



# Coffee Talk



Superintendent: Ms. P. Myers

Editor: Ms. A. Wheeler

March 21, 2019

## PRAS REVISIONS

From Ms. Rath, Administrator, Policy and Business Services



As many of you may remember, the Department has been analyzing the current PRAS system in response to a petition to amend the rule. Thank you for your patience as we looked into this very complex system. We are pleased to announce the first PRAS revision; the elimination of the 120-day evaluation period. By eliminating this waiting period, people arriving into our custody will be eligible to earn daily PRAS points on their first day of a qualifying program assignment and no longer need to wait 120 days to do so. This change will go into effect April 1, 2019, and from that time forward the 120-day evaluation period will not be applied. Please note there will be no backdating of points for those impacted prior to April 1, 2019.

Additional positive changes are in store for PRAS, and efforts to automate those changes are underway. We are eager to provide you system improvements and will communicate those changes as they become ready.

## PREA INFORMATION

From DOC

It is normal for people who experience sexual abuse to feel overwhelmed and have a lot of questions about what their options are. It is also important to remember no one deserves to be sexually abused. It is not your fault. Surviving and healing is possible.

Inmates who have experienced sexual abuse may reach a community-based advocate by dialing "711" from the inmate telephone system. Community-based advocates provide survivors of sexual abuse information about their options, resources, information and emotional support. Calls to "711" are confidential and free of charge.

### Advocates role

- Provide over-the-phone confidential support and crisis intervention related to sexual abuse
- Talk with a survivor about their current and ongoing safety
- Explain reporting options available through PREA

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- Support survivor at a sexual assault forensic medical examination
- Support survivor at an investigatory interview related to sexual abuse, as requested
- Educate/teach survivor coping skills for healing from sexual abuse
- Provide resources and referrals
- Provide follow-up support

### An advocate's role is

- Not make decisions or tell a survivor what to do
- Not tell a survivor whether or not to report
- Not investigate a crime
- Not provide legal advice
- Not be a survivor's friend
- Not provide therapy
- Not communicate with the institution unless the survivor requests them to do so and only with a signed limited release of information

Community-based advocacy centers provide sexual abuse support to people of all genders. Community-based advocates will not report the sexual abuse unless you request them to do so and if you sign a release of information.

Advocacy crisis lines are not a reporting hotline. If you wish to file a report, you may contact the Inspector General Hotline by dialing 9 on the inmate telephone system, writing an inmate communication, filing a grievance, or writing the Governor's Office at State Capitol, Room 160, 900 Court Street, Salem, OR 97301.

DOC is committed to providing inmates with avenues to seek assistance. Below are additional resources:

**Just Detention International Headquarters**  
3325 Wilshire Blvd., Suite 340  
Los Angeles, CA 90010

**PREA Advocate Coordinator**  
**Oregon Department of Corrections**  
2575 Center Street NE  
Salem, OR 97301

The community-based advocacy crisis line is for individuals needing assistance coping with sexual abuse related issues and is not to be used for other purposes. Contacting an advocate for anything other than services related directly to coping with sexual abuse takes away valuable resources for

sexual assault survivors who need an advocate's help. Telephone calls and mail to community-based advocacy centers are considered privileged/confidential communication and will be handled similar to legal calls/official mail.

You may reach your community-based advocate by dialing "711" from the inmate telephone, dialing their direct crisis line number, or sending written correspondence.

Institution	Community-Based Advocacy Center
CCCF	Center for Hope and Safety (CHS) 605 Center St. NE, Salem, OR 97301 1 (866) 399-7722
CRCI	Portland Women's Crisis Line (PWCL) Advocacy Program PO Box 42610, Portland, OR 97242 1 (888) 235-5333
DRCI	Saving Grace 1004 NW Milwaukee Ave, Suite 100 Bend, OR 97701 1 (866) 504-8992
EOCI	Domestic Violence Services (DVS) PO Box 152, Pendleton, OR 97801 1 (800) 833-1161
MCCF, OSCI, OSP SCI	Center for Hope and Safety (CHS) 605 Center St. NE, Salem, OR 97301 1 (866) 399-7722
PRCF	May Day 1834 Main St., Baker City, OR 97814 (541) 403-0291
SCCI	Women's Safety & Resource Center 1681 Newmark Ave., Coos Bay, OR 97420 1 (888) 793-5612
SRCI	Project Dove PO Box 980, Ontario, OR 97914 (208) 739-5061
SFFC	Tillamook Co. Women's Resource Center PO Box 187, Tillamook, OR 97141 1 (800) 992-1679
TRCI	Domestic Violence Services (DVS) PO Box 152, Pendleton, OR 97801 1 (800) 833-1161
WCCF	Lake County Crisis Center PO Box 774, Lakeview, Oregon 97630 1 (800) 338-7590

non-emergent health care request to Health Services so that you can be added to our Flu Vaccine Clinic List. We compile this list starting in September and add to it as the season progresses. When the vaccine becomes available Health Services will start the clinics.

Vaccines help your body build protection against illness. Your body will build antibodies (an-ti-bod-ies) that act as soldiers to protect you against different flu viruses. Each year that you get the vaccine you build up another layer of protection against the ever-changing strains of the flu virus. When you get a flu vaccine you may or may not feel like you have a mild flu after you receive a vaccine but this is just your body building the antibodies/soldiers to fight off the flu and feeling mild flu symptoms does not always happen. It is important to know that you cannot actually get sick from receiving a flu vaccine.

Whether or not you choose to get a Flu Vaccine you should remember to do the following throughout the flu season: **Wash your hands frequently.** This will help prevent you from getting common colds and help put a stop to your friends and neighbors getting it as well. Please practice this important and simple tool.

**Cover your mouth and nose** with a tissue or your sleeve (not your hand!) when you cough, sneeze or yawn to prevent germs from spreading. It is better to cough into your elbow. **Drink lots of fluids**, water, juices, and clear soups will help loosen mucus and keep you from becoming dehydrated. Drink at least 8, 8 ounce cups of water daily.

**Rest**

**If you do get the Flu:** Let Health Services know so that they can try and help lesson some of the symptoms and help prevent the spread of the flu to your fellow inmates.

- Send a Non-emergent communication form to Health Services listing your symptoms and how long you have had them.
- You will be scheduled for nurse triage to assess you and determine if treatment or precautions are needed.
- Treatment only lessens the symptoms and duration but does not cure the flu.
- Precautions involves having to wear a mask to prevent you spreading the virus to others and being placed on lay ins so that you rest and do not spread the virus.
- Flu viruses are generally contagious to others for the first 3-4 days after a person is infected.
- The Flu has to run its course.

Health Services cares about you staying healthy and recommends getting the flu vaccine annually.

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## Flu Vaccines Offered

From Health Services

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It is nearly spring again and the flu season has been harsh. Health Services want to remind you to get vaccinated against the flu. Every year ODOC Health Services offer flu vaccines to our adult in custody (AIC) population. Health Services will be giving Flu Vaccine to Adults in Custody who are at higher risks of the flu first; then it may be offered to the rest of the general population by AIC request. If you would like to get a flu vaccine please send a

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## WEEKEND AT THE MOVIES

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From: CRU

You may request any film be shown for a weekend movie; however, a film may **only** be shown as long as it meets the DOC's movie criteria as well as copyright rules (Swank).

Due to the volume of requests received, I am unable to respond and will be adding the movie requested to the list of movies that need to have eligibility determined.

Remember, there are several factors that have to be considered when selecting the movies, and these factors vary at **each** institution. This means that just because a movie was shown at another Institution it may not meet criteria to be shown here. The movie selection process is subject to change without notice.

I will try to ensure there is a combination of movie genre and release date for those being shown. Please remember that there are many residents here at Coffee Creek with many different tastes in movies.

### Upcoming Movies

3/23/2019	Sorry to Bother You
3/24/2019	Juliet, Naked
3/30/2019	Skyscraper
3/31/2019	Slender Man

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### Talk the Talk

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From Cpl Meham



The 'Walk in the Light' education team will be presenting the educational presentation *"Talk Saves Lives"* produced by the American Foundation for Suicide Prevention on Saturday morning, March 30<sup>th</sup> in the chapel from 9:00 to 11:00 am.

Be watching for a sign-up sheet that will soon be posted on your unit if you would like to attend. The talk will include:

- How to talk about suicide
- Statistics
- Warning signs
- What can be done to prevent suicide
- How to provide support
- And much more

You will also be able to pick up literature that may be helpful to you as it answers often asked questions about a subject that is commonly overlooked or kept silent. Sign up

sheets will only be up for a short period of time. Sign up quickly. You don't want to miss the opportunity to educate yourself on this important subject.

### OUT OF THE DARKNESS SUICIDE PREVENTION COMMUNITY WALK COMING IN APRIL

If you would like to participate in the *"Out of the Darkness Community Walk"* please check out the poster on your unit and sign up on the sheet provided. If you are not on a cell in or Lop you may attend the event. You must be a level 2 or 3 to participate. It will be held the following Saturday after the education seminar.

**Saturday morning April 6th from 8:00 to 10:30 am.**

Come and hear testimonies, show your support and be encouraged! This is a way in which we can band together, bridging the gap in unity against this tragic condition.

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### Getting Your Minor Child on Your Visiting List

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From Ms. Wheeler, Library Services Coordinator



It has recently come to my attention that there is some confusion regarding the parental delegation forms you receive from the law library.

First, this form does not assign guardianship. Only the court can do that. The form is meant to allow a caregiver permission to act on your behalf in matters such as getting medical care for your child, or signing your child up for school.

In order to get your minor child on your visiting list, you must submit a visiting application, which will then trigger Inmate Services to send a custodial consent letter to the person with legal custody, which must be signed and notarized by that person.

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### Center for Hope and Safety Trainings

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From Captain Wilson, Operations Captain

**Other trainings led by CHS advocates include:**

Sexual Assault – April 15<sup>th</sup>

LGBTQ+ – May 20<sup>th</sup>

Domestic Violence – June 24<sup>th</sup>

Mark your calendar!

## While supplies last !!!!

Last of the Holiday Items	Price	SALE PRICE
Cormal BBQ Pulled Pork	\$3.56	\$2.67
Rip N Ready Shredded Beef	\$4.50	\$3.38
Rip N Ready Meatballs w/Spaghetti Sauce	\$3.22	\$2.42
Brushy Creek Chili w/Beans	\$2.85	\$2.14
Smoked Cheddar Squares	\$2.86	\$2.15
City Cow Hot Pepper Cheese	\$2.26	\$1.70
El Mexicano Carne Asada Seasoning - Hot	\$2.42	\$1.82
Coffeemate Hazelnut Creamer	\$4.54	\$3.41
LDM Peppermint Crème Cookies	\$1.79	\$1.34

## New Stock items:

write in if not on order form

Hometown Mozzarella Bar	\$1.43
Hometown Select Beef Salami	\$1.72

## Post where authorized



**State of Oregon  
Department of Corrections Commissary**

**Date:** Wednesday, March 20, 2019  
**To:** Adults in Custody  
**From:** Anita Nelson, Statewide Commissary Operations Manager  
**Subject:** Commissary News, Updates and Reminders

**Updates:**

**Promotion Items available for purchase  
starting  
April 1st- May 31st, 2019**

Almond Joy Candy Bar	1.61 oz.	\$0.99
Eastview Farms Bacon Jalapeno Cheese Stick	3 oz.	\$1.29
Chewy Lemonhead Fruit Mix	4 oz.	\$1.12

**If these items are not listed on the Commissary Order Form please write them in and we will be happy to process your order accordingly.**

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## EDUCATION NEWS

From: A. Pinkley-Wernz, Assistant Superintendent of General Services  
*Oregon State Correctional Institution*

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### New Four Year College Degree Program

Oregon Department of Corrections, Corban University and Paid In Full Oregon have partnered to bring a four-year Bachelor of Science degree program to the Oregon State Correctional Institution. While the graduates will earn a Bachelor of Science degree, the goal of this program is much larger. It is about transforming lives – by transforming adults in custody into spiritual leaders and then sending those leaders throughout DOC to transform the lives of others.

This program is still in development. This announcement is to provide some basic information regarding the program to interested adults in custody. As the program comes closer to fruition, additional information will be provided to those that are interested and meet minimum qualifications. Twenty-five students will be enrolled each year, for a maximum capacity of 100 students.

Corban University is a private religious university in Salem, Oregon. Paid In Full Oregon is a non-profit organization founded with the purpose of partnering with DOC and Corban University “to provide inmates a fully accredited bachelor’s degree; transforming inmates into spiritual leaders and impacting the prison population throughout the State of Oregon.” Paid In Full Oregon is raising all the funds for this program. There will be no cost to students. The minimum requirements, as established to date, include:

- Minimum of eight years left on sentence.
- Non-Cash Incentive Level of 3. Level 2s may be considered with institution review and approval.
- High school diploma or equivalent.
- Appropriate level of CASAS scores as determined by Corban University.
- Successful application, which will include reference letters and an essay.
- Agreement to mentor others upon completion of degree. Religious Services staff will provide more information on this.

The goal is to begin this program in September 2019, with the first 25 students. Please do not send kytes to anyone at this time. As more information becomes available and dates are confirmed, we will communicate it to adults in custody.

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## PROPOSED RULES:

From: DOC

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### *291-149 Work Release Programs*

- Proposed amendments to rules to standardize terminology and to provide clarification to the processes related to work release programs.

- Last day to provide comment: 05/16/19

### *291-158 Trust Accounts*

- Amends the rules to implement SB 844 (2017), which authorizes DOC to collect a portion of inmate, trust account deposits for the purposes of creating transitional fund accounts, and to pay court ordered financial obligations the inmate may owe.

- Last day to provide comment: 05/16/19

## TEMPORARY RULES:

### **291-058 Structured, Intermediate Sanctions**

- Amends rules to implement changes made in 2017 legislation related to the supervision of drug-related misdemeanors. Rule changes will now include application to drug related misdemeanors as defined in ORS 423.478 for crimes committed on or after August 15, 2017, removing the conflict that the existing rules created.

- Effective: 02/12/19 – 08/10/19

*Copies of proposed rules are available at no charge from the law library. Temporary and Final rules are available for \$0.10 per page*

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## SUSTAINABILITY NEWS

From Green Team

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If you missed any of the great IAE Seminars, check out the coming hour long Nature Presentations. The Institute for Applied Ecology will be bringing in special speakers thanks to a special grant received specifically for the women of Coffee Creek. Educational Seminars will provide an outlook into nature’s burdens, the importance of sustainability & how we can protect wildlife and their habitats. Last week we saw the “**Birds of Prey,**” featuring a **Live American Kestrel from the Chintimini Wildlife Center.** Guest speaker, Kathleen captivated the audience with an informed & inspiring demonstration that shared of the Rescue Centers mission to heal, protect and reintroduce wounded raptors and other animals back into natural habitats.

Previously seen was IAE’s Sage Grass Seminar with Ms. Stacy Moore. An Ecological Educational Coordinator who also works with Oak Creek’s Youth Correctional Facility in Albany. Both entertaining & informative, the 1 hour seminar gave insight into Leks, a communal land filled with Sage Grouse, Shrike, Western Meadowlarks, Rattle snakes, Pallid Bats, Short Eared Owls, Antelope & more with slides, video & a sign-interpreter! Make sure you don’t miss the next one! Sign-up as soon as you see notices in future Coffee Talks or check Unit Bulletin Boards.

It's been a busy week for Lab Techs in our Taylor's Checkerspot Captive Rearing Program. Monday morning was a wake-up call for almost 1600 caterpillars who are working overtime to consume as many fresh, organic Plantago leaves—grown by the tender hands of our very own Plantago Crew on G/H Yard—as possible. The Checkerspot Butterflies are fulfilling nutritional needs in preparation for the following stage, or instar, before they become a chrysalis and an adult butterfly ready to flutter away and lay more eggs. High rates of butterfly activity in natural landscapes confirm a healthier ecosystem. Roots of Success Classes have started again. The classes will need continual funding and the Green Team is excited to share family & friends are now able to donate towards additional Roots of Success supplies & books. Simply make checks or CD-28s payable to “Coffee Creek Green Team,” attn. Ms. Fitts & CCCF Business Office. Receipts will be provided for tax purposes. Thank you for all you do to help support Roots of Success, the new Peer-Educated Certified Environmental Program.

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## ATTENTION MOTHERS

From CRU

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Do you have a baby or toddler under five? Want seven hours a week parenting your child?

Early Head Start offers a bi-weekly opportunity for incarcerated mothers and their children to strengthen their relationship and to preserve the bond of attachment while separated. Mothers gain hands-on parenting experience while their children learn through play and exploration.

Early Head Start is a national program established in 1995 to promote healthy prenatal outcomes, enhance the development of infants and toddlers, and promote healthy family functioning. The mission of the Early Head Start program at Coffee Creek is to promote, strengthen and support bonding and attachment between infants and toddlers and their incarcerated mothers.

Requirements:

- Child age from birth to Age 5
- Minimum or minimum eligible with gate clearance
- Child lives less than 60 minutes away
- Transportation to/from the school are Tuesday and Thursday 9:00am - 12:30pm



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## BUILD A STRONGER COMMUNITY

From Ms. LaCorney, CRM

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Do you want to build a stronger community at CCCF??

Coffee Creek is embarking on a new initiative and your assistance and participation is vital. We know and understand that Coffee Creek serves as your community during your incarceration, no matter how long you will be here. We would like for you to have an opportunity in shaping what that community looks like, what it should represent, what it should feel like. What kind of events would people like, what changes could be considered, what, what, what? There are so many facets of life that you understand in a way we don't. To that end, we are putting together a committee to address those issues, this committee would also propose, organize and put on events. They will field request from the population on such things as property, décor, special events, incentive events, etc. Not every proposal will be approved and some may need changes to ensure we are not comprising security or, it simply cannot be done, but be sure, all are welcome for review.

The first step, we need members! We will be seeking at least two people from each general population unit, that is twelve, we will probably fill it out at 13 for an odd number, which is helpful for voting purposes. To apply, please answer the questions below, in detail, attach to an inmate communication to Ms. P. Johnson. The panel reviewing the answers will not know who they are reviewing, they will be reviewing on content only. We are seeking a diverse, thoughtful committee committed to making positive changes at CCCF. That may be the person here the longest, or the person who just got here.

The initial tasks for the committee will be to define their mission and goals, length of service and a member replacement process. We also know there are a lot of good suggestions out there so one of the things we will provide is a way for all you to submit proposals.

Minimum qualifications:

- Level 2 or 3
- Reduction in level will cause a removal from committee.

Questions: Describe representation:

- What does representation look like to you?
- Why would you be a good representation of your community?
- What skill set do you have to qualify for a collaborative group?
- How would you use this position to contribute to your CCCF community?

We are excited to incorporate this committee and look forward to the positive changes you can all make in your community.

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## VISITING APPLICATIONS

From Ms. Stehle, CRU

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Once you have submitted an application, whether it was hand written or on the kiosk, please do not keep re-submitting applications for the same visitor. The process for a visitor application can take up to 6 to 8 weeks. Once the visitor is approved or denied, you will receive notification of the application status. Submitting more than one application per visitor is not productive and will not speed up the process

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## HEALTH NEWS

### READING A NUTRITION LABEL FOR SODIUM CONTENT

From: Health Services – Betty Hansen, RDN

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<b>Nutrition Facts</b>	
<b>8 servings per container</b>	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
<b>Calories</b>	<b>230</b>
% DV*	
12%	<b>Total Fat</b> 8g
5%	<b>Saturated Fat</b> 1g
	<b>Trans Fat</b> 0g
0%	<b>Cholesterol</b> 0mg
7%	<b>Sodium</b> 160mg
12%	<b>Total Carbs</b> 37g
14%	<b>Dietary Fiber</b> 4g
	<b>Sugars</b> 1g
	<b>Added Sugars</b> 0g
	<b>Protein</b> 3g
10%	<b>Vitamin D</b> 2mcg
20%	<b>Calcium</b> 260mg
45%	<b>Iron</b> 8mg
5%	<b>Potassium</b> 235mg
* Footnote on Daily Values (DV) and calories reference to be inserted here	

How can I reduce the salt in my diet? **READ LABELS!** Unfortunately, many items in our commissary are very high in sodium, as they are highly processed and need to be shelf stable. Top Ramen packs a whopping 1800 mg of sodium in one package. That is nearly an adult's recommended daily allowance of 2300 mg! Processed meats such as beef jerky, lunch meats, salted nuts, snack foods, desserts and condiments also contain large amounts of sodium. Dried fruits and unsalted nuts are good choices for snacks without

high amounts of sodium.

An easy way to tell if the sodium content is acceptable is to look for food items with the same or less sodium as calories per serving. For example, in this label, you can see that the sodium (160 mg) is less than the calories (230 cal). This product would be a good choice. If it is more, than you should look for something else. The 2015-2020 Dietary guidelines for Americans advise limiting sodium to less than 2300mg per day. DOC is working to reduce the salt in the menus as well

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**Help Wanted - ADL**  
From Health Services

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Are you looking for a new job? Are you a kind, caring, and compassionate person? Are you looking for a way to help

others and give back? Are you respectful and responsible? CCCF is currently accepting applications for ADL Worker positions. Activities of daily living (ADL's) are day to day activities like walking or pushing a wheelchair, bathing, dressing, feeding, and toileting that some inmates may not be able to do on their own; they require assistance.

In order to be considered for this position you must be housed in the Medium facility, have 6 months clear conduct and no program failures in the last 6 months. You must also have at least one year remaining of your sentence, and be physically able to lift with no medical restrictions. We are looking for individuals who communicate well with others, are patient, and respect the need for confidentiality. If you are interested in an ADL Worker position, pick up and complete an Inmate Work Application on your unit. Address your completed application to Health Services Nurse Manager and submit by placing in the Health Services kyte box on your unit. Inmate Work Programs (IWP) will screen applications received. Applicants who meet the minimum qualifications may be scheduled and called out for an interview. Thanks for your interest.

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## Medium Religious Services

From Chaplain Brault

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### Friday, March 22, 2019

- Chaplain Holmes Bible Study 9:00-10:00 A.M. Gh02 (No LOP)
- Native Flute Circle 9:30-10:30 A.M. Chapel (Participants Only)
- ARMS- GRADUATION 1:00 – 4:00 p.m. GH02 (Participants Only)
- Meditation 201 1:00-2:30 p.m. Chapel (No LOP)
- Buddhist Service 7:00-9:00 Chapel (LOP Ok)
- New Thought Ministries 7:00-9:00 p.m.CD02 (LOP Ok)

### Saturday March 23, 2019

- Visions of Hope 9:00-11:00 A.M Chapel
- Druid 12:30 – 1:30 p.m. Chapel (Participants Only)
- SDA Service 2:00 – 4:00 p.m. Chapel (LOP Ok)
- Baptist 7:00-9:00 p.m. Chapel (LOP Ok)
- Sunday, March 24, 2019
- LDS Bible Study 1:30 – 3:00 p.m. M111 (LOP Ok)
- LDS Choir 2:30 – 4:00 p.m. Chapel (Participants Only)

### Monday, March 25, 2019

- Celebrate Recovery Step Study 6:30-8:30 p.m. GH02 (No LOP)
- JW 7:00 – 9:00 p.m. GH02 (LOP Ok)



- Pastor Jose 7:00 – 9:00 p.m. Chapel (*LOP Ok*)
- Healing The Scared Hoop 7:00- 9:00 p.m. Chapel (Participants Only)

**Tuesday, March 26, 2019**

- Threshold 1:00 – 3:00 p.m. Chapel (*Participants Only*)
- Baptist Study 7:00-8:30 p.m. GH02 (*No LOP*)
- East Hill 7:00-9:00 p.m. Chapel (*No LOP*)

**Wednesday, March 27, 2019**

- Grief Class W/Nancy 9:00-10:30 a.m. Chapel (Participants Only)
- Meditation 101 1:00-2:30 p.m. Chapel (*No LOP*)
- FITS 7:00-9:00 p.m. M111 (*LOP ok*)
- Anticipate 6:30 – 8:30 p.m. GH02 (Participants Only)

**Thursday, March 28, 2019**

- Bridgetown Disciple 12:30 -1:00 p.m. Chapel (*Participants Only*)
- Bridgetown Service 1:00-3:00 p.m. Chapel (*No LOP*)
- Prison Fellowship 7:00-9:00 p.m. Chapel (*LOP Ok*)
- Catholic Service 7:00-9:00 p.m. GH06 (*LOP Ok*)
- Celebrate Recovery 6:30 – 8:30 p.m. GH02 (Participants Only)
- VOEG 6:30-8:30 PM CD02 (Participants Only)

**Friday, March 29, 2019**

- Chaplain Holmes Bible Study 9:00-10:00 A.M. Gh02 (*No LOP*)
- Jewish Service 9:30-10:30 A.M. Chapel (Participants Only)
- Meditation 201 1:00-2:30 p.m. Chapel (*No LOP*)
- Buddhist Service 7:00-9:00 Chapel (*LOP Ok*)
- New Thought Ministries 7:00-9:00p.m.CD02 (*LOP Ok*)
- SDA Study

**Saturday, March 30, 2019**

- Talk Saves Lives 9:00 –11:00 A.M. Chapel (Participants Only)
- SDA Service 2:00 – 4:00 p.m. M111 (*LOP Ok*)
- Baptist 7:00-9:00 p.m. Chapel (*LOP Ok*)

**Sunday, March 31, 2019**

- City Bible Church/Manna Bread 9:00–10:30 A.M. Chapel (*LOP Ok*)
- LDS Bible Study 1:30 – 3:00 p.m. M111 (*LOP Ok*)
- LDS Choir 2:30 – 4:00 p.m. Chapel (Participants Only)

**Monday, April 1, 2019**

- Silent Meditation 9:00 – 9:30 A.M. Chapel (Participants Only)
- Celebrate Recovery GRADUATION 6:30-8:30 p.m. GH02 (*No LOP*)
- JW 7:00 – 9:00 p.m. GH02 (*LOP Ok*)
- Aglow 7:00 – 9:00 p.m. Chapel (*LOP Ok*)

**Tuesday, April 2, 2019**

- Threshold 1:00 – 3:00 p.m. Chapel (*Participants Only*)
- Baptist Study 7:00-8:30 p.m. GH02 (*No LOP*)
- Labyrinth 7:00-9:00 p.m. Chapel (*No LOP*)

**Wednesday, April 3, 2019**

- Grief Class W/Nancy 9:00-10:30 a.m. Chapel (*Participants Only*)
- Meditation 101 1:00-2:30 p.m. Chapel (*No LOP*)
- FITS 7:00-9:00 p.m. Chapel (*LOP ok*)
- Anticipate 6:30 – 8:30 p.m. GH02 (*Participants Only*)

**Thursday, April 4, 2019**

- Moms In Prayer 8:30-10:30 A.M. Chapel (*Participants Only*)
- Bridgetown Disciple 12:30 -1:00 p.m. Chapel (*Participants Only*)
- Bridgetown Service 1:00-3:00 p.m. Chapel (*No LOP*)
- Prison Fellowship 7:00-9:00 p.m. Chapel (*LOP Ok*)
- Catholic Service 7:00-9:00 p.m. GH06 (*LOP Ok*)
- Celebrate Recovery 6:30 – 8:30 p.m. GH02 (*Participants Only*)
- VOEG 6:30-8:30 p.m. CD02 (*Participants Only*)
- LDS Choir 2:30 – 4:00 p.m. Chapel (*Participants Only*)
- Pagan 7:00 – 9:00 p.m. Chapel (*LOP Ok*)

**Monday, March 18, 2019**

- Celebrate Recovery Step Study 6:30-8:30 p.m. GH02 (*No LOP*)
- JW 7:00 – 9:00 p.m. GH02 (*LOP Ok*)
- Aglow 7:00 – 9:00 p.m. Chapel (*LOP Ok*)

**Tuesday, March 19, 2019**

- Threshold 1:00 – 3:00 p.m. Chapel (*Participants Only*)
- Baptist Study 7:00-8:30 p.m. GH02 (*No LOP*)
- Labyrinth 7:00-9:00 p.m. Chapel (*No LOP*)

**Wednesday, March 20, 2019**

- Grief Class W/Nancy 9:00-10:30 a.m. Chapel (*Participants Only*)
- Meditation 101 1:00-2:30 p.m. Chapel (*No LOP*)
- FITS 7:00-9:00 p.m. Chapel (*LOP ok*)
- Anticipate 6:30 – 8:30 p.m. GH02 (*Participants Only*)

**Thursday, March 21, 2019**

- Moms In Prayer 8:30-10:30 A.M. Chapel (*Participants Only*)
- Bridgetown Disciple 12:30 -1:00 p.m. Chapel (*Participants Only*)
- Bridgetown Service 1:00-3:00 p.m. Chapel (*No LOP*)
- Prison Fellowship 7:00-9:00 p.m. Chapel (*LOP Ok*)
- Catholic Service 7:00-9:00 p.m. GH06 (*LOP Ok*)
- Celebrate Recovery 6:30 – 8:30 p.m. GH02 (*Participants Only*)
- VOEG 6:30-8:30 p.m. CD02 (*Participants Only*)






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## Outside Track Reminder

From CO Smith

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Just as a reminder- when using the outside track for exercise, please remember that all runners should be keeping to the inside of the track. All runners should be aware of their surroundings and other runners- please ensure you are able to hear and see others around you to avoid running into each other.

Those who are using the track to walk should do so on the outside of the track. You should be walking in the opposite direction of the runners (counter clock-wise) and when approaching runners in a group, please yield to runners so that they are not forced off the track.

Thank you for your cooperation in this matter.

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## Minimum Religious Services

From Chaplain Al-Amin

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Please check the Religious Services Calendar for the month in your dorm for a schedule of meeting times and dates for services

Services and Activities with schedule changes:

### New thought Ministries: Tuesday 7PM

We are a spiritually based faith, grounded in the Principles of Love, Oneness and Acceptance. The foundation of New Thought is based on Jesus' central teaching, "As you Believe, so shall you receive." We're an inclusive teaching honoring all faith traditions, religions, creeds, races, cultures and sexual orientations, with the premise that we are all whole and complete spiritual beings having a human experience. At our services, we cover a variety of topics, from mediation, visualization, the power of prayer, the law of attraction, and much more. The idea of New Thought is that you already have all the answers with you, and we're there only to assist and support you in believing this for yourself, as the Power of God is one with you, and not separate from you.

### Episcopal Services: Saturdays 7PM

All are welcome at weekly worship services. Learn more about the Bible-four readings every week. Learn more about the Good News of God as revealed in Jesus Christ. Our more traditional way of worshipping includes lots of room to bring your own experience and reason. Eucharist (communion) is served about twice a month. We join together for evening prayer the other evenings.

- ASATRU meets D4 the 2nd & 4th Thursdays of the month.
- WICCA, 1:00-2:30pm. D8; on the 1st & 3rd Sundays of the month.

### Horizon Community Church:

(HCCGC on the call-out) holds Christian church services the 4th Sunday evening of each month. Join them for live music and a lesson from Beth Moore's book "Get out of That Pit."

New 12 step program will be meeting on Thursdays from 3:00pm to 4:00 pm D5. This program is being brought to you by the Latter Day Saints, but is open to all faith traditions. Space is limited. Please send a kyte to the Chaplain if you are interested.

African American Program a culturally specific transition program for Multnomah County Community Corrections.

Please kyte the Chaplain if you are interested in this program and you are from Multnomah County. It will meet on Monday evenings at 5:45 pm.

Multicultural Group is reading and discussing Houses of Healing by Robin Casarjian.

Native American Sweat Lodge Ceremony will not meet again until the Sweat Lodge is rebuilt.

Chapel Library the Chaplain will call chapel library by units Monday or Thursday Afternoons as her schedule permits