



TRANSFORM YOUR THINKING

Talking about prison to community transitions.



SPEAKERS FROM THE PHOENIX RISING TRANSITIONS PROGRAM • OHSU NURSING STUDENT PRESENTATION • INTENTIONAL CONVERSATIONS • LIGHT SNACKS

September 4th (Labor Day)	5-7 PM	COME SUPPORT PHOENIX Rising Transitions
Food & beer served from 11:30 AM - 10 PM.		PHOENIX is a non-profit that aims to keep people from returning to crime & prison through building relationships & strengthening community.
Oregon Public House 700 NE Dekum St, Portland, OR 97211		 

Successful prisoner re-entry impacts our communities
BE A PART OF THE SOLUTION

A Gift Like No Other

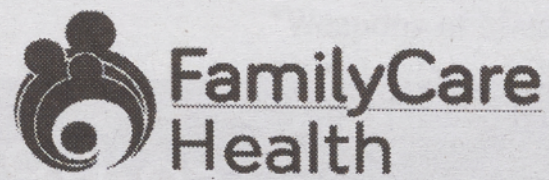
by Ron Sanford

You can call it self-effacing
It took me long, so long to learn
But I think I've mastered the art
You can call it self-deprecating
It took me years to lighten the load
But I think I've gotten the hang of it

I'm no longer self-defensive
When I'm feeling less important
When I'm feeling less serious
I'm no longer self-condemning
When I'm feeling less controlling
When I'm feeling less tension going

Someone has a sense of humor
Hold out in the shadows 'til dawn, carry on
Internalize the machismo you've rejected
Never lose sleep, critics, blowhards
You can laugh with others as well
Escape the chains, breathe in, breathe out
You have a gift like no other
Rock on, Mister! Strut like a cock!

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