Preserve me, O God; for in thee do I put my trust.

Ps 16:1
TO ALL

The staff and supporters at the prison university project, a heartfelt thankfulness to you all and the work you do, and time you put in to helping those of us who are behind these walls. I talked to other inmates who are taking the program nothing but positive things are being said. Let me introduce myself, my name is Benjamin. I am a first-time lifer. I've only been down 2½ years and I am thankful to God for blessing me to be here at San Quentin where there are so many programs for the men here to take to become better human beings and make changes in our lives and choices where we can get out and make a difference in our families and communities. There is good in everyone that God has placed in us but so many times we choose to do wrong which not only effect us but others also.
as a Christian man, I believe anyone can change with God's help because He changes the heart, but the person must want to change as you said there are a huge number of people on the outside thinking about us. It's good to know we are not forgotten. There's an old saying teach one teach one. Thanks for reaching out to us to help everyone I come in contact with, I encourage them to look within themselves and use this time to get in touch with programs, and use the tools they learn to make changes in their life because there are families needs them. Every person behind these walls is a somebody, and they are special to God. He has perfect plans for their life (Jeremiah 29:11), and He loves them (John 3:16), and cares about them (I Peter 5:7). Again, thank you for the work and the time you put into
helping, and supporting us.

I pray that those who read this, those you share it with know that they are not forgotten but thought of.

Thank you for the blessed gift.

bro. In Christ

Reggie

You are welcomed to share this letter.

God Bless.
TO the staff and supporters