

RELIGIOUS SERVICES GUIDE

VERMONT DEPARTMENT OF CORRECTIONS

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Asatru

“Asatru” is an old Norse word (Scandinavian) which means “belief in the Gods.” These are the old Norse and Germanic gods and goddess known collectively as Aesir or Asa. Asatru is also an Icelandic word, where it was accepted as a legitimate religion in 1972.

The religion, Asatru also referred to as Wor Tru “our faith” or Forn Sed, “ancient customs/ways,” is revealed in Norse mythology, the Elder Edda (poetry) and the Younger Edda (prose). Modern day Asatru is based on reconstruction from historical sources. There is no founder who made revealed pronouncements. There is no central authority that establishes teachings or beliefs.

Some of the central teachings are based on the nine virtues which are ideally practiced in practitioners lives and dealing with other people. These are Honor, Courage, Truth, Loyalty, Self-Discipline, Hospitality, Industriousness, and Endurance.

Followers believe in an afterlife and those who have lived virtuous lives will go on to experience greater fulfillment, pleasure and challenge. Certain spiritual powers are released in death with the body and can be reborn from generation to generation in the family line. Those whose lives are not so virtuous “will be separated from kin, doomed to an existence of dullness and gloom.”

Often called an “earth” or “nature” religion, Asatru teaches harmony with nature. The comings and goings of the seasons have deep meaning for the Asatru folks. They do not worship stones, trees and statues, but recognize them as important symbols. They are reminders of the spiritual presence, the all providing energy which exists in all living things. This spiritual energy affects us and we affect it. The gods and goddesses make themselves known often within the realm of naturally occurring things. These deities also “speak” through Sagas and the Eddas. Communion with the gods and goddesses are through formal rites called blots and sumbles.

Procedures for Inmate Religious Programs, Services, and Activities

- A. An Asatru inmate may wear a headband only during a group worship service. An Asatru inmate may not wear the headband to or from the group worship.
- B. Each group service may include a blot and sumbel at the clergy member or volunteer faith representative’s option. A feast may be included in the group worship service once per year, usually for the Yule high feast day. Feast items may be selected from items generally available on the food line. Items not available on the food line may be made available pursuant to [DOC policy](#).

Religious Articles for Group Asatru Worship

Asatru inmates in any Vermont Correctional Facility may use the following religious articles for Asatru group worship:

Item:	Description:
Ritual Bowl	Asatru inmates may use a ritual bowl made of wood or clay. The ritual bowl shall be no larger than 6" wide and 2½" deep. The bowl may include inscriptions, designs or runic characters, as approved, and placed there by either a vendor or by outside clergy or volunteer faith representative.
Oath Ring	An Oath Ring shall be made of wood and no larger than 6" in diameter. An Oath Ring may include inscriptions, designs or runic characters, as approved, and placed on it by either a vendor or by outside clergy or volunteer faith representative.
Thor's Hammer	The Thor's Hammer for group worship shall be made of wood and shall be no larger than 6" in height or width. The Thor's Hammer may include inscriptions, designs or runic characters, as approved, and placed on it by either a vendor or by outside clergy or volunteer faith representative.
Gandr Staff	The Gandr staff shall be made of white cedar or comparable light wood, and shall not be larger than 13" x ½" x 5/16" with rounded, blunt ends. The Gandr Staff may include inscriptions, designs or runic characters, as approved, and placed on it by either a vendor or by outside clergy or volunteer faith representative.
Ceremonial Candles	A battery or wax candle of up to 12" long may be used during group worship. A candle may be lit subject to applicable fire regulations.
Altar	Asatru inmates engaged in group worship may use the altar available in the religious services areas in each institution. If the altar is unavailable, a table, approximately three feet by three feet (3' x 3'), shall be provided.
Altar Cloth	An altar cloth large enough to cover the altar may be placed on the altar. The altar cloth shall be made of linen, silk or, comparable cloth material, and shall be white or beige. The altar cloth may include inscriptions, designs or runic characters, as approved, and placed on it by either a vendor or by outside clergy or volunteer. Any inscription, design or runic characters on an altar cloth shall be red, black or other color approved. The altar cloth shall be obtained from an approved vendor or may be brought to religious services at the institution by an approved member of the clergy or volunteer faith representative.
Drinking Horn	The ceremonial Drinking Horn may be a cup made of wood or clay or may be a cow's horn hollowed out to become a vessel. The cow's horn shall have a blunted bottom.

Non-Alcoholic Mead	Asatru inmates may use a non-alcoholic mead substitute comprised of fruit juice at group worship services.
Evergreen Twig	An evergreen twig may be brought to the religious service by a clergy member and/or volunteer faith representative for use in the service. A fresh twig approximately 6" long may be used.

Group Study

Inmates in the general population at an institution may participate in Asatru group study sessions in accordance with the requirements for religious services set forth in the [DOC policy on Religious Services](#).

The following procedures apply to group study sessions:

Asatru religious group study sessions shall be led by a member of the Asatru clergy or by a volunteer faith representative. Inmate led Asatru group study sessions are prohibited.

Asatru group study sessions may be monitored by DOC staff present during those sessions and by means of electronic, audio and video monitoring. The inability of DOC to make such a recording does not justify canceling any scheduled group study session.

Asatru group study will be permitted once per month. Asatru group study may be held the same day as group worship or on other days based upon security and safety needs and the availability of institutional resources. Any request to schedule Asatru study groups on non-worship days are subject to the availability of DOC staff and other institutional resources.

Individual Asatru Religious Exercise

Individual Asatru religious practices include, but are not limited to, worship, prayer, meditation, rune casting, and personal feasting, within the Asatru inmate's personal housing area. An inmate's individual religious activities must not disrupt nearby activities.

Exercise:	Description:
Individual Ceremonial Feast	An Asatru inmate may engage in an individual ceremonial meal or feast in the inmate's cell or living area. All foods available in the commissary, including fruit juice, crackers, and cheese, shall be available to Asatru inmates to consume in their cells or personal housing as part of an individual religious ceremonial feast.
Yule Meal	May be eaten in the dining hall by general population Asatru inmates at a time that would not interfere with normal meal time. In the absence of a clergy member or a volunteer faith representative, this meal shall not be an opportunity for corporate worship or group religious activity.
Discreet Personal Prayers	Discreet personal prayers at the table are permitted. Prayers involving activities such as kneeling, audible chanting, or inmate led group activity, etc. are not permitted.
Non-Alcoholic Mead Substitute	An Asatru inmate may obtain fruit juice from the commissary to serve as ritual mead for purposes of personal religious worship.
Individual Meetings with Clergy and	Asatru inmates may confer individually with members of the Asatru or other clergy. In the absence of the availability of a

Volunteer Faith Representative	clergy, an Asatru inmate also may confer individually with outside Asatru volunteer faith representatives.
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Religious Property for Individual Observance

An Asatru inmate may possess or use the following religious articles for Asatru individual worship. Unless otherwise specified, all items listed must be obtained from a DOC approved source.

Thor's Hammer Medallion	An Asatru inmate may possess one Thor's Hammer Medallion that may be on a chain or cord worn around the neck. The medallion shall not exceed two inches in length or width.
Rune Stone Set	An Asatru inmate may possess one Rune Stone set comprised of up to 33 tiles, each inscribed with a character from the runic alphabet. The Rune Stone set may include a tile with the single sowilo character, and shall not include tiles with the swastika or double sowilo runic characters. The Rune Stone set may include an instruction book, a casting cloth, and a cloth bag for storage. Each runic tile may be made of stone, bone or other suitable material approved by DOC and may be no larger than one inch or a quarter-dollar. The runic character inscribed on each tile may be either red or black.
Religious Literature	An Asatru inmate may possess one copy of <i>The Poetic Edda</i> , a recognized text for the Asatru faith, obtained from an approved vendor. Possession of additional religious books and publications, including additional copies of the <i>Poetic Edda</i> , is subject to approval and other generally applicable rules and policies construed considering RLUIPA.
Altar	An Asatru inmate may use his or her locker box as an altar for personal worship purposes. If an Asatru inmate does not have a locker box, he or she may use the writing surface in his or her cell as an altar.
Altar Cloth	An Asatru inmate may possess one altar cloth made of linen, silk, or comparable cloth material for use in covering the area used as a personal altar. The altar cloth shall be white or beige, may not be larger than 31"x 21", and may have an inscription, design, or runic characters placed there by a DOC-approved vendor. Any vendor's inscription, design, or runic characters is subject to DOC approval. Any inscription, design, or runic characters on an altar cloth shall be red or black. An Asatru inmate may not place any inscriptions, designs, or any writing on the altar cloth. The altar cloth may be placed flat on the inmate's personal altar during

	<p>individual worship and may not be displayed at any other time. An Asatru inmate in possession of an altar cloth larger than 31" x 21" prior to the effective date of this policy may continue to possess the altar cloth but may not transfer it to another inmate. An Asatru inmate may use an unaltered, DOC-approved towel as an altar cloth.</p>
Ritual Bowl	<p>An Asatru inmate may possess one ritual bowl for personal worship. The bowl shall be made of clay, plastic, white cedar or a comparable wood. The bowl shall be no larger than 6" wide and 2 ½" deep. The bowl may include inscriptions, designs or runic characters placed there by an approved vendor, subject to DOC approval. An Asatru inmate must obtain any ritual bowl from a DOC-approved vendor or from the commissary.</p>
Religious Pictures and Drawings	<p>An Asatru inmate may possess unframed religious drawings or pictures obtained from a DOC-approved vendor. The religious drawings or pictures obtained from an approved vendor may include inscriptions, designs, or runic characters placed there by the vendor, subject to DOC approval. An Asatru inmate may copy pictures, posters, or drawings with runic characters if the picture, poster or drawing that is being copied is sold or distributed by a DOC-approved vendor. An Asatru inmate may create religious drawings and pictures that do not threaten either the security of the institution or the safety of other inmates or staff. If a religious drawing or picture contains runic characters or languages other than English, DOC may temporarily take custody of each such drawing or picture for a reasonable period to attempt to translate each. DOC typically should not withhold a religious picture or drawing more than thirty (30) calendar days. If DOC is unable to find a person who can translate a religious picture or drawing after making a reasonable effort, DOC may retain the religious picture or drawing or allow the inmate to send it out. DOC must inform the creator of the religious picture or drawing of that decision in writing. An Asatru inmate shall place his name and inmate number on any art work that he or she produces. An Asatru inmate must store all religious pictures and drawings in the inmate's locker when not in use for individual religious activities. An Asatru inmate may mail pictures and drawings out of the institution, including materials sent for publication, but may not receive compensation except pursuant to approval under applicable DOC policy.</p>
Headband	<p>An Asatru inmate may wear a headband in his or her housing area during individual religious activities. The headband shall be</p>

	made of linen, silk, or a comparable cloth material that shall not exceed 22" x 22". The headband shall be white or beige in color and may include characters or inscriptions placed on it by a DOC-approved vendor. The characters or inscriptions are subject to DOC approval.
Gandr Staff	An Asatru inmate may possess a Gandr Staff for use during individual worship. The Gandr Staff may be up to 10" in length, 7/16" inch in width, and 1/8" in thickness. The Gandr Staff may have runic characters inscribed or placed on it by a DOC-approved vendor. The characters or inscriptions are subject to DOC approval. An Asatru inmate must obtain a Gandr Staff from a DOC-approved vendor.
Storage of Religious Articles for Individual Worship	An Asatru inmate may use a clear plastic "shoe box" type container 7" x 15" x 5" deep to store his or her religious articles. Storage of all religious articles, except for a copy of the <i>Poetic Edda</i> , shall be subject to property limitations and other generally applicable DOC policy.
Personal Mead Horn	An Asatru inmate may possess up to two (2) blunt-bottomed wooden cups, or other DOC-approved cups, to serve as a ceremonial drinking horn for individual worship. The cup shall not exceed 5" in height. An Asatru inmate shall obtain the cups from a DOC-approved vendor. The cup may include inscriptions, designs or runic characters placed there by the DOC-approved vendor. The inscriptions, designs or runic characters are subject to DOC approval. An Asatru inmate may use a cup or cups purchased from the inmate commissary.
Personal Oath Ring	An Asatru inmate may possess one (1) personal oath ring, the approximate size of a wedding band. The personal oath ring may include inscriptions, designs or runic characters placed there by a DOC-approved vendor. The inscriptions, designs or runic characters are subject to DRC approval.

Asatru Religious Holidays

The following are the Asatru Religious Holidays:

Date:	Description:
2/2	Disting/Charm of the Plow (Festival of Labor)
2/14	Feast of Love
3/20 or 3/21	Ostara – High Feast Day – Spring Equinox
Mid-April	Springfinding
4/30	Valpurgisnacht

5/1	May Day
6/21	Midyear – High Feast Day – Summer Solstice
8/1	Lammas or Loaf Feast
9/21	Winter Finding – High Feast Day – Autumnal Equinox
9/23	Winterfinding
10/15	Winters-night
10/31	Feast of Runes
11/1	Winter Nights (Hunting)
11/11	Feast of Einherjar
Last Thursday in November	Feast of Ullr
12/21 or 12/22	Yule – High Feast Day – Winter Solstice

Group worship services shall be scheduled by DOC to coincide with these days to the extent possible.

Work Proscriptions

None required by faith or practice.

Diet

There are no specific dietary laws, although many may opt to be vegetarians by personal conviction.

Medical Treatment

There are no restrictions.

Buddhist

Buddhism traces its origin to India in the sixth century BCE (before the current era) and the experiences of the man, Siddhartha Gautama, through which he became known as the Buddha, The Awakened One. The events of his life provide the basic inspiration upon which all Buddhist communities have been built. The Buddhist community is known as the Sangha. The Sangha together with the Buddha (The Awakened One) and the Dharma or Dhamma (Teaching or Path) are known as the Three Jewels, the basic foundation of Buddhist belief.

Through the efforts of disciples, Buddhism spread from India throughout most of Asia. Eventually, it came to North America and Europe, where it has grown tremendously in the past century. Today, at least six percent of the people on earth follow this many faceted faith. Their number is steadily increasing due to global migration patterns and interest by Westerners.

Buddhism focuses not so much on a set of doctrines as a course of action. Buddhism is concerned with alleviating suffering through right living and mental, moral and spiritual discipline. The basic Buddhist teachings are summarized in the Four Noble Truths. There are three major schools of Buddhism: The Theravada (Hinayana), The Mahayana and The Vajrayana.

Theravadin Buddhism exists today in Burma, Thailand, Cambodia, and Sri Lanka and to some extent in Vietnam. You may sometimes see the term Hinayana used to refer to this school, but this is an outdated term, now considered to be pejorative. Theravada is a school that emphasizes the teachings of the early sutras and is predominantly a monastic school in its countries of origin, in that monks and nuns are the primary practitioners of the Eightfold Path itself, with lay practitioners focusing on the moral teachings and gaining merit through support of the monastic community. In the United States and Canada many Westerner lay practitioners follow a version of this practice focused on meditation and called Vipassana, Insight Meditation, or Mindfulness Practice.

Mahayana flourished in China, Korea, and Japan and to some extent Vietnam. This stream of Buddhism originated in India, then moved to China where the Ch'an and Pure Land sects originated. Ch'an became Zen when it came to Japan, and Pure Land Buddhism is practiced as Jodo Shin or Shin Buddhism in Japan. Other Japanese Buddhist groups include Shingon and Nichiren. Zen and Nichiren are perhaps the best-known Mahayana schools among Westerners, and Jodo Shin is the most popular among Japanese-American Buddhist communities.

When Mahayana came from India to Tibet, it became flavored with indigenous elements of the Bon religion to produce a new school called Vajrayana or tantric Buddhism, which is active in Tibet, Mongolia, Sikkim, Nepal and Bhutan. Vajrayana or Tibetan (as it is commonly known) practice is also quite popular among Westerners in Europe and North America.

An important teaching of the Mahayana and Vajrayana traditions is that anyone can, over time (even many lifetimes) and with great effort and commitment, achieve Buddhahood or enlightenment, and not just ordained practitioners. In the stage prior to Buddhahood, one is known as a Bodhisattva. Different Bodhisattvas provide inspiration, guidance, and support to practitioners, much as Bodhisattva of Compassion, known as Avalokiteshvara, Chenrezig, Kuan Yin, Kannon or Kanzeon. The Dalai Lama is considered to be an incarnation of Chenrezig.

There are three key concepts to understand in Buddhism, and that understanding is essential to the first step of the Eightfold Path, Right View. These are: impermanence (Anicca), suffering (Dukkha) and the absence of permanent soul or “self” (Anatta). Some authorities list the Three-fold Understanding as Anicca, Nirvana and Anatta. Nirvana is the end of suffering, the goal of Buddhist practice.

Procedures for Inmate Religious Programs, Services, and Activities

- A. It is important to understand that there are great variations in what is considered to be essential to individual or group practice in the different Buddhist schools. This stems in part from the fact that the historical Buddha intentionally did not name a successor, but encouraged his monks to think for themselves, using the teachings and practices he had already given them. With the lack of a centralized Buddhist authority and the huge cultural differences that have been added in over the years, Buddhism can look like it is many faiths, not just one.

- B. Congregate Buddhist Services shall be led only by persons who are properly credentialed as a Buddhist Priest, Nun, Monk or an outside religious leader endorsed by his/her teacher. Chanting is common for Buddhist groups and is usually done in the local language. Buddhist inmates, under the supervision of the outside religious leader, may assist by saying prayers and leading chants.

Religious Articles for Group Buddhist Worship

Buddhist inmates in any Vermont Correctional Facility may use the following religious articles for Buddhist group worship:

Item:	Description:
Mala Beads	Mala beads are a string of 108 beads used during chanting and prayers. There is a smaller “wrist mala.” Buddhist inmates are limited to one large and one small mala.
Small Pictures or Images	Small pictures or images of deities/holy persons for meditation.

Group Study

Inmates in the general population at an institution may participate in Buddhist group study sessions in accordance with the requirements for religious services set forth in the [DOC policy on Religious Services](#).

The following procedures apply to group study sessions:

Buddhists should be allowed to gather on a regular basis. Vajrayana practitioners have at least two “tsog”, or offering days a month. Tsog are determined on a lunar calendar, but in the West may be set using the solar calendar commonly used. Some western Buddhist groups or Asian groups practicing in the West may follow a weekly Sunday service pattern to fit in with Western cultural norms. These services may include time for chanting sutras, meditation, a Dharma talk, and study. As the Sangha or community is one of the Three Jewels, these times to meet and reaffirm Sangha are essential to Buddhists.

Individual Buddhist Religious Exercise

Worship practices vary depending on sect and culture. Most Buddhists practice a form of silent, sitting meditation. Individual Buddhist worship is to be conducted in the inmate’s cell/bed area.

Religious Property for Individual Observance

A Buddhist inmate may possess or use the following religious articles for Buddhist individual worship. Unless otherwise specified, all items listed must be obtained from a DOC approved source.

Item:	Description:
Mala Beads	Mala beads are a string of 108 beads used during chanting and prayers. There is a smaller “wrist mala.” Buddhist inmates are limited to one large and one small mala.
Small Pictures or Images	Small pictures or images of deities/holy persons for meditation.

Buddhist Religious Holidays

The following are the Buddhist Religious Holidays:

Date:	Description:
Full Moon in May	Full moon/May Vesak/Wisakha Puja, celebration of the birth, enlightenment, and death of the historical Buddha. Celebrated on the day of the full moon in May.
Full Moon in April	Full moon/April Dharma-Vijaya/Poson, commemorates the preaching of the Dharma to foreign counties, especially Sri Lanka. Celebrated on the day of the full moon in April.
Full Moon in July	Full moon/July Dharma-chakka/Asalha Puja, commemorating the first proclamation of the Dharma by the Buddha. Celebrated on the day of the full moon in July.
Mid-April	Mid April New Year, often celebrated in mid April.
4/8	Buddha's Birthday
2/15	Nirvana Day, Commemorates the historical Buddha's bodily death.
12/8	Buddha's Enlightenment
1/1	Chinese is lunar calendar, varies January/February.
9th day of 4th month of Tibetan Calendar	Buddha's Birthday
15th day of 4th month of Tibetan Calendar	Enlightenment Day

It should be noted that Buddhist celebrate several holidays which are not specific in nature. See below for a further explanation:

Nirvana Day January/February Losar/New Year, sometime in January or February determined by lunar calendar. The biggest celebration of the year, with events leading up to it and following from it. Mid-Summer/Spring/Autumn in Japanese Buddhist traditions, memorial days are important and will vary with the sect. General days for commemorating the dead are O-Bon (mid-summer) and the spring and autumn equinox days. January/February New Year, Japanese is solar calendar. There are other celebrations including those of Tibetan cultural significance, as well as each sect within the Vajrayana tradition having numerous auspicious days and festivals in addition to these.

Work Proscriptions

None required by faith or practice.

Diet

As in the differences in holidays, different Buddhist communities follow dietary practices based on cultural origin. Monks in the monastery are expected to be vegetarian, although Theravadin monasteries accept offerings from the community regardless of ingredients, as these offerings are the primary lay practice. In the Tibetan-Mongolian tradition, both lay people and monks routinely eat meat, since fruits and vegetables were difficult to grow in these high barren regions. In the West, lay Buddhist practitioners often choose to follow a vegetarian diet, and should be allowed this option.

Burial

There are many different traditions of Buddhism and these sorts of life transition rituals may be as much culturally as religiously based. It would be important to determine which tradition the inmate is affiliated with. That said, there are some general points to make.

All efforts of the practitioner leading up to the time of death are geared toward directing whatever essence continues after death to a better situation upon rebirth. For some traditions, this effort is very individual and for others, most notably in the Southeast Asian traditions, laypeople rely on monks to chant for them in the time leading up to death and shortly after.

The transition from living to dead is a gradual one, and so most traditions assume that an individual consciousness remains somewhat attached to the body for a period after official time of death, usually around 3 days. Chanting, burning of incense, and prayerful support during this time are considered most helpful in directing the disoriented newly dead person on their way. At a minimum, a quiet and peaceful atmosphere surrounding the remains is most helpful. For this reason, many Buddhists refuse to do organ donation. Prayer, incense burning, and chanting take place at intervals following death, those intervals being determined by the tradition.

In most Buddhist traditions cremation is the preferred method of disposal of the remains, as a new vessel will be used for the next incarnation. But cremation or burial should wait until the body has been at repose for a bit, to allow the consciousness time to leave the body. No need to embalm the body, unless the inmate has specifically asked for it, and has asked to be buried without cremation, which might be the case for Western convert Buddhists who are blending their Buddhist and birthright beliefs.

Roman Catholic

Catholicism is a Christian tradition comprised of faith theologies and doctrines and is characterized by specific liturgical, ethical, and spiritual operations and behaviors. It is related to other ecclesial traditions that are also in communion with the Bishop of Rome in Italy. The Roman Catholic Church is a Christian church in communion with the Eastern-rite Catholic churches such as Armenian, Byzantine (includes Greek Catholic Church), Coptic, Ethiopian, East Syrian (Chaldean), West Syrian, and Maronite.

Catholic Christians believe in Jesus Christ as the Son of God, and are part of the larger Christian group of believers. Catholics believe in one God in three persons, which is referred to as the Holy Trinity. They also believe that Christ was born of the Virgin Mary, died, was buried, rose again, ascended into heaven, and will come again to judge the living and dead. Through the death of Christ, all humankind has been offered eternal life. Catholic beliefs are contained in the Nicene and Apostles' Creed, and the writings of the Church Councils.

The Roman Catholic Church is a community of believers who have been incorporated into Christ through baptism. The power of this faith centers on the belief that Jesus Christ was sent by God to be their Redeemer. As such He is the head and founder of the Church. As an organization and visible society, this people of God share the same faith and are governed by the successors of Peter (the Popes), and the Bishops in communion with the Pope. The doctrine and practices of the Church significantly affect the religious life of its people, none more significantly than the seven sacraments described under the title of Worship.

The Roman Catholic Tradition is an inherited pattern of thought, action, or behavior, which connects Catholics to Christ. Catholic tradition may be defined as the Word of God, given to the Apostles by Christ and the Holy Spirit, and handed down to their successors through the Church. Scripture, Apostolic Tradition, and the Magisterium (the teaching authority of the Church) guided by the Holy Spirit, combine to bring Catholics God's revelation at any moment of time.

The following are the basic requirements for being a Catholic: To assist at Mass on all Sundays and Holy Days of Obligation in the United States the Holy Days of Obligation are:

1. Solemnity of Mary, Mother of God January 1st
2. The Ascension of Jesus (40 days after Easter or can be moved to the following Sunday by the local Bishop)
3. Assumption of the Blessed Virgin Mary into Heaven August 15th
4. Feast of All Saints November 1st
5. Immaculate Conception of the Blessed Virgin Mary (That she was conceived without Original Sin) December 8th
6. Christmas December 25th
7. ^{Easter}

To confess one's sins the Church advises a Catholic to go to confession whenever one has a serious sin on one's soul, especially prior to receiving communion.

To receive Holy Communion during the Easter season. The Easter season begins on Ash Wednesday and ends on Trinity Sunday (57 days after Easter).

To contribute to the support of the Church Catholics should give financial (money) support to the church per one's means and/or donate time and/or talent to one's parish.

Observe the laws of the Church concerning marriage Catholic marriages must be witnessed by a priest or deacon. If an individual is married not in the Catholic Church, they can ask a priest about getting the marriage blessed. If a Catholic chaplain has been married before, it is important to seek an annulment prior to marrying a second time.

Procedures for Inmate Religious Programs, Services, and Activities

- A. Reconciliation/Confession: There must be a private space, for the individual to speak privately in the presence of the priest.
- B. The sacrament of the anointing of the sick is celebrated by a priest when a Catholic is seriously ill. It consists of special prayers and the anointing of the person on the forehead and hands. It may be celebrated individually or during mass.

Religious Articles for Group Catholic Worship

Item:	Description:
Bread	If Communion bread is not available, the priest may bring sufficient quantities for the communion.
Crucifix, Cross, or Religious Medal and Chain	Inmates may receive one crucifix, cross, or religious medal and one chain; maximum size shall not exceed two inches.
Scapular	A scapular is a small piece of cloth with a sacred image worn around the neck.
Rosary or prayer beads	A rosary is a looped chain or string with beads with a crucifix at the end used to count off prayers while meditating on events from the life of Christ.
Religious Text	Bible, prayer book, and spiritual writings.
Paintings and Images	Images of the Lord and his saints, size and number subject to local policy.

Group Study

Community worship is the most important aspect of the Catholic faith. As a people of God, they worship together. They usually prepare for and celebrate the seven sacraments. A sacrament is an outward sign of inward grace, instituted by Jesus Christ, to give grace. The seven Sacraments of the Catholic Church are below.

Holy Orders

Baptism is the sacrament which cleanses one from original sin and makes one a member of the Body of Christ. (John 3:5)

Confirmation is the sacrament by which a Catholic receives the Holy Spirit in a unique and special way. ((Acts 1:8)

Eucharist -The bread and wine are changed into the Body and Blood of Christ when the words of consecration are pronounced by the priest at Mass. (Matthew 26: 26-28)

After being initiated into the Most Holy Eucharist, each of the faithful is obliged to receive holy communion at least once a year. This percept must be fulfilled during the Easter season unless it is fulfilled for a just cause at another time during the year. The United Council of Catholic Bishops (USCCB) has an indult which allows the Easter duty to be satisfied from the First Sunday of Lent to Trinity Sunday.

The Church warmly recommends that the faithful receive Holy Communion when they participate in the celebration of the Eucharist; she obliges them to do so at least once a year.

The sacrament of Reconciliation (Confession) is the sacrament whereby all sins committed after Baptism is forgiven. Jesus Christ instituted the Sacrament of Reconciliation when He breathed on his Apostles and gave them power to forgive sins, saying: "Whose sins you shall forgive, they are forgiven." The priest forgives sins by the power of God when he pronounces the words of absolution. The words of absolution are: "I absolve you from your sins, in the name of the Father, and of the Son, and of the Holy Spirit." (John 20:23)

The authority in Scripture for the Sacrament of the Anointing of the Sick is in the fifth chapter of St. James, where it is said: "Is any one sick among you? Let him bring in the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith shall save the sick man; and the Lord shall raise him up; and if he be in sin they shall be forgiven." The priest anoints the sick person with holy oil, accompanied with prayer. (James 5:14-15)

Matrimony is the Sacrament which sanctifies the contract of a Christian marriage, and gives a special grace to those who receive it worthily. Catholic marriages must be witnessed by a priest or deacon after completing 6 to 12 months of marriage preparation. (John 2:1-10)

The imposition of hands by a bishop which confers on a candidate the spiritual faculty to sanctify others through the holy and proper administration of the sacraments of the People of God. (Luke 22:19)

Adults seeking admission to the Catholic Church must go through a period of formation called the Rite of Christian Initiation of Adults (RCIA). The journey of conversion leading to Baptism has four stages as described below.

Pre-catechumenate: A time for initial inquiry by the candidate and evangelization by trained and designated Church leaders. Catechumenate: A time for serious instruction and formation in Christian belief and lifestyle. Period of Election: Occurs at the beginning of the Lenten season when a catechumen decides that he/she is ready for initiation. The Lenten season becomes a time of prayerful reflection and discernment. This stage leads directly to the celebration of the initiation sacraments (Baptism, Confirmation and Eucharist) at the Easter Vigil.

Mystagogia: The newly initiated continue their reflection and instruction on the recent sacramental experiences. This occurs mainly between Easter and Pentecost and can continue up to a whole year.

Individual Catholic Religious Exercise

Individual observances of the prayers of a Prayer Book and other recognized private practices may be permitted in the inmate’s living area.

Religious Property for Individual Observance

Item:	Description:
Crucifix, Cross, or Religious Medal and Chain	Inmates may receive one crucifix, cross, or religious medal and one chain; maximum size shall not exceed two inches.
Scapular	A scapular is a small piece of cloth with a sacred image worn around the neck.
Rosary or prayer beads	A rosary is a looped chain or string with beads with a crucifix at the end used to count off prayers while meditating on events from the life of Christ.
Religious Text	Bible, prayer book, and spiritual writings.
Icons	Images of the Lord and his saints, size and number subject to local policy.

Catholic Religious Holidays

The following are the Catholic Religious Holidays:

Date:	Description:
Sundays	Sunday is a day of worship, but work assignments are not prohibited on this day. For purposes of Sunday observance, the Sunday Mass may ordinarily be celebrated on Saturday afternoon or evening. The availability of a priest and the requirements of institution scheduling may necessitate further accommodation. The Mass may be observed on another day due to security requirements and the availability of the proper clergy or qualified lay volunteer to lead the services. Catholic inmates should be provided excused absences or a pass to attend Mass if there is a scheduling conflict due to a school or work assignment. Catholics may perform necessary work assignments on Days of Worship.
Easter	Easter, a moveable feast falling between March 22 and April 25, is the celebration of the Lord's Resurrection and is preceded by a time of spiritual preparation during the 40 days prior (Lent), a time of spiritual renewal and penance.
Lent	Lent begins with Ash Wednesday. During Lent, there are two fast days for Roman Catholics: Ash Wednesday and Good Friday. Catholics are asked to abstain from meat on the Fridays of Lent. A non-meat alternative meal will be available on Ash Wednesday and during the Fridays of Lent due to the abstinence obligation.
Week Prior to Easter Day	The week prior to Easter Day, known as Holy Week, shall include special observances, on Holy Thursday, Good Friday, and the celebration of the Easter Vigil on Holy Saturday. Note: The Orthodox celebration of Easter frequently does not coincide exactly with the date celebrated by Catholic and Protestant Christians.
1/1	Mary the Mother of God
Easter Season	Ascension of the Lord (falls in the Easter Season at 40 days following the moveable feast of Easter)
8/15	Assumption of Mary
11/1	All Saints Day
12/8	Immaculate Conception
12/25	Christmas

Catholics in the United States observe six Holy Days of Obligation: Mary the Mother of God, January 1; Ascension of the Lord (falls in the Easter Season at 40 days following the moveable feast of Easter); Assumption of Mary, August 15; All Saints Day, November 1; Immaculate Conception, December 8; Christmas, December 25. Some of these may be designated to be celebrated on the nearest Sunday rather than on the date. On these days, Catholics, should attend Mass. There is, however, no prohibition against necessary work.

Work Proscriptions

None required by faith or practice.

Diet

The Catholic laws of fasting and abstinence impose most Catholics a serious obligation to refrain from eating meat on certain days and to limit the quantity of food on other days.

Fasting means limiting oneself to one full meal, and two smaller meals, which together do not exceed the main meal for those aged 14-59.

Ash Wednesday Good Friday - During the Lent season Catholics are required to abstain from eating meat on all Fridays (including Good Friday). They may however eat fish on those days.

Jehovah Witness

The original Bible study group was founded in the 1870's by Charles Taze Russel, a Christian minister from Pennsylvania. The Jehovah's Witnesses were spoken of by others as the Russellites or the Millennial Dawnites, names which are not now used. Zion's Watch Tower Tract Society was first incorporated in 1884, renamed the Watch Tower Bible and Tract Society in 1896, then Watch Tower Bible and Tract Society of Pennsylvania in 1995. The Pittsburgh Bible House served as headquarters from 1889 to 1909. The name "Jehovah's Witness" was specified in 1942.

The Watchtower Society has emphasized the nearness of the end of the world. This belief is one reason Jehovah's Witnesses have been so zealous in outreach. It also explains why they are encouraged to avoid as many "worldly involvements" as possible. Children are discouraged from participating in extracurricular school activities. Since they believe government/social systems are a part of the satanic order, Witnesses do not vote, salute, or pledge allegiance to any flag or sing national anthems. Witnesses reject the Trinity, stating that Jehovah is no Babylonish triad of Gods, no God of three persons in one individual. Jehovah is only one God, one person. God is a personal being who cannot have any being equal to him. Jesus, therefore, is a created being, known in his pre-existence as Michael the Archangel. Jesus gave up his divinity and lived as a perfect human being on earth. Jesus died on a "torture stake" as a corresponding ransom for Adam's sin. Witnesses reject Jesus' physical resurrection in favor of a spiritual resurrection with temporary visible manifestations. Christ may be called the Son of God but not God the Son. The impersonal "holy spirit" (Witnesses do not capitalize the name) "is the invisible active force of the Almighty God which moves His servants to do His will." Three things are necessary for salvation which includes faith in Jehovah, faith in Jesus' ransom sacrifice, and good works. Good works include immersion baptism by a male Witness, active association with the Watchtower Society, righteous conduct, and consistent proclamation of God's Kingdom. Most Witnesses expect to "live forever in paradise on earth." Jehovah's Witnesses reject hell as a place of eternal punishment. They believe that a just loving Jehovah will simply annihilate individuals who reject him. Prior to annihilation at the final judgment, most persons, it is believed, will have a final opportunity to accept Jehovah.

Jehovah's Witnesses are organized into 97 branches, each including at least one nation, around the world. Branches are composed of districts, districts of circuits, and circuits of congregations. In the United States, there are currently 32 districts and 337 circuits. Each circuit includes approximately 22 congregations.

Religious Articles for Group Study

No additional.

Group Study

Each Witness is expected to attend weekly group study meetings. The number of such meetings depends on availability of time, space, and supervision. Most Witnesses would prefer to meet in a room other than a Chapel because of the symbols that are usually present. If the chapel has no religious symbols, it is acceptable place to meet. Each Witness is expected to attend several meetings each week designated for preparation of effective home missions. Meetings are held in the Kingdom Hall which serves both as a place of worship and education center. These meetings begin and end with song and prayer. No special equipment is needed.

Individual Religious Exercise

Daily study of the Bible is required but no additional facility accommodations are required.

Religious Property for Individual Observance

Witnesses accept the Bible as the infallible word of Jehovah. The New World Translation of the Holy Scriptures, initially released between 1950 and 1960, is generally used. The two periodicals of the Society, The Watchtower and Awake, serve both as a means of keeping Witnesses abreast of the understanding of the Scriptures and as a way of sharing the good news of Jehovah's Kingdom.

Religious Holidays

March/April The Lord's Evening Memorial Meal, A communion service celebrated on Nisan 14

Work Proscriptions

None required by faith or practice.

Diet

None required by faith or practice.

Jewish

Judaism is the religion of the Jews. There are an estimated 13.5 million Jews in the world, approximately 5.3 million in the United States, 5.8 million in Israel and the remainder dispersed throughout the world, many of them in Eastern Europe. In the Holocaust of World War II, some six million Jews were annihilated in Nazi occupied Europe, as Hitler's armies sought to "purify" the "Aryan race."

Early Jewish history is told in the Hebrew bible, beginning with the "Pentateuch" [Five Books of Moses], also known as the "Torah" [written law], which is only complete with the inclusion of other holy writings and an oral tradition that was later committed to written form [See Religious Law below.]. These documents are a compendium of history, law and ethical teachings. Beginning with the pre-history of Creation and the first humans, the Torah focuses on the Patriarchs [founding fathers] and Matriarchs [founding mothers] of the Jews, most notably the first Patriarch Abraham, who is said to have made a direct covenant with God that would then extend to all of Abraham's descendants. To this day, Jewish prayer invokes the names of the Patriarchs Abraham, Isaac and Jacob and the Matriarchs Sarah, Rebecca, Rachel, and Leah. In about 1800 BCE*, Abraham and his family settled in Canaan, roughly the same location as the present state of Israel. In biblical times, these Hebrew speaking people were known as "Israelites" [Children of Israel], from the name given to Abraham's grandson, Jacob by God, and then during the post-biblical Kingdom of Judah they became known as "Jews."

Facing famine, the tribal retinue of Jacob and his children entered Egypt, where their descendants became slaves. In 1312 BCE* [Hebrew calendar year 2448], the Israelites were led out of Egypt by Moses on the direction from God. This singular event, termed "The Exodus," freed the enslaved Israelites and enabled them to re-affirm their covenantal relationship with God, culminating in the receiving of Torah, symbolized by the first "Ten Commandments" at Mt. Sinai.

Though Moses himself was unable to enter "The Promised Land" [Canaan/Israel], the Israelites re-settled the land in 1272 BCE* and established a centuries long presence there led by selected judges, priests, prophets and kings. Toward the turn of the millennium, rabbis [scholars; teachers] led the peoples' search for an understanding of the correct ways to serve God. By the second century CE*, Judaism as a faith system had become the binding experience for the people, particularly crucial in the aftermath of the 70 CE* Roman destruction of the Temple in Jerusalem which had been Judaism's holiest site and the center of post biblical Jewish life. In about 500 CE*, the rabbis' teachings of written and oral law were compiled into the written volumes of the "Talmud". Conscious of their covenantal relationship with God, the Jews retained their religious, cultural and communal identity wherever they went and no matter what circumstances they lived, whether they were persecuted or prospered.

The Judaism of today is based mainly on the Talmud and 613 commandments derived from the Torah (by early renowned rabbis), several of which cannot presently be fulfilled without the

existence of the holy Temple. The central tenets of Judaism were well defined in the 12th century CE* by Rabbi Moses Ben Maimon [the “Rambam” or “Maimonides”] in his ‘Thirteen Principles of Faith’, which include a belief in one God and the eventual coming of a Messiah [“Anointed One’]. Judaism’s tenets and practices have been further defined to varying degrees by branches (i.e. denominations) of the faith.

In 1948 CE*, shortly following World War II, the tiny State of Israel was born. It was intended to create a secure permanent homeland for the Jews. Israel’s short history has been one of remarkable economic and artistic achievement, and of painful struggle for recognition, identity and survival.

*As are also employed by most historians, the terms BCE [Before Common Era] and CE [Common Era] are generally used by Jews as they do not believe that a Messiah has yet been revealed and they, therefore, do not use the Christian terms BC [Before Christ] or AD [Year of Our Lord].

Religious Articles for Group Study

The following items are approved for group study:

1. Shofar – Ram’s Horn Instrument for Holy Days;
2. Passover plates and cups;
3. Candles (Sabbath and Hanukkah); and
4. Lulav and Etrog (Palm branches and Citrus Fruit for Sukkoth).

Group Study

Although a Minyan is required to conduct a complete Jewish worship service, a lesser number of Jewish males and females can conduct corporate prayer with certain proscribed sections of the service being omitted. Those who are not properly Jewish cannot serve in a Minyan. Likewise, non-Jews should not utter some Jewish blessings or participate in certain Jewish liturgical functions.

The Pentateuch is divided into weekly portions which are publicly read throughout the Jewish calendar year in synagogues each Sabbath from a Hebrew hand-scribed parchment scroll. Parts of these are further publicly read each Monday and Thursday morning. Related sections of the writings of the Prophets are also publicly read on the Sabbath. Specified other holy writings are publicly read on various holy days. A specially trained person is required to accomplish these readings (which can only be done from proper scrolls) and certain difficult conditions would have to be met for such readings to be done in a prison setting.

Individual Religious Exercise

An observant male inmate prays three times a day. Timing is as follows: at morning, before sundown, and at night. These prayers may be observed in the inmate’s living area.

Religious Property for Individual Observance

The following holy books are used in the Jewish Faith:

1. The Tanach is the Scripture for the Jewish Faith;
2. A Siddar, or prayer book, is used on a daily basis;
3. The Machzor prayer book is used at the High Holy Days (Rosh Hashanah and Yom Kippur);
4. Haggadah prayer book for Passover Seder services; and
5. Chumash (Torah) is used for weekly Torah study.

The following items are approved for individual religious practice:

1. Kippah (Yarmulke);
2. Tallit (prayer shawl) with tzitzit;
3. Tefillin with bag; and
4. Holy books.

Religious Holidays

Holiday:	Date/Timing:
The Sabbath	35 minutes before sunset on Fridays to 35 minutes after sunset on Saturdays
Rosh Hashanah	Annually Determined (2 days)
Sukkoth	Annually Determined (8 days)
Passover	Annually Determined (8 days)
Shavuot	Annually Determined (2 days)
Hanukkah	Annually Determined
Purim	Annually Determined
Tisha B'av	Annually Determined
Tu B'Shvat	Annually Determined
Yom Kippur	10 days after Rosh Hashanah

Majority of Jewish holidays are tied to the lunar calendar and therefore do not have specific dates.

Work Proscriptions

The Jewish faith limits work on specific holy days. The table below identifies what days have work proscriptions:

Holiday:	Work Proscriptions (Yes/No)
The Sabbath	Yes
Rosh Hashanah	Yes
Sukkoth	Yes, on days: 1, 2, 8, 9
Passover	Yes, on days: 1, 2, 8, 9
Shavuot	Yes
Hanukkah	No
Purim	No
Tisha B'av	No
Tu B'Shvat	No

Diet

The Jewish religion may require a kosher diet. Kosher requires specific purity laws of food consumed. In addition, the faith also practices fasting during specific time periods.

Islam

Islam traces its origin to the Prophet Muhammad who was born in the city of Mecca, Arabia about AD 571. At the time a power vacuum existed between two great empires of the East and West, Persia and Byzantium; Mecca was a center of the prosperous caravan trade between Southern Arabia and the Mediterranean.

Orphaned at an early age, Muhammad was looked after by a succession of relatives. Eventually a rich uncle sent him on trading excursions to the north where it is reported that he met Christians. At the age of 25, to his surprise, he was proposed to by a wealthy widow of 40 named Khadija bint Khuwaylid. She bore him three daughters but no son. In middle life, Muhammad began to show mystical traits and developed the habit of withdrawing to the hills for contemplation. On one such occasion at the age of 40, he received a revelation calling him to denounce the paganism and polytheism of Mecca and preach the existence of one God, Allah. He was encouraged by his wife, but in the first years only a few others followed him. Some of these were prominent citizens, who are known as 'the Companions'.

Then in AD 622, at the request of the citizens of nearby Medina, he left Mecca for Medina, accompanied by a few followers. This is the celebrated Hijrah or 'emigration,' the event from which the Muslim calendar begins. Over the next few years Muhammad organized his followers and the citizens of Medina as a religious and political community and began to attack the trade caravans from Mecca. Meanwhile, he had expelled most of the Jewish tribes, whom he had hoped to win, and gradually incorporated the Bedouin tribes of Western and Central Arabia into the Muslim community. In 630, he massed an attack against Mecca, which finally surrendered. Muhammad immediately set about eliminating the polytheists. He rededicated the ancient sanctuary of the Ka'aba to Allah, making it the central shrine of pilgrimage for Muslims. It remains so to the present day.

The next two years were spent consolidating the tribes of Arabia. Then, suddenly, in 632 Muhammad died without naming a successor. He was succeeded by a series of caliphs ('successors'), the first two of whom were the Companions, Abu Bakr and Umar.

Islam is the religion of the Oneness of God and the equality and unity of humanity. It is, in essence, the same monotheistic message throughout the history of mankind. Islam is an abstract word which means "submission" and is derived from "salaam" meaning "peace". In a religious context, Islam means achieving peace of heart and mind through complete submission to the good will of God and obedience to His beneficial laws. An adherent of Islam is called a Muslim (submitter), one who submits to the will of God and behaves in accordance with His sublime teachings. The basic creed of Islam is expressed in the Shahada, the declaration of faith, "There is no god but Allah and Muhammad is His Servant and Messenger."

Religious Articles for Group Study

In addition to the items noted in individual religious exercise Muslim practitioners may use oils during the group study.

Group Study

Group religious exercise for the Islamic faith takes place on Friday at noon. To have service a quorum (3+ adult practitioners) is usually required. Ritual washing is required before the prayer.

Individual Religious Exercise

Muslim practitioners pray five times a day facing west (Mecca). The following lists the times of day for prayers:

1. Morning Prayer – between the break of dawn and just before sunrise;
2. Noon Prayer – just after midday until mid-afternoon;
3. Afternoon Prayer – later afternoon until just before sunset;
4. Sunset Prayer – sunset until darkness;
5. Night Prayer – throughout the night hours.

Individual prayer is permissible. Given the flexibility of institutional schedules, Muslim inmates should already have sufficient opportunity to pray during their normal schedules without the need for disruption or special accommodation.

Religious Property for Individual Observance

- Holy Book – Holy Qur'an
- Prayer Rug
- White or beige kufi
- Dhikr beads
- Wooden tooth cleaner
- White mid-thigh shirt – only to be worn during religious service or individual prayer in living unit
- Hijab

Religious Holidays

Ramadan – requires fasting. It last 29-30 days' dependent on the lunar calendar. The fast is broken daily at sunset. Date is determined by the Islamic Society of North America.

Work Proscriptions

There are no work proscriptions required.

Diet

The religious diet shall be free of all pork and products containing or derived from pork.

Native American Religions

There are over 500 recognized tribal nations in the United States and dozens of tribal linguistic groups, each with varying religious and spiritual practices associated with the culture.

Historically, American Indian/Alaska Native people did not have a written language, rather, most had an oral tradition in which all experiences and beliefs are spoken rather than written. Native Americans are not at odds with other religious groups, but recognize that their own traditions precede the beliefs of other religions. The languages are ancient, ceremonial and holy. Holy Men and Medicine Men originated and interpreted symbols of events which took place in the past. The languages are prophetic in that they keep pace with the times, manifesting the oral traditional values of all Native American languages in the prescribed spiritual manner.

Traditional Native religions exhibit a great deal of diversity, largely due to the relative isolation of the different tribes that were spread out across the entire breadth of the North American continent for thousands of years, allowing for the evolution of different beliefs and practices between tribes. Native American religion is closely connected to the land in which Native Americans dwell and the supernatural. Native American religions tend not to be institutionalized but rather experiential and personal. This has been a source of a great deal of misunderstanding. Native American religions tend to be carried out mainly in a family or tribal location first and are better explained as more of a process or journey than a religion. It is a relationship experienced between the Creator and the created.

For Native Americans, religion is never separated from one's daily life unlike Western cultures where religion is experienced privately and then gradually integrated into one's public life. Conversation about theology and religion, even within their society, is extremely limited but to live and breathe is to worship.

Native Americans see all of life as essentially sacred and do not segment human action into secular, sacred, and psychological. Therefore, any action takes on spiritual significance and all actions must be interpreted in the light of spiritual consequences. All of life is sacred be it human, animal, vegetable or other elemental. Native American spirituality is not so much a set of rules as a technique of action and a way of life leading toward the divine. For Native Americans, a relationship with God is experienced as a relationship with all of creation which interestingly, is ever present and does not require an institution or building. All of creation has life. Rocks, trees, mountains, and everything that is visible lives and is part of creation and therefore has life which must be respected.

Religious Articles for Group Study

Prayer pipe for the Pipe Ceremony.

Group Study

The Pipe Ceremony - The pipe ceremony involves the use of the prayer pipe and is an important religious activity for Native Americans. This must be led by an outside and faith volunteer. This is to take place in a designated area outside. The pipe and any objects used with it may be smudged before the actual pipe ceremony. This ceremony shall be held at minimum once per month.¹

Individual Religious Exercise

Smudging - The individual desiring to smudge is only permitted to use material approved for that purpose, such as sweet grass, cedar, or sage, etc. Once lit, the material can smolder and the smoke is drawn toward the heart and over the head to receive its blessing. After the smudging takes place, the smoke is offered to the four directions. Smudging is to take place at least one time per week in a designated area outside at least twenty feet away from the building. All costs for smudging items are the cost of the faith volunteer and/or inmate.²

Personal Prayers - These prayers may involve the use of smoke from herbs or other aromatics and may be accomplished only in a designated area outdoors. Although this is individual, not corporate activity, more than one person may use the designated area for individual prayers in the presence of other individuals doing the same so long as they are not coordinating their activities or engaging in corporate worship. This may be done during the time allotted for smudging.³

Prayers that involve smoke or that must be done outside are subject to reasonable time, place, and manner restrictions and scheduling requirements. This does not restrict personal prayer that does not require such scheduling considerations and may be accomplished in the inmates living area.⁴

Religious Property for Individual Observance

- Medicine Bag
- Smudge Pot
- Headband
- Bundle Cloth

Religious Holidays

There are no set religious holidays.

¹ Ohio Department of Rehabilitation and Correction, Native American Religious Policy, 72-REG-13, Effective January 23, 2012.

² Ohio Department of Rehabilitation and Correction, Native American Religious Policy, 72-REG-13, Effective January 23, 2012.

³ Ohio Department of Rehabilitation and Correction, Native American Religious Policy, 72-REG-13, Effective January 23, 2012.

⁴ Ohio Department of Rehabilitation and Correction, Native American Religious Policy, 72-REG-13, Effective January 23, 2012.

Work Proscriptions

There are no work proscriptions.

Diet

There are no diet requirements.

Protestant

Christians are the followers of Jesus of Nazareth, who believe him to be the Christ, or Messiah, sent from God for the salvation of his people.

Protestants believe that the Christian Church truly began on the day of Pentecost, as mentioned in the second chapter of the book of Acts. Since Protestants believe that God indwells believers through the Holy Spirit, (Acts:2) the Church first began its service to God on this day.

Springing from Judaism, Christianity follows the teachings and example of Jesus and views Him as the fulfillment not only of the promise of God's deliverer from the Old Testament of the Bible, but also as the establishment of the new covenant between God and those who would seek after Him.

Jesus did not refute the teachings of Jewish scripture but sought to bring into a sharper focus those tenets set forth in the covenant between God and the Jews. Jesus brought the concept that God's people were not only those of the Jewish race but included all those regardless of social or economic standing who sought reconciliation and fellowship with God as well as all those who would respond to his seeking after them.

Christians, although differing with each other in many aspects of theology and doctrine, believe that Jesus' death on the cross as atonement for sins, His resurrection from the dead, and His giving of the Holy Spirit are foundational to the faith.

The earliest followers of Jesus were Messianic Jews but by 70 A.D. non-Jews, or Gentiles, were increasingly among the followers of, "the Way" and in Antioch by the end of the first century were referred to as "Christians."

The early centuries of Christianity witnessed diverse interpretations of beliefs, which resulted in the formation of different groups within the faith. The Roman Catholic Church quickly emerged as the dominant institution around the beginning of the fourth century; however, other groups following the "tradition of descent" or the "evangelical alternative" continued to spread the teachings of Jesus. In 1054 the Great Schism (or Eastern Schism) divided the Roman Catholic Church of the West from the Orthodox Church of the East. Another separation occurred with the Protestant Reformation. The reformation started well before the 1500's; there have been many who tried to bring reform to the Church but it was not until Martin Luther and John Calvin that what we know as the Reformation took place. This is when many separated from the Church of Rome.

By 1540, two great types of the reform of religion in northern Europe had made themselves manifest. Luther had molded the one type. Calvin had molded or begun the molding of, the

other. Luther was for retaining medieval doctrine, government, worship, many things whatever seemed to him desirable and not forbidden in the Word of God.

By 1540, two major doctrinal reforms of Roman Catholic theology had emerged in Northern Europe – one led by Martin Luther, and one by John Calvin. Both men agreed on Sola Scriptura; the centrality of scripture only (to the exclusion of theological tradition and papal teaching) to rule faith and practice. However, where Luther accepted as practice all expressions of faith that were not directly forbidden in the Word of God (and thus retained music and the use of art to guide the faithful), Calvin interpreted conformance with all aspects of scripture to mean that only those practices expressly condoned and proscribed in scripture ought to be held.

Those who embraced the separation were referred to as “Protestants.” The name is a derivative to the verb “protestari” which means not simply “to protest” in the sense of “to raise an objection,” but denotes a broader connotation meaning “to avow or witness or confess.” Protestants believed they were professing the pure teachings of the early church, which had been viewed as obscured through medieval Catholicism. Protestantism has been referred to as the recovery of New Testament Pauline theology.

The basic underlying belief of Christianity is the belief in the Trinity, that there is one God who exists in three persons; God the Father, God the Son, and God the Holy Spirit. Since each person of the Trinity has the same essence, God is described as One. Christians believe that the concept of the Trinity is implicit in the Old Testament and becomes more explicit in the New Testament of the Bible. The classic definition of the Trinity is that God is one essence and three in person. Many different explanations have been given to describe this seeming paradox. For example, water has three forms, solid, liquid, and gas (ice, water and steam), but has only one chemical formula. They all share the same ingredients but have three different forms. This is symbolically similar to the Trinity, God the Father, God the Son and God the Holy Spirit. They all have the same essence but function in distinct roles. God is Creator (Father), Redeemer (Son), and Sustainer (Holy Spirit).

Religious Articles for Group Study

No other religious articles, although bread and grape juice shall be permitted for Holy Communion.

Group Study

There are two types of group study in the Protestant Faith, the first covers initiation rite/ordinances; the later covers congregational services. Below describe the procedures for each:

1. Initiation Rite/Ordinances
 - a. Baptism – administered by some during infancy, for others following a period of instruction and/or affirmation of faith.

- b. Sacraments – Baptism and Holy Communion.
 - i. Baptism – full immersion in water
 - ii. Holy Communion – eating of bread and the drinking of grape juice to signify the body and blood of Christ.
2. Congregate Services
 - a. Service is led by a faith volunteer and often includes: music, singing, praying, reading from the Bible, an invitation to Christian disciplinarian, and celebration of Holy Communion. Inmates participate through praying, scripture readings, testimonies, and providing music through solo, choir, and instrumental offerings.
 - b. Sunday is the primary day for service.
 - c. Other regular activities such as Bible study class, seminars, prayer gatherings, choir rehearsals, and ensemble rehearsals may also take place outside of the regular Sunday service.

Individual Religious Exercise

There are no specific individual requirements but practitioners may choose to have an individual bible study.

Religious Property for Individual Observance

- The Holy Bible
- Cross
- Head covers – female inmates

Religious Holidays

- Easter – Date varies
- Christmas – December 25th

Work Proscriptions

There are no specific work proscriptions.

Diet

There are no specific diet requirements although individuals may choose fasting periods.

Wiccan

Wicca, sometimes called “Witchcraft,” is the “Old Religion” of the indigenous tribal peoples of what has become northern Europe, and is an ancient, pre-Christian worship of the forces of nature; anthropomorphized into mother goddess and her consort, the horned god. The goddess is seen as primary, and earth mother figure, and is often equated with the moon. The horned god, often depicted as a man with antlers, is representative of the forest creatures, and the forces of decay and regeneration, of death and rebirth. To equate him with a satanic or devil figure because of his horns or antlers would be most incorrect as the Wiccan philosophy contain no personification of evil as do the Judeo-Christian traditions. Because it is an earth centered religion, anthropologists classify Wicca as a nature, or fertility spirituality. The name Wicca comes from the old Anglo Saxon terms, “wicce” which is generally taken as meaning “to bend.” Wiccans practice focusing their mental efforts on a goal, “bending” their will to the task. Wicca is considered a magical based experiential philosophy, a mystery religion, rather than a revealed one based on holy writ or scripture. While the movement today is toward formally trained and ordained ministerial clergy (priestess and priest), every Wiccan is considered a priestess or priest unto themselves and an intermediary between the individual the gods is not essential. Anyone may conduct a worship ceremony for themselves or a small group.

Most Wiccans agree on many of these commonly held beliefs:

- Divinity is imminent or internal, as well as transcendent or external. This is often expressed by the phrases “Thou Art God” and “Thou Art Goddess.”
- Divinity is just as likely to manifest itself as female. This has resulted in many women being attracted to the faith and joining the clergy. A multiplicity of gods and goddesses exists whether as individual deities or as facets of one or a few archetypes. This leads to multi-valued logic systems and increased tolerance toward other religions.
- Respect and love of Nature as diving in Her own right. This makes ecological awareness and activity a religious duty.
- Dissatisfaction with monotheist religious organizations and a distrust of would-be Messiahs and gurus. This makes Wiccans hard to organize, even “for their own good,” and leads to constant mutation and growth in the movement, which is seen as beneficial.
- The conviction that human beings were meant to live life filled with joy, love, pleasure and humor. A traditional Western concept of sin, guilt, and divine retribution are seen as misunderstandings of natural growth experiences. A simple set of ethics and morality based on the golden rule: the avoidance of harm to other people. Some may extend this to some or all living beings and the planet.
- The knowledge that with proper training and intent, human minds and hearts are fully capable of performing all the magic and miracles they are ever likely to need, using natural psychic powers which everyone possesses.
- The importance of acknowledging and celebrating the solar, lunar, and other cycles of our lives. This has led to the investigation and revival of many ancient customs and the creation of some new ones. A minimum of dogma and a maximum of eclecticism. This is

to say, Wiccans are reluctant to accept any idea without personally investigating it, and are willing to adopt and use most any concept they find useful, regardless of its origins.

- A strong faith in the ability of people to solve their own current problems on all levels, public and private.

Religious Articles for Group Study

In addition, the items below for individual practices group study may be permitted to have olive oil present as well.

Group Study

Wiccans shall have congregate faith services provided by a faith volunteer.

Individual Religious Exercise

Individuals may practice some rituals as well as solitary observances (such as meditation) within their cells and/or living area.

Religious Property for Individual Observance

The following religious property is permitted for inmates practicing the Wicca faith:

- Medallion
- Religious Writings
- Alter Cloth
- Wand
- Tarot Cards and Rune Cards
- Small Bowls
- Sea/Table Salt
- Stones or minerals
- Storage Box

Religious Holidays

Holy Days associated with the Wiccan faith group include Imbolc (February), Beltane (May), Lammas or Lughnasadh (August), Samhain or All Hallows Eve (October), and Yule (December) as well as dates relative to the lunar and solar cycles.⁵

Work Proscriptions

No required work days off.

⁵ Ohio Department of Rehabilitation and Correction, Wiccan Religious Policy, 72-REG-09, January 20, 2016.

Diet

No dietary requirements.

APPENDIX I

Vermont Department of Corrections - Religious Observance Feast Days 2016

March 20 – Vernal Equinox: the date when night and day are nearly the same length. It marks the first day of the season of spring. (Pagan, Wiccan, Odinist, Native American Religions)

March 27 – Easter (Christian)

June 6 – July 5 – Ramadan: a month of strict fasting from dawn until dusk in honor of the first revelations of the Qur'an to the Prophet Muhammad (Islam)

June 20 – Summer Solstice: in the northern hemisphere, the longest day of the year. It marks the first day of summer (Pagan, Wiccan, Odinist, Native American Religions)

July 6 – Eid Al-Fitr: The feast of breaking fast (Islam)

September 22 – Autumnal Solstice: the date when night and day are nearly the same length. The first day of fall (Pagan, Wiccan, Odinist, Native American Religions)

October 3 -4 - Rosh Hashanah: beginning of the Jewish New Year and first of High Holy days (Jewish)

December 21 – Winter Solstice the shortest day of the year (Pagan, Wiccan, Odinist, Native American Religions)

December 25 – Christmas (Christian)

December 21 – January 1 – Chanukah (Jewish)

This is not an all-inclusive listing of World Religious Holidays. This listing is based on the current inmate population within VT-DOC. It identifies the High Holy Days in which inmates may request a special meal.

In accordance with Directive 380.01, inmates may request a special feast meal prepared by the facility kitchen. Volunteer Coordinator/designee in consultation with Facility Superintendent will approve/deny all program participants. Denial of request will be forwarded to Executive Director of Facilities for further review.

APPENDIX II

ITEM	DESCRIPTION	QTY
ALTAR	Altar maximum 6" x 6" x 6"; paper, or plastic/resin; NO COMPARTMENTS	1
Altar Cloth	Cloth maximum 36" x 40" · no dark colors	1
Bell/Bowland Striker with Cushion	Bell maximum diameter 2 ½" not including the handle, light metal; Bowl maximum 3" x 3" x 5", light metal; Striker maximum 6" x ¾" soft wood	1
Beads	Beads, including shells and pendants, no natural or artificial teeth or claws	4 – oz.
Book/Literature	Bible any authorized version, Prayer Books, Book of Mormon, Bhagavad-Gita, Bhagovata Purana, QUR'AN, New World Translation, TORAH, Kebrá Nagast, Guru GRANTH SAHIB, POETIC EDDA, PROSE EDDA, BOOK OF SHADOWS, Sutra Book, The Doctrine and Covenants, The Pearl of Great Price, Satanic Bible, church magazines, religious calendars, and Sacred Writings, Hadith, cloth wrapped;	1 each
Bowl	Bowl maximum diameter 4" maximum; plastic/resin, wood, or seashell	3
CAULDRON	Cauldron maximum diameter 4" plastic/resin or wood	1
CHALICE	Chalice maximum diameter 8" plastic/resin or wood	1
Choker	Choker maximum 5 strands, may be beaded; WORN IN CELL OR DURING	1
CLOTH STRIPS/SQUARES; PRAYER TIES	Strip/tie maximum 3" x 3" in red, yellow, green, black, or white; Cloth square maximum 2" x 2" red, yellow, green, black, or white; Prayer ties may contain Sage, Kinnikinnick, Red Willow Bark, or Red Osier Dogwood	25 -
Dagger, Paper	Paper dagger constructed from a single sheet of paper; 1/16 inch thick or less	1
DEITY	God, goddess, or religious leader; with or without lei and clothing; deity maximum height 6", plastic/resin or wood	1 each
DEITY IMAGES	God, goddess, or religious leader; deity image maximum 6" x 6", postcard size	12
DREAMCATCHER	May have beads attached, maximum diameter 8"	1
DRESS	FEMALE ONLY Must cover shoulders to below the knees and may be beaded; DURING RELIGIOUS SERVICES, ONLY	1
Earrings	FEMALE ONLY Earring maximum diameter 3"; may be beaded (1 set = 1 beaded item); DURING RELIGIOUS SERVICES, ONLY	1 pair
Earth	In plastic bag or plastic bottle	2 oz.
EGG WITH CLOTH BAG	Maximum 2" x 2" wood. or 3" x 4" paper mache	1
FAN	30 feathers maximum (may have beads attached)	1
FEATHER	Feather maximum length 13", may have beads attached; EAGLE FEATHER MUST MEET FEDERAL REQUIREMENTS; MAY COME FROM THE NATIONAL EAGLE REPOSITORY OR DONATED/HANDED DOWN FROM A COMMUNITY NATIVE AMERICAN TO A SPECIFIC NATIVE AMERICAN OFFENDER	20
HAND DRUM/Beater	Hand drum maximum diameter 10"; beater maximum length 14"; USED DURING RELIGIOUS SERVICES ONLY and Stored in the secured Religious Storage Area	1
Head Covering	Bandana, headband, or handkerchief: maximum 26" x 26"; non-paisley, with Native American drawing, white, cream, yellow, green, or black; MUST BEAT LEAST 1" ABOVE EYEBROWS · WORN IN CELL OR DURING RELIGIOUS SERVICES ONLY	4
	Fez: unlined, non-paisley; WORN IN CELL OR DURING RELIGIOUS SERVICES ONLY	2

	FEMALE ONLY Hijab, Snood, Tichel (scarf), veil, shawl, or scarf: maximum 40" x 80"; used to cover Hair, shoulders or upper body, white cream yellow, green, or black	4
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ITEM	DESCRIPTION	QTY
Head Covering (cont.)	MALE ONLY Keffiyeh: maximum 48" X 48"; unlined; white, cream, yellow, green, black, tan, brown, gray, or multi-colored, non-paisley; no red or blue; CAN BE WORN DURING PRAYER AND WORN DURING RELIGIOUS SERVICES ONLY; MAY NOT BE USED AS A FACE COVER	1
	MALE ONLY Kippah, Yarmulke, or skull cap: unlined, white, cream, yellow, green, black, multi-colored; non-paisley	2
	MALE ONLY Kufi: unlined; white, cream, yellow, green, black, tan, brown, gray, or multi-colored; non-paisley; MUST BE AT LEAST 1" ABOVE EYEBROWS	2
	MALE ONLY Turban: maximum 37" x 73", white, cream, yellow, green, black, gray, or beige; non-paisley; MUST BE AT LEAST 1" ABOVE EYEBROWS AND CANNOT BE WORN WITH A TAIL	1
Herbs/Plants	Bayberry, Bitterroot, California Bay, Cedar, Chamomile, Cinquefoil, Comfrey, Com Pollen, Epazote, Eucalyptus, Fennel, Frankincense, Jasmine, Juniper, Kinnikinnick (must be tobacco free), Lavender, Lemon Balm, Licorice Root, Mint (any type), Mullein, Mugwort, Myrrh, Osha Root, Patchouli, Red Willow Bark, Sage (any type), Sweetgrass, Uva Ursi (Bearberry), Verbena, Yarrow, and Verba Santa; may be stored in cloth or leather bag	3 oz. each
Holy Water	In plastic bottle	1 oz.
ICON	Icon maximum 4" x 4" x 2"	1
Istinja Bottle	Bottle maximum 32 oz. plastic	1
Kara	Light metal bracelet for prayer	1
Long Sleeved Tee Shirt	FEMALE ONLY	6
Medallion	Medallion maximum 1.5" on necklace maximum 24"; medallion and necklace may be made from wood, leather, or plastic/resin, gold; cross, crucifix, Star of David, Chai, star and crescent, Catholic Saints, <i>THOR'S HAMMER</i> , amulet, pentacle, Triskele, pentagram, talisman, or lion; MUST BE WORN UNDER CLOTHES ONLY EXCEPT IN CELL OR DURING RELIGIOUS SERVICES; Inmates in Segregation must comply with Segregation/Mental Health Operations;	1
MEDICINE BAG	Bag maximum 2" x 2" on necklace maximum 24"; leather or cloth; tie shut drawstring (cannot be sewn shut); may have beads or other embellishments, including religious medallion, talisman, OR amulet; MUST BE WORN UNDER CLOTHES ONLY EXCEPT IN CELL OR DURING RELIGIOUS SERVICES; Inmates in segregation must comply with Segregation/Mental Health Operations	1
MISWAK	Branch maximum length 6"	1
Neck Beads	48" maximum length; neck beads must be worn on natural, plant-based string for stringing; single or triple strand of natural thread, woven or twisted together; wood; can only be worn with breakaway necklace	1
OGHAM STAVES/ DISC	Wood or paper - may be wrapped/stored in cloth or leather	1 set

ITEM	DESCRIPTION	QTY
Oil	Anise, Basil, Bayberry, Bergamot, Cedar, Chamomile, Cinnamon, Citrus, Clove, Dragon's Blood, Frankincense, Geranium, Holly Berry, Jasmine, Juniper, Lavender, Mint, Mulberry, Musk, Myrrh, Olive, Patchouli, Peppermint, Pine, Rose, Rosemary, Sandalwood and Vanilla -any combination of the above approved oils is also allowed; only to be used DURING RELIGIOUS SERVICES and Stored in the secured Religious Storage Area	3 oz. total
Palm	Palm leaf maximum length 2 ft.; as needed; MAY ONLY BE KEPT FOR 1 month after receipt on Palm Sunday.	2
PEBBLES	Pebbles no larger than nickel-size; must come in from approved vendor or found on site	12
PENTACLE	Pentacle maximum 8" x 8"; cardboard	1
PIPE	Pipe maximum length separated 1" Maximum length intact 24"; may be stored in cloth or leather bag; only to be used DURING RELIGIOUS SERVICES and Stored in the secured Religious Storage Area	1
Prayer Beads	Breakaway; 16, 22, 27, 33, 54, 108 per strand; wood, plastic/resin or Bodhi seeds· no red or blue· MAY NOT BE WORN AROUND NECK	1
Prayer Mat	Mat maximum 28" x 40"	1
Prayer Rug	Rug maximum 28" x 40"	1
RIBBON SHIRT	MALE ONLY May be beaded; must not resemble officer uniform; WORN DURING RELIGIOUS SERVICES ONLY	1
Rosary	Plastic/resin cross with plastic/resin beads; no red or blue; MAY NOT BE WORN AROUND NECK	1
RUNE CARDS	May be stored in cloth or leather bag	1 set
RUNE CASING CLOTH	Cloth maximum 18" X 24"; no blue, red or black	1
RUNE TILESET	Card ceramic or wood; may be stored in cloth or leather bag	1 set
Salt	MAY BE REPLENISHED AS NEEDED	2 oz.
Scapular	Scapular maximum 2" X 2" x 24"	1
SHELL	Seashell maximum 6" x 6" or conch shell maximum 4"	1
TALLIT WITH BAG	Prayer shawl maximum 36" x 72".no dark colors CAN BE WORN DURING PRAYER	1
TAROT CARDS	Paper or cardboard; may be stored in cloth wrap or leather bag; may include an instruction book	1 set
TEFILLIN WITH BAG	Maximum length 13'; two small boxes with straps	1
Thawb	Robe, may be cream, tan, white; no red or blue; CAN BE WORN DURING PRAYER AND WORN DURING RELIGIOUS SERVICES ONLY	1
Tunic	Tunic length variable, knee to ankle; may be worn belted; no red or blue; may be embroidered; CAN BE WORN DURING PRAYER AND WORN DURING RELIGIOUS SERVICES ONLY	1
Tzitzit, Shirt	MALE ONLY No dark colors; small tallit worn as an undershirt; MAY BE WORN AT ANY TIME	2
Tzitzit, Strap	MALE ONLY No dark colors; tzitzit strap may be worn on a belt loop; MAY BE WORN AT ANY TIME	4
Vase	Vase maximum height 6": plastic/resin or wood	1
WAND	Wand maximum ¼" x 16"; soft wood Softwood includes pine, cedar, and fir.	1

