



## Contemplative Outreach

### Prison Outreach Service Team – Ways to get involved

#### First and foremost, visit our web pages:

- <https://www.contemplativeoutreach.org/prison-outreach-homepage/>
- ***please be sure to click the link to sign up for our mailing list***
- select either “potential future prison volunteer” or “current/former prison volunteers” if you want to make sure you get any relevant emails for potential and existing volunteers... or, if you only want occasional news about our activity, select “friend of prison outreach” to receive occasional updates about our activity

#### If you want to go inside a locked facility:

- when signing up for mailing list, be sure to check one of the categories for either potential or current volunteers, and, if it's true, also select “would like to participate in periodic Zoom gatherings for prison outreach volunteers”
- attend the next Volunteer Support Zoom gathering on Monday, September 27th 2021 at 3:00 PM Eastern (or any of the other monthly sessions; see schedule on the Volunteer Support web page). This is a great way to hear about others' experiences going inside
- email [coprisonliaison@gmail.com](mailto:coprisonliaison@gmail.com) to ask if there is anyone currently volunteering in your region whom you could join or shadow

#### There are many ways to serve without leaving the comfort of your home:

- are you detail oriented? ... help with prisoner database upkeep (prisoners are transferred/released and can't always let us know, so twice a year before mailing newsletters, we manually check every address)
- are you tech savvy? ... help maintain prison outreach web pages, or help design and maintain a list of prison centering prayer groups
- are you a good communicator? ... help answer letters from prisoners who practice Centering Prayer
- are you passionate about sharing the practice? ... help develop materials that can be sent by mail to prisoners who don't have access to a prayer group where they are housed
- do you have other ideas? ... we're very open to suggestions and very interested in working with folks who desire to serve in this outreach

Email us at [coprisonliaison@gmail.com](mailto:coprisonliaison@gmail.com) to let us know your interests

And don't forget to register for the premier of  *Holding Still*  on October 20th:  
[catholicprisonministries.org/holding-still](http://catholicprisonministries.org/holding-still)