

GMCC, my church and my family gave me strength to believe I could be me again. The families and friends at GMCC and my church built me back and helped me to beat PTSD. I now pass on what I learned to others and help them to recover.

Aled

GMCC Trustee



Praise points/ news stories

This month we are thankful that the Tuesday group continues to thrive being led by our volunteers. May all those who attend find fulfilment and friendship amongst the group.

All are welcome Tuesdays at 2pm (free lunch included beforehand)

We are also grateful for our volunteers who continue to write to prisoners, building up good relationships which encourages them to come to GMCC after release for support.

Recently we have been successful in applying for funding to purchase a wardrobe for a client who was struggling with debt and the cost of living crisis. This was via Acts435

Contact us at: GMCC Methodist Central Buildings Oldham Street M1 1JQ

Telephone: 0161 236 2462 Email: chaplain@gmcconline.org

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

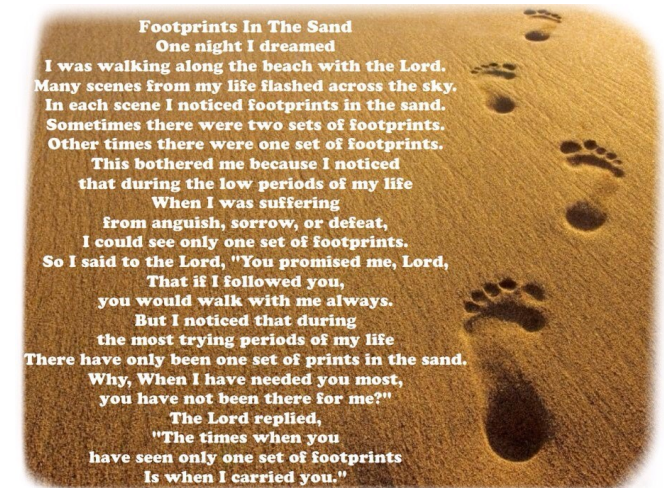
HMP MANCHESTER; HMP FOREST BANK; HMP BUCKLEY HALL;
HMP & YOI STYAL; HMP YOI THORN CROSS & HMP HINDLEY

GREATER MANCHESTER COMMUNITY CHAPLAINCY

PRISON PRAYER LETTER MARCH 2024

In this letter for our newsletter I want to draw your attention to how GMCC and my church in Wilmslow has helped me to recover from anxiety induced post traumatic stress disorder. I went through a dreadfully hard time while sitting as a Councillor. I was falsely accused of bullying and of being badly behaved. My human rights were seriously breached. I felt hopeless, lost. I was totally in the dark. I also lost 2 of my best friends who died as a result of the stress of the same position. My anxiety was so high I couldn't sleep and my appetite had gone, but I noticed a light in that darkness. It was my faith, my belief in God.

I got immediate support from GMCC and my church and my family. GMCC and my church reminded me of the poem 'Footsteps' (<https://www.onlythebible.com/Poems/Footprints-in-the-Sand-Poem.html>) I read it and read it, I knew that God was with me and always would be. The reverend at our church, Eddie, encouraged me to talk about my feelings. It helped to relieve my stress, I had the same support from GMCC. This support gave me my confidence to get back, to recover. I recovered so well that I legally challenged the wrongful investigations and had them disqualified. Even my doctor noticed improvements in me.



MARCH 2024

- 1 Pray for L. that he finds understanding and support with his neuro diversity within the prison.
- 2 For J, that she finds clarity as she makes plans for her future.
- 3 Pray for R as they commit to volunteer more of their time, may they find fulfilment in this new role.
- 4 A is due to attend an appeal hearing, pray that the truth is revealed at his appeal and that he receives justice.
- 5 Pray that we see more customers at Cafe Central as we extend our opening hours from today, now open from 9am Tues, Weds, Thurs.
- 6 We thank the Lord for all our loyal volunteers at GMCC and pray that they continue to do His work..
- 7 Pray for S who is very volatile, ask for calm and tranquillity to him and all those around him.
- 8 Pray for HMP Manchester, and all prisons, that there be sufficient officers recruited to enable the inmates to return to work in the workshops.
- 9 Pray for R, that he can organise and manage his own financial online account as he finds it tough.
- 10 For A, who has suffered with many illnesses recently, ask for improved health.
- 11 For I as he continues to recover from his stroke.
- 12 Pray for R who is needs to focus more on his own health and wellbeing.
- 13 For L as he is managing to hold down a job with long hours, give him strength and zest.
- 14 For C's Mother and her mental health. and C. himself, being worried about her coping with the young ones
- 15 All officers who are finding it difficult to relate to prisoners with mental health issues.
- 16 Pray for L, a volunteer, that she continues to find fulfilment and provides a listening ear in befriending inmates.

MARCH 2024

- 17 Ask the lord to guide our new chaplain at GMCC to help all our clients old and new.
- 18 Please pray for J who has been a victim of bullying behaviour, that he is strong enough to stand up for himself.
- 19 Pray for the regime in HMP Manchester that things will soon improve, with regard to Education and Work becoming available once again to the inmates.
- 20 For S who suffers from dementia, pray that she visits soon and is coping on her own.
- 21 For the team at GMCC as they provide a welcome and support for people being released from prison.
- 22 Pray for A that he continues to be allowed day release
- 23 Pray for A who has been issued some new medication, ask the Lord for health and happiness.
- 24 Pray for E who is going through consistent challenges which are affecting her wellbeing.
- 25 Pray for our volunteer M as she is struggling with health issues, ask for God's comfort.
- 26 Pray for N who has a short temper, may the Lord give him peace.
- 27 S, has been volunteering for a while now. Pray that his mental health continues to improve as a result of this.
- 28 For A that he will be successful in improving himself and coming out of prison a better person than when he went in.
- 29 All inmates who are on the autistic spectrum as they struggle to fit in with the prison regime.
- 30 Pray for M, who feels she has been taken advantage of. Pray that she sees the good in people even though she has been done wrong.
- 31 A is on the waiting list for an operation, pray that a date is set soon.