

# *The Grief School*

Sharon Brubaker

Grief Specialist

**Episode : S11E224 -**

**Ken Guiroz Interview Part 1**



Powered By:  
the grief school  
**THE PLACE  
WHERE YOU  
LEARN TO  
GRIEVE**

*with Sharon*

Sharon ([00:03](#)):

Lucas Giros was high on heroin and in a week into a rage drug and alcohol binge when his car hit a 53 year old bicyclist, killing him instantly while he saw the crumpled body on the road and immediately knew, knew what he had done, he floored it. He later turned himself into the police and was convicted on a hit and run manslaughter charge. Hello friends. Welcome to Healing Starts With The Heart. I have an amazing guest here for you, and it is Lucas's father, Ken Giros. And I, I also would like to introduce you to my personal friend. Ken has written a beautiful book called Letters to My Son in Prison. And we're gonna do a two-part series on the grief that occurred with this life-changing, altering event, and then how they rebuilt their relationship together. Welcome, Ken. Thank

Ken ([00:57](#)):

You. It's great to be with you.

Sharon ([01:00](#)):

And I was just going over all the questions. There's so many areas that I would love to go in on this interview, but I think the first part that we need to start on, 'cause we've laid out what happened. I, I really wanna know when you, when you first found out, when the, when you got that first call, what was it like?

Ken ([01:18](#)):

It was really early in the morning. So Lucas did flee. And, and it took a couple days to turn himself in, which is its own misfortune, but that, that's nonetheless what happened. And, and then once he did, it was my youngest son that brought him to the police station and dropped him off. Then drove to our house at about six in the morning. And it was of course surreal when anything like that happens in your family. It was it was the culmination of 10 years, really, in some ways 15 years, but certainly 10 acute years of struggling me as a dad, struggling with not just Lucas, but you know, each of my sons at different periods. Two of them with opioids and the other with just being an all around knucklehead. And, you know, and, and, and all the other things that went along with that.

Ken ([02:11](#)):

So, you know, it was, it was, it was dramatic. I mean, my wife just you know, my wife wanted to talk to Chris a lot weirdly. I, I just heard and, and, and, and processed it, asked some questions, and then came straight up to this office sitting where I'm sitting right now, got online to see who this teacher was that he had killed. And, and you know, what the news was saying about it. 'cause it was already out a lot. And and then it just, it just welled up in me. And even though I was alone here in my office, it, I, I, I needed, I, I felt this weird desire to be alone in someplace that was dark. So I went downstairs to my garage, and the second I, the door closed behind me, you know, I just completely broke down and you know, just, just cried into, into the darkness of the garage. It was still early. I prayed for the man, you know, I don't know what, what do you pray for A guy that's already dead, right? So, that's weird. I did pray for his widow. I remember that vividly. I even knew her name at the time, Valerie, you know, and, but, but I didn't pray for Lucas. I was, I was completely done praying for him and, and felt nothing but anger towards him at that point. And yeah, just, it was the darkest, darkest day of my life.

Sharon ([03:38](#)):

Yeah. Yeah. Thank you. Thank you for sharing that, Ken. You are, and were a pillar in the community. You are my, you are my pastor, and I actually have a story I'm going to end this interview with, I don't know if you know, you changed my life, but I'm gonna share it. How did knowing, like just having all the eyes on the Giros family, how did that impact the situation

Ken ([04:07](#)):

That that was, that was painful. Of course, before this, when you and I were in the same church, a church that I was leading, it was, it was awkward. It was weird. You may re, I don't know how much you remember, but, you know, at first, I, I, you know, as my sons hit adolescents, I reentered the ministry right. To lead the Santa Clarita group. And, you know, naively just didn't realize the challenge that adolescents would have on my family. And then, you know, it went really well for a year or so, and, and it was, it was great. But then it start, it, you know, it started to slowly things started to happen. Jess decided not to be part of the, my oldest decided not to be part of the teen group anymore, which I think I handled well. I write about that, you know, it was a, a talk at, in and out with burgers, you know, and he said, Hey, I can't, I, I can't, I don't wanna be a hypocrite and I can't do this.

Ken ([05:02](#)):

And I was like, you know what, you can't be a hypocrite. This is between you and God. So that, you know, that period was, was, was awkward as the pastor, because, you know, now your oldest son's no longer part of things. Then my second son decided he wasn't gonna be part of things, and then things started to spin. And so yes, that was really, really embarrassing to be honest with you, challenging. And then when this happened, you know, that was up to that point, it was, it was really unknown, but then it happened. And I felt like a pariah. I felt like a, I had a scarlet letter and, and a lot of that was self-inflicted. I remember I was at LA Fitness and I, I played a lot of bracket ball at the time, and, and four of my buddies stepped out of the court.

Ken ([05:48](#)):

And, and I, I, I was raging. I was raging. I was lifting weights way more than I should. Trust me, I don't lift much weight. Yeah. She, you, you're immediately going, wait, you lift my weight. I never knew that. And I remember being at the faucet drinking water, and they got outta the court and they started talking to each other. I thought they were talking about me, and they started looking. They looked over, and I thought they were looking at me. And, you know, I just started creating all these scenarios in my head and just raging and, and just wanting to scream at them, wanting to scream at God, wanting to scream at myself, wanting to scream at my, you know what I mean, just scream at everybody. And it was a, you know, that, that moment in that gym, it was, it was kind of beautiful because one of the I went back to lifting weights, and I know there's probably more detail than you want, but I went back to lifting weights and I just started, just, adrenaline was flowing.

Ken ([06:48](#)):

Yeah. Testosterone was flowing. And I was, I just was in the worst place. And then I, I remember putting the barbell down, and I turned around and this friend of mine, Jack was there standing right in front of me, and he he just reached over and he, I mean, he stepped up and he, and he actually hugged me. It's a guy that doesn't hug <laugh>, you know, he just hugged me and he leaned into me and he goes, if you, if you need anything from me, let me know. Because his son, too, a couple years before, had struggled and

had been in the papers and had been in embarrassment. And, and Jack was a much higher profile guy than me, and he knew how I was feeling. So yeah, it was, it was a really, it was a tough time.

Sharon ([07:45](#)):

Did you identify it as a grieving experience? Yes. The family were grieving. But did you identify it that you and your boys and your wife were grieving? Would you have called it then? That

Ken ([07:59](#)):

I, that's not a chance. I, you know, I, I was just wild <laugh> Yeah. With emotion, right? Yeah. I, here I am imagining all these things and creating these scenario, you know, like completely irrational. Did I know I was being irrational? I don't even know if I knew I was being irrational. Yeah. I was just being what I was being, so, no. Yeah.

Sharon ([08:25](#)):

No, I didn't. One of, one of the things that I teach in the program is that there are 45 or more known losses that can cause a grieving experience in our, our heart, and it's a loss of any kind. Right. And that was a major loss for your family. Ken, at some point you said, I Luke be, I, I insisted that Luke be held accountable for his action, and I refused to post bail that decision there. Tell me about the struggle on that decision, and did, did the rest of the family agree with you?

Ken ([09:01](#)):

Most importantly, my wife did.

Sharon ([09:04](#)):

Yeah.

Ken ([09:04](#)):

Because, you know, there, there is a point as a parent of an addict where you just want relief. Yeah. You, you just want it to stop.

Sharon ([09:19](#)):

Yeah.

Ken ([09:20](#)):

And I'm not gonna say that an overdose and a death of my son would, would've been a relief, but I, I have heard that from other parents. Yeah. And I get it to be real honest with you. Yeah. I actually get it as, as unbelievable as that may sound to some parents. So the fact that he was held up at LA County was a relief. Yeah. I mean, the thought of him with a, a manslaughter charge hanging over him with a lifelong tendency to medicate being out in our house. Yeah. <laugh>, even my wife, who tended to, you know, not want pain on him, she's like, no, we ain't posting bail <laugh>. Yeah. Alright. Yeah. I mean, we're not posting bail. So Yeah. I had my sons over, we talked about it that, that on a Saturday. So four of us talked

my other sons and everybody was in agreement because that was early. Everything was fresh still. It was really fresh and really acidic. Right. It was, it was, it was still very painful. So yeah. There was no question, no bail.

Sharon ([10:29](#)):

You say you, I thought I was a good parent. Right? You thought you were a good parent and you had these three beautiful boys. How did the process, how did you process this pain

Ken ([10:44](#)):

Process? What,

Sharon ([10:45](#)):

How did you process the pain? Like, here I am, this, this amazing family, and now this has happened, and I'm talking about that raw pain. What did you do with the raw pain? I understand what you did at the gym, but after that day at the gym, how did you continue with the pain?

Ken ([11:00](#)):

Well, it's, it's, it's so layered right there. There's the parental shame of feeling like you were a good parent, meaning that you loved your, your sons. Right? I mean, you know, me, I, yeah, I, I, I'm a knucklehead in some way, but I, I'm a decent dad <laugh>. Right. I'm not a weirdo. I didn't overwork, I didn't beat him. I didn't, you know what I mean? Yeah. I was a dogone pastor of church. Come on. I, I wasn't perfect by any stretch. But yeah, I mean, there's the parental dis disbelief, right? And then there's the spiritual, because that too is there, I mean, that was almost more was okay here. I, you know, I, I put God first. I, I sacrificed. Yeah. I, I tried to put it out there. I left a career that was going really, really well. In fact, it was peaking when I went back in the ministry. I'd just been promoting. And Hawaii had just been added to my territory. <Laugh>, I had dreams.

Sharon ([12:09](#)):

You were traveling

Ken ([12:11](#)):

<Laugh>. I was a traveling pool. So, but, you know, so going back in the ministry, leading this group growing this church and this beautiful community that we lived in, you know, that I thought, okay, well that's good. That's good. God's gonna bless me. And, and then to have it just start to spiral and then spiral more and spiral even more, and then just completely spin out of control. At one point, for about three or four years, it was, it was before my oldest turned back around, and it was after my youngest had had gotten involved involved in opioid use. It was a, a several year period. It was the, just as dark as it gets. Only because as a parent, parent, I failed as a Christian, I failed as a pastor. Of course, that was not even a question. But on those two categories, I mean, those who cares if you, if your job's going well, right? Yeah. Who caress how your racketball game's going.

Sharon ([13:07](#)):

<Laugh>. Yeah. Yeah.

Ken ([13:09](#)):

Right. I mean, on the two biggies percent, they're completely in the toilet. They are. They have not, not, they're not in the toilet. They've actually been flushed down the toilet. Down the toilet. Yeah. And they're right. Yeah. I mean, it was, I mean, with God, I was, it was numb with, as a, as a parent, I was like, I am out. Yeah. I have no Joyce, you, you handle it. My wife. Yeah. 'cause I'm, I'm just, I got, what am I gonna say to anybody about anything about, you know what I mean? Yeah. It was that I was that despondent that, you know, I mean, I to think that I would be talking to you 10 years, 15 years later, like utter, utterly unbelievable. Yeah.

Sharon ([13:53](#)):

Unbelievable.

Ken ([13:54](#)):

Right. It was that much of a desert. And, and yeah. I was on autopilot at that point with God. Yeah. Opening, opening the Bible. Even just opening the Bible, just open opening it on my desk would just, I'd read, I'd read something and my mind would just fill with bad memories and, and yeah. Defeats and, and, and dreams that, that ended and, you know what I mean? Yeah. And much less going to a church, you know? Yeah. Where the same thing would happen. So Yeah. It was, it was it was as much a desert as I've ever felt ever in my life.

Sharon ([14:35](#)):

And you described that so well, because that's what a lot, that's exactly what every grieving person feels, especially if they're walking right. They're walking with God, they're walking in their relationship. They go to the Bible, their heart is just broken. They're looking for answers. And they, they can't even read the words. The words are not even making sense. Then we turn and we go to the church thinking our friends and family are gonna have the answer. And they're given a scripture instead of the hug like Jack did. You know? And so it becomes this, we get stuck.

Ken ([15:09](#)):

It's, yeah. It's, it's a stuck situation. Yeah. For me, you know, you and other members of the church, quite honestly, were, were fine with me. I don't, I don't begrudge to the church this Yeah. This is not a church. You know, my, my experience personally was not a, a I had some challenges at the church. Yeah. They were with my higher ups, they were with other issues, but the people themselves loved me. Yeah. And it, and I, I couldn't go there to see them, just 'cause it reminded me of everything. Yeah. It reminded me of failures. And, and then it became, I, you know, what, what they believed, I just didn't believe anymore. So it was multilayered. I had to figure out what I believed. Yeah. And of course, that's a whole nother journey we can talk about later. But it, it was, yeah. It was this opening of the past that just cr it's like a bunch a flock of birch.

Ken ([16:00](#)):

All these memories came back and it just, it's like, why would I do that? Yeah. Why would I expose myself to that? Yeah. It just brings me back to, it's so funny in, in, in tragedy and trauma and grief. It's so funny how quickly you can go back. Even my wife and I, we gotta be careful. 'cause One thing can trigger. We, we started watching a movie last night, Shawshank Redemption. I, how stupid of me a, a movie about prison right here when we're launching this book. And I was like, we were three minutes into it. And I go, Joyce, I said, we had just paid 3 99 for the movie. I said, can't watch it. She goes, honey, thank you for saying that. 'cause I can't watch it either. Yeah. Because it's just gonna bring everything back. It's already tough enough to bring out a book about our past.

Ken ([16:43](#)):

Yeah. And, and, and Joyce two nights ago didn't even sleep. 'cause She's thinking about all this stuff. We, we, we, we want to, and we love being able to talk about our grief Yes. And how we went from A to B. Yes. But it's hard. It's, it's not so hard for me. I sleep better just 'cause I, I don't know. It, it almost is redemptive to me. It's, it's, it's, it's helpful to Joyce. It's, it just brings it all back. And so it's hard. Yeah. But anyway, it's funny. In grief, you can go from zero to 60 <laugh>. Yes. You're back

Sharon ([17:17](#)):

Seconds. And you're right. Back in seconds. What I love about your gut retching honest conversations that we're having is that there's other grievors out there that are hearing this and you're describing it exactly how they're feeling right now. And you're giving them hope. You're giving them hope, Ken, that they're gonna find peace. At some point you find peace. And so we're gonna talk about that in the next one, the next, this is a two part series, friends,

Ken ([17:43](#)):

I say it should be four parts. No, I'm just teasing. Just teasing.

Sharon ([17:46](#)):

We should just keep going. How much blame did you put on yourself in the early stages? And were you able to work through that if you had

Ken ([17:54](#)):

Any? Okay, I'm gonna sound like a total here. Okay, go ahead. Lemme preface my comment with, with that <laugh> alert. <Laugh>. Okay. I don't, I mean, I take some blame. I made some mistakes. Yeah. Weirdly though, Sharon, I didn't really crystallize my mistakes till a couple years ago writing this book. Yeah. It was talking to my, my sons, all three of 'em. Hey, I remember this time, Jess, remember when we went to In-N-Out, you told me you weren't gonna be part of the church. Oh, yeah. I said, I just wrote that scene. And how do you remember it? You know, another time he wanted to go to the winner, winner, formal. And I said, no. And I said, how do you remember that? This is what I remember. And I gave him the, the scene. And you know, he commented and it was, it was those, and I go, you know, that was kind of a tipping point, wasn't it?

Ken ([18:43](#)):

He goes, yeah, that's when I ran away. And I That's right. You ran away that night. You left for two nights. And you know what I mean? I, I didn't realize the mistakes. I knew I had made mistakes, but I didn't realize exactly what they were until really writing all of this stuff and Right. And then realizing, man, I, I didn't follow what I knew to be. Right. Yeah. I listened to my, my senior pastor. I listened to what I felt were the parents in the church judging me. And I gave in, and I, you know, 'cause I had parented really consistent with my gut for 15 years. Yeah. But Sharon, there was that point where I, I, I left it. Yeah. I stopped. Yeah. And I, I listened to the higher ups. I, I gave in to the pressure and I changed as a dad.

Ken ([19:39](#)):

And they smelled it. Your kids know. Yes. When they smell, they got this sixth sense. They Yeah. They know. The second that you do something that's not consistent with your personality. My sons smelled it. And they went for blood. They did. Yeah. And there was two of 'em there. And there were super close in age, 17 months. And they both remember they were doing the basketball thing and getting more popular and doing that whole, you know, and they just, just, yeah. And it just, it just became a thing. So did I feel guilty for years? Yes. But in a very general way. Yeah. It wasn't until Rebi reliving it, talking about it, writing about it, writing scenes, talking to them over and over and over that I started to put the narrative together. Where did I lose my way? And, and what mistakes did I made? So I, I guess maybe I'm not such an. Maybe I could just say it took me 10 years. It just took me 10 years or 15 years. Yeah. Really to, to realize my mistakes and to truly feel bad about it, you know? So,

Sharon ([20:46](#)):

And to open and grow and, and, and see it for what it really is. You know what I mean? That was the 10 years was the growth. Okay. I know for a fact. And that with Erica and Louis, Erica's my sister that's lost the two boys. And one of the things that was evidently clear was that the two of them as husband and wife, when they looked at each other during this experience, all they could see was the pain. I can only imagine that all you saw on Joyce's face was this pain. But my friend, when she looked back at you, all she saw was the pain. How did you guys help each other? How did you support each other during that, that process?

Ken ([21:31](#)):

You know, we, we did, we, we, we did succeed at staying together at, at, for the most part, being there for each other. But I gotta admit, we gave each other a lot of space. Yeah.

Sharon ([21:44](#)):

Ah,

Ken ([21:45](#)):

I, I turned inward. I started to spend a lot of time alone. I started to hike for long periods of time. Got a camper van, started to spend time in the mountains. I just wanted to be, I didn't want to talk to anybody. I didn't want therapy. I didn't want to, I mean, I talked to Joyce some, but I didn't want to commiserate with friends. Felt like I had run off my friends. It just, you know, it's too much. I'm sure Grievors feel like that. You know, I wanna talk about it all the time. They, they're like, your friends just get tired of it. Yeah. Yes. You could hire a therapist, you can hire Sharon. Brute bicker to listen. And Joyce did hire you to

listen. Okay. Fair enough. And, and Amen. I, I had, I did some talking too, but I turned inward. Joyce turned to her friend.

Ken ([22:32](#)):

She turned to you? Yeah. She turned, but but she kind of turned a little bit inward too. Yeah. she did feel like some friends were not there for her, or, or just weren't very good. She became an expert in Ecclesiastes. One of the most, you know, what's the right word? I know there's a word. I can't think of the word. Just the, for a griever. There's no book like Ecclesiastes. Yeah. It's the re the realist book. It's No, no sugarcoating, no. Just mean, eh, you know, it's just real. It's right there. And of course, job and Proverbs. Right. Psalms, I mean, Psalms job and Proverbs, that those are our three books. Yeah. They became our three books. She would go to Ventura Beach, she would just sit there and read. I would read Ecclesiastes. She'd showed me a verse. I'd show her a verses. It was the only part of the Bible. We could open Ecclesiastes job and psalms. And, and we, I mean, we, we hung on those for, for I don't know, years. Years. But we did stick with each other. We kept talking. We would watch Grey's Anatomy. We would start, you know, pause our shows.

Sharon ([23:37](#)):

Oh my gosh. That's the biggest grieving show I know. Out there, just

Ken ([23:41](#)):

Saying, oh my goodness, come on. And those songs would come on. They pick the best songs on the planet. There's a, a group called Sleeping At Last, which they, they, I think Sleeping At Last was, was featured more on Grey's Anatomy than any other group. And there's a song called Saturn When, when Derek Dies, when

Sharon ([24:00](#)):

Derek Dies, that

Ken ([24:01](#)):

Just will send me to the darkest beau. No, but the darkest, most beautiful place. And it's, so, it's funny 'cause crying, at least for me, even Christian music that makes me just weep. It's therapeutic. It

Sharon ([24:15](#)):

Just, absolutely.

Ken ([24:16](#)):

You say, well, Ken, why don't you listen to the sad song when you're sad? I don't know. Because it just makes me feel good.

Sharon ([24:23](#)):

It relieves the pressure, it relieves the pressure of everything that we've got stuffing in. Were there, there's two more questions on this segment, and then I'm going, I'm gonna end it. Three more questions. Were there any ground rules for you and Joyce? Did you guys say, okay, we will absolutely not blame, or we're not gonna point fingers, or you're allowed to say whatever you want. Were there any ground rules or you guys just went with how you knew to be,

Ken ([24:45](#)):

We kind of figured it, you know. Okay. I don't know. We, we get weird when it gets that, you know that organized and that. Okay. You know what I'm saying? Yeah. Like, just saying it starts makes, it makes it weird to us. Not, not, yeah. Maybe not to others, but to even just ever to say I knew though. Yeah. That, that's, that's a non-starter. That, and, and you know, when you kind of feel grace, you want to give grace. Right. Yeah. I felt a little grace. You felt a little grace. Yeah. And that, that leads to a little more grace and a little more grace. And I'm not gonna blame you. And do, do, do, you know, you start I, without ever saying it, you kind of sense it, at least us. And so, so the grace, the graciousness that we give to each other is kind of been a lifelong thing. We're 41 years in, you know, that's a long time. And you kinda, yeah. If you can, if you can do things without ever saying 'em, to me, that's even better than Yeah. Having to have someone else say over. You know what I mean? <Laugh>. So anyway, that's how we handled that.

Sharon ([25:44](#)):

And that one of the things Erica always says is that I wanted to be with Louis because I felt that he was the only person that absolutely understood how bad I was feeling like she got you. Because nobody else on the planet was right there. Yep. How did you support the support the other two boys?

Ken ([26:05](#)):

I don't have a good answer for that. Okay. one of my boys was a knucklehead. During this time, he was still on opioids. And I, I, you know, I only supported him by, not by, by letting Joyce not let me strangle him <laugh> and kick him outta the house, <laugh>. And all three of my sons have turned around, by the way, you know? Oh, yeah. I have, I have great relationships with them. I have great relationships with all of their wives. And, and, and if you looked, if you took a snapshot at my family today, I mean, you just wouldn't believe it. You just wouldn't believe it. Yeah. Yeah. And I don't say that because, you know, wow. Look at me. No. Yeah. Darkness can enter tomorrow. Yes. And I know that. Yes, it can enter in one minute. Yes. And, and, and, and if it enters my life, I, I think I will never go as dark as I did, just because I, I don't know, when you've been to the darkness, you, you kind of, I don't know. You know, you, you know that it's gonna happen again. That's kind of how life is, right? Yeah. I mean, yeah. What, my wife's not gonna die. I mean Yeah. Maybe I'll proceed her, but Yeah, she's gonna die. One of our grandkids, you know, I, it just could anything, any, yeah. Go down the list. You said there's 43? Yeah. I mean, there's actually 143. Yeah,

Sharon ([27:23](#)):

Yeah.

Ken ([27:24](#)):

No, there's, there's a million in 43.

Sharon ([27:26](#)):

There's a million in 43, because there's layers to it. Right? Yeah. So it wasn't only what happened with Lucas, it was happening to the boys. It was happening to Joyce. It was happening to you. It was happening in the community. It was happening in your job. Like the grieving experiences just go. And none of us are getting out of here without fully going through it. Okay. I wanna end on this question before we start the second segment. At some point, you picked up a pencil and you decided to write a letter to Luke. Tell us about that first letter.

Ken ([28:00](#)):

You feel so estranged so far. You know, you know, LA County's one of the most notorious jails in the world. <Laugh>. Mm-hmm. It's tough place. Right. And, and once the anger subsides it, you know, the, the, the parental heart comes back to you, right? Yeah. The sensitivity, the warmth, the love. And it did, it came back, of course. And it, you know, he broke, he and I had this moment I won't get into, but it, this moment in prison when it was just two of us in this visiting room where he completely melted down in front of me. And it was this father-son moment that you, you can never replicate it. It was, it was one of the most horrible, beautiful moments a father and son could ever have. And so, you know, all of that, of course, started to melt eventually the, the feelings I had of, of all those years of pain.

Ken ([29:01](#)):

But writing a letter that I could do, right? Yeah. I was sitting right here at this desk in this chair. And so the idea of pencil of, of, you know, using my keyboard, you know, putting the same keyboard, you know, putting my fingers on it, and Dear Lucas comma right. Yeah. And of course, at first it was the weather and the family. Yeah. And, but then I, I was like, I'm not writing those letters. I'm not, I'm not just writing that letter. Yeah. And I made some mistakes. I won't get into this letter I wrote, but I started to channel this TV show. He and I used to always laugh about, called Dexter, about the dark passenger. And I just got too graphic. I got way too graphic, and I said, too much. And the prison screener actually took that letter and put it into evidence against my own son.

Ken ([29:52](#)):

I, I almost can't even talk about this. I know. I, oh, I can't even talk about it. Mm-Hmm. It was, it was so, it was such a bad idea. And I was so out of control with my emotions. I never should have written that letter. But anyway, it's not what you asked. Right. You know, but you, you did ask, you know? Yeah. And so I started to write real letters. And even I channeled David when he committed adultery with Baji. Yeah. In this beautiful, like, graphic, but beautiful way of, not just David's mistake, but his, his recovery that Lucas got. He just said, dad, I, I just didn't, that gave me such hope. I I didn't re I didn't know David has screwed up so bad. And yet he you know, he recovered in this. Yeah. Incredible. And David is still David, even though he did this horrible mistake. And of course, to Lucas, it was, I've, I've done worse than I've done as bad as David. And maybe I can have a life again. And as a dad to write kind of a historical, fictional letter, just the way I did it, you know, to, to bring that kind of hope to my son when he's in that dark jail. You know, I was, I was pretty amazing.

Sharon ([31:13](#)):

Yeah. Thank you, Ken. Thank you for sharing. Friends. Catch part two. We're gonna go deeper into the letter writing and the change in their relationship and the growth and the healing. And most importantly,

the hope that they both found through writing the letters, letters to my son in prison. See you guys at part two.