**KAIROS Retreat Weekend, May 17-20 – Support Suggestions**

1. **PRAYER**
2. Simply lift up a prayer (or two or three…) for the women at Albion Correctional Facility who will participate in this retreat – OR -
3. Commit to pray for one specific hour during this weekend. We hope to have at least one person praying for the women every minute of this retreat weekend from 4 pm Thursday, May 17 to 4 pm Sunday, May 20. Please let me know what time you will be praying (if you are in a time zone different from Eastern Daylight Time, give me your time zone and I’ll figure it out!)
4. **WRITE A LETTER OF SUPPORT TO A WOMAN INMATE ATTENDING THE RETREAT WEEKEND**

As you can imagine there are very specific directions for this – mostly from the prison – but also some guidelines from KAIROS.

* 1. Address the letter to “Dear Sister in Christ” or “Dear Friend” – we will not have the names available until the last minute.
  2. Make the letters positive and uplifting – letting her know that you are praying for her. The length of the letter is not important – it is the thought and the message.
  3. If you’d like, include a favorite Scripture passage or a little bookmark or prayer card. Remember this is Christian not specifically Catholic so avoid things such as Saints, the Rosary or other Marian references.
  4. DO NOT include any of the following: stickers, glitter, confetti, scented stationary, any metal (including staples). Markers or crayons **are** permissible.
  5. If you have children or teach children and would like to get them involved, that is wonderful. Many of these women are mothers, and cherish children’s cards and drawings.
  6. Please sign the letters or cards with your first name only. For children, please have their first name and their age on the card.
  7. Individual letters or cards do not need to be in envelopes. If they ARE in envelopes, please leave the envelope UNSEALED as the letters have to be read by the prison authorities.

1. **SEND A DONATION**

The cost of the retreat is about $125 per person – that includes the team members as well as the women inmates. This is for written materials supplied, snacks, meals (including a special “turkey with all the trimmings” at the end of the retreat), etc. Any donation you can give is most welcome and appreciated. Cash is always fine. Checks can be made out to: KPMI (that is, KAIROS Prison Ministry International). If you want a receipt for tax purposes, please include your address so a receipt can be mailed to you.

Please send your prayer commitments to me at [snamurphy@hotmail.com](mailto:snamurphy@hotmail.com) or [nancy.murphy@doc.org](mailto:nancy.murphy@doc.org) . The letters and contributions can be mailed to me at:

Sr. Nancy Murphy

124 3rd Street

Niagara Falls, NY 14303

Please send me your prayer commitments, letters for the women and/or donations no later than May 10th. Again, thank you for your support.

Peace and blessings,

Sr. Nancy