



October 3, 2013

**Your** support has helped another butterfly leave the cocoon of prison and return to society. Megan related her experiences to her mentor and me over a hamburger yesterday. Megan had been incarcerated eight years and left the Memphis prison on Thursday. She was taken to the Greyhound Bus Station and dropped off to arrive in Nashville at 6:00 pm that night. After eight years of not making any decisions, quiet talking, and having to walk in an orderly fashion single file around the prison, the bus station was a “shell shock” to say the least. The noise level made her feel anxious while sitting with someone to her back gave her paranoid feelings. She went to the bathroom and the toilet flushed on it’s on, the soap and faucet dispenser was motion activated...even the paper towels were a hand wave.

The ride from Memphis to Nashville was another experience to put in a record book. She was too embarrassed to ask how to open the handle on the restroom door so she waited till the bus came to a stop.

Upon arrival in Nashville, she went to Wal-Mart to get a few things she needed. Because of the crowds of people walking around in all directions she was overwhelmed. All the merchandise was scattered throughout the store, she didn’t know where to begin to search for her needs. Even the drive through at Wendy’s was frustrating! The menu had way too many choices.

Meg said on Sunday she sat down and cried...saying prison is easier than being released. Tuesday was our time to minister to her by showing her love and encouragement. **You** bought her some clothes at the Thrift Shop, grocery items, and lunch. When I dropped her off at the halfway house, she was equipped with three contacts with LTC, some direction for employment, and her spirits were much better thanks to **you**. Thanks for reaching out to Megan. She will be forever grateful to **you**.

Blessings,

*Vicki Helgesen*  
Executive Director