



# August 2010 Newsletter

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## LOSS AND GRIEF UNIT VERY SUCCESSFUL IN BROOKSVILLE JAIL

**Dee Gallo had her May graduates group complete a course evaluation at the Hernando County Jail.** The results were heartwarming. Reports like these make it all worthwhile. The following excerpts show Dee's effectiveness, the need for this unit, and how the emotional lives of the participants can be improved.

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I want to give a special thanks to Mrs. Gallo for coming here to the jail to teach this class to us women. I really learned a lot in the class about loss, big and little. I also learned about the many different time lengths of grieving...So, I thank you from the bottom of my heart-Sophia

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This was an excellent class. It was so comforting to me to read scriptures in the Bible on how God wants us to deal with "deaths" in our life. I learned how to deal with "deaths" in a healthy spiritual manner rather than destructive sin-like behavior. Mrs. Gallo was an awesome teacher and mentor. Words can't describe how she touched my heart. I came into this class with a broken spirit. I now feel the Holy Spirit in me! She truly has been helpful in my journey to recovery. Mrs. Gallo was very professional, yet caring at the same time. I can't say enough about this class and Mrs. Gallo. I look forward to other FIT classes.-Lorie

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Handling Loss and Grief helped me 100% with my own grief as I lost my husband recently. Even though a lot of the sessions were painful, they also were helpful in my understanding the stages of grief. This helped me resolve my issues and have a healthier relationship with God and His Word. The sessions covered all the material and we were allowed to discuss and express our feelings. This was a very worthwhile course and was instructed appropriately by this Christian lady. Thank you for your unselfish sacrifice.-unsigned

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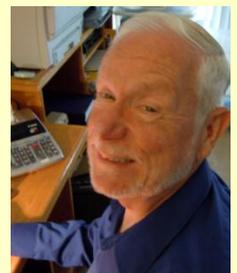
It was a great class. My mom died February 5, 2010, and it made it a little easier to come to terms with.-unsigned

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I only came to three classes. I suppose by own fear may have held me back. I found you to have such a peaceful and serene spirit with wisdom and a loving, nurturing method of walking me through my grief and pain. My issues are with past abortions. I will now seek out such Christian groups with facilitators...like yourself. Thank you so much for your strength, hope, and experience. Love and respect, Sonine.

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**A Word from President Don Pratt.** One thing that shines through these testimonies, other than Mrs. Gallo's obvious effectiveness, is the need to **deal with our emotions**. Though the Loss and Grief Unit may be one of the least chosen by our participants, facilities and facilitators, there for good reason to include it in our overall intervention plan. Just as the brain remembers things through the repetition process ("rehearsal"), thoughts reinforced by the same negative feelings will change us into negative people. Ignoring destructive and counterproductive feelings will not make them go away. They only become worse. Incarcerated men and women, of all people, do not have a special pass that makes them immune to the losses of life. We need to help them in this area as much as we help the others. Focusing only on the most popular topics will bypass real areas of need that need to be dealt with for the successful Christian and citizen. The Loss and Grief unit is there for a reason.



## 41 PEOPLE COMPLETE FIT VOLUNTEER TRAINING COURSE IN AUGUST

**August was a banner month for the FIT Training Course.** Helen Campbell trained 22 individuals on August 8 in Key West, FL. Then she trained another 13 in Toledo, OH on August 28. On the same date Don Pratt did his quarterly training session in Bradenton, FL. Six additional people were trained there. Folks around the country from various Christian churches indicate they like our program. They tell us they see us on the internet and some order our materials. In August orders were received from Florida, Arizona, and New York. Below are photos of the Key West and Bradenton sessions.



Key West Group



Bradenton Group

**Helen Campbell** writes: The training on Saturday in Key West was wonderful. We had 22 people show up - everyone was delighted with the material and eager to get started. Dr. Jonathan Carey explained how he wants to see this organized - and invited us back to be observers when they start the classes in the prison. It was truly refreshing to be a part of this. **Don Pratt** writes about the Bradenton meeting: It was truly an honor to work with this fine group of eager and dedicated volunteers. All but one of the attendees were from the Port Charlotte area. At right in the picture is **Don Batterman**, who assisted me. The group applauded his presentation.

**August Notations.** August saw only a single \$2 donation. To date, only \$12 in donations have been received online. The downturn in the economy has greatly curtailed our operation.

Currently, our free certificate program is being maintained by proceeds from our \$25 training fees. Our documentation and precise certificates continue to be a signature feature of our program. Our certificates are used by courts, probation officers, and lawyers as evidence of progress toward a more productive life. Parents have regained custody of their children through our certificate program. We could reach many more people if we had the funds for the \$10 books to give to the members of the groups we facilitate. A typical group has 15 students, costing about \$150. Almost none of our clients are able to buy the books themselves.

You can help by sending your donation to:

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Bradenton, FL 34204-1411  
(941) 739-1338

Gifts also received online at [www.100hour.org](http://www.100hour.org)

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