

BP Workshop Event

When you have SOD on your side who can be against you?

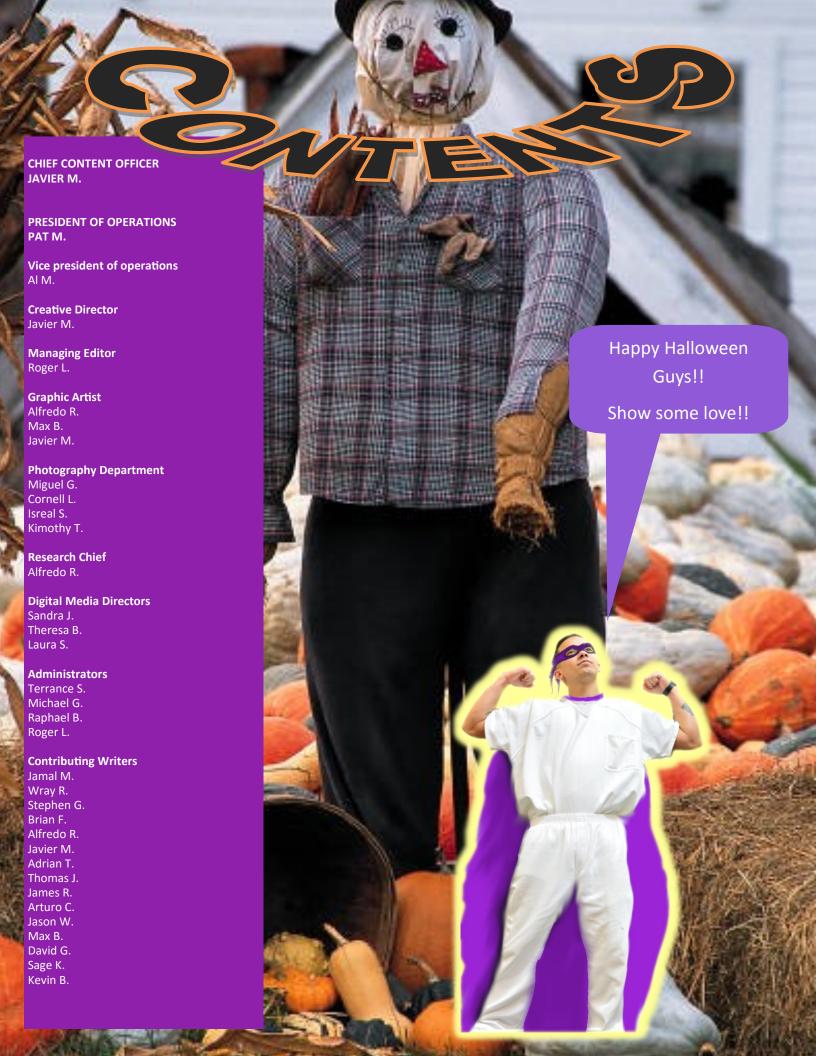


Time is ticking.



Everything in LIFE is just for a little while.

So make the best of every moment..... — Philip K. Dick



How do you define a leader? I once thought it was being able to hold someone accountable—having that authority to tell people what to do. I thought it was someone who was well educated

and who could speak well with others, but what I never thought to realize was that there was so much more to being a leader than just giving someone an order; it was about hav-

ing character.

Bruce Lee quoted this. 'Knowledge will gain you power—Character will gain you respect!' Having character gives us the ability to do the right thing even when people are not looking. You know that you are leading people in the right direction and not toward the paths where we once headed. We have the power to break chains, strongholds, and even generational curses so that people do not have to follow our example. We are the light everywhere we go in life. We are the leaders of today.

Javier M. AKA Baby Cakes

# Topic of the month Character

I have worked so hard to be where I am today. My character has changed from being a hard headed man to being a good and humble man. I got so tired of that old lifestyle I was living. I did not have a any future goals or dreams. I have been begging God to change my heart. Having character will help us grow in this program. We have gained many tools to help us become productive members of society. We're equipped with so much more understanding of what it means to make correct choices in life. We embraced PEP and its 10 Driving Values. We want to thank all of the servant–leaders, as well as the staff and executives who've helped us along on our journey. Now we're walking the walk, not just talking the talk ....

Alfredo Rangel. AKA Strawberry Fanta



I'm originally from Brownsville TX. I have four children Silvia, Cynthia, David Jr. and Andrea (a.k.a. "Mc nugget"). I got certified in welding by U.T.R.G.V. and started welding in 1996.

#### WHY DID YOU CHOOSE TO COME TO PEP?

I chose to come to PEP for the business side of the program. I was not aware that there is two phases. Currently I am in phase one. I can compose an excellent business plan, however without the renewal of the mind, that business plan will not be executed. PEP will guide me in to possessing a Servant-Leader mentality, integrity and be held accountable that all choices I make. Choosing PEP actually went beyond what I expected. What a blessing! Thank you Lord Jesus Christ and the PEP staff.

WHAT'S YOUR SWEET NAME AND DESCRIBE TO ME HOW YOU OWN IT?

I have not been given a sweet name yet, but I am a good sport.

#### WHAT'S THE BEST MOMENT YOU'VE HAD IN PEP SO FAR? AND TELL US WHY.

The best moment I had in PEP so far was today, November 13, 2018. The reason is being chosen for the rookie of the month. I do not feel I am worthy of this high honor. Only by the grace of God, I am alive today, so this really means a lot to me.

NAME A FEW PEP BROTHERS WHO HAVE BEEN A POSITIVE INFLUENCE THROUGHOUT YOUR JOURNEY IN PEP.

Raphael B., Anthony B., Jesus M., Ramiro R., and Juan F. have been a positive influence throughout my PEP journey. These men deliver with boldness and integrity on all the assignments given to them. I do not know these men's past, but I do know their current state of mind. If these men keep doing what they are doing, there is no doubt in my mind that they will be great Servant-Leaders once placed back into society

#### WHAT PUSHES YOU TO KEEP GOING FORWARD?

First, what keeps me going forward is the gift gracefully given to me of salvation and forgiveness of my many sins by my Lord Jesus Christ. Thank you so much Lord Jesus I am so grateful. I can never ever repay him so I will show an attitude of gratitude by moving forward. Second, God has provided me with an opportunity for reconciliation with my mom, dad, and four children. Therefore, I do not consider myself under punishment or discipline anymore, but under reconstruction.

### ANY WORDS OF ENCOURAGEMENT FOR YOU AND YOUR CLASS-

#### **MATES?**

We might not be where we want to be, but at least we are not where we used to be. Our best days are not in our past, but in our futures. We are no longer in the enemy's hand, but in the hands of our graceful heavenly Father. So PEP brothers, stay focused; patience is a virtue, and may all the blessing of the Lord Jesus Christ be upon you all! CHAPTER

David G. AKA Coming soon...

## HEALTH & VELLNESS

Would you have ever imagined yourself in prison where the facility allows you to attend a physical fitness course? None the less, listen to music and having a fun workout! I didn't. I was extremely skeptical when I arrived and heard about this course. It was like a unicorn you definitely have to see for yourself in order to believe it. This is what Health & Wellness is! It's your pot of gold at the end of the rainbow —if you allow it to be.

At first it's difficult and brutal, and even difficult sometimes to learn what your body type is capable of doing. It can even be defeating and discouraging at the beginning, because it' not what you're used to, but if you trust the process you'll see your body adjusting and transforming slowly but surely. Fear is a defeating element which can hinder your commitment to anything, if you let it. I'm sure you, along with myself, know all too much about this phenomenon and broken commitments. Once you make this initial step, you'll never have to break your word again! With this program, you will gain knowledge, discipline, self-respect, body transformation, brotherly love, and most importantly hope and inspiration. Health & Wellness is not just physical; it's mental and spiritual. A three part alignment to your sacred temple.

Let me tickle your fancy for a few minutes. This is a class has key components for success that involves a few different activities you may not be used to. We have a group called Seal Team 66 for the wise and older gentlemen—showing the millennials how it's done. We have weight loss program for guys that need to shed those excess calories and food crumbs they've been storing all these years. We also have body weight program that mixes Cross-Fit, and Tough-Mudder (a toddle play pin for wolf cubs), which can be **hell on earth** for those who think it's a walk in the park.

Lastly, we have a program, I call "Man's Plan" — which is weight lifting for those attempting to become the next Mr. Olympia.

I am not joking. If you don't believe me, come join us. And I can guarantee you will experience a mind blowing adventure that you can't get anywhere else. Those long lines at recreation, trying to wait for a weight machine to be available are history. You will gain a sense of worth,

and camaraderie found only with those wanting the best for their bodies. I dare you to be your best!

Sage K. (aka J-Woww)

