# BPRRS NEWSLETTER

ISSUE #04
SEPTEMBER 2024

## Our Mission Statement

The mission of Boston Project Rebound Reentry Services, Inc. is to facilitate successful reintegration of former prisoners into the community by assisting their needs with education, employment, support in parole or probation, obtaining benefits, housing, building relationships, spiritual support, and supportive connections to other services in the community post release.

## WHO ARE WE?

We are a resource organization that begins developing relationships with the incarcerated while in prison, or at time of release, to assist them in their transition and journey into the community, and rebuilding a life outside. All returning citizens have access to all our resources, which include:

-Basic necessities, like food and clothing
-Transportation assistance for appointments
-Assistance with recovery treatment
-Help finding metal health and medical services
-Resources for finding housing and employment
-Document assistance
-Letters of reference
-Peer Navigator (volunteers who help acclimate returning citizens)
-Spiritual assistance and support
-Access to self- help groups

*Note: WE ARE NOT A RESIDENTIAL PROGRAM* - Letters of reference

## New Client Profile and Testimony

"Tony"
Permission granted to share his story using the alias "Tony" .

"Tony" and Matteo met in August 2024 to interview and intake. "Tony" has been in and out of prison half of his life. This time something is different. He was in solitary and was ready to give up. He remembered the gospel being presented to him a few times, and at the end of his rope, he hit his knees and said, "Jesus, I need you. Forgive me. Please help me make my life better. I don't want this life anymore".

Jesus heard his prayer. After being released in June, He found a sober house and a job – God's work and hand. He just lost the grant that was paying for his sober house, and now can pay for it with income from his new job. Matteo met with him to have breakfast and take him for some new clothes. The picture below was after trying on some of his new digs. He is determined to succeed this time. He wants to help the community he once hurt, and to be a father for his daughter. He has been attending a support group with our partner organization, FGBMFA Boston. A Christian men's organization that helps men coming out with spiritual and addiction guidance.

## Activity Update

***SEPT 28TH - 11AM to 2PM Re-Entry Resource Fair. We have a table shared with BPRRS - an organization we work with to help the formerly incarcerated.

**Location: Haley House Soup Kitchen** –

23 Dartmouth St, Boston, MA 02116

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## FINANCIAL UPDATE

***By Mike Austin***

Donations for first quarter of 2024 = $3,949 in cash, and $193.66 worth of items.

**Current Inventory**

Duffle Bag care packages – 12 left,
Food cards – 0 left, Gave 5
T Passes – 2 left

## SELF-WORK

**Addiction: Step 4**

**We made a daily, searching and fearless moral inventory of ourselves.**

We *are* what we repeatedly do. We make mistakes. We can correct mistakes. We make mistakes in behaviors. But if we repeatedly do the "same thing over and over and expect different results" (definition of insanity), the problem – the root cause may not be the behavior the only mistake to correct. It is likely rooted in our thinking and how we process our emotional reactions to stimuli. When we do the "fearless" moral inventory (not being afraid to be HONEST ABOUT OUR BEHAVIOR and the thinking/feling that led to it), it recognize what we are doing, or did, that day (remember this is a daily task), AND also honest about the thinking that led to the behavior.

Some good questions to ask when doing a fearless moral inventory:

1- How did I feel today? (specificity! - not I feel "great"…)
2- How do I feel right now? (Mad, Sad, Fear, Shame, etc.)
3- What behaviors manifested in my life that need improvements?
4- Did I handle every situation the way I want to represent myself as a healthy, mature individual?
5- Did I hurt anyone? Or myself?
6- Am I engaging in behaviors that could lead to using again, or to re-offending?
7- If my thought-life were put out on a table for all to see, would I feel ashamed, or would I feel happy with what others saw?

Be assured, not every thought makes you suspect. We all have sketchy thoughts and would be in trouble with them all. It what we do with those thoughts and feelings that we need to be aware of. Do we grab on to those thoughts and run with it? Do we hate ourselves for them? Neither of which is healthy. We need to gently accept that they are there, and allow other thoughts to replace them.

I will end with a quote from Billy Graham, "You cant prevent birds from flying overhead, but you can certainly prevent them from making a nest in your hair".

## Thank You For Supporting Our Vision

If you know someone who needs our resources and support, please contact us at :
**bostonprojectrebound@gmail.com**
**Donations QR code**

**WE ARE NOW IN EASTERN AND WESTERN MA**

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## OUR WEB PRESENCE

bostonprojectrebound.org

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