

✓ H. Hall
058716 @ 1042HRS.

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KRISTAE MURRAY
CPSO

One Page Covenant

OK
GARY Field
Mo 5398
F.C.B. PROGRAM
D.C.I.
D-211L

There is an expression that has become pretty common in prison: "It is what it is" - It has become almost a blanket statement that can cover big chunks of life as experienced by many of us wearing the "Prison Blues."

It's been said that "Paint covers a multitude of sins"; and "It is what it is" covers a multitude of grievances, complaints and consequences of "yellow lines and Prison Blues, doing time in re-soled shoes."

Whether the T.R.A. at the bottom of the monthly Progress Report says 2046 or 9998, "It is what it is" - When your first visit in years has been cut to 15 minutes because the compound has just gone into an "EMERGENCY Lockdown" - "It is what it is."

Everyone wearing the Prison Blues knows what it is to become "accustomed" to the harsh reality of life behind the wire - Times when the razor wire feels like a leash, and the fences seem a mile high. - "It is what it is"; but that doesn't make it easy to deal with.

After a few years of "doing time"; the uniforms become faded to a powder blue, dreams and goals can begin to blur at the edges, and a man's heart can begin to harden... for some, rather than "doing time," time begins to "do them."

Fortunately, there is a "Faith and Character Based Program" available at some prisons within the Florida Dept. of Corrections. When all you have in your tool box is a hammer, every problem seems like a nail.

The FCB program provides tools for change and ^{Reasons} for hope.

The curriculum has been developed to help inmates, not only strengthen their faith in order to overcome the challenges of incarceration, but also to strengthen and further develop the kind of character traits which will help them to say "IT IS WHAT IT IS" TRUE, but it will be what I make it.

A covenant is a binding agreement or promise. When I signed that agreement it was with this in mind: I am where I am today because of decisions I've made in the past. So, what kind of things can I begin to do today which will make for a better tomorrow. Clearly, the F.C.B. program is one of those things.

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The Advantage That I have today, as opposed to when I was a "very successful," Amortizing Alcoholic - is that I now understand the true value of freedom, and I cannot afford to allow future "decisions" which may jeopardize that freedom to be made under the influence of an intoxicant - the root word of which is "toxic".

I'll be as careful as a man working through a minefield - I'll be relying, not just on my own abilities, but, like the prospector on the lips of that man in the minefield, I'll be counting on my Higher Power to see me through. Confident that even if I stumble and fall, by the Grace of God, I'll find the strength to rise!

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PIAN
#2

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5-29-17
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5-13

Family ReIntegration Issues 82-111L

Gary Field
MO5398

As I consider the many challenges and issues that I will face as I attempt to "re-connect" with family and friends - there is one that I think will have a disproportionately bigger impact, and yet, it is hardly ever mentioned in most conversations dealing with reentry.

For those of us who have been incarcerated during the explosive growth of social media, it will be like being released into a foreign country. A country with a different culture, way of interacting, and even a foreign, almost indecipherable language. I.M.H.O. (in my humble opinion...)
It will be a world of I.M.s, Skypes, Face Time and Emojis.

Having been incarcerated since 2004, I was able to see the beginnings of that sea change - but the "wave" that I saw coming has turned into a technical tsunami which has changed the landscape and altered the very fabric of society. I've spent the past 13 years separated from society by far more than just some razor wire.

6-13

I CAN EXPECT TO REENTER A
WORLD WHERE MY CIRCLE OF "FRIENDS
AND FAMILY" WILL HAVE THEIR OWN INTIMATE
CIRCLE OF FRIENDS THAT MIGHT BE 1000
STRONG. I MIGHT FEEL A BIT DISORIENTED
TO DISCOVER A DIGITAL DIVIDE THAT LEAVES
ME ON THE WRONG SIDE OF A "BELL
CURVE" WITH THOSE WHO HAVE BENEFITED
FROM 8 GENERATIONS OF SMART PHONES.
L.O.L. (LOTS OF LOVE? :))

REGARDLESS OF THE CHALLENGES, I
CAN ASSURE YOU, I'LL ENJOY EVERY
MOMENT OF PLAYING "CATCH UP" WITH
THOSE OF THE "AGILE PARADE" AS
I LEARN, LIKE "ROCKING ROBIN" OR THE
PRESIDENT TO "TWEET - TWEET - TWEET." :))

5/22/17
Edgar
Plan 3

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to

7-13

Re Entry Expectations

GARY FROD
M05398
D2-1112

There will be 3 major issues that I know I will face when the end of my sentence arrives in 2021. A change in mindset will be needed to transition from the "regulated," ordered pace, of institutionalization. I will need to adjust to the sea change in interpersonal relationships brought about by the advent of social media over the past 13 years. Finally, recognizing that family, friends and associates must not be viewed through the inmates "regulated lens" of wary distrust and suspicion.

The end of this sentence will begin a new chapter in my life. And I still believe in happy endings. I am aware that in addition to the adjustments that I know I will have to make upon re-entry, there will be many unexpected challenges to go along with the excitement of reconnecting with friends and loved ones. In his book "Of mice and men", Steinbeck wrote "The well laid plans of mice and men so often go astray." However, I truly believe that if I can make those 3 key adjustments, I will be able to successfully navigate a course through whatever challenges I will face in order to live "happily ever after."

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Re Entry Issues

GARY FIELD
M05398
A7-1112

One of the many 1990s AN
inmate will face upon going home,
will be dealing with the perceived
sting of neglect or rejection. There
may be conflicted feelings for many
of us as we receive hugs and smiles
and well wishes from the same people
who hadn't returned letters or
accepted phone calls during what
may have been many years of
incarceration.

Scripture tells us to beware
of allowing a seed of bitterness
from taking root by which many
could be debilitated. The scriptural
metaphor of 'small' starting out
'small as a mustard seed' has its
counterpart in 'bitterness' which
may start out more like a kernel
to swallow acorn... Over the years,
its roots and branches may
spread great distances, trapping
many in a negative shade. *ACORN to OAK TREE.

Those are the type of issues
that must be resolved long before
the gates are opened and those
negative thoughts (perceptions) are
allowed to lead to potentially negative
confrontations.

One of the most valuable
lessons found in Stephen Covey's

9-13

The 7 habits of Highly Effective people having
to do with Frustrations. Namely,
That Frustrations are the result
of unmet expectations...

Once we begin to grasp that
concept, we can make a decision
to remain easily frustrated, or
begin to lower our expectations
when it comes to things (or people)
over which we have no control.
We can begin to ask ourselves
if we even have the right to
"expect" anything of anyone other
than ourselves.

We might find ourselves
pleasantly surprised at how our
attitudes change when we realize that
the Serenity prayer is more than
just a nice way to close an
A.A. meeting. ^{or} _v

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D2-111L

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Plan
#5

Accomplishments While Incarcerated

ALTHOUGH I ONCE ATTENDED COLUMBIA UNIVERSITY, I CONSIDER MYSELF BLESSED TO HAVE BEEN ABLE TO EARN A GRADUATE OF THEOLOGY, AND A BACHELORS OF BIBLICAL STUDIES. NOT WHILE I WAS OUT ON THE STREET AND "PLAYING CHURCH," BUT WHILE I HAVE BEEN INCARCERATED!

I HAVE ALSO COMPLETED THE COURSEWORK AND NEED ONLY SUBMIT MY THESIS FOR A MASTERS DEGREE IN BIBLICAL STUDIES FROM GULF COAST BIBLE COLLEGE AND SEMINARY IN FT. WALTON BEACH, FL. IF IT MAY BE GOD'S WILL, THEN FOR HIS GLORY, I WILL BEGIN WORK ON 2 SEPARATE PH.D PROGRAMS - ONE FROM GULF COAST, THE OTHER FROM COVENANT BIBLE COLLEGE AND SEMINARY OUT OF TAMPAHASSEE, FL. I MAY HAVE COME INTO THE FLA. D.O.C. AS INMATE # MOS398, BUT I INTEND TO LEAVE AS DR. FIELD.

I WILL BE THE FIRST TO ADMIT THAT A MAN CAN HAVE MORE DEGREES THAN A THERMOMETER, BUT IT'S THE DEGREE TO WHICH HE APPLIES THE WORD OF GOD TO HIS LIFE WHICH WILL MAKE ALL THE DIFFERENCE.

FAR MORE IMPORTANT TO ME THAN THE ACADEMIC ACHIEVEMENT HAS BEEN THE OPPORTUNITY TO DEVELOP A REAL RELATIONSHIP WITH THE LORD THROUGH THE INTENSIVE STUDY OF HIS WORD - THE PAIN OF PRISON ACTUALLY PRODUCED A PEARL

11-13

of great price, in part, when I was separated from the world, I was separated from the many things that had been separating me from the Word of God.

When I re-enter society, rather than struggle to "catch up" and be conformed, I will have the Word of God as a lamp unto my feet (to show me where I stand), and as a light unto my path (saying, "This is the way, walk ye in it"). Having been transformed by the Word of God, I consider my new life in Christ to be my greatest accomplishment while incarnated. Paradoxically, my greatest accomplishment was through no "works" of my own, but through God's amazing grace.

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Edw. Penn
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Living w/ Purpose

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M05348
D2-111L

There's a very important difference, in my opinion, between living with purpose, and pursuing a series of goals. While it is readily apparent that having goals is an important part of a positive, well ordered, and productive life, goals are met and discarded - while 'purpose' is a beacon, or a guiding light that keeps us moving in a steady direction - which gives meaning to our lives.

Unfortunately, far too many people confuse having "goals" with having a purpose. Obviously, goals contribute to having a 'successful' life - but pursuing a series of professional goals which move one up the ladder of success, or personal goals meant to increase one's self esteem, can lead to ^{A SERIES OF} "never ending, 'let downs'" as material gains prove to be as satisfying as Szechwan. They can begin to leave you with a vague sense of dissatisfaction after the initial joy that comes from having accomplished something - an uneasy feeling that "something is missing", or "is that all there is."

Goals have to do with what we want to have, or what we want to become - and so we do those things that allow us to be the kind of person we aspire to be. The problem is that we are human beings, not things.

13-13

I have found that the only way
my life could avoid the pitfalls that
come from getting caught up in the
Doings, while trying to be some-
is just to Be that which I aspire
to, and then I will automatically
do the things a person like that does. ^{and}