

The Facilities We Serve



Reflection from an inmate:

"REC has helped transform my life. I've been incarcerated now going on 31 years. The first 23 years were pretty much spent in and out of the Box and keep lock (Solitary Confinement). I had been to REC a few times, but did not take the commitment seriously.

"Then, in 2001 when I was transferred I had a long conversation with the chaplain about life and what my future could be after the REC and I made the decision to take everything at the REC seriously and opened my heart.

"I focused on the talks and really listened. My eyes were opened and my heart was lifted. I have not looked back since then. I decided to stop using drugs and getting into trouble. I began to think differently and used my past experiences to help other guys try to do their time more positively.

"REC has given me new hope for my future. I am a much kinder, thoughtful and peaceful person now. I have REC to thank for that."

Are you being called...

- to serve the prisoner (Mt. 25:36)?
- to encourage the faith journey of others?
- to be Christ's light in the midst of darkness?

If so:

Outside of prison walls you can...

- Pray
- Offer your computer, administrative, sewing or business skills.
- Consider a tax deductible donation.
- Join the PMUNY governance team.

Inside of prison walls you can...

- Be a part of a jail/prison ministry team.



For additional information about these ministries visit our web site:

www.PMUNY.org and/or contact:

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PMUNY

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Prison Ministry of Upstate New York is a sponsored ministry of Ecumenical Ministries of Perinton, Inc., a New York not-for-profit corporation with 501(c)(3) status.

Prison Ministry

of Upstate New York



"I was in prison...
and you visited me"

...Matt. 25:36

PMUNY's Mission is to provide spiritual, educational and financial support that enables Christian volunteers to minister to incarcerated individuals and share Jesus' message of love, healing and reconciliation.



Christian Programs offered in upstate New York State Prisons & the Monroe County Jail:

- † Fully Alive Retreats
- † Houses of Healing
- † Power Source
- † Residents Encounter Christ

Fully Alive

Fully Alive is a Christian Group Experience conducted at the Albion Women's Correctional Facility.

Based on the work of John Powell, SJ, this spiritual retreat offers opportunity for personal growth. It allows women to examine who they truly are and to discover ways to live out their faith each day.

Fully Alive focuses on Powell's Five Visions:

- [1] Vision of Self,
- [2] Vision of Others,
- [3] Vision of Life,
- [4] Vision of the World and
- [5] Vision of God.

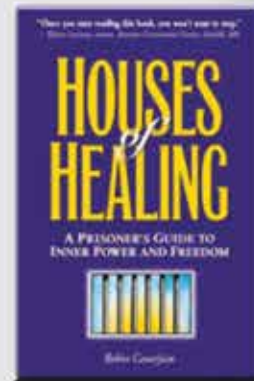


Houses of Healing and Power Source are based upon these Basic Spiritual Truths:

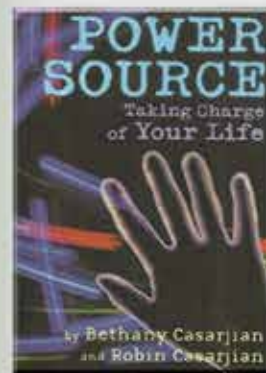
- *I am loved and I am lovable.*
- *My fundamental nature is good & beautiful.*
- *I am worthy of respect and acceptance.*
- *I am needed to help heal the world.*

Houses of Healing

is a 7-week program conducted in the Monroe County Jail which focuses on self-awareness and emotional healing for the purpose of understanding "How did I get here?" and "Where do I really want my life to go?"



Power Source



The goal of Power Source is to help teens better understand who they truly are, to take charge of their lives and to create a positive future.

is a transformative and rehabilitative program developed for high-risk adolescents that encourages self-awareness, forgiveness and healing.

The goal of Power Source is to help teens better

Residents Encounter Christ (REC)



REC encourages incarcerated individuals to remember that God's love and mercy are unending by emphasizing personal commitment and developing a personal relationship with Christ.

PMUNY supports REC in five upstate New York Correctional Facilities: Attica, Auburn, Groveland, Livingston and Wende.

REC is typically a three day spiritual retreat offering these themes:

Day 1: "Dying to Self,"

Day 2: "Rising with Christ" and

Day 3: "Going Forth",
living the Pascal Mystery.

REC focuses on God's unending love and reconciling mercy.

REC encourages incarcerated individuals to know Christ's love and peace and to share it with others during and after incarceration.