

## Good Behind Bars

This past weekend we had a 3 day event from a ministry called "Kairos" Its a prison ministry that comes out every 6 months and devotes 3 days from 7AM till 7PM. about 30 volunteers that comes in and spreads the word and helps make an effort to change the lives of prisoners.

Inmates are selected by request and out of 300 request 70 are chosen. It could take years to be selected because its randomly done. I'd never attended the event before but was fortunate enough to go and help out some. I must say I was quite surprised at the effort such volunteers took not only to donate their time but collect donations to contribute to the feast of Kairos.

Were talking the feeding of breakfast, lunch and dinner 3 days straight supplying the prisoners with folgers coffee, creamer, sugar while they attend along with fruit punch, cookies, cold fruit, fresh strawberries, apples, Bananas, grapes oranges. None of this is available to us while incarcerated.

The meals consisted of Brisket & Sausages one day along with Pizza from a local Pizza Hut



For Dinner, the next day they were served  
1/4 pound Hamburgers with chips and sodas fresh dips  
and Dessert Peach Cobbler Pie with Chicken Fajitas  
for Dinner, and the final day Chicken Strips  
with Salad w/ dressing, along with all you can eat  
cookies and Ice-cream and a Cheese Cake w/ strawberries  
and whipped cream.

Fortunately for helping I was able to partake  
in eating with the helpers

We don't quite respect what we have  
until we don't have it any longer In my realization  
I wouldn't have cared about any of this stuff because  
it wasn't ever taken away and I put that to  
perspective with freedom our right to eat the simplest  
things taken away by our actions.

I could not help but to relish the tastes and  
flavors I've been denied and remember to appreciate  
them I'd never had this opportunity If I wasn't  
where I was at and worked here

Anyways the event was a hit I didn't get  
the chance to get the message they were spreading  
but it was clearly a blessing Good things do happen  
behind bars.