

Submerged

On Healing from Abuse While Navigating a Lifetime of Imprisonment

Sheena King

Foreword by Rikeyah Lindsey

Introduction by Victoria Law

Fearless honesty. Deep despair. Resilient discovery. Profound forgiveness. Revolutionary hope and liberation.

Submerged is the story of one woman's journey from a nightmare of childhood sexual abuse through a world of drug gangs and murder to prison and, ultimately, personal redemption through faith and a dedication to helping others.

This is Sheena King's story, a raw, harrowing memoir anchored in revolutionary and transformative love. It is, at the same time, a story shared by tens of thousands of women, especially women of color who are incarcerated as the result of events that began with abuse by someone who should have been there to protect and nurture them.

During her years in prison, Sheena found the strength to free herself through the process of helping countless other victims of childhood abuse. Now she offers her memoir with the express hope that it will help many more.

As Rikeyah Lindsay of the Abolitionist Law Center writes in her foreword, "This book shows that we must take our collective healing and liberation seriously, interrogating the root causes and demanding accountability not only for ourselves but also for the systems that create the conditions for so much harm to occur." With Lindsay's foreword and an introduction by Victoria Law, *Submerged* offers essential insights for all who want to understand and participate in the growing movement for alternatives to incarceration.

In her own introduction Sheena King writes: "I've told my story. Now tell yours. It will free you."

ABOUT THE CONTRIBUTORS

Sheena King is presently serving a life sentence at SCI Muncy in Muncy, PA, where she is an advocate for incarcerated women, with degrees in religious studies and Christian counseling. She is the published author of a book of poems and journal entries titled *Unheard Souls* and *3Sum*. Her poems and essays have been published in journals including *Let's Get Free*, *Daughters*, *The Philadelphia Inquirer*, *Pittsburgh Peace and Justice Newspaper*, *Prison Health News*, *Centers for Wisdom*, and *Tenacious*. Her work has also appeared in several anthologies, including *International Library of Poetry*, and *Interrupted Life: Experiences of Incarcerated Women in the United States*.

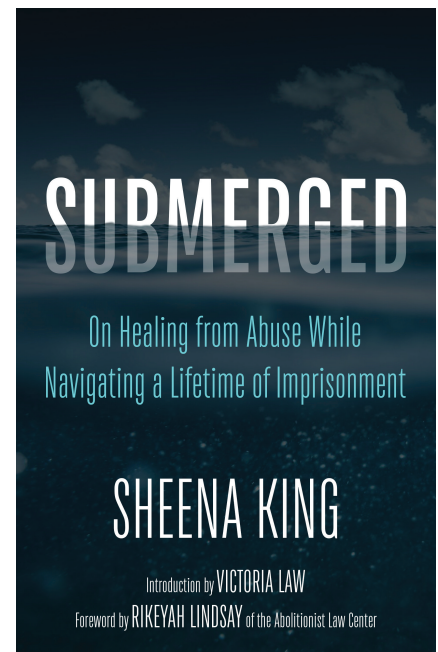
Rikeyah Lindsay is healing justice organizer for Straight Ahead, the 501(c)(4) arm of the Abolitionist Law Center.

Victoria Law is a freelance journalist and author focused on incarceration, gender, and resistance. Her books include *Resistance Behind Bars: The Struggles of Incarcerated Women*, *Prison by Any Other Name: The Harmful Consequences of Popular Reforms*, and *Corridors of Contagion: How the Pandemic Exposed the Cruelties of Incarceration*.

ACCOLADES

"Powerful. A moving and heartbreaking tale of innocence lost, two lives destroyed, and one woman's incredible journey to redemption behind prison walls."

—Tammy Mal, author of *Convenient Suspect* and *Little Girl Lost*



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