

From: [REDACTED]
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To: Prison University project
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Dear new friends

Recently I was transferred from Chino, to San Quentin. This move hurt me on many levels. I was married 2019 and now cant visit with my wife my daughter and Parents were just know able to start visiting with assistance from my wife. And most importantly I was able to work on my rehabilitative efforts with a few people I trusted, which thrs trust developed over time.

The good news is I am alive. I am still working diligently on my understanding, even though I am under quarantine and without ~~elect~~ electricity my mind and spirit are at Peace. I believe I needed a vacation. I also believe GOD has a Plan and theres no way I can fight it. So I have Placed myself in a positive state of mind. Thanking GOD for every single blessing.

I received my Property and was able to dive in to self-help studing. And It hit me "Positive out look". Most self-help Programs Point this thought & Process out ~~out~~ and I would always state the facts and not look at the up side. Calling myself a realistic-observer. Having this vacation has given me time, much needed self-reflection time, to sit back, take a few deep breaths, and look on the bright side.

while practicing this ^{new} state of mind I received a small gift from strangers, ~~New~~ considered friends. This gift basket, brought tears to my eyes and warmth to my heart, I was also breathless.

All these blessings in this little basket. To me I think being the first piece of mail I had received being here, this basket spoke volumes to me because it said, You are far away from home, but never alone. This also re-affirms my ~~looking~~ positive thinking application in my daily life.

I am in a place where I couldn't find out much on covid. You sent me information that was/is life saving when used. And I need to thank you for this. Also for the hygiene and snacks. But especially for the warm welcome and ~~the~~ reminder that I am not alone. Please also thank the warden on my behalf for allowing you to give this gift and allows us ~~this~~ to receive this gift.

Thank You for everything,

I don't mind if you use my letter in a magazine or issue. I just ask my name and CDL# not be used, as printed. And you call me Jeffrey J. Jr.

again, Thank you.