

FS News: Wider Lens edition

Hello Fellow Citizens ~

I hope that your Memorial Day weekend was both relaxing and reflective.

I titled this the 'Wider Lens' edition to remember to look at Memorial Day, and every holiday, with an ever-widening perspective; to try to see more aspects of the story behind the occasion because they are usually complex. As you all know, I love complex issues...but our media – from social media to TV, radio and newspapers – do not. They want sensational stories clearly divided into 'with us' and 'against us'. We can push back...and appreciate complexity in every area of our lives.

THANK YOU, VETERANS!

Memorial Day has been designated as a day to remember those who have lost their lives as representatives and defenders of our nation. There are many who did not die on the field, but lived and suffered in their body and their mind. We must remember them. All veterans must prepare psychologically to make the ultimate sacrifice.

If we count only those who died in combat, the number would include all 630,000 soldiers and civilians on 'both sides' of America's Civil War. Many of those who fought and died felt they had no choice but to stand with their family and friends to the end.

This would also include all of the people who were killed in the wars against the native peoples across the nation. It is estimated that more than 50 million native people died between 1500 and 1900 – from 'Guns, Germs and Steel' (to quote the title of Jared Diamond's book) - the physical and biological weapons of the Europeans. Many American's died in those wars, too; including "The French and Indian War" when some native peoples allied with the French, while others allied with the British, as they all tried to secure the best position for their future.

We have a long way to go to figure out how to best secure the future for ALL people.

THANK YOU, DONORS! For helping me to make sure that Fair Shake is in a good position to continue to support folks now and in the future. Together, we look forward to a day when Fair Shake will no longer be necessary...

PELL

The news about the Pell is consistently disappointing. There is really no 'news' at all as I keep hearing the same stories over and over...with no information about correspondence courses. In order for schools to participate, their education program must be approved by the US Dept of Education and the State DOC or the Federal BOP, the courses must all be focused on preparing people for jobs that are currently available, and the College must operate in the state...which, so far, makes it unclear if the Pell Grant will be available for correspondence courses.

LOAN CANCELLATION NEWS: Become a public service worker!

The U.S. Dept of Ed has approved more than \$42 billion in federal student loan debt forgiveness as part of a program aimed at getting more people to work in public service jobs.

The Public Service Loan Forgiveness program is open to teachers, librarians, nurses, public interest lawyers, military members and other public workers. It cancels a borrower's remaining student debt after 10 years of public interest work, or 120 monthly payments.

SHARE YOUR STORY

According to the "Minutes Before Six" website, "Any prisoner, regardless of their age, gender, sexual orientation, race, ethnicity, cultural background, religious beliefs, and/or disability, can submit their creative contributions for consideration to be published on our website. We're open to all types of writing – fiction, memoirs, essays, poetry, etc. – and artwork. To be eligible for publishing on our website, submissions must be original and previously unpublished elsewhere. New contributors are asked to include their current contact information, a short biography and a photo. Submissions can be mailed to:

Minutes Before Six

2784 Homestead Road #301

Santa Clara, CA 95051

www.minutesbeforesix.com/

NEW: Fair Shake has a VOTING RIGHTS page!

I built a small page recently with links for people who are inspired to increase voting rights access in prisons. **All voices are important in a democracy.** Currently, only residents of Maine, Vermont and DC are able to vote while they are incarcerated...but it is crucial to include the voices of incarcerated and formerly incarcerated people in the policies and practices of corrections. At Fair Shake, we take citizenship very seriously. We recognize the inherent value of all people and advocate for including our incarcerated citizens in our democratic process. Active citizens can change laws!

WILL YOU BE RELEASING TO MILWAUKEE, WISCONSIN? If so, I have some new resources to share. Start a new message to me with MILWAUKEE (or MKE) in the subject line and I'll send them to you ~

LOOKING TO START OR SCALE A BUSINESS IN WISCONSIN?

Defy Ventures works with the University of WI to create a entrepreneurship program:

Entrepreneur in Training Program

UW Madison-Division of Extension - Milwaukee County

6737 W. Washington St. Suite 2202

West Allis, WI 53214

If you're not in Wisconsin and you're interested in participating in a program contact Defy's national office here:

DEFY VENTURES

5 PENN PLAZA, 19TH FLOOR

NEW YORK, NY 10001

THREE Articles are available on request this month to help us WIDEN OUR LENS:

(As always, please start a NEW message to me for each article you request. Thanks!)

1. THE ONES WHO WALK AWAY FROM OMELAS by Ursula LeGuin: A powerful philosophical short story.

2. SHINE A LIGHT by Tom Asacker We all have unique contributions!

3. A MOMENT IN TIME by Dave Gray When can we make changes in our lives? Only NOW.

For those who enjoyed the Liminal Thinking information, Dave Gray would like to hear what you think of it!

COPING WITH THE LOSS OF A LOVED ONE (A short version) by Thich Nhat Hanh

Is there a way to deal with the death of a loved one?

Visualize a cloud in the sky. Maybe one part of the cloud has become rain; half of the cloud remains in the same form and half has taken a different one. And you cannot say that the rain is less beautiful than the cloud, or the cloud is less beautiful than the rain. They can both be beautiful.

When you live with your beloved one, be aware that he or she is a kind of cloud. You are also a kind of cloud and are not entirely here in this body, because every day you produce thoughts, speech, and action which continue independently of you.

So we are like a cloud in the sky: every day it can produce rain or snow or hail. We can see the continuation of the cloud, even if it is still there in the sky.

Human beings produce thoughts, speech, and action every day. And that is our continuation. We must meditate in order to see ourselves not only in our bodies, but also outside of them.

I can see myself not only in this body; I can see myself in my friends, in my disciples, in my work, in many things. And if you want to recognize me, don't look in this direction; this body is only a small part of me.

So the person that you believe is already lost is not lost; he is still there in other forms. Look for him inside yourself, look for him in others. That person is still available in the here and now.

So when you look at the rain or the tea, if you recognize your cloud there, your sorrow will vanish. You will know that your cloud still exists in new forms, and you can talk to and be with your cloud. That is called signlessness. You are not caught by a particular form.

You can recognize your loved one in many other forms. It is impossible for a cloud to die, so it is impossible for anything to die, to become nothing. That is why meditation on death is so helpful: it helps you to see that there is no death. There is no birth and death, there is only transformation. Nothing can be lost.

QUOTES:

"Let nothing dim the light that shines within you." - Maya Angelou

"Man cannot remake himself without suffering, for he is both the marble and the sculptor." — Alexis Carrel

"If life was easy for everyone, we would all be on the beach somewhere. But for us, we are fighting for something better, striving to be something more, had rough roads but we still keep driving – we will know true happiness in the end. We will know it because we fought for it. We know what it's like to have nothing; we never want to be there, or see our children there, again. We can never lose hope." - Zachariah Guevara

"Only the experience of sharing a common human world with others who look at it from different perspectives can enable us to see reality in the round and to develop a shared common sense." – Hanna Arendt

"NASA's next urgent mission should be to send good poets into space so they can describe what it's really like." - Shannon Hale from *Dangerous*

I'm wishing you all the best in the final days of spring ~

To our successful transitions!

Ubuntu and gratitude, ~ sue

As always, when you are released, remember to find support in your phone-gizmo:
2-1-1 Fairshake.net HelpYourselfTherapy.com FindHelp.org

Newsletters are available at FairShake.net for your family and friends to read or print.