

LA CROSSE COUNTY JAIL MINISTRY
P.O. Box 2675
La Crosse, WI 54602-2675

Looking for an easier way
to donate funds?

Donations to support the
La Crosse Jail Ministry can be made
online at Lacrossejailministry.org
(Support & Donate).

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Our Mission:
La Crosse Jail Ministry offers inmates spiritual direction,
rehabilitative support, and connections to faith communities.



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LA CROSSE JAIL MINISTRY BENEFIT

You're invited to Burrachos in Onalaska for a benefit for the La Crosse Jail Ministry on 09/14/2022 from 4pm-8pm. Come to Burrachos Fresh Mexican Grill where 25% of Sales will be donated to La Crosse Jail Ministry! **Online ordering is available for the whole day** (www.burrachos.com)!

If ordering online, add La Crosse Jail Ministry into the comments, so we can be sure to count it! **At the register**, please be sure to say La Crosse Jail Ministry. The address is 9432 WI-16 in Onalaska.



**JAIL MINISTRY & CIRCLES OF SUPPORT VOLUNTEER EVENT
TUESDAY, OCTOBER 11 FROM 6:30 TO 8:00 P.M.**

We would like to invite all volunteers to Coulee Life Church in Onalaska on County Road SN. The night will include the following:

- Police Chaplain Franklin O'Laughlin on police chaplaincy and ways to support those who serve including correctional officers
- Special Speaker former Sheriff Steve Helgeson speaking on Criminal Manipulation
 - o Why some people use manipulation?
 - o How to recognize when it is happening?
 - o How to respond to the manipulation?
 - o How to set up boundaries?
 - o Why this is helpful for both you and the inmate or those formerly incarcerated that use this tactic?



**Police Chaplain
Franklin O'Laughlin**

- Refreshments, Fellowship and News about Jail Ministry

This night is targeted towards our volunteers, but everyone is welcome. Please RSVP to the chaplain at Chaplain@lacrossejailministry.org so we can get a count for the refreshments. Thank you!

**LA CROSSE JAIL MINISTRY
2022 BOARD MEMBERS**

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Circles of Support

Nina Shephard
Franciscan Sisters of Perpetual Adoration

Rabbi Brian Serle
Congregation of Sons of Abraham

Your gift is greatly needed!

Donations to our ministry can be made online at lacrossejailministry.org (Support & Donate)

Please cut and mail

La Crosse County Jail Ministry Gift Form—Your Support is Welcome!

Please consider helping Jail Ministry with a tax-deductible donation.

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone (_____) _____

Email _____

YES, I would like to make a donation to Jail Ministry in the amount of:

_____ \$100 _____ \$75 _____ \$50 _____ \$25 _____ Other \$ _____

This gift is "in memory of" _____

This gift is "in honor of" _____

Plases make checks payable to:
Jail Ministry
P.O. Box 2675
La Crosse, WI 54602-2675

WHY I SERVE LA CROSSE JAIL MINISTRY

It started many years ago, when a young man, teen youth, found himself in juvenile detention. He and his family didn't attend the church I was pastoring, but we were neighbors and I had spent some time building relationships with this young man and his sisters. I began to visit him while he resided in the local JDC and that continued to develop into a good mentoring relationship for several years. But that's where it started - my heart and compassion for people behind bars. Soon I was visiting men in county jails and even a couple times in prison.



Pastor Steve Dawson

Fast forward to today. I'm so appreciative of the opportunity to serve as a volunteer with the La

Crosse Jail Ministry. I'm a Pastor at a local church and keep plenty busy serving my immediate congregation. But I firmly believe that my "congregation" extends far beyond the walls and attendance sheets of the church wherein I serve. The men and women that have been placed behind bars are just as much a part of my community as the people that attend my church any given Sunday.

Serving as a volunteer by providing church services and Bible studies in the jail is so fulfilling. I am currently volunteering for the Sunday church services for men that meet in the Jail gym or rec yard. I love greeting these men and sharing a smile and conversation. I want them to know that I care about them as people, that there is someone who sees them for just who they are, not just as someone in jail. The La Crosse Jail Ministry is a beautiful way to show these men unconditional grace, love, and respect, and also to share some encouragement and hope from a God who loves them deeply.

SECOND CHANCES VIDEO



We have a new video! It was pulled together by a combination of efforts. We are thankful to the people who were willing to share their experiences, Joannie and Chris, of how their lives have been turned around. We also appreciate the following people for their work on the production: Chaplain John David, Maureen Freedland, Jim Jorstad, Chris Magnuson, Rabbi Brian Serle, Deacon Tom Skemp, and Nick Venne. The video is a little over 10 minutes. Please view it, share it, and show it to your communities. You can find it on our website on the About Us page, Second Chances.

BRINGING BUDDHIST PRACTICE TO THE JAIL

Siddhārta Gautama began his spiritual quest because he saw suffering everywhere he turned. He wanted to understand it, and even more, he wanted to be free from it. After much searching and many spiritual practices that fell short, He came to understand that pain, frustration, and adversity are a part of life just as love, blessings, and gratitude are. He understood that suffering had more to do with how human beings react to the joy and pain. That understanding was part of what Siddhārta awakened to, and after that prolonged experience, He became Buddha, Enlightened.



Ann Tyndall

The Buddha discovered that suffering arises when we automatically react against life as it is, trying to avoid pain and cling to happiness and security. On the other hand, the Buddha taught that if we can slow ourselves down, we can experience things as they are in the present. We then discover a myriad of ways to respond. As in the Serenity Prayer, we can be at peace with things we cannot change, find the compassion and wisdom to respond in a productive way to things we can influence, and indeed, be in touch with the wisdom to know what's needed. The Buddha further taught that our true nature is compassion, wisdom, openness, and inner strength. Each sentient being has the capacity to wake up just as the Buddha did. The Buddha taught us to work with our minds, for it is within our mind that we either misperceive or see clearly. Misperception leads to automatic reactivity. Seeing clearly leads to responding genuinely.

So, those of us who bring Buddhist practice to the jail start by teaching

mindfulness practice: simply sitting, resting attention on the breath, noticing when you get distracted and return to the breath. If we can do this simple practice repeatedly, with a feeling of gentleness toward ourselves and curiosity about how the mind works, we slowly begin to let go of misperceptions and stay present to moments of life, as it unfolds. Gentleness and curiosity generate a sense of warmth and tenderness for all we encounter, and the wisdom to respond genuinely.

The men I have met at jail seem to welcome the experience of practicing mindfulness. It offers them a few moments of peace. The path begins with coming home to the simple experience of moment by moment of simply feeling the breath. Just that. Those of us who have practiced for a while know that relearning this simple practice of being with our breath begins to open space. This is the space in which our intrinsic intelligence and warmth arise. This is the first step on the path of being free from suffering.

I've been moved by the openness with which many of the men come to our group. They willingly follow the mindfulness instruction and after sitting for a period, many are willing to share their experience. They seem to find a few moments of peace. We are grateful to La Crosse Jail Ministry for offering us the opportunity serve at the jail.

GRANT AWARDED

The La Crosse Jail Ministry Board is grateful to the City of La Crosse and Federal American Rescue Plan Act for providing our ministry with a grant of \$20,000 over two years. We are so grateful for their support and their desire to partner with us as we ministry to people who are incarcerated.

CHAPLAIN'S CORNER

ENCOURAGEMENT



Ann Wales

At times I must admit I do get discouraged in the jail. When I hear about the lives of inmates or see them get arrested once again. I know I can't focus on results in this work. I know that I am only responsible for my actions as I work to honor God with what I do and say but one can't help wanting to see some progress.

But then just when I need it, encouragement arrives. It arrives through a newsletter from Next Chapter La Crosse about some of the men they are helping. Or it arrives through a connection with a graduate from Adult & Teen Challenge of Western Wisconsin wanting to serve others. It arrives through some inmates sharing about volunteers, how encouraged they were to hear their testimonies of overcoming addictions and criminal lifestyles. It arrives through a phone call from a former inmate who has stayed clean and out of trouble now for almost a year who wants to be a core member of our Circles of Support program. It arrives through the volunteers that faithfully show up for services and studies or who send me articles for this newsletter. It also arrives through the support so many of you show through your donations.

Encouragement, so refreshing, I am so grateful to God for providing it just when I need it.

Thankfully,
Ann Wales, Chaplain

ITEMS THAT WE CAN NO LONGER USE IN THE JAIL

If you or your faith community have been dropping off greeting cards, puzzle books, calendars, coloring books, outdated devotionals, or note paper for us to use in the jail, it is so very kind of you. We can though, no longer use these items.

HOLIDAY SEASON IT'S COMING SOON FOR ALL FAITHS!

If your faith community would like to increase the joy of the holiday season coming up for inmates, we have a few ideas:

- 12 Cardboard puzzles in cardboard boxes
- 12 Sequence Games (the kind in a cardboard box)
- Donations towards goodie bags for all inmates to include hygiene products and treats.



If your faith community would like to take part with these ideas or any of your own, please email chaplain@lacrossejailministry.org

NEW MISSION STATEMENT

We have a new mission statement:

La Crosse Jail Ministry offers inmates spiritual direction, rehabilitative support, and connections to faith communities.

This statement will help us, the board and staff, keep our focus on why we are here and do what we do. During this process one of our board members, Marilyn Arndt, came up with this for our tagline: Building bridges to brighter futures. We found it to inspire hope and it goes great with the sun in our logo as well as the bridges in La Crosse.

HONOR YOUR LOCAL CORRECTION OFFICERS

They serve 24/7 in a very tough job risking their lives to keep our community, our inmates, and each other safe. Not to mention how they keep the chaplain safe. We would like to provide them with a pizza and ice cream meal this December. If your faith community would like to be a part of this or would like to honor them in some other way, email the chaplain.



Jason Lawrence