

UUCA / AWAKE Ministries

ARTHUR L. HANSEN PRISON MINISTRY PROGRAM

The UUCA Prison Ministry Program provides two classes to inmates of the Maryland Correctional Institute of Jessup (MCI-J), which is a medium-security prison for men.

Both of these personal empowerment classes include stress management, self-awareness, emotional literacy, compassion, forgiveness, and nonviolent communication skills.

The **Houses of Healing** program is based on the book by Robin Casarjian; *Houses of Healing: A Prisoner's Guide to Inner Power and Freedom*. This program focuses on introspection and personal growth. It is held on Tuesday evenings, 7:00-9:00 pm.

The **Nonviolent Communication** program is based on the book by Marshall Rosenberg; *Nonviolent Communication: A Language of Life*. This program focuses on interpersonal communication skills. It is held on Wednesday evenings, 7:00-9:00 pm.

The volunteer facilitation teams employ a shared responsibility, collaborative approach. Facilitators are asked to commit to attending class most weeks. With travel time to/from the Annapolis area, the time commitment is 6:00-10:00 pm. Facilitators are also expected to spend some time between classes reading/preparing for class, and attend occasional planning meetings. They are invited to attend a quarterly facilitator's meeting on another night of the week. Volunteers must pass a background check to enter the prison. Our strong preference is for facilitators to have a regular meditation practice.

For more information, contact Rev John Crestwell
Phone: 410-266-8044 ~ e-mail: jcrestwell@uuannapolis.org



**Unitarian Universalist Church
of Annapolis**

Inspiring and Empowering all Souls to Live Bold and Compassionate Lives!