-21
4. The Carrying of the Cross - John 19:16-22,
5. The Crucifixion - John 19:18-21, Luke 23:33-49

THE GLORIOUS MYSTERIES:

1. The Resurrection - Mark 16:9-12, John 20:1-30
2. The Ascension - Mark 16:19-20, Acts 1:6-11
3. The Descent of the Holy Spirit - Acts 2:1-13
4. The Assumption of Mary into Heaven (traditional Catholic belief),
5. The Crowning of Mary as Queen of heaven and earth (traditional Catholic belief).

THE LUMINOUS MYSTERIES:

1. Baptism Of Jesus - Matt. 3:16-17
2. Wedding at Cana - John 2:5-7
3. Proclaiming The Kingdom - Matt. 10:7-8
4. Transfiguration - Luke 9:29, 35
5. Institution of the Eucharist - Luke 22:19-20

Memorize the HAIL MARY before the next session with the chaplain. Keep your appointment and bring in your questions.



FINDING THE “WAY” IN JAIL

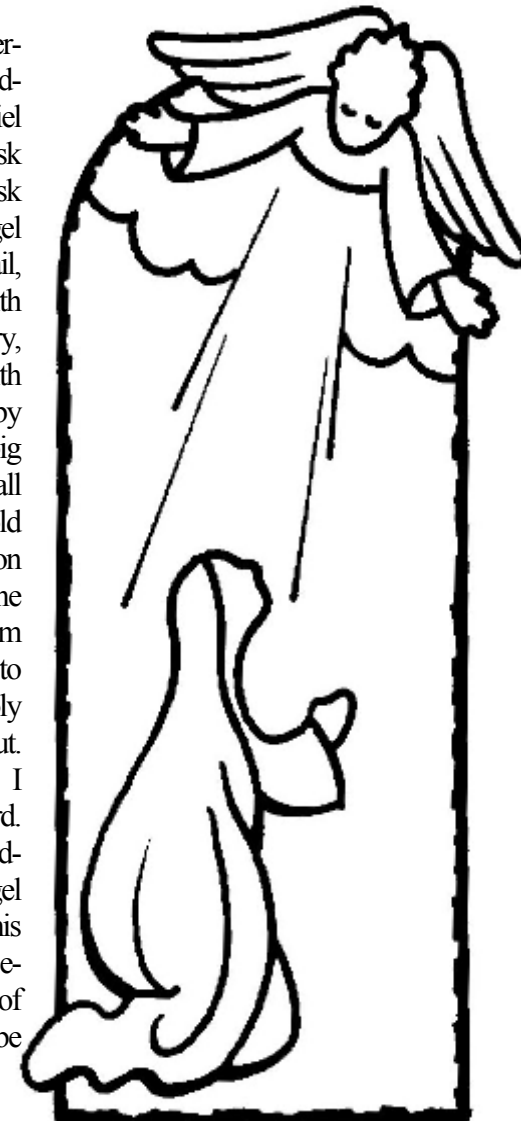
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Why Do We Honor Mary?

7

REASON #1

Mary is a one-of-a-kind person, the mother of the God-man, Jesus. The angel Gabriel was sent to her by God to ask her if she would accept a task God had for her. The angel greeted her with respect, “Hail, favored one! The Lord is with you. . . Do not be afraid, Mary, for you have found favor with God.” She was puzzled by this apparition. She had a big question, “What’s this all about?” Then the angel told her that she would have a son who would be great and be the one sent to rule the kingdom of God forever. She was to call him Jesus. The Holy Spirit would bring it all about. Then Mary said, “Behold, I am the handmaid of the Lord. May it be done to me according to your word.” If an angel showed such respect to this woman and if God had selected her from the billions of women who have lived to be his mother, is this fact alone



not reason enough for us to give Mary a special place in our hearts? Is there any reason why we should not honor, respect and love her? We show this respect and trust when we pray, “Hail Mary full of grace. The Lord is with you. Blessed are you among women and blessed is the fruit of your womb, Jesus.”

REASON #2

Another reason for us to honor Mary is that she is the example of how a believer in Jesus should live. First she believed that even though she had no idea how it would be possible for her to have a child since she had no relations with a man, she accepted the task. She then immediately went off to help her elderly cousin, Elizabeth, who was pregnant.

Elizabeth saw Mary and immediately proclaimed the good news that the Lord was on the way. To be a true follower of Jesus, we need to believe even when it is difficult to believe. We need to be willing to take on difficult tasks and we need to share the Good News with others and to help those in need of our help.

REASON #3

A third good reason for us to honor Mary and ask her to pray for us is that Jesus is our brother. If so, in the same way, Mary is our mother. The Gospel of John states very simply in the account of the crucifixion, "When Jesus saw his mother and the disciple there whom he loved, he said to his mother, 'Woman behold your son.' Then he said to the disciple, 'Behold your mother.' And from that hour the disciple took her into his home." (John 19:26,27)



At the foot of the cross John represented all the believers who were to follow Jesus in the centuries to come. He

took care of Mary and she cared for him. This she still does. She cares for us as a mother does. We ask Mary to help us by her prayers. All of us look to our mother when we are in trouble. Mary will not disappoint us as our human mothers sometimes do. She adds her prayers to ours when we pray to God for help. "Holy Mary, mother of God, pray for us sinners now and at the hour of our death. Amen."

Notice that we honor, respect and love her, NOT worship her.

Worship belongs only to God. God alone is our Creator and Savior. Mary is our model and our helper.

THE IMMACULATE CONCEPTION
Driven by faith, we believe that to carry the son of God, Mary had to be without sin. From the very first instant when Mary was conceived in the womb of her mother, she was totally free from original sin and she remained pure from all personal sin throughout her life. Traditions says her parents were Anna and Joachim. She was conceived and born in the ordinary human manner.

THE VIRGINAL BIRTH
Jesus was conceived solely by the power of the Holy Spirit without the seed of a man. The bible mentions the brothers and sisters of Jesus. According to an Old Testament way of speaking close relatives were called brothers and sisters. Mary was a virgin before, during and after the birth of Jesus.

THE ROSARY

The Rosary is a string of beads on each of which a prayer is to be said. (See the illustration.) The Rosary is a very popular form of private devotion. It is not a good luck charm we hang about our neck or on the rear view mirror of our cars. It is not a magic wand. It is an aide to our praying. It is not the number of prayers we say that is important. What is important is that we concentrate on and reflect on

twenty significant events in Jesus' and Mary's life. It is divided into four parts, each one containing five sections of ten beads each called a decade. They are called the Joyful Mysteries, the Sorrowful Mysteries, the Glorious Mysteries and the Luminous Mysteries. We usually say only one section or "chaplet" at a time.

HOW TO SAY THE ROSARY

Ask the Chaplain for a booklet for more details.

Read the passages from Scripture until you are familiar with them. As you say a decade (10 Hail Marys) of the Rosary, picture the scene in your mind and let your heart speak to Jesus and to his mother as you slowly say the prayers.



We believe in the resurrection of the body and life everlasting. We have no idea about how this will come about or when it will occur. But we believe that we do not cease to exist when we are put into the grave.

We end the Creed by saying “Amen.” This is a way of repeating “I believe.” We trust what God has revealed to us and done for us, and we entrust ourselves completely to the Father, the Son and the Holy Spirit.

This is only a very brief summary of what the Catholic Church has believed for two thousand years. We need to think about it, pray about it and try to understand it more and more. More importantly we need to show by our actions that we believe it.

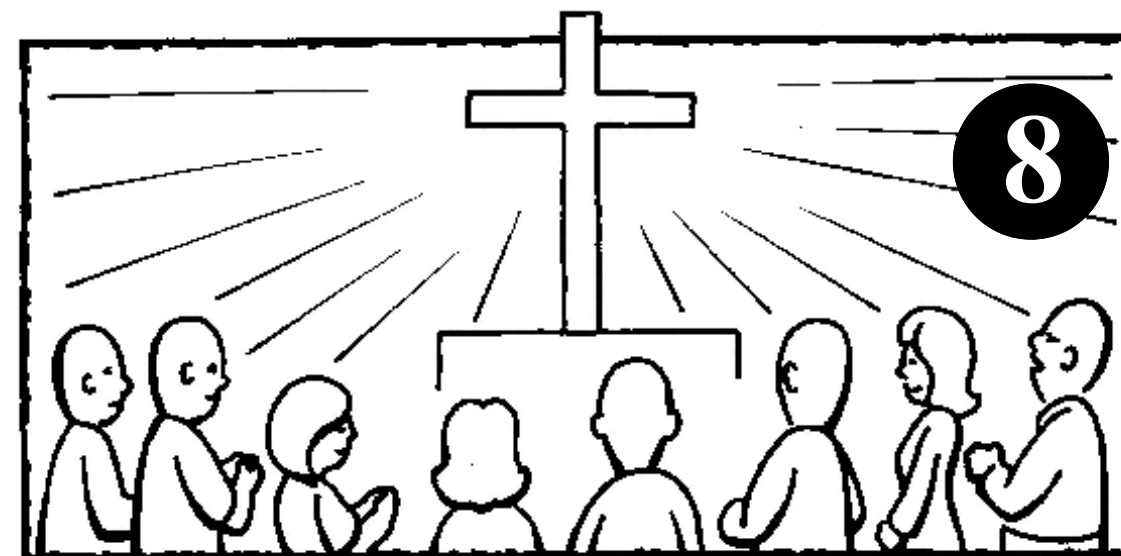
The Creed said during the celebration of the Mass is longer. It was composed in the early centuries to make more clear the community’s understanding of certain ideas. It is called the Nicene Creed. It is the Creed that Catholics and many other Christians accept and use.

Before next session, reread the Creed and underline the words or phrases you would like the chaplain to explain a bit more.



FINDING THE “WAY” IN JAIL

VOLUME ONE



THE CREED

What we do shows how we really think. A good first step on a different way of life is honestly asking ourselves, “What do I really believe, and, how do I really feel about God and myself?”

Over two thousand years ago the followers of Jesus put together a list of things they believed. It was their guide for the new way of life offered by Jesus. It was a list of truths by which they tried to live. It is called the Apostles’ Creed. It was not written by the Apostles. But in its basic form it goes back to the time of the Apostles.

I (We) BELIEVE

When we say the Creed by ourselves we begin with, “I believe...” When we say it with other members of the Church we say, “We believe...” The same idea lies behind both phrases. We are members of a group, a community, a Church, who think alike on these points. We are one with the people who, for two thousand years, have prayed this Creed and have tried to walk the new Way.

When we say, “I believe” we are putting all our trust and hope in God. We accept with our whole heart all that God has revealed to us even though we do not understand some of it.

It is not enough to memorize the words of the Apostles' Creed and to use it as a regular part of our prayers. We also need to learn more about how the Church understands these words and how they are a guide for a new way of life.

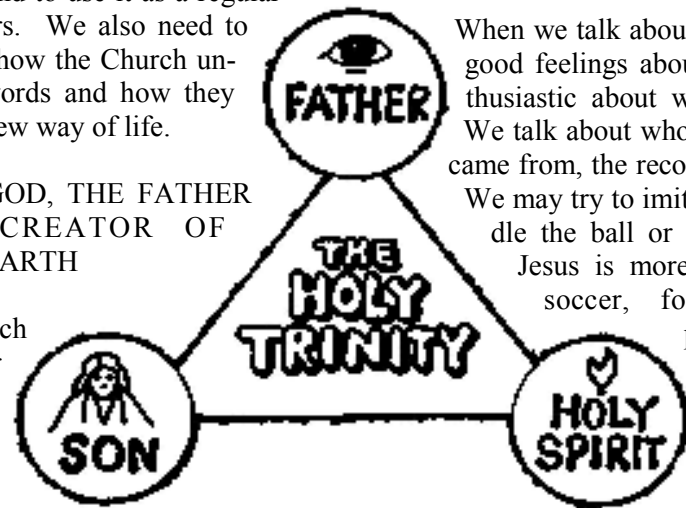
I BELIEVE IN GOD, THE FATHER ALMIGHTY, CREATOR OF HEAVEN AND EARTH

The God we reach out to with all our minds and hearts is not only a loving, caring, forgiving parent, but one who also makes us responsible for the choices we make and the things we do.

The God we believe in has created everything that exists. Creation has taken a long, long time. It is still going on to this day. Everything God made is good. God created human beings to know, love and serve him on earth and be happy with him in the next life; BUT man sinned and messed up God's plan. However, God promised to send a savior who we know as Jesus Christ.

I BELIEVE IN JESUS CHRIST, HIS ONLY SON, OUR LORD, WHO WAS CONCEIVED BY THE POWER OF THE HOLY SPIRIT AND BORN OF THE VIRGIN MARY. HE SUFFERED UNDER PONTIUS PILATE, WAS CRUCIFIED, DIED AND WAS BURIED. HE DESCENDED TO THE DEAD. ON THE THIRD DAY HE ROSE AGAIN. HE ASCENDED INTO HEAVEN, AND IS SEATED AT THE RIGHT HAND OF THE FATHER. HE WILL COME AGAIN TO

JUDGE THE LIVING AND THE DEAD.



When we talk about our heroes, we have good feelings about them. We are enthusiastic about what they have done. We talk about who they are, where they came from, the records they have broken. We may try to imitate the way they handle the ball or swing a bat or club. Jesus is more important than any soccer, football or baseball player. We proudly proclaim that he is the Son of God. We mean that he is actually the Second Person of the

Blessed Trinity who came to earth as a human being. We say that he is both God and man. He has the nature of God and the nature of a human being, but he is only one person, Jesus the Christ, the Savior.

The story of the great things he did to show us who he was, and how he saved us, is told in the books of the New Testament. In it we learn what Jesus did to bring all people back into harmony with God.

When we pray this section of the Creed we are affirming that we believe in a person who is alive today. We are saying that we believe with our whole heart that Jesus is alive, concerned with us, helping us, caring for us. We are sure that with His help we can lead a better life, that we are able to do good rather than evil, that we can have peace rather than turmoil in our lives. We are also saying that we realize that some day we will have to answer to him about how well we have followed the path he has laid out for us by his words and actions.

I BELIEVE IN THE HOLY SPIRIT, THE HOLY CATHOLIC CHURCH, THE COMMUNION OF SAINTS, THE FORGIVENESS OF SINS, THE RESURRECTION OF THE BODY AND LIFE EVERLASTING. AMEN.

Some people say that all religions are the same. Others say that it is O.K. as long as you believe in a God, any God. But is that true? Jesus revealed a God who is unlike any other God. The God of the New Testament is three persons, Father, Son and Holy Spirit.

Who is the Holy Spirit? The Holy Spirit is the love that exists between Father and Son. The Holy Spirit is the one sent by the Father and the Son. The Holy Spirit reveals to us the Word of God and helps us accept Jesus in faith. We say that God the Father created the world, that God the Son redeemed it and that God the Holy Spirit makes us holy.



Some people say that it does not matter which Church you belong to as long as you do belong to some church. Is that true? We say we belong to the "Holy Catholic Church." It is "Holy" not because all the people in it are holy or act in good decent

ways. It is holy because Christ gave up his life to make her holy. The Church has the



means by her life of prayer, her sacraments and her teachings and guidance to help people become holy even though a good many of her members do not use these helps.

The word Catholic means "Universal." The Church embraces all people. It welcomes the good and the bad, the people of every race and color. It is found in all parts of the world. It has kept the story of Jesus alive and unchanged for two thousand years.

We believe in the Communion of Saints. Communion means "united with" or "together." The saints are all the people who are united in their belief in Jesus and in his Church. They are the people who are fed by the body and blood of Christ. We show our belief in Jesus by praying for one another and by helping others in any way we can. In turn, we ask others to pray for us and to help us.

We believe in the forgiveness of sin. The risen Christ gave his Apostles his power to forgive sins; "Receive the Holy Spirit. If you forgive the sins of any they are forgiven: if you retain the sins of any, they are retained." (John 20:22-23)

To love others means that their needs, their feelings, ideas, are just as important as ours and, in some cases, even more important than mine. This applies not only to our parents, our wives and

our children, but even to the people we work with or the people we meet on the street, or the people who have “dissed” us.

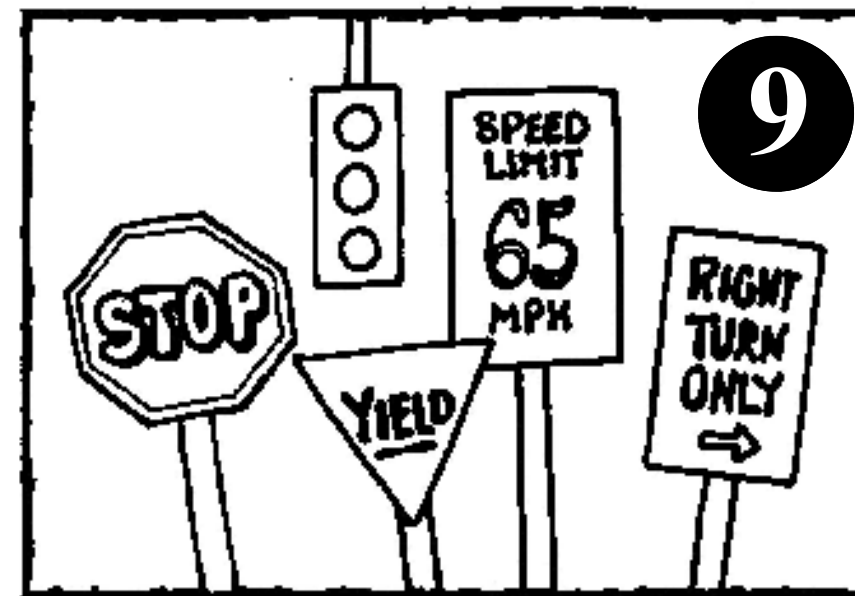
There are two versions of the Commandments given to Moses. The one in chapter 20 of Exodus is longer than the one in chapter 5 of Deuteronomy. Read the two chapters and see what the longer one adds to the shorter one. You will also notice that the traditional way we have listed the commandments uses slightly different words than those found in the book of Deuteronomy.

Jesus gave us a long sermon in which he outlined how we are to walk the Talk. You'll find it in Matthew, chapters 5,6,7. In this and in other sermons, Jesus pointed out the path believers should take in situations such as dealing with an enemy, with anger and hatred, with treating the poor and the rich, with praying, and so forth. Read these sections carefully and simply ask, “How do His words apply to me?” Then you may wish to talk to a chaplain about the road you have been on up to now.



FINDING THE “WAY” IN JAIL

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THE RULES OF “THE WAY”

There are rules to follow when we walk the Talk of the Way. “I don’t like rules. For what do we need rules? Isn’t it enough to believe in Jesus? What happens if we don’t follow the rules?”

What do you think would happen if people were to drive through the city and there were no traffic laws, stop signs, or traffic lights?

O.K. we agree that we need rules. The question is “Who sets the rules?” Check off whether or not you believe in them.

	Yes	No	Sometimes
1. I live by my rules.	☐	☐	☐
2. My gang or my home boys set the rules by which I live.	☐	☐	☐
3. God gave the rules in the Ten Commandments.	☐	☐	☐
4. My woman sets the rules.	☐	☐	☐
5. Jesus gave the rules in the two great commandments.	☐	☐	☐
6. Governments set the rules	☐	☐	☐

The Bible tells us that God has imprinted his rule of law on our hearts, so we know what is right or wrong.

THE SIGN POSTS ON THE WAY

The basic road sign on the Way is “Love God and your neighbor.” Jesus and Moses both said the same thing.

Long ago God called Moses to come up to the top of a mountain and gave him the Ten Commandments, or laws, by which people were to live. The first three told the people what they should do to be in harmony with God. The last seven told the people how to get along with one another.

A long time later, Jesus was in the Temple preaching. A Pharisee asked him which was the greatest commandment. He wanted Jesus to rate the commandments. Jesus simply put the first three together with these words; “You shall love the Lord your God, with all your heart, with all your soul, and with all your mind.” Then he summarized the other seven in one sentence. “You shall love your neighbor as yourself.” (See Matthew 22:37,39)

Jesus did not mean to love people in the sense many people use that word today, to refer to sex. He meant that we have to put God first in all we think, we say, or we do. He meant that we need to treat people, even our enemies, as we want to be treated.

The first three are guides for loving God.

1. I am the LORD your God; you shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the LORD’S Day.

Each of us believe that some things we do, say or think are right, and what others do are wrong. Our ideas on these matters may not always be in line with Jesus’ ideas. It takes time, prayer, and study to get a clear picture of what these road signs mean in our day-to-day life. We also need the help and guidance of the church to see which is the right path. For example, we may realize that hating God is wrong. But what about not believing in God, not caring much about God, or not thanking God for all he has done for us? Or what about thinking that God does not care for us or that I am in control of my own life and don’t need God’s help?

As a starter, ask yourself what you honestly believe about God, not what you have been told about him. Is there a God? Does God actually care about me? Is it important for me to worship God on the Lord’s Day? What do I say or do which shows disrespect for God’s name? You can think of other questions to ask. Then, if you wish, talk to the chaplain about your questions and your answers.



Seven Commandments tell us how to respect others, how to get along with them.

1. Honor your father and your mother.
2. You shall not kill.
3. You shall not commit adultery.
4. You shall not steal.
5. You shall not bear false witness against your neighbor.
6. You shall not covet your neighbor’s wife.
7. You shall not covet your neighbor’s goods.

These Commandments are very short and seem very clear, but there is a lot packed into each one. For example, are we supposed to respect only our father and our mother or does this rule also apply to all those who have lawful authority? What about killing in time of war or the death penalty? What about using drugs or alcohol, which damage our health or shorten our lives?

What about self-defense or getting revenge on someone who killed a friend or a family member? Does the prohibition against adultery apply only if the other person is married to someone else and does it apply to singles’ sex? What about dirty books and films? Is it all right to “borrow,” without permission, someone’s car to take a joy ride or to hold up someone when we need money? What is false witness? Are there times when it is O.K. to lie to protect a friend or yourself? What does covet mean? We could go on and on like this, but you get the idea.

Each of the Ten Commandments covers a lot of ground. When we look carefully at the road sign which tells us to love or respect God and everyone we meet, we can see that practically everything we do falls under one of Jesus’ Commands.



ANOINTING OF THE SICK

When one of the faithful is suffering from sickness or old age, Christ is present through the anointing with oil by a minister of the church. The Holy Spirit gives the person courage, peace and strength to face the pain and the temptation of discouragement and worry.

HOLY ORDERS

By the laying on of hands certain men are consecrated in Christ’s name to feed the Church by the word and the grace of God. They serve the community as deacons, priests and bishops.

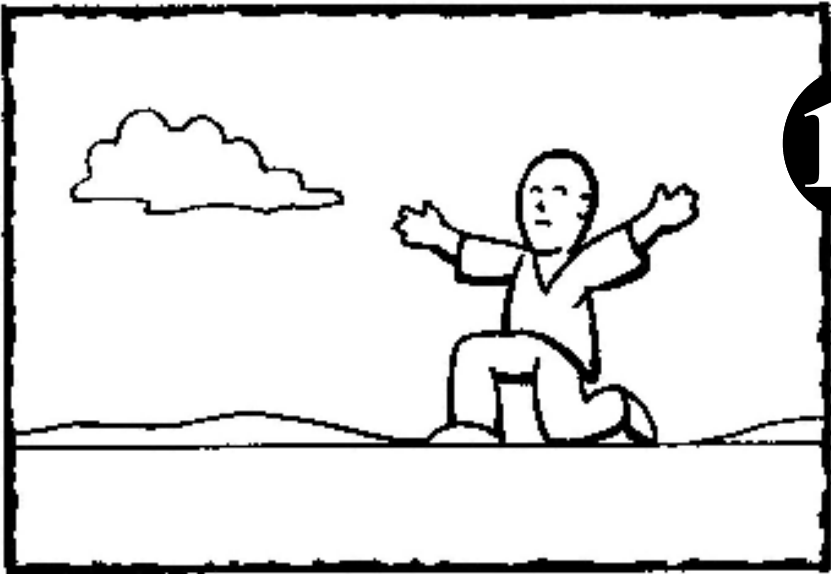
Questions about a marriage outside the Church, a divorce or a remarriage after a divorce should be asked of someone in authority who know the rules and regulations.

A good Catholic deepens his or her appreciation of sacraments by participating in them and by learning more about them.



FINDING THE “WAY” IN JAIL

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HELP IS ON THE WAY!

Do you ever ask, “Where is God when I need him? I’m having a hard time and God does not seem to be around!” If you are expecting God to work miracles for you, you’re bound to be disappointed. God is not a heavenly magician who pulls things out of a hat. God is around. God is right here with us in a most astonishing way.

Two thousand years ago God made himself visible in the form of Jesus Christ. Jesus worked a few miracles, but did not solve all the problems people had. Most people could not see what he was doing for them.

By his life he showed them the face of God and made it possible for them to live in friendship with God. Jesus offered them hope that God would forgive them when they had made a mess of their lives by sin. He overcame death and promised that they, too, would rise from the grave and live with him in everlasting life. Most people did not realize that God was with them.

A small group of people believed in this man, Jesus, the Christ. They believed in his power and his promises. When it was time for Jesus to leave this earth and return to the Father, he promised always to be with those who believed in him.

But Jesus did not stay with the believers in the glory of his power, nor in his human form. He stayed and is present today in many different ways by which we can be in touch with Him. He is present now in the words of Scripture. He is present in the invisible power of the Holy Spirit. He is present in the community of people who are the Church. And in a very special way, he is present and acting through the Sacraments of the Church.



THE SEVEN SACRAMENTS

Christ is with us, right at our side, helping us walk the Talk. We do not see him or hear his voice, but through things we can see and hear that he gives us help in living the new life he won for us by his cross. The Catholic Church uses oil and water, bread and wine, words and gestures as visible signs that Christ, through the Holy Spirit, is with us and helping us. These signs of the Lord's activity are Baptism, Eucharist, Confirmation, Penance, Holy Orders, Marriage and the Anointing of the Sick.

BAPTISM

Through the pouring of water and the saying of a few words, Christ gives us a new kind of life in union with him and the Father and the Holy Spirit. We call this a life of grace. He wipes away all our past sins and gives us a new spiritual life. We are born again as members of His church and He promises us the

help we will need to live a God-pleasing life from now on.

CONFIRMATION

Through the anointing with holy oil and the acknowledgment that we receive the Holy Spirit, God makes us stronger in our faith, more firm in our efforts to spread the Gospel, to be Christ-like in what we say and what we do.

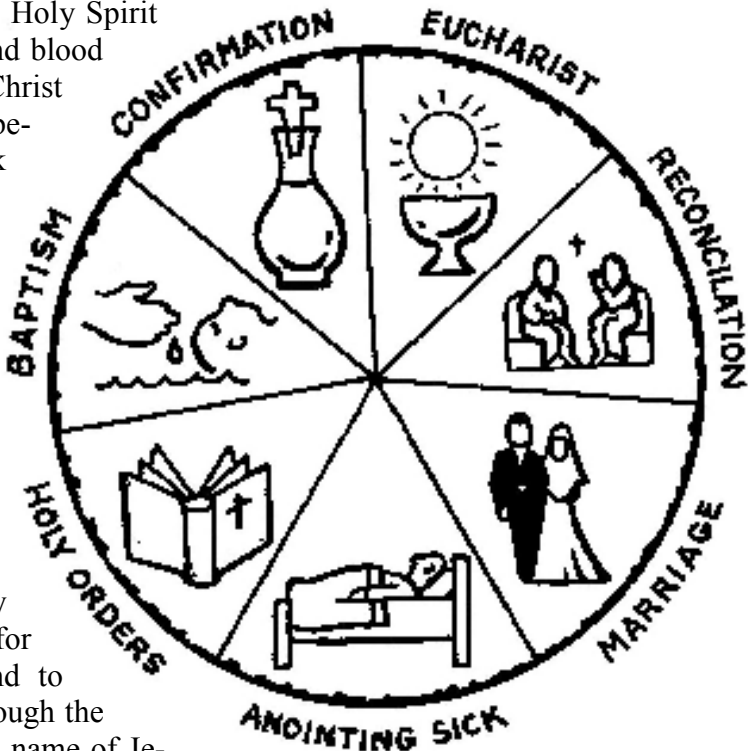
EUCCHARIST

A priest takes ordinary bread and wine, blesses them and calls upon the Holy Spirit to change them into the body and blood of Christ, to make them be Christ really and truly present. Jesus becomes the food we need to Walk the Talk. He is the nourishment we need to grow in our life with God. He is the promise that evil and death have been overcome and that we will live with him forever.

RECONCILIATION

Christ does not leave our side when we sin. Through the Holy Spirit he calls us to be sorry for what we have done wrong and to promise not to do it again. Through the words of the priest acting in the name of Jesus and of the Church, we hear that God has given us another chance.

If you have not received all of the Sacraments of Initiation – Baptism, Confirmation, and Holy Communion – consult the chaplain about what you still need to do to become a full member of the church.



MARRIAGE

Christ is present when a man and woman exchange their marriage vows. He is blessing them and silently offering them the help they need to live up to the promises they are making to each other. In the presence of Christ and the priest, they are promising to be faithful to one another for life, to help each other grow in faith, to welcome children into their lives and to love one another.

What if I sin again?

You're still a good person. God forgives us time and time again as long as we TRY to overcome our sins and bad habits. When we accept God's forgiveness, we resolve to change

the way we act so we can avoid the same sins in the future. We need to pray for the strength to move in a new direction, away from our old ways. Jesus told Peter to forgive seventy times seventy. God is much more understanding, merciful and forgiving than any human being.

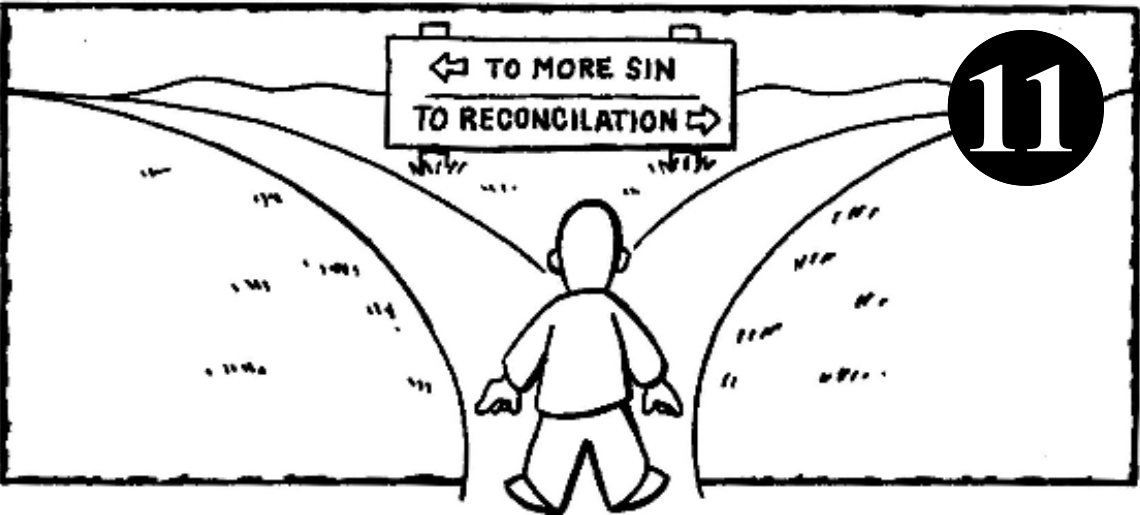
Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and in failing to do good, I have sinned against you whom I should love above all things. With your help I will do penance, sin no more, and avoid those things which lead me to make wrong choices. Jesus Christ suffered and died for us. In his name, Father, forgive me. Amen



FINDING THE “WAY” IN JAIL

VOLUME ONE



GETTING BACK ON THE RIGHT WAY

If we want to find the way to Walk the Talk we need to look at the way we have walked in the past. We'll see things that we are sorry about. We'll see things that we know we need to change. We'll see things that we now know are wrong.

Some of the things we're sorry about were mistakes. We didn't see the consequences. We thought we were doing the right thing. Mistakes are not sins.

Sins are things that we know are wrong and we do them anyway. We set our own way of thinking, speaking or acting over and above God's

way. Sin is an offense against God. It injures or breaks our relationship with God.

Our conscience tells us that certain things are wrong. Yet we do them anyway. We do them because others tell us to do them. There are teenage boys in juvenile who killed someone because an older member of the gang told them to do so. We do them because our passions tell us to do what we want, what feels good. We lie to a girl and tell her we love her when all we want to do is to get her into bed. Our head tells us that drinking too much and too often, that taking drugs is bad for us and wrong, but we do it anyway. The Law and the Church tell us not to take what belongs to

other people. But we steal a car or rob a store because we want money without working for it. Our mothers have told us that we need God in our lives but it has been years since we entered a church or received the sacraments.

There are two kinds of sin

If what we think, say or do is seriously against God's law and we know it is seriously wrong, and we freely choose to do it anyway we commit a mortal or deadly sin. We turn away from God's way and choose to follow another way which leads only to hell. We destroy our relationship with God. We reject the new life, the life of grace which was given to us at Baptism. A venial sin is one which weakens our love for God in a less serious way.

Got the idea? When you look at the past, what are some things you have thought, said or done which part of you told you were wrong but which you did anyway?



(John 20:19,22-23)

It is true that when we tell God that we are truly sorry, our sins are forgiven and the new life of grace is restored. However, we are human and we need some sign from God

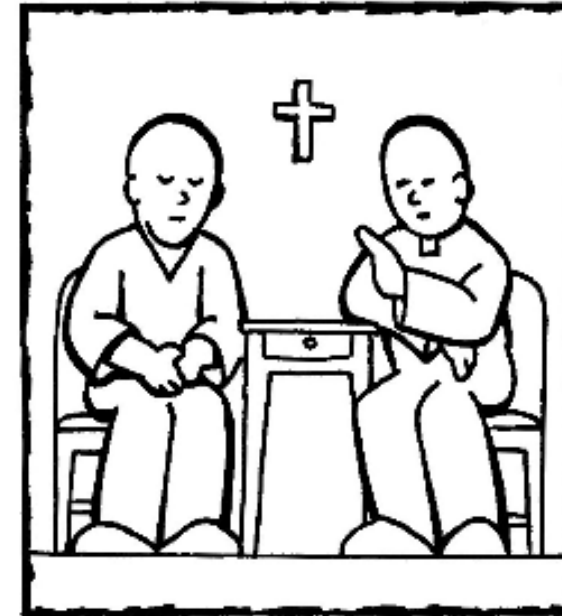
Forgiveness is at hand!

But do not despair. Jesus said to a paralyzed man, "Child, your sins are forgiven." The Pharisees were shocked. They said, "Only God can forgive sins." Jesus replied that the Son of Man has authority on earth to forgive sins. (see Mark 2:1-12) Then because he had the authority of God to forgive sins he gave this same power to his apostles to exercise in his name. On the evening of the first day of the week, Jesus showed himself to his apostles. He breathed on them, and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven: if you retain the sins of any, they are retained."

that we have been forgiven and the community welcomes us back into a healthy relationship with it. In the Sacrament of Reconciliation the priest with the power handed down to him by Christ is the minister of God's forgiveness.

How to go to the Sacrament of Reconciliation

1. Before you talk with the priest either face-to-face or in the confessional, think about the sins you have committed, both mortal and venial.
2. In your heart be truly sorry for them and resolve to do your best not to commit them again. It is a good practice to make your Act of Contrition before you talk with the priest.
3. Tell your sins to the priest. Begin by saying, "Bless me, father, for I have sinned. This is my first confession." Or "It has been ___ months or years since my last confession." It is necessary to tell ALL your mortal or serious sins and to the best of your ability how often you have done them. There is no need to go into too much detail. Just tell them and if more detail is



needed the priest will ask a question or two. It is a good habit also to confess your venial sins.

4. The priest may say a word or two to you and then give you a penance. After this he will give you absolution while you say the Prayer of Contrition.

This is what the priest says:

The words of absolution:

God, the Father of mercies through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.

WHAT DO I NEED TO DO TO RECEIVE COMMUNION?

1. I need to be a baptized Catholic and I should know the basics of the Catholic faith.
2. I need to believe that bread and wine really become the body and blood of Jesus.
I need to believe that the risen Christ is truly present under what looks like bread and wine.
3. I need to be sorry for my sins, to resolve to do better and to go to the Sacrament of Reconciliation if I have sinned seriously.
4. I am not supposed to eat or drink anything, except water, for one hour before receiving Communion.

*You have chosen to Walk the Talk!
You have decided that for you Jesus is
the way and the truth and the life. BUT
when you leave here the journey will
have just begun. But you will not walk
the Way alone. The Holy Spirit will be
with you and Jesus has promised, "And
behold, I am with you always, until the
end of the age." (Matthew 28:20)*

God bless you!



FINDING THE “WAY” IN JAIL

VOLUME ONE



NEED A HELPING HAND?

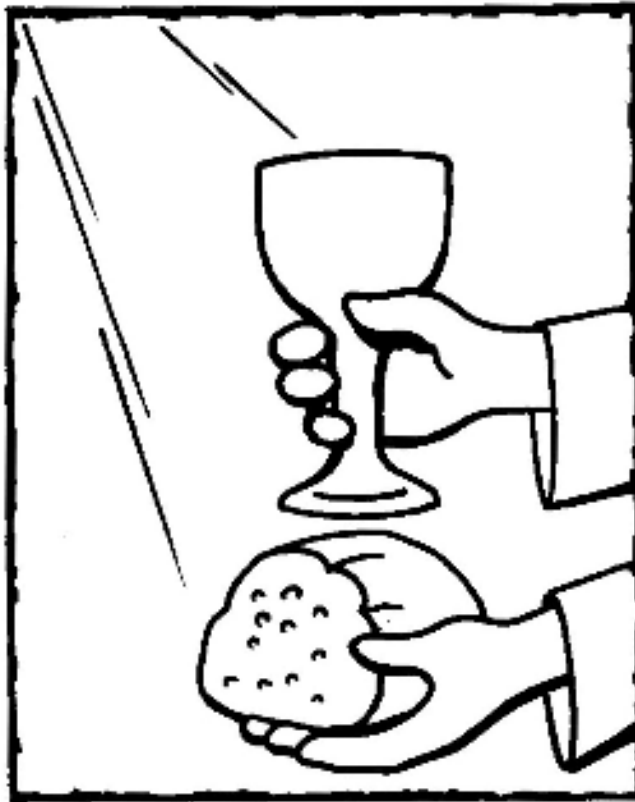
You're not sure that you can make it on your own? You need help? O.K. You have a powerful friend in Jesus. Whether you know it or not, He has been at your side all your life. He is ready to help you in a very marvelous and mysterious way by giving you Himself as food or your journey.

One day Jesus gave a hint to a large group of hungry and tired people of the kind of food he would supply. They had listened to him all day. They were hungry. They had no food with them. He fed them with a few fish and a few loaves of bread. After all had eaten he said, "I am the bread of life; whoever comes to

me will never hunger and whoever believes in me will never thirst." The people could not understand what he was saying. He went on, "I am the bread that comes down from heaven." Then he said something more puzzling, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood you will not have life within you. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father has sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the Bread that comes down from heaven. Unlike your ancestors who ate and still died, whoever eats this Bread will live forever." (see John 6:35-58) Strong puzzling words! If we want to Walk the Talk, we have to take them seriously.

JESUS OUR FOOD AND DRINK

What is the food Jesus said we have to eat and what is this drink we have to drink? St. Paul tells us how he and the early Christians understood these words. He wrote: "For I received from the Lord what I also handed on to you, that the Lord Jesus, on the night he was handed over, took bread and after He



had given thanks, broke it and said, 'This is my body that is for you. Do this in remembrance of me.' In the same way, after supper, Jesus took the cup saying, 'This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.'

For as often as you eat this bread and drink this cup, you proclaim the death of the Lord until he comes." (I Corinthians 11:23-26) Where do we find this life giving food, the real presence of Christ? Catholics believe that they find it at the celebration of the Eucharist, at the Mass.

HOW DO YOU FEEL ABOUT GOING TO MASS?

Even though Christ is always at our side, He is with us in a special manner at Mass. At Mass He does two things that are very important and very helpful to us. First, He invites us to sit at table with him and his friends to eat and drink a special kind of nourishment. The food is not like the food we get from the kitchen. That food merely keeps our body alive. The food Christ offers us is really and truly His Body and Blood. In other words, He gives Himself to us as food and drink for our life, with and in God. This is the food and drink we need to Walk the Talk. It gives us strength and courage. It helps us change and lead a God-centered life here on earth. It promises us eternal life with God after our bodies no longer need any food or drink.

Secondly, Jesus continues to offer the gift of life to the Father on our behalf. He died once on the cross to wipe out the sins of the world, our sins.



He cannot die again. BUT in some mysterious way he continues that offering down through time whenever Mass is celebrated. He gathers us in to himself and we offer ourselves along with his one perfect gift or sacrifice to the Father.

NEED A QUICK FIX?

Receiving the Body and the Blood of the Lord is NOT a magical way to get you out of here, to change your life around, to remedy all the unfair things that have been done to you, or that you have done to others or to be a quick fix for your dependence on drugs or drink. But when, with faith, we receive the Body and Blood of the Lord, we receive the help we need to see ourselves as we are, and to deal with the things which move us away from God.

The folders you have read and discussed are merely tiny steps in Walking the Talk. When you leave jail contact a parish near where you live to find out more about how you can participate more fully in the Catholic life and learn more about the richness of the Catholic faith.

"Before he was given up to death, a death He freely accepted, He took bread and gave thanks. He broke the bread, gave it to his disciples and said, 'Take this all of you and eat it: This is my body which will be given up for you.

When supper was ended, He took the cup. Again He gave (the Lord) thanks and praise, gave the cup to his disciples and said: 'Take this all of you and drink from it: this is the cup of my blood, the blood of the new and everlasting covenant. It will be shed for you and for all so that sins may be forgiven.

DO THIS IN MEMORY OF ME."

(Read the stories of the Last Supper Jesus had with his apostles in Matthew 26:26-30, Mark 14:22-24 and Luke 22:14-20)