

# Glad Tidings

QUARTERLY NEWSLETTER OF YOKEFELLOW PRISON MINISTRY OF NC

## TRAINING COMING TO NEW BERN

Mark your calendar! Yokefellow will host a training session in New Bern on **Sat, January 13**, from 10:00 a.m. through lunch at Christ Episcopal Church and Parish House, 320 Pollock St. in New Bern.

- ◆ 9:30: Check-in & coffee
- ◆ 10:00: Training begins

We hope to see you there!



## YOKEFELLOW DISCIPLINES

- ◆ Prayer
- ◆ Scripture
- ◆ Worship
- ◆ Money
- ◆ Service
- ◆ Witness
- ◆ Study



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## Yokefellow Welcomes New Administrative Staff

On October 11, Yokefellow welcomed two new faces to serve as administrative staff.

**Vita Alligood** is Yokefellow's new Executive Director, taking the reins from Sarah Carver, who faithfully served Yokefellow for over four years. Vita has a law degree from Duke University and is currently enrolled at Liberty University Online, earning her Master of Arts in Christian Ministry with a focus on Discipleship and Church Ministry. Vita came to Yokefellow after a career in Corporate America, where she worked as a technical writer, instructional designer, and online college instructor. She has a long history of volunteerism with nonprofits, including Helpline of Durham, North Carolina's *Guardian ad Litem* program, and Erwin Montessori Elementary School, where she was awarded Guilford County School's Volunteer of the Month. Vita served on the Board of Directors for two nonprofits providing online support for adult survivors of child abuse: *I Survive* and *Lori's Song*. She has also been leading Bible studies through her local church since 2004. Contact Vita Alligood at [yokefellowprisonministrync@gmail.com](mailto:yokefellowprisonministrync@gmail.com) or 336-724-9801.

**Carlton Gooding** is Yokefellow's new State Developer. Carlton was raised in a Christian, Bible-centered home in Kinston, North Carolina. His parents were

simple, hard working people who focused their lives on worship and service to God and His church. His mother's patience and his father's steadfastness in the Christian faith, along with other devout teachers and people who nurtured him in the Christian faith, helped set the path for his own life and ministry. When Carlton responded to Christ's invitation in a personal way, he was baptized in the First Baptist Church of Kinston, North Carolina, where his faith was nurtured, and he later sensed a calling to ordained ministry as his life's vocation. His family and church have always had a profound influence on his life. The things He treasures most are the love of his own family, his wife and six children, the ministry, and the pastoral care God has called him to within the church. Out of his love of family, including the family of God, his desire is to continue in ministry beyond his 25 years of experience as a Chaplain, Retired, (LTC) in the Army Reserve Component, 20+ years of experience as a Federal Prison Chaplain, in 5 different institutions throughout the United States and pastoring in NC, WV, and MD. His desire is to continue serving God in ministry, using his spiritual gifts and diverse ministry experiences to nurture others in God's care.

Yokefellow Prison Ministry of NC, Inc.



## VOLUNTEERS PURCHASE VAN FOR YOKEFEL- LOW MEETINGS

Aleta Welch is a volunteer at Southern Correctional. Her husband, William, is a professional truck driver. They have an amazing story to share!

Aleta volunteered for Yokefellow many years ago after an older couple invited her to this ministry. Aleta was touched, so she dedicated herself to the weekly meetings and reaching out to the inmates. Later, she had to stop for a brief period due to illness within her immediate family. After returning to attend the Yokefellow meetings, a stranger (unrelated to Yokefellow) approached her at a spiritual gathering and told her that she and her husband would be going into ministry together.

Aleta talked with her husband about driving a van to transport all the Yokefellow volunteers from their church to Southern Correctional. For a brief period, William drove the Sunset Avenue Church of God's van to transport the volunteers. Because of liability concerns, that avenue closed.

After receiving a word from the Lord, William decided to purchase his own van to transport all Yokefellow volunteers each week to the meetings. Sunset Avenue Church of God provides the funds for the gas. The Welch's are excited and confident to be serving in their specific capacities in ministry in an effort to reach people for Christ.

*Spotlight artwork courtesy of <https://openclipart.org/detail/284958/theater-or-studio-spotlight-on-roof-mount>*

## IN THE SPOTLIGHT

### Learn more about Yokefellow's New State Developer, Carlton Gooding!



#### What brought you to Yokefellow?

As a student at Southeastern Baptist Theological Seminary, I was introduced and became acquainted with Yokefellow Prison Ministry in 1984, while serving at Eastern Correctional Institution as an Associate Chaplain in the Supervised Ministry Program. Years later, while serving as the Supervisory Chaplain at the Federal Prison in Butner, Yokefellow was active and visiting the institution on Friday evenings to minister to the CAMP inmates. For many years, I have heard and seen the effect and influence Yokefellow has had on many lives impacted by incarceration. The Yokefellow goal, objective, and method of ministry has always attracted me to this fellowship.

#### What exactly is a State Developer?

Obviously, this position focuses on the ministries of Yokefellow in all the established regions of North Carolina. Briefly, the State Developer will coordinate the work of institutional coordinators regarding recruitment and training of our volunteers. He will develop working relationships with churches, judicatory leadership, and prison

officials. He will provide and/or coordinate training for our new volunteers as well as advanced training for seasoned volunteers. The State Developer will serve as a liaison for prison administration and the Executive Director of Yokefellow Prison Ministry of NC. He will develop and enhance existing weekly ministries at institutions while also developing new opportunities where Yokefellow meetings are not currently held. While providing a snap shot of the description of duties, the State Developer looks to provide guidance, encouragement, and care while building relationships within the fellowship, yoked together for one purpose and one purpose only.

#### What is your vision for Yokefellow?

My vision will be realized when this listening, healing, and nurturing

ministry of reconciliation is active within every correctional institution in North Carolina.

#### What do you like to do for fun?

Since I am a father with six children, my wonderful wife and I have always enjoyed watching our kids develop and grow spiritually and from their various extracurricular activities. In other words, just spending time with our kids in all aspects of life. I have always enjoyed major sporting events and wellness activities to include strength training, jogging, and swimming. Landscaping, gardening, and yard work have always provided therapy for me. Of course, if you allow me to place my feet underneath your table, you can learn of me even more. Yes, I have always enjoyed a good and healthy meal and fellowship with friends.





# Annual Training & Meeting

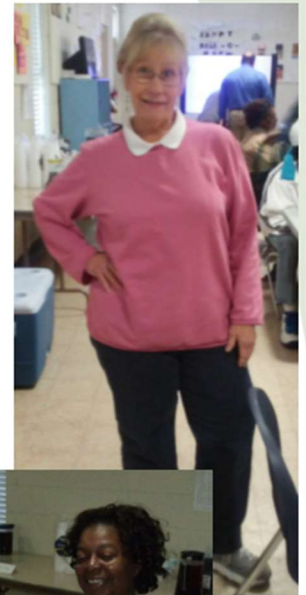
Over 70 volunteers attended the 10/28/17 annual training and meeting in Asheboro. Everyone had a wonderful time!

- ◇ President David Morton opened the session with a prayer and devotional.
- ◇ Board Members David Canady and Kyle Fishbaugh explained practical ways to engage in Yokefellow's seven spiritual disciplines.
- ◇ Executive Director Vita Alligood shared her personal testimony and the power of listening ministry.

- ◇ State Developer Carlton Gooding explained how to navigate boundaries in prison volunteerism.
- ◇ Board Member Chris Mitchell reminded volunteers what the structure of a Yokefellow meeting should look like.
- ◇ President David Morton wrapped up the training.

The training was followed by a brief annual meeting and then a lively lunch and social.

If you were not able to join us, we hope you can do so next year!



Thank you to Kathy Getka, Paula Varner, Stephanie & Richard Lundy, Susan Hodges, and Rick Barrow for their help with setup and clean up. We appreciate you!!

## MESSAGE FROM THE BOARD PRESIDENT

This has proven to be a very productive year for Yokefellow Prison Ministry of NC. We've embraced new people & new opportunities and engaged in extending God's grace. We are a blessed people who are compelled to bless others. It has been a pleasure to serve as your Board President, and I look forward to our continued growth as an organization and movement. In 2017, new volunteers have been trained, inmates have attended our services, and we've enjoyed the

benefits of new relationships. Our Yokefellow Board and our Executive Committee have been busy and productive. We have made some important decisions to strengthen our Yokefellow base and prepare for our continued growth.

Yokefellow is blessed to have new leadership. Vita Alligood is our new Executive Director, and Carlton Gooding is our new State Developer. We, as an organization, are stronger and wiser because of their presence and leadership. Let us join together in prayer for their leadership as God leads them to use their talents and gifts to the fullest. Our Yokefellow Executive Committee and Board are dedicated to making a smooth transition as Vita and Carlton begin their duties and ministries. We look forward to serving you.



Yokefellow is a grace-driven organization. We attract sinful people. I say this because the people of our world hunger for grace. We see this in the way people responded to Jesus during His earthly ministry. We see this in the way people are drawn to you. I pray that God will continue to bless each of us as we strive to be his faithful servants. I

extend my best to you in this wonderful season. I extend this message to you as we embark on the New Year 2018. Bless you all with the grace that only our Lord can give.

David Morton  
President of the Board  
Yokefellow Prison Ministry of NC



# Ways to Support Yokefellow

Did you know that postage and printing costs account for a large part of Yokefellow's budget? Yokefellow has a distribution list of over 500 volunteers and donors, so the costs of printing out newsletters, invitations, thank you letters, and other correspondence as well as purchasing stamps add up.

What can you do to help Yokefellow be a good steward? Go electronic!

If you have an email address, please send Vita Alligood an email from that email address at yokefellowprisonministrync@gmail.com and tell her you want to go electronic. You will then receive future communications at that email address, saving Yokefellow printing & mailing costs while enabling you to receive correspondence faster.

## Support us when you shop this holiday season

Buy your gifts and holiday essentials at [smile.amazon.com](https://smile.amazon.com).  
You shop. Amazon donates.





*Email artwork courtesy of  
[https://openclipart.org/  
detail/170574/email6](https://openclipart.org/detail/170574/email6)*

Want an easy way to support Yokefellow that costs you nothing? Sign up for a **free** Amazon Smile account through Amazon.com.

Type <https://smile.amazon.com/ch/56-1059009> into your Internet browser. Then, sign in to your Amazon.com account. You will see a message telling you that Amazon will donate 0.5% of your

eligible Amazon Smile purchases to Yokefellow.

After this, whenever you plan to shop through Amazon, go to [smile.amazon.com](https://smile.amazon.com) to do your shopping. Amazon will automatically donate 0.5% of your eligible purchases without you having to do anything else. It's an easy way to support Yokefellow as you tend to your holiday shopping!

P.O. Box 24932  
Winston-Salem, NC 27114  
336.724.9801 ph  
Yokefellowprisonministrync@gmail.com  
[yokefellowprisonministry.org](http://yokefellowprisonministry.org)

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