



538856-LLP-1-2013-1-DE-GRUNDTVIG-GMP

## **Memo of WP3 “Experimentation of new procedures “**

### **A Retreat Program in Hämeenlinna Prison 31.5-7.6.2015.**

#### *A short introduction of the retreat:*

**There are many promising findings of the retreat’s success in Swedish prisons, where it has been used as a rehabilitative program over ten years. Hämeenlinna Prison brought the concept into Finnish prisons and the pilot retreat program was tested during 31.5-7.6.2015.**

The method is called Ignatius Retreat, which means that a *period of eight days are spent in silence and in personal guidance of the instructor*. Two specially trained retreat instructors from the civil are in charge of the content and implementing the program.

The program begins when the instructor and a participant make a personal retreat plan. During the retreat a participant can have one daily appointment with the instructor if she needs personal guidance to proceed.

A special retreat department has eight places. Sentenced female prisoners from all the Finnish prisons were eligible to apply. The retreat department is an open department which requires applicant’s personal commitment for abstinence. Hämeenlinna Prison chose the participants according to the applications, the prison statements and decisions in a multi-professional selection team.

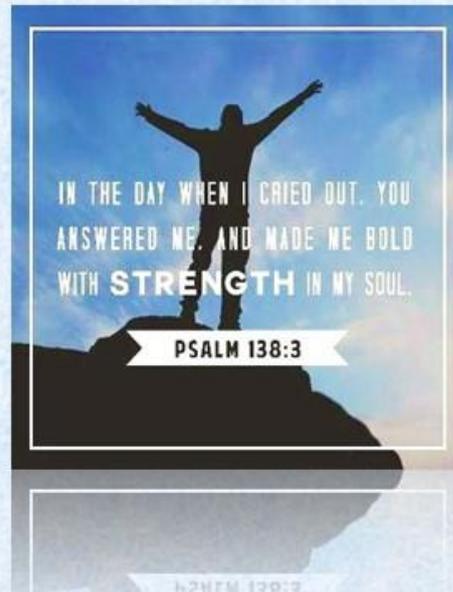
Criminal Sanctions Agency has supported the pilot retreat program financially. The future retreat programs will be discussed and developed in collaboration with the Western Finland’s Criminal Sanctions Agency and the Evangelical-Lutheran Church Central Office.

*“Let’s be quiet – good things will come! The Silence can be quite rehabilitating especially for inmates with the ADHD diagnosis, and for other impulsive inmates as well. The prayer and silence can heal a person entirely. In silence an inmate has to really face herself honestly without acting any role.” – Finnish prison warden*

## An invitation

# Retriitti Hämeenlinnan vankilassa

31.5. - 7.6.2015



**Hämeenlinnan vankilassa** järjestettävälle retriittijaksolle voivat hakeutua Suomen vankiloissa rangaistustaan suorittavat naisvangit.

Sana retriitti tarkoittaa takaisin/erilleen vetäytymistä. Ignatiaaninen kahdeksan päivän mittainen retriitti pohjautuu vanhaan kristillisen hiljentymisen ja itsetutkiskelun tapaan, jossa osallistujaa kutsutaan syvempään yhteyteen oman itsensä kanssa. Inspiraation lähteenä käytetään Ignatiuksen *Hengellisiä harjoituksia*, rukousta ja mietiskelyä.

Retriitin sisällöstä vastaa retriittikoulutuksen saaneet vankilan ulkopuoliset ohjaajat. Jokaiselle retriittiosaston vangille laaditaan retriitin ajaksi henkilökohtainen suunnitelma ja vanki tapaa ohjaajansa päivittäin.

Vankilassa toiminta järjestetään erillisellä naisten avo-osastolla, jonne valitaan kahdeksan osanottajaa ja osallistuminen edellyttää sitoutumista päihitteettömyyteen. Rangaistusaikaa toivotaan olevan jäljellä muutama kuukausi. Jokaiselle osallistujalle on varattu oma selli. Retriitti vietetään hiljaisuudessa ilman televisiota, puhelimen käyttöä, postia, jne.

Hämeenlinnan vankila valitsee retriittiosaston osallistujat saapuneiden hakemusten perusteella.

**Hakuaika 14.5.2015 saakka. Tieto valinnasta lähetetään viikon 21 alussa.**

Lisätietoja Helena Käkelä, puh. 050-430 6367 / [helena.kakela@om.fi](mailto:helena.kakela@om.fi) tai  
Ulla Sundholm, puh. 050-380 2674 / [ulla.sundholm@om.fi](mailto:ulla.sundholm@om.fi)

***The pilot Retreat Program was successfully launched in Hämeenlinna Prison starting Sunday May 31<sup>st</sup> and ending Sunday June 7<sup>th</sup>.***

**About the retreat department:** The department consists of two separate units (family unit and men's releasing unit) that share a private, quiet yard, with a tiny "garden". It is crucial to have a peaceful setting with no disturbance from the prison's daily activities.

The larger unit has 10 single cells where the retreat participants were placed and the family unit has 3 large cells for mothers and babies. The timing of the retreat pilot was perfect, since there were no prisoners with babies at the time. The retreat instructors, Marjatta and Sakari, came from civil stayed in family unit during the retreat, and spent 8 days in prison, too. The family unit's facilities were used for the daily one-on-one appointments with the prisoners. The family unit also served as a small chapel, where they all (instructors and participants) gathered together for evening service: for quiet prayer, bible reading and a mass prior to closing the units and locking the cells.



*Retreat department*



*Retreat department's living room*

**The participants:** Six female inmates were chosen to retreat, four from Hämeenlinna and two from Turku prison. One woman is serving a life sentence, two serving long sentences from drug trafficking, one from several severe violence crimes, one from drug related crime and one from the theft. There were foreign inmates as well, so the languages spoken were Finnish and English. The inmates were chosen by a multi-professional team from both prisons.

Participants were transferred to retreat department on Friday, two days prior the retreat starting. Women had two days to get familiar with the open department rules as well as the fellow participants. On Friday afternoon as soon as all the participants had moved in, Ulla and Helena visited the department to have an info session of the department rules, and to arrange everything that was still unclear.

**Students involvment, study:** At this point women were also told that there are two students involved in retreat doing their graduation study and research for their school. Women were asked if they are willing to join to a small artistic endeavor the students will organize. All the women were very open to this suggestion and they joined the art program with no hesitation. They signed a document giving a permission for the students to ask them some questions. The students will have their final study report of the retreat ready in fall 2015.



*Art made by a participant*



*Student Jenni, instructors Sakari and Marjatta, student Heini*

**Beginning of the retreat:** During Friday and Saturday women were still able to watch tv, to listen the radio, and to make their phone calls. They started quieting down and relaxing on their own over the weekend and they were all ready to start the silence retreat on Sunday, when the instructors arrived and they started the program in a peaceful setting. The instructors are trained retreat instructors from civil, they are both pastors from Finland's Evangelical Lutheran Church. Sakari has worked as a prison pastor for a long time, but Marjatta doesn't have prior prison experience. They were very enthusiastic of the upcoming 8 days in prison with the inmates. Each instructor got three participants as "a travel companion" with whom they made a personal retreat plan and had their daily one-on-one appointments. The retreat started with a mutual prison dinner between the participants and the instructors. They were still allowed to talk during the dinner and after the the initial introduction was made and the retreat rules were all clear, they all went to a chapel to quiet down, to read a bible, to pray and to start the silent retreat. (*See the daily agenda.*)



*A chapel in family unit*

**Ending the retreat:** The retreat ended on Sunday for celebration with the strawberry-cream cake and coffee. Eight days went exceptionally well – everybody were surprised how the women were so co-operative, and silent. One guard said that he has been working in prison over 30 years and he has never visited in a women’s department where the atmosphere is so peaceful and QUIET.

**Future plans:** The retreat pilot was a success story, and Hämeenlinna prison is looking into a possibility to make it a regular program for the inmates. The positive outcome and the results that has been reported from the pilot, as well as from Swedish retreat departments prove, that this kind of rehabilitative program has a need amongst prisoners. The main focus is to concentrate on the self-improvement, to find some answers from within through a spiritual mediation, quietness, relaxation, stress-free environment, etc. guided by a professional instructors.

Criminal Sanctions Region of Western Finland has given a permission for Helena and Ulla to visit Swedish prison in Kumla at the end of June 2015 to learn more about this valuable self-improving and rehabilitative program.



*An altar in a chapel. See the view to the garden!*

## RETRIITIN PÄIVÄOHJELMA 31.5. – 7.6.2015 –DAILY AGENDA

### Sunnuntai – Sunday 31.05.

13.00	Retriittiohjaajat saapuvat Hämeenlinnan vankilaan – <i>the instructors arrive to prison</i>
14.30	<b>Ruokailu</b> -supper
17.00	Retriitin alkujohdanto – <i>introduction to retreat</i>
18.00	<b>Illtapala</b> (hiljaisuus alkaa) - <i>evening snack, silence starts</i>
18.30	Ryhmät - <i>groups</i> Illtapalvelus – <i>evening service, mass</i>
19.30	Osaston sellit suljetaan – <i>closing the department</i>

### Arkipäivät ma-pe – Weekdays Mon-Fri 1.6.-5.6.

7.30	<b>Aamiainen</b> -breakfast
8.30-8.50	Palaveri, retriettiohjaajat ja vankilan tiimi – <i>meeting between prison staff and instructors</i>
9.00-9.45	Ohjauskeskustelu 1 – <i>first one-on-one meeting</i>
10.00-10.30	Retriittiohjaajien oma palaveri – <i>instructors' private meeting, planning etc.</i>
11.00-12.00	<b>Lounas</b>
12.00-12.45	Ohjauskeskustelu 2 – <i>second one-on-one meeting</i>
13.00-13.45	Ohjauskeskustelu 3 – <i>third one-on-one meeting</i>
14.00	<b>Päiväkahvi</b> – <i>coffee break</i>
15.45	<b>Päivällinen</b> -supper
18.00	<b>Illtatee</b> – <i>evening tea</i>
18.30	Ryhmät - <i>groups</i> Illtapalvelus (ehtoollinen) – <i>evening service, communion</i>
19.30	Osaston sellit suljetaan – <i>closing the department</i>

\*Retriittiläiset sijoittavat tämän yhteisen päiväjärjestyksen sisään kukin neljä omaa 45 minuutin mietiskelyään. Yksi niistä mielellään pihalla.

-participants include four personal meditation moments inside this time frame, at least one of the moments should be spent outside

### Lauantai – Saturday 6.6.

8.00	<b>Aamiainen</b> -breakfast
9.00-9.45	1. ohjauskeskustelu – <i>first one-on-one meeting</i>
10.00	Retriittiohjaajien oma palaveri – <i>instructors' private meeting, planning etc.</i>
11.00-11.45	2. ohjauskeskustelu – <i>second one-on-one meeting</i>
12.00	<b>Päiväkahvi</b> – <i>coffee break</i>
12.45-13.30	3. ohjauskeskustelu – <i>third one-on-one meeting</i>
14.30	<b>Ruokailu</b> -supper
18.30	Ryhmät - <i>groups</i> Illtapalvelus (ehtoollinen) – <i>evening service, communion</i>
19.30	Osaston sellit suljetaan – <i>closing the department</i>

### Sunnuntai –Sunday 7.6.

8.00	<b>Aamupala</b> -breakfast
9.00-9.30	1. ohjauskeskustelu - <i>first one-on-one meeting</i>
9.45-10.30	2. ohjauskeskustelu - <i>second one-on-one meeting</i>
10.45-11.15	3. ohjauskeskustelu - <i>third one-on-one meeting</i>
12.00	<b>Päiväkahvi</b> – <i>coffee break</i>
13.00	Messu - <i>mass</i>
14.30	<b>Ruokailu</b> (hiljaisuus päättyy) - <i>supper, the silence ends</i>

**Retriitin päätös** –*ending the retreat*

