



Why Table Time Ministry?

TTM is built for you, for your journey on the Salvation Road. Everything about this ministry revolves around helping you develop your faith in real time, with real talk. TTM is not flashy or full of “celebrity” talking heads. This ministry is made up of misfits, just like you trying to do good things and change their life. All we need is your willingness to listen, ask questions, and begin your personal journey to Jesus!

What do I need to do?

Show up to bible study if you can and participate with an open heart and an open mind. We have leaders in most units and if not, find one of us at a church service. We are here to serve and to facilitate your faithful walk to a destination of Christian discipleship.



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Springtime Behind Bars: A Song of Renewal

Each of us struggles so I thought I would write my story of my time at CRCC the first spring I was there.

- Dwight

I don't see much of the outside world from here. The walls are thin, the doors louder than they need to be, and time moves in a way that feels both slow and heavy. But every now and then, something shifts. It might be the faint warmth of sunlight reaching through the narrow window, or the way the air carries a softness that wasn't there before. That's how I know spring has come again.

I think about what spring means in the Bible—how it speaks of new life, of things growing where nothing seemed possible. Out there, somewhere...*definitely not* at CRCC, trees are budding and flowers are pushing through the dirt. In here, it's harder to see. But I've started to realize that maybe spring isn't only something you look at. Maybe it's something that can happen inside you. There was a time when I felt like winter had taken over my life completely. Everything seemed cold, still, and stuck. Regret has a way of freezing you in a moment you can't undo. Being here only made it louder. But somewhere along the way, I remembered a verse from Isaiah:

“Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert.” Isaiah 43:19

At first, I didn't know what to do with that. A “new thing” didn't seem possible in a place where every day looks the same. But the words stayed with me. Especially that question—do you not perceive it? It made me wonder if maybe something was already happening, and I just couldn't see it yet. I thought about the wilderness and the desert. Places where nothing grows, where everything feels empty and endless. That's what this place can feel like. But the verse doesn't say the wilderness disappears. It says a way is made through it. It says rivers can run even there. That stayed with me too.

There was a time when I felt like winter had taken over my life completely. Everything seemed cold, still, and stuck. Regret has a way of freezing you in a moment you can't undo. But somewhere along the way, I remembered a story about two men locked up just like this, singing in the dark. They didn't wait for freedom to come before they lifted their voices. They sang right there in the middle of their

The Basics of Music Theory

Music theory is often seen as a daunting subject for beginners, but it doesn't have to be. Understanding the fundamentals of music theory is like unlocking a new language that can greatly enhance your musical journey. In this beginner-friendly guide, we'll break down complex music theory concepts into digestible explanations and provide examples to help you grasp the basics. Whether you're a budding musician or just curious about how music works, this is here to make music theory easy and enjoyable.

Chapter 1: The Basics of Music Theory

Let's start with the bare fundamentals before delving into the complexity. The study of music theory examines how music functions. It covers a variety of subjects, such as comprehending notes and scales, reading music notation, and developing harmonies. Fundamentally, music theory improves how musicians express themselves and compose music.

The Beauty of Music Theory

Music theory is the language of music, helping us understand how melodies, harmonies, and rhythms work together. It's a valuable tool for musicians, composers, and enthusiasts, enhancing our ability to create, interpret, and appreciate music genres. *Next month Ch. 2!*



Springtime Behind Bars: A Song of Renewal

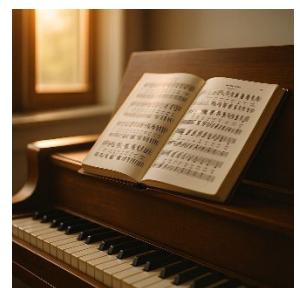
"Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert." Isaiah 43:19

At first, it felt strange to even try. Singing in a place like this doesn't come naturally. You learn to keep your head down, your voice low. But one night, when the silence felt heavier than usual, I whispered a song I remembered from years ago. It wasn't perfect. My voice cracked. I didn't even remember all the words. But something shifted. It didn't open the doors or change my sentence. But it changed me. There's a kind of peace that comes when you turn your attention away from everything closing in around you and fix it on something bigger—on God, on hope, on the idea that your story isn't finished yet. When I sing now, it feels like I'm stepping into that promise—that maybe this "new thing" is already beginning, even here. For a few moments, the walls don't feel as close. The noise fades, thoughts slow down. Worship has become my way of marking time, the way the seasons used to. Each song feels like a small seed planted in a place I once thought nothing good could grow. And slowly, I'm starting to see something come from it—patience, maybe. Or strength. Sometimes just the ability to breathe without feeling overwhelmed. Like water finding its way through dry ground, Spring still comes, even behind bars.

I can't walk through blooming fields or feel the grass under my feet, but I'm learning that renewal doesn't need all that to begin. It starts in smaller ways—in a softened heart, in a lifted voice, in the decision to believe that change is still possible. I don't know what tomorrow holds for me. But I know this: winter didn't win. Not out there, and not in here either. Something new is growing, even in this place. A way is being made, even here. And sometimes, it starts with a song.

I just wanted you to know that I struggled during my time at CRCC. My faith was shaken, then reawakened. The inspiration I received was from you and people just like you. Fellow inmates who through the life they lived inside the walls taught me to be a better person, a better disciple. They taught me that little things matter and that even a little thing like me in this world matters to God! They way a Christian leads their life in prison has incredible impact on those around them. Remember that this month of Springtime renewal, this month of May!

- Dwight



Christian Music Facts!

1) Music Was Mentioned as Early as the Old Testament

Mentioned as early as Genesis 4:20-21, musical instruments have been introduced in the scripture.

2) Instrumental Music Has Been Used as Worship Even Then

Cited in 1 Chronicle 15:16, music has been used as a tool for worship even by early Christians. According to the passage, Levite chiefs appointed their own brethren to be singers as they celebrate with music. These singers would play using musical instruments such as harps, lyres, and cymbals to celebrate the divinity of the Lord.

3) The Church Made Great Use of Church Music

As we know it today, mass is celebrated with the lyrical chorus of praise. Pieces of scripture are accompanied by beautiful musical pieces. The church music, especially Gregorian chant, has long been considered as a gift from God to the church. Originally used for worship in the early days of the Catholic Church, it was considered one of the greatest contributions to church music.

4) The Gregorian Chant Was Drafted by Pope St. Gregory

One of the greatest influencers of the Catholic Church's music was Pope St. Gregory I who drafted the Gregorian chant during his papacy way back in the 650s. It was considered one of the best contributions to church music.

5) Salvation Music for the Salvation Army

Founder of The Salvation Army, William Booth was a firm believer in the power of music. He had a live band play religious songs set with secular lyrics. He called it "salvation music." These songs were part of what he called "The Orchestra of God," and they included "Onward Christian Soldiers," "O Boundless Salvation," and "Send the Fire

Tune in next month for more fun facts!



Your Brain on Music: How Tunes Can Impact Your Mind - Part 1



"A single song can go a long way in helping you focus, recall memories and develop new neural connections in your brain."

When you hear a song you love, it can scratch just the right kind of itch in the back of your brain. Whether it's the Jurassic Park theme song from John Williams or the latest and greatest from Chris Tomlin, the music we listen to has the power to pump up our creativity and jumpstart the cells in our brain.

Endovascular neurosurgeon Farah Fourcand, MD, explains all the ways music impacts your brain and how it can actually help heal your brain, too.

How music affects your brain

"Music is a very primal thing," says Dr. Fourcand. "By arousing or activating various parts of your brain, music has the ability to impact your physical and mental health, memory, emotions, thoughts and beliefs. It can help improve your mood, reduce stress and enhance your memory." Music impacts nearly every part of your brain, including:

Your limbic system, which contains your hypothalamus, amygdala and hippocampus. When activated, this area of your brain helps regulate your emotional response to music.

Your cerebral cortex (or gray matter) houses your motor cortex, which, when activated, this area triggers your body to dance and move to the rhythm of music.

Music activates parts of your brain that help:

Preserve and improve memory

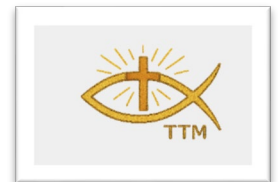
Enhance creativity

Improve attention, focus and concentration

Decrease reaction time

Improve spatial reasoning (the ability to mentally visualize or imagine 2D and 3D objects)

Promote brain development in children and adults



Watch this space for more interesting information from the Cleveland Clinic, a world-renowned medical provider!



Artist Spotlight – Cochren & Co.

Michael Cochren is an award-winning singer/songwriter and worship leader from a small town in Indiana. After graduating school, he began playing music nationwide with a band of friends—later joined by his wife Leah—under the name Cochren & Co. With hope-filled lyrics and timeless melodies, Cochren & Co. blurs the line between American pop/rock and soul/blues to create a sound that is both familiar and fresh.

Cochren & Co. first made waves with their debut album *Don't Lose Hope* (Gotee Records, 2021), which produced Billboard Top 10 radio hits including the RIAA Gold-certified “Church (Take Me Back),” “One Day,” and “Who Can.” Their follow-up album *Running Home* (2023) featured the band’s first No. 1 Billboard radio single with the title track, later named one of the Top 10 Airplay Songs of 2023, while “Thank God For Sunday Morning” was recognized among K-LOVE’s 22 Songs that Defined 2022.

The group has become a sought-after live act, joining MercyMe and Crowder on arena tours while also headlining their own tours. In Spring 2025, Cochren & Co. launched the *Running Home Tour* with Megan Woods and Mackenzie Phillips, selling out 9 of 11 shows, followed by their *Good Memories Tour* with Riley Clemmons. Each holiday season, they bring fans together for their annual *Company Christmas Party Tour*. Their live presence has taken them to some of the most iconic stages in the country, including multiple appearances at the Grand Ole Opry, a national debut on *Fox & Friends*, and a performance at Colorado’s legendary Red Rocks Amphitheater with TobyMac and Switchfoot.

In addition to fronting Cochren & Co., Michael Cochren has become a prolific songwriter, celebrating his second No. 1 as a songwriter in 2025 with “Somebody Prayed,” co-written with Crowder, which held the top spot at radio for multiple weeks. His catalog also includes modern hymns written for the *Sing! Hymnal* by Crossway Publishing and Keith & Kristyn Getty, cementing his reputation as a versatile writer for the church.

Looking ahead, Cochren & Co. will release their third full-length album *Runs in the Blood* in 2026, preceded by a national headlining tour of the same name launching in March 2026.

Brothers, look for this artist on the player...this is some amazing music that touches the soul!

- Dwight

This Month’s Q&A Musicology Tips

Q: How can I enhance my worship experience?

- Be thoughtful about the songs your are singing. *Feel* the words and connect them to your heart.
- Write down the names of the songs and search the Bible for scripture related to them. I promise you every song has one! Use the concordance in the back of the bible!
- During prayer time, pray on purpose, listen to the speaker and repeat key phrases in your head. Speak to God and lift up the words.
- Worship at CRCC isn’t about attendance, it is about connecting to God and your fellow Christians. Be purposeful in the time you spend in service.

EYE ON IT

Staying in Scripture

Song of Solomon 2:11-

12 - "For lo, the winter is past, the rain is over and gone. The flowers appear on the earth; the time of singing has come, and the voice of the turtledove is heard in our land.

Zechariah 10:1–

“Ask the Lord for rain in the time of the latter rain. The Lord will make flashing clouds; He will give them showers of rain, grass in the field for everyone.

2 Corinthians 5:17-

“Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

Revelation 21:5-

“Then He who sat on the throne said, “Behold, I make all things new.” And He said [a]to me, “Write, for these words are true and faithful.”

EAR ON IT

Song Picks

Hillsong Worship – Awake My Soul

Bethel Music - I Am No Longer a Slave to Fear

Santus Real – Confidence

One Voice Int – More Like Jesus