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I pray this finds its way to you and that it finds you well and able to count it all joy, knowing our current difficulties are not worthy to be compared with the Glory to come. Amen.

Before work this morning I put together a list of those people I felt I needed to write too. The list ended up with about 10 names on it, so I decided to do a "Newsletter" to catch everybody up on my doings and hopefully inspire you to do the same for me with yours. ;) In case your not up to date with me I will back tract a bit. Back in 2015 I went through a major crisis with the passing of my youngest boy, Asheton. Now, even before then I had begun to struggle with mental health issues resulting from a lot of unresolved issues, shame and false beliefs about myself, God, and others. In 2016 I entered a Mental Health Treatment Program.

While in that program, approx. 20 months, I was blessed with two doctors, psychologist, who were amazing! My last Dr., Maulk, well, I spent 4+ hours a week with him for 8 months. The healing that resulted has been, and continues to be, amazing. Underlying issues, roots of addiction, shame, etc. have been if not eliminated, then radically reduced. I left formal therapy last Aug., have been medication free now for months and am scheduled to be discharged from the Mental Health Services Delivery Program soon. My Recovery is rock solid, my joy is off the charts, my health, WOW!! Have dropped 25 pounds-down to 182-off High Blood Pressure Meds, eating as much whole foods as is possible here. I used to be, back in donovan, known as "Keeper of the Jaw Bone". They now call me "The happy Guy, you know, the Recovery one." God is good, and I am getting there, amen.

I am now in San Quentin, intergrated back into "The Mainline", and working as a Teaching Assistant in the Adult Basic Education, Level III program. The work is meaningful as well as challenging. In just afew months I am slated for promotion to an Inmate Peer Mentor. The promotion comes with lots of advantages over my current position, more freedom to schedule my own time with students, and one of the highest paying positions in CDCR. I will be making One Dollar an Hour! Currently the staes claims 80% of all deposits to my account, but only until this last 400 in restitution and 350 in court fees is paid. What this means is that, Lord willing, in about 6-7 months I will have 150 posted to my account each month, will be able to care for all my needs, some needs of others and save a bit! :)

I have just finished putting togester a Christ-Centered 12 Step program. For 18 long months I was a thorn in the flesh of powers to be, Chaplain Williams, Ron H. (Outside sponsor proving hundreds of dollars in workbooks as well as prayer support) Dad, and Lord knows I bugged HIM! ;) We now have a whole chapel, two wonderful brown card volunteers, Chaplain sponsorship, and a large group-as diverse as you can imagine! of men with a desire to stay clean. This group is way beyond my wildest hopes and dreams and is by far the most wonderful recovery group I have ever been a part of, praise God!

New laws in CA now have me slated for release in 2025 instead of 2029. Changes are still happening and it may even be sooner. I am ready! I mean really and truly ready, ready, and ready! :)

Although I hope to parole prior to '25, I am prepared to serve until then. I now have an AA degree from Lassen College, in Socail Sciences. Two AA's from Coastline College -American Studies & Soc. Behav. Sc., going for my third with them, Business. My Bachelor in Christian Minstry is from Christian Bible College.

I am also enrolled in on-site course here from Pattan College and hope to earn my AA gen. Stud. from them. I completed Vocational Office Services, have MS Office Cert, Expert WORD 2003, Spec. : WORD, EXCEL, ACCESS, PP 2007, lit. cert 2010. I tell you all of this to let you know that although I've had my ups and downs this last 10 years, I've putting in work and God has added the increase. For about 15 years I Prayed "make me a man of Godly character". I finally understood 10 years back how very much He wanted to do just that but that I had a part to play in that process. Better late than never. ;)

As it stands now, I will parole at age 59 after decades of constant incarceration. The challenges i'll face, only He can overcome. My Recovery is, JUST FOR TODAY, rock solid, my growth ongoing, my relationshipwith Him is vibrant, vital and Awesome, and getting better and better with others. Most everyday is one filled to overflowing with joy. As I said, I'm literally known as "You know, the Happy Guy". WOW!

Please pray for the students here, for their sobriety, abilities, and protection. Also for thos in The Twelve Steps-A Spiritual Journey Group, those attending now, and Lord Willing, all those who will now attend in future. Amen.

In closing, please realize God loves you, this **not** in spite of yourself, but because you are exactly you! You are not on His last nerve, but are so very precious to HIM! You make Him smile ans even laugh, He really, truly and deeply loves and cherishes you. He considers you so so wonderful He'd give anything for you, and in fcat He Gave His all, and would do it all over again at this moment in time! We are not broken or defective. We are The Kings Kids, kids He absolutely Delights in! Wow. I ask you to, and pray you will, ponder this for a good little while today. It could change your life. It did mine! I love you too, and weep tears of joy for knowing you.

May He continue to bless us and grow us up to be perfectly ourselves, perfectly unperfect, for now ;) Smile, in Him, we've already won!

Love and Prayers,



Robert A. Russell