

HMP MANCHESTER; HMP FOREST BANK; HMP BUCKLEY HALL;  
HMP & YOI STYAL; HMP YOI THORN CROSS & HMP HINDLEY

GREATER MANCHESTER COMMUNITY CHAPLAINCY

PRISON PRAYER LETTER NOVEMBER 2019

### 3 What changes do you see as a result of regular attendance in a weekly service?

Often I see prisoners coming into the service glum or worried about one thing or another, but later after a time of Spiritual contemplation, engagement in a song, or listening to a motivational talk, they see a new take on their situation. When I meet them the next day or week, they're no longer feeling sorry for themselves or having a 'pity party', but instead, getting on with life and fulfilling their destiny. One prisoner told me that the chapel is the only place in the prison where he doesn't feel as though he is in prison. I have seen prisoners stop taking drugs because the vacuum in their lives has been filled with the love of God, and love for God.

### 4) What hour of the day/week do you find most productive (or peaceful)?

In the 21st century there is so much noise, so many voices competing for my attention that I need some solitude. Community is important, but to maintain a routine rhythm of time apart for reflection, and time spent with others, I rise early in the morning usually 6am. For me it is an undisturbed time and it sets me up for the day. I write out all the tasks for the day; urgent & important. I have found if I prioritise the important, the urgent look after themselves.

I also meditate and journal on the ancient writings of Scripture using the S.O.A.P. method every day. That is, I read Scripture, Observe what's in the passage, Apply it to my life and write a Prayer for help or thanksgiving. Basically if I start right and tend to stay right throughout the day. As someone said the main thing, is to keep the main thing, the main thing.

Rev'd David A. Corke,  
Free-Church Chaplain  
HMP Buckley Hall

#### An Additional note from one of our Prison Chaplains

Thank the Lord for answers to prayer especially an increase in the Sunday Christian service which has doubled in recent weeks. Also the Just 10 course is being well received with 12 regulars in attendance.

This prayer diary is working!

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Please make cheques payable to: **GM Prison Prayer**  
and state if you would like to **Gift Aid it**

Check out our Facebook Page or [www.gmccsupport.org](http://www.gmccsupport.org)

**Psalm 145: 5 "I meditate on all your works and consider what your hands have done".**

I was recently asked to write an article for the HMP national intranet and I thought it might help those who pray for the prisoners and staff:

#### 'My Hour of Power'

**1) Why do you think it's important to have a period of reflection for people in prison?**

I believe it is very important that both staff and prisoners alike recognise the value of a period of reflection in their daily routines. It can clear their heads of the 1001 tasks or worries that seem to be milling over in their minds. These can often result in distraction from what they are supposed to be doing, or worse, lead to anxiety, or making rash decisions.

Sir Alexander Graham Bell, inventor of the telephone, said his best inventions came when he got off the beaten track for a while. By the same token, this hour can help them become more creative and productive. Two men were behind bars, one looked down and saw mud, and the other looked up and saw stars. "As a man thinks in his heart so he is." To pause for a moment's thought, can promote their well-being and bring a change to the direction of their day and may even save their life.

**2) How does worship help rehabilitation?** To worship is to make the God you believe in, your primary focus. Charles Wesley's brother, John, founder of Methodism wrote a song with the words "Lost in wonder love and praise". When I was in Texas on holiday in August this year, I enjoyed a swim in my friend's (cement pond) pool. As I floated on my back and gazed up to the sky, I saw the peaceful scene of eagles soaring on the thermal air currents. This continued for about half an hour, and not once were they racing about flapping their wings. But they soared higher and higher until out of sight.

Worship for us is to soar on the thermals of God's promises and presence, until we rise higher and higher into a place of serenity where cares and worries are seen for what they are. Someone said, worries are like a mattress, which will suffocate us when underneath it, but is comfortable when we lie on top of it.

So worship will help prisoners to have a clear mind to make the correct decisions for future rehabilitation



## November 2019

- 1 For Christmas studies at Buckley Hall that begin in November.
- 2 M accused of a crime which means he is in constant danger.
- 3 R recently arrived with few obvious signs of any support network. Pray for protection.
- 4 D and J being released with nowhere to go. Surely we are failing too many in this respect. Pray for a solution to this problem.
- 5 H from a different religious background, who attended our Just 10 course and loved it.
- 6 R who's brother died recently. Pray that he will find comfort during this difficult time.
- 7 Pray for L who is struggling with universal credit, that she finds a solution.
- 8 Pray for S, who attends bible study at GMCC, that his faith grows.
- 9 P who has been in the community for a while volunteering. Pray that this will help him on a new path away from crime.
- 10 A who is completely off spice now and in his right mind following Jesus. Please help him to grow in faith.
- 11 Pray for M who has not been Suicidal or self-harming since attending the chapel that this will continue.
- 12 Pray for J in his new home and that his health improves and he find friends to support him.
- 13 Pray for the new volunteers at GMCC and thank God for sending them to help us.
- 14 For all guest speakers and singers in prisons; that God will use them mightily and keep them safe.
- 15 For all the families at home worrying about and missing their loved ones.

## November 2019

- 16 For all those who are planning for release from Prison.
- 17 C who has stopped swearing and wants to be a disciple of Jesus. Pray for his faith to grow.
- 18 K, an older man, who has been a regular at the chapel since he arrived early summer.
- 19 T who is to be released very soon, for strength, persistence and hope in the weeks and months ahead.
- 20 Pray for G who has recently retired from a role he enjoyed and that he recovers well soon. May he find other ways to serve.
- 21 C and R being released with nowhere to go, that the lord offers his assistance and guides them.
- 22 For all prisoners who are missing their families and worrying about how they are coping on the outside without them.
- 23 S who came to Faith on the Just 10 course and is really keen to follow the Lord
- 24 For J, that the issue in the recent court case doesn't have a negative effect on the outcome and for guidance from the lord.
- 25 Pray for M who is struggling at the moment, that he is able to remain in stable accommodation.
- 26 For all who are afraid of losing their partners or children while serving their sentence.
- 27 L who wants to know more about the Christian Faith and for those who are guiding him.
- 28 For E, who is homeless and rough sleeping pray that GMCC can help in to find accommodation
- 29 L a Muslim Who wants to have a strong relationship with God. Pray his faith will grow.
- 30 Pray for all those who are serving long sentences.