

VOLUNTEER OPPORTUNITY

(Updated: 11/8/21)

Position Title: Exchange letters with a Soulmaker (the agency's word for your penpal, who is in jail or prison, who has signed up for the Art of Soulmaking course).

Agency Name: Unconditional Freedom

Agency Description:

We transform prisons into monasteries. We view prisons as ecosystems. Our programs address the critical areas of food and nutrition, the interior life of its residents, and the wellbeing of its corrections officers, in order that the system as a whole is elevated to an environment of inquiry, contemplation and sustainable change towards contribution.

Restoring basic dignity means that we are restoring the idea that every single human being, no matter what happened to them, has a purpose. We all have the capacity to convert our life's pain into a meaningful contribution and that is the essence of soulmaking. We want to create an awareness of belonging and foster an environment which enables incarcerated individuals to feel connected and help them live up to their full potential, so they realize the profound impact their contributions can have on others.

Position Description:

This volunteer opportunity is to participate in the program called The Art Of Soulmaking. The program is centered around a workbook, broken up in to an 8-week outline, where you and a fellow "Soulmaker" exchange letters sharing your experience and getting to know one another as you read the book. "Soulmaker" is our word for your penpal, who is either in jail or prison, who has also signed up for the course.

The course is designed to deliver an experience of self-inquiry, contemplation, and transformation for people both living "behind the walls" and outside of them.

The entire engagement is anonymized, so in no case do you need to (nor do we recommend you to do) offer your full name or your physical address.

Volunteers often remark that they feel they gain as much from the experience studying the book as they do corresponding with someone who is incarcerated, for many dissolving a mental or emotional barrier they may discover between "us" outside and "them" inside.

This volunteer program is 100% remote. You download your incoming letters online from our web platform, you submit your responses to the same platform for review by

a mentor, and once your letter is finalized, you will print or hand write your letter and send it in the physical mail. We like to tell volunteers this upfront, so they know they can have envelopes and stamps on hand for this experience.

The average duration of a volunteer engagement is 8 weeks, though in some cases both the volunteer and the Soulmaker behind the walls opt to exchange letters past the 8-week time period. This is entirely voluntary.

Qualifications: Writing skills

Training and Supervision:

Read:

-AOS Program Summary (approximately 25 pages)

-The Art of Soulmaking Workbook (approximately 82 pages)

The letter writing training program is self-paced and takes around 20 minutes to complete. In the training you will learn the process of letter writing and also receive some tips on how to open an intimate dialogue with your Soulmaker and help create a foundation for healing and living in purpose. Supervision provided via online support.

Total number of weekly hours: 1 hour/week on your own schedule

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Days/Hours: On your own time

Number of openings: 16

Address: 1275 4th Street, #3220

City, State, Zip: Santa Rosa, CA 95404

Contact Person: Caroline Griggs

E-mail Address: caroline@unconditionalfreedom.org

Phone: 407-760-9386

Web:

<https://unconditionalfreedom.org/unconditional-freedom-project/>

To Apply:

<https://unconditionalfreedom.org/our-partners/volunteer/>