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Covid-19 invades The Q!!

About five weeks ago it was discovered that 15 inmates just transferred into San Quentin from Chino had covid-19. We now have well over 1,600 cases, I being one of them. I was tested in mid june and discovered on July 5th that I was in fact positive for covid-19. I have little to no symptoms and was "declared" to be covid free a few days ago. Today is July 12th by the way. I do not know how I was declared with no new test, but Praise God anyhow because the entire institution is on a full slam quarantine lock down so I could not infect anyone anyway.

Most of the staff of this prison are out and as a result we were on box lunches for about a week, no fruit, no veggies, it was bleak. We are now being fed by a outside private vendor and it is by far the best food I have had in almost 17 years. My cellie is still gone after being removed for covid so I am milking the time alone with God to dig a bit deeper and get some of those roots I missed over the years. I feel as though the healing He has lead me to is of a whole new level. What He lead me to do was bring up those few remaining memories that caused me such pain. A few of them were all about things I suffered, but most were about sufferring I caused. To bring them up, draw up the pain and sit with it and question it, then allow God to speak into the pain, and finally to step out of it, healed and whole. I found it to be a very real exercise of compassion. Life is good and God is even better.

I was also lead to address the last little area of compromise I had been allowing for years. It was around the area of finacial support. I got transparent with those who offer support about all support I receive, and decided I could no longer live like I have been, enjoying "stuff". So I drastically reduced budget and have begun to save all the support I get in, after informing the three inviduals thats what I am doing. I have been feeling unsettled over this issue for years, now I feel I have peace. I do still need to have a convo with my aunt though. Well. God bless and keep us all. smile, God Is Good!

In Jesus Russ

Russ