The LOHM

The Ladies of Hope Ministries

The LOHM’s mission is to empower women and girls to create sustainable lives post-incarceration. We drive change in the social justice movement by connecting them to housing, food, healthcare, living wage employment, entrepreneurship opportunities, education, and advocacy that amplifies the voices of those who have been impacted by the criminal legal system.

WHAT’S INSIDE

This Newsletter is a guide for personal development, spiritual development, and raising your level of consciousness to be able to adjudicate your case or life situations outside of prison that may or may not affect you while in prison.

TIPS FOR LIFETIME LEARNERS

There are many healthy developmental habits of lifetime learners that you can learn while on the inside:

* Understand yourself.
* Love yourself.
* Create your own reality.
* Do not be judgmental of others.
* Respect individual perspective thoughts, way of life, and religious views.
* Find and focus your goals/interest. Find your subject matter of interest.
* Exhibit the qualities you want to see in yourself.
* Determine your learning style.
* Get a mentor and be willing to change or adapt.
* Change habits by changing your thought patterns.
* Focus on the subjects you want to learn.
* Find creative ways to learn.
* Become spiritual by learning to seek your Higher Power.
Everyone deserves a fair chance. We are fighting to break the cycles of poverty and incarceration that the criminal legal system often creates. The Pathways 4 Equity (P4E) program breaks employment barriers by connecting talented women to professional fellowships with advancement opportunities and family supporting wages.

**Encouraging Words**

**FROM SANTRA RUCKER**

How can you trust the message if you can’t trust the messenger?

Santra on Miami Beach during a recent LOHM Retreat

You can trust this messenger who is the bringer of these words to raise your level of consciousness with hopes that my messages will move your energy, enticing you to have the desire of becoming ambitious.

I am Santra Rucker and I served 22 years in federal prison, after being sentenced to 13 life sentences, 480 months, another 480 months, and an additional 240 months with (5) years probation.

I fought my case until I made it out of the prison doors, after being denied by the courts too many times, and denied clemency.

It would be magical for you to develop this extraordinary state of knowing with the confidence of conscious intent that you can do anything and win! It is my desire to guide you in such a way that you will become motivated to do all that is necessary to restore your freedom.

It is my understanding that however you are navigating to fight your case or any other cause, if you have an unseen spiritual force backing you, you become a winner.

This unseen force, who is the “Most high power”, is called by many names/titles, having many holy books to substantiate this divine force/power governance.

“I have the right to do anything,” you say—but not everything is beneficial. “I have the right to do anything”—but not everything is constructive.

1 Corinthians 10:23

If you are returning home and need reentry services please contact us.

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