

*The Voice of the
Yokefellowship*

Sharing the Good News

*Prison Ministry
Lehigh Valley Council*

The Yoke and The Cross



*"Take my yoke upon you and learn from me for I am gentle and
humble in heart and you will find rest for your souls."*

Winter
2018



Our Mission
*To help at-risk youths, inmates
and ex-offenders yoke themselves
to Christ for salvation and
changed lives.*

Yokefellowship Prison Ministry
PO Box 3114 - Wescosville, PA 18106
610-820-8469 - www.yokefellowpa.org
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The Yoke and the Cross brings the latest news and events of the Lehigh Valley Council of Yokefellowship Prison Ministry to the volunteers, friends, inmates, and former inmates involved with Yokefellowship.

Council Director
Lisa M. Perry

Spiritual Advisor
Vacant

Chairman
Vacant

Vice Chairman
Vacant

Treasurer
Linda Lovette

Secretary/Editor
Barb Thomas

Someone Needs You!



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

**Interested in being a Volunteer
Send an email or call**

**Yokefellowpa@Yahoo.com
610-820-8469**

A Word From Our Council Director

The winter is here and with that has come some crazy weather. Seems like just the other day we had a heat wave and now the temperatures are in the low 30's. How times can change so quickly!

Yokefellowship has seen a lot of changes over the years and with that volunteers have come and gone. New volunteers are coming in that will replace seasoned volunteers who have "retired". Fresh people and fresh ideas on how to serve the Lord and ways to share the gospel to those incarcerated.

As we look forward in 2019, we anticipate a fresh start in the ministry. If you feel lead to serve Christ within the jail system, then now is the time. The Lord will fill your life with joy as He enables you to lead those who are lost to Christ. Join our ministry and find out that you are not only blessing those you serve but you also are being blessed by doing the work of the Lord. There is nothing better than ministering to those who are lost and seeking a Savior. Christ will not only change their lives but their families when they see how their loved ones have found peace.

I want to take this time to thank those committed volunteers who listened to the call of God and serve him through Yokefellowship. It has been a blessing being Council Director. A new Council Director will be taking over in January and along with new Board Members will have a fresh start for Our Lord and Savior.

God Bless.

Working for Him Always ...

Lisa M. Perry

Isaiah 6:8

Put Truth in the hands of those in prison!

Yokefellowship sends English and Spanish Bibles to inmates every week. Any inmate who asks is given a Bible and taught how to use it.

You can give to the Bible Fund
By sending a check to the



Bible Fund

Payable to:

Yokefellowship Prison Ministry
PO Box 3114
Wescosville, PA 18106

Upcoming Events

January 24, 2019 – Board Meeting

February 2, 2019 – Men With No Regrets – come to our table

March – TBA Awareness Breakfast
Go to our website for more info



Please call the office or email us if you are interested in YPM coming to speak at your church or organization about how individuals can get involved with Yokefellowship to share the Word



Christian books needed for men and women in the facilities where we can hand them out. Bibles and books cannot be handed out at the jail. Read our Statement of Faith on our website before submitting to make sure books qualify for our mission. If you have new or used books in good condition there are many who are searching for the Lord and need guidance. Share what you have and do some winter cleaning!

Contact 610-820-8469
for more information.

NEVER GIVE UP PRAYING

Yokefellowship Prison Ministry Lehigh Valley not only ministers in Lehigh County Jail (LCJ) and the Lehigh County Community Corrections Center (CCC) but also the Lehigh County Center for Recovery (LCCR). This testimony has to do with drug addiction recovery and God's providence.



Do you have someone in your life making wrong choices? Are you frightened for the consequences they may face? Have you interceded in prayer for the person for years or possibly decades without seeing results, and sometimes feel those prayers are not heard??? Do NOT give up praying for them. Do NOT stop going before the throne of grace on their behalf. He hears and He listens and He answers (though often not in our timing).

I can speak from experience. Our oldest son, who is now 37, was always a difficult and defiant child, but the legal/addiction issues didn't begin until he reached 18. From 18-35 he was in and out of jail on a multitude of charges, all a result of his addiction. We tried everything a parent knew to do, but to no avail.

During those years of praying for our son, I keep a prayer journal and wrote down significant scripture that the Lord gave me during my devotional/prayer time. It gave me peace and solace from the pain and uncertainty. Now, years later, that prayer journal reminds me how the Lord was with us every step of the way.

Today our son is 2 ½ years sober. He attends weekly AA and is often the key speaker at meetings. He has been instrumental in helping others acknowledge and overcome their addiction. He lives a life of recovery. He has even saved two lives from heroin overdoses. "To God be the glory" for taking our son out of "the mire" and putting his feet on solid ground".

I share my story anonymously to offer hope to anyone out there who feels alone in this battle. Rest assured, you are never alone when the Lord is invited into your circumstances and life and NEVER GIVE UP PRAYING.

Shared anonymously by a Yokefellowship volunteer

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MEDICATION ASSISTED TREATMENT (MAT)

Help for incarcerated addicts is now available. On July 31, 2018, the Wolf Administration announced a \$3 million in Vivitrol grants to address substance-use disorder among county inmates. Vivitrol is a non-narcotic medication used for the treatment of alcohol use disorder as well as opioid use disorder. In 2014 the DOC provided female inmates at SCI Munch with Vivitrol to better equip addicts as they return to their communities. Vivitrol is now available at all SCI's and in 2017 11 counties received \$1.5 million in grants for Vivitrol treatment. Vivitrol allows returning citizens to focus on immediate re-entry needs instead of struggling with drug cravings.

MEN WITH NO REGRETS
YPMLV will be setting up a table at the conference scheduled for
February 2, 2019, to get the word out on how men can serve within our ministry

The Mission of Men With No Regrets Ministry is to create an environment for men to be challenged in their relationship with the Lord Jesus Christ by providing information relating to home, work, and ministry, and provide an opportunity for men to fellowship and worship together.

To sign up for the conference please go their website at www.menwithnoregrets.org. Faith Church will be holding this conference again. You can sign up on their website also at www.faithchurchlv.com.

Come to the conference and meet volunteers from Yokefellowship who can give you information on how to share His Word with those incarcerated and the slots we have available.

DID YOU KNOW LEHIGH COUNTY JAIL OFFERS
A VARIETY OF TREATMENT PROGRAMS?



D.A.R.E. Program: Drug and Alcohol Rehabilitation Education Program is the intensive drug and alcohol recovery program for male general population inmates interested in recovery.

D.A.R.E. Computer Literacy Program (IAALV): This program is available to those inmates on 1A who want to learn how to use Microsoft tools primarily Word & Excel.

Anger Management (CHC): This is a program offered to both male and female inmates. Sessions include activities on anger and stress management, focusing on perspective, levels of anger and de-escalation, effective communication, etc.

Awakening Success: Provides male inmates with information on where they are now and where they want to go, goal setting, increases their confidence, dealing with daily challenges, etc. so they succeed in life.

Certified Recovery Specialist Support Program (Pyramid): Administered by a Certified Recovery Specialist for male and female inmates with no more than 60 days of incarceration remaining. Provides information regarding treatment options, expectations, recovery concepts and overdose prevention.

Computer Literacy Program – Women (IAALV): For female inmates who want to learn Microsoft tools primarily Word and Excel.

Decision Making (CHC): Offered to both male and female inmates. It is an interactive program for participants to understand their own worldview and thinking/behavioral patterns and how to make the right logical decisions.

Diploma Program (ASD): A program for un-sentenced high school aged (under 21 years old) male and female inmates who were enrolled prior to incarceration.

ESL Program (LCCC): This program is offered to male general population inmates who want to learn English as a Second Language.

Female Survivor's Group (CVC): An 8-session group meeting twice a week for 4 weeks for female inmates which provides support, empowerment, validate and educate survivors of sexual violence.

Healthy Relationships (CHC): This group meets once a week for six weeks and is offered to both male and female inmates. Inmates learn healthy guidelines in getting to know individuals, handling peer pressure, values clarifications, attachments to problem people, etc.

HSE-HISET Program (LCCC): For male and female inmates who want to get their high school equivalency diploma.

Leaving Jail Program (PBFA): This program is a Reentry Program for Women through Pinebrook Family Answers. It is started in the jail but continues for 6-month post release. It addresses trauma, substance use, parenting, job readiness, housing, relationships, etc.

Life Skills (CHC): For male and female inmates and includes topics of assertiveness, self-confidence stress management, dealing with challenge and change, decision making, healthy lifestyles, etc.

LifeSmart (Bright Hope): This is a 6 session, once a week program for female inmates regarding healthy boundaries, personal limits, STD facts, refusal skills, abuse recognition, etc.

Parenting-Men's Program (CHC): This program is offered to male inmates and addresses challenges faced by families while parent is incarcerated like separation, stigmatism, change in family roles/dynamic, etc.

Parenting – Women's Program (PBFA): Parenting Inside Out (PIO) is an evidenced-based program, parent-training specifically for parents in criminal justice system. It is offered 2 times a week for 5 weeks and includes topics of child development, effective discipline techniques, child safety, physical and mental and effective limit setting, emotion regulation, etc. After the parent completes the program, they are allowed a certain number of visits supervised by PIO instructor.

Pathway to Recovery – MAT Program (Pyramid): This program is for both male and female inmates nearing release from jail and is to educate and connect struggling inmates with opiate and/or alcohol addiction with Medication Assisted Treatment (MAT). Inmates are given information about Vivitrol, Suboxone and Methadone and highlights benefits and challenges associated with each of these MAT's.

Relapse Prevention (CHC): This program is offered to men and women and helps them recognize relapse process, identifying warning signs and personal triggers. They practice coping skills, communication and relationship skills. This group meets 2 times per week for approximately 4 weeks.

Re-Entry Group (CHC): This is offered to male and female inmates and meets once a week for 6 weeks. Participants learn how to recognize their triggers in order to remain crime free in recovery. They practice skills for setting successful employment goals, building network support, choosing healthy relationships, planning constructive free time, ways to cope with rejection, etc.

Thinking for a Change (PBFA): Thinking for a Change (T4C) promotes more accurate and useful thinking and teaches social and problem-solving skills such as active listening, asking questions, giving feedback, how thinking controls actions, knowing your feelings, understanding other person's feelings, apologizing, responding to anger and dealing with stress through role playing and other tools, etc.

There are certain requirements that have to be met when enrolling in a program. If you have a program that you feel would help the inmates succeed in reentry, please contact the Lehigh County Jail or Lehigh County Community Corrections Center.

SPRING

Looking forward to

aren't you?

