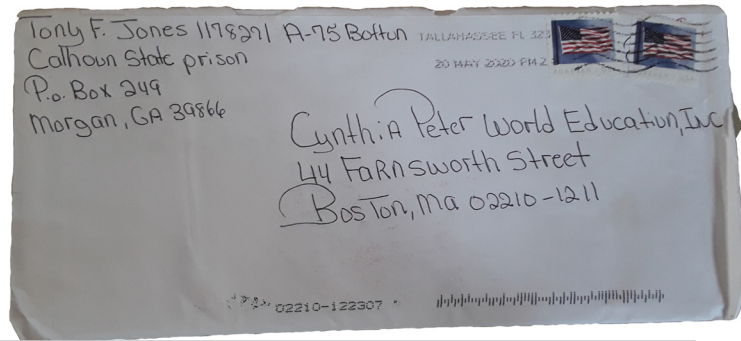
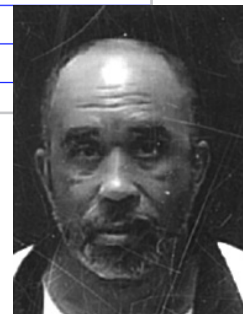


Letter from a Prisoner



Tony F. Jones

	Dear Cynthia --
●	I trust this letter finds you well during these difficult times. At present, I am blessed with good health and spirit. I am writing to see if you received my article. I was told that the letter got lost. I was upset, but I got over it by being positive and re-writing my article. I sent it a second time, but I still have not heard back from you. Here at Calhoun State prison, the virus is bad. A lot of staff have tested positive for the virus. Four wardens also tested positive, and one warden died.
	Because of the virus, we are not allowed to go outside or have visits with our families. About 120 of us are living in the gym for protection from the other inmates who have the virus. I manage my anxiety, first of all, by praying to God. Also, I exercise in the small space where we are permitted. I run and walk around. I do push-ups and sit-ups. I wear my mask, keep all of my belongings clean, and keep distance from others. I write letters to my friends and family so they receive my love, care, and concern. I pray for my family and the nation as well.
●	Cynthia, behind these walls, we men endure all kinds of viruses. In one second, life is over and gone. Physically, emotionally, and spiritually, death and disaster are common among us. Looking around me, I see many who need help to make it through. I reach out and give the fellowship of conversation. There is a lot that I can't do, but there is a lot that's possible for me to do, too.
	In closing, I wait to hear from you. God bless.
	Tony



Tony Jones is a prisoner at Calhoun State Prison in Morgan, Georgia. With this ongoing crisis, he is learning the benefits of meditation, which reduces stress and anxiety. He prays for others, and he is calm and at peace.

AFTER YOU READ: Write a letter to Tony. Respond specifically to some of the points he makes in his letter. If you'd like to send it, address it to: Tony Jones, #1178271, D4 51 Bolton, Calhoun State Prison, PO Box 249, Morgan, GA 39866.