



Bridges to You

JANUARY / FEBRUARY 2021

SPECIAL POINTS OF INTEREST:

- **Thank You for the Christmas Gifts**
- **Job Opportunity at The Bridge House**
- **Human Anger Does Not . . .**
- **2020-2021 Capital Projects**

Thank You for the Christmas Gifts

In the shadow of the COVID quarantine with the residents being away from loved ones, the holidays can be stressful and depressing. As this last Christmas was particularly challenging for most of us, our residents have the additional challenge of being away from loved ones after they made the decision to pursue rebuilding their lives and family relationships only to be prevented from gathering with family.

Here at the Bridge House, our supporters made it possible to lessen the pain of isolation with the many thoughtful ways they demonstrated

kindness and compassion this last year.

Many individuals sent money. We received more money this year than in times past which enabled us to purchase different personal necessary items and some treats as well. We were also able to purchase gift cards for every resident.

There were churches that also stepped up with special donations. One church made gift bags with various essential items (like gloves and socks). One church 's prayer group made knitted winter hats or beanies with a scripture of encouragement on a printed card attached to *(Continued PG 2)*



Job Opportunity at The Bridge House

We currently have an overnight position available. It is full-time with a rotating two-week schedule. You will be asked to remain awake and monitor activity within the two physical houses. Staffing allows for two people per shift at night. Observing behavior, curfew, medications, chores, and wellness will be the primary duties. Light cleaning and stocking sanitary items as well as food items are required.

If interested contact Serenity Love:
serenity@thebridgehouse.org

Serenity Love
Director of Operations



Thank You —(continued)

each hat and a note of encouragement with prayer support.

The dining room was decorated in a Christmas theme. A special meal was prepared by one of our supporting churches and the gifts were shared. All the men were touched with the care, time, effort, and love that was communicated through these warm expressions.

One man told me that in other programs he thought that people forget had forgotten about him (them), but not at the Bridge House. He was touched in his heart and is currently progressing in the program.

Thanks to all the supporters, churches, businesses, and foundations for their faithful support which helps keep the doors open and touch



lives for positive change.

Human Anger Does Not . . .

A Year of anger

2020 has been a year of anger. Elected government people are angry. Face Book and Twitter is full of acerbic sound bites. Commercial news reporters and commentators stir people's anger both on the left and right. Add to this the COVID pandemic and the forced isolation, lack of communal living with schools and houses of worship "gathering virtually", businesses restricting any personal contact and fear of contracting a mysterious disease which can prove fatal, one does not need a fertile imagi-

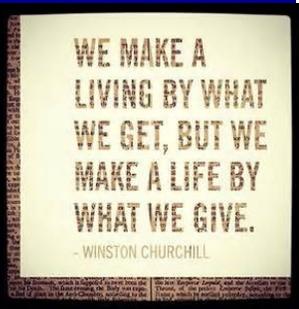
nation to see a stress-filled atmosphere conducive to virulent words and actions.

While not trying to take sides on many of the issues, it is understandable that incendiary actions and words may push people to react in ways they normally wouldn't. The problem is that this environment does not bring peace or healing to people. In the New Testament book of James, we are told, **Human anger does not produce the righteousness God desires.** (James 1:20)

Navigating between

indifference to real injustices and retaliation is difficult. I do not have a quick and ready way to deal with the issues, but I do have a few suggestions that people in recovery have used to help, and they have helped me, too.

1. Avoid isolation. We need others in our life to help us move forward into healthy living. Be sure they are positive-living people. You are not an island.
2. When you are hurting or being challenged, get help. If you are angry, take a deep
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Human Anger Does Not . . . —(continued)

breath, pray, and talk to someone. It might be a family member, a friend, a sponsor, a pastor, or mentor. Look for ways to calm down. Don't feed the anger.

3. Work for justice. You can work for justice in how you treat the people around you and influence others. Your life is the biggest influence.

4. Demonstrate mercy. Abraham Lincoln said, "***I have always found that mercy bears richer fruits than strict justice.***"

When we show mercy, not only do we diffuse anger, but the possibility of helping someone is a dynamic now put into play.

5. Be selective from whom you get your information. It is better to be uninformed than ill-informed. Consider if the source has an agenda (profit, popularity, power).

For myself I have found meditation and prayer to be most helpful to deepen my relationship with God. I choose to meditate on Scripture. It is like crawling up on God's lap and feeling His breath. (2 Timothy 3:16).

When I consider the "big" things, I realize I cannot affect a major change, but I can help those around me. That is my focus.

I have always found that mercy bears richer fruits than strict justice.

(Abraham Lincoln)

God's mercy and grace give me hope, for myself, and for our world.

Billy Graham

Support the Bridge House for Free

There are a number of quick and easy ways to give to the Bridge House without actually sending in a check to the ministry.

If you use the internet and a search engine or if you shop on the internet here is how to do it:

Raise money for New England Aftercare Ministries just by searching the Internet or shopping with www.GoodSearch.com (powered by Yahoo), or shopping online with www.GoodShop.com or

shopping online at Smile Amazon at : <https://smile.amazon.com/>. Just choose New England Aftercare Ministries as the benefactor.

Click on either or both websites to set up your toolbar to search the web and support us at the same time!

Thanks for thinking of us and raising money to help people in recovery from substance abuse disorders!



THE BRIDGE HOUSE

A Ministry of New England Aftercare Ministries

18 Summit St.

Framingham, MA 01702

www.thebridgehouse.org

Admissions/ intake: 508-872-6194 ext. 105

dave@thebridgehouse.org

Help is at hand:

Emergency Assistance: 911

State of Massachusetts Addiction Helpline:

1-800-327-5050

Support for Care Givers:

Learn to Cope: learn2cope.org

Allies In Recovery: alliesinrecovery.net

The Bridge House has been serving adult men with substance abuse problems for over 30 years. As a state-licensed residential home The Bridge House brings dedicated staff to serve the men.

New England Aftercare Ministries, as a faith-based Christian entity the mission is to:

PROVIDE A MEANS FOR THE CHURCH OF JESUS CHRIST TO OFFER RECONCILIATION TO GOD AND TO SOCIETY FOR PERSONS WITH SUBSTANCE ABUSE PROBLEMS;

PROVIDE A STRUCTURED, LOVING ENVIRONMENT, BY WHICH THOSE WHO ARE SINCERELY MOTIVATED MIGHT SUCCESSFULLY REENTER SOCIETY;

AID IN BUILDING INTIMATE AND SUPPORTIVE RELATIONSHIPS BETWEEN CHURCHES AND RESIDENTS IN THE PROGRAM;

MINISTER TO THE NEEDS OF FAMILIES RELATED TO THE PROGRAM;

BE A GOOD WITNESS TO THE LOVE AND POWER OF GOD IN THE COMMUNITY;

ESTABLISH A CENTER OR CENTERS IN WHICH THIS WORK CAN BE ACCOMPLISHED.



*Reconciliation
to God and Society.*



Online Giving Tool for End-of-Year Giving!

I want to remind you of a tool we have to give to the Bridge House. To give electronically, follow the steps below:

1. Go to www.thebridgehouse.org
2. Click on the Donate or Donate Now Button
3. Select whether you want to make a donation one time or be a regular monthly donor.
4. Fill out the payment information
5. Select the donate button

Thank You!

Thank you for your support !!