



To: The Residents of Pender Correctional Institution, greetings, peace and love from your brothers in Kairos and our Lord and Savior Jesus the Christ.

These are very challenging times we face as the Covid-19 pandemic continues to linger on and effects so many individuals and families. But never let a bad situation bring out the worst in you, choose to stay positive and to be the strong person that God created you to be.

- 1) Remember, Hard Times Don't Last Forever.
- 2) Remember, every struggle in Life Only Makes You Stronger.
- 3) Stay Positive with all Your Positive Thoughts.
- 4) Remember, Your Forgiving the *Person* not the *Offence* that was Committed.
- 5) Find the Right Person to Talk too and Pray with.
- 6) Learn to Smile Through the Hard Times.

Never forget how far you've come. Everything you have gotten through. All the times you have pushed on even when you felt you couldn't. All the mornings you got out of bed no matter how hard it was. All the times you wanted to give up but you got through another day. Never forget how much strength you have learned and developed.

It can't be stressed enough how every Kairos volunteer misses not having the opportunity to sit with you during "Prayer and Share" and any new training weekends, we as volunteers also learn from you when we attend.

So, we encourage you to stay strong and know that we volunteers stand and Pray with you, and have not forgotten you or your families. There is always hope and help through "*Kairos Outside Ministry.*"

Never lose hope just when you think it's over, God our Father sends us a miracle, we never know what tomorrow may bring.

[27 Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. John 14:27](#)