



Journey in Healing

The Quarterly Newsletter of Bridge of Support, Inc.

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Healing the Mind

Maintaining the Mind of Christ

By: Tracey M. Ross

I remember growing up in a household with four older brothers who kept my mother and stepdad on their toes. There was never a dull moment. Most days were rather chaotic and very intense to say the least. So, I learned at a young age to escape the madness by just going to my room, locking the door and closing my mind off from my present reality, to what I hoped my reality could be. I traveled to a place in my mind where there was peace and harmony. As I got older and the challenges of life began to happen, I often found myself using the power of thinking a different way as my own personal coping mechanism. Now, don't misunderstand me. I didn't think that I was living in a fairy tale or that I was someone different. No, my thoughts were of me coming out on the winning side. My thoughts were of everyone living in peace and getting along.

When I was 25 years old and began to develop a personal relationship with Christ, I discovered that what I had learned to do as a child with thinking differently was actually in line with what God's Word says in Philippians 4:7-8 *"And the peace of God which transcends all understanding, will guard your heart and mind in Christ Jesus. Finally, brothers, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if anything is excellent or praiseworthy think on these things."* Throughout my adult life, I've had to choose to think a different way in order to have the mind of Christ on many occasions: during times when relationships and friendships ended; during times when I struggled at being a single parent; during times when I had difficult supervisors; and during the periods after the passing of my siblings, mother, grandmother, stepfather and son.

In all of these circumstances, I chose to maintain the mind of Christ by focusing on the peace of God. God's peace is different from the world's peace. True peace is not found in positive thinking, in the absence of conflict, or in good feelings, it comes from knowing God is in control. During those difficult times, I was very mindful of the things I allowed to enter my mind through television, books, conversations, movies and magazines. I chose to be around those who would encourage and inspire me; spend time reading wholesome materials; listen to praise and worship music; and read God's Word and pray that He would help me during those difficult times. Focusing your mind on what is good and pure takes practice, but it can be done.

Nourishing the Body



Salmon with Honey Mustard Sauce

Contributed By: Paulette Butler

45 Minutes

448 Calories

10 Ingredients

4 Servings

Ingredients

Nonstick cooking spray
1lb (four 4-oz) skinless salmon fillets, 1 inch thick
1 tbsp olive oil
6 chopped green onions
5 tbsp honey mustard
2 tbsp red wine vinegar
2 tbsp honey
2 tbsp chopped red bell pepper
2 tbsp chopped fresh parsley
1 ¼ cups brown rice, cooked according to directions without salt or fat

Directions

Preheat oven to 375°F.
Spray a medium-size baking dish with nonstick cooking spray. Place salmon fillets in the dish. In a small bowl combine olive oil, onions, mustard, vinegar, and honey. Mix well and pour over fillets.
Bake uncovered 25 to 30 minutes or until salmon flakes easily with a fork. Top fillets with pepper and parsley and serve with hot rice.
Makes 4 servings.

Nutrition

Calories 448
Sodium 177mg
Fat 9g
Protein 27g
Carbs 62g
Fiber 3g

Reprinted Courtesy - www.merckengage.com/healthy-living/recipes/salmon-with-honey-mustard-sauce

Feeding the Spirit



A Look at Hope

By: Henrietta Burnett

I was standing in my kitchen looking out of the window the other day and I saw a beautiful butterfly. The butterfly was flying up and down, up and down, up and down. Then, finally the beautiful butterfly flew away. I kept looking for the butterfly - looking to my right and to my left, but it never returned. After a while, I realized whatever the butterfly was looking for or needed, it must have found – so it moved on.

Isn't that similar to the things that take place in our lives? They take us up and down, up and down, up and down like a roller coaster. Then one day it happens - we get up, we sit up, we stand up and like the butterfly, we move on.

We are striving to be like the butterfly – to get better, to be stronger, so that we can reach back and help someone else to FLY! Bridge of Support wants to help others to be like that beautiful butterfly - We want you to FLY! We want you to move from wanting to give up and thinking life is over - to believing you have a reason to go on. You Can FLY!!!

Never Forget the Beautiful Butterfly!



Bridge of Support in the Community

BOS Launch Celebration Event – On **Saturday, April 7, 2018**, BOS held its Launch Celebration Event. Over 90 individuals were in attendance and were provided with an overview of BOS’s vision, mission, programs and resources. Those in attendance enjoyed powerful testimonies from BOS Support Group members, were entertained through song and dance and enjoyed a delicious meal. The Launch Celebration Event served as a wonderful way of introducing BOS to the community and was a smashing success!



Love The Hopeful Free Farmers Market for the Homeless – On **Saturday, April 21, 2018**, BOS Board Member, Marcia Gethers, represented BOS at Love The Hopeful’s “Monthly HopeFul Market” event, which is a FREE Farmers Market for the homeless in Baltimore, MD. Love The Hopeful is a non-profit organization which provides education, food, clothing and inspiration to individuals and families experiencing homelessness, or at risk of homelessness.



BOS Parents in Partnership Program – On **Saturday, April 28, 2018**, BOS partnered with Healing Footprints Foundation, Inc. (“Healing Footprints”), based in Atlanta, GA, by donating **\$100.00** in support of Healing Footprint’s “2nd Annual Big Hats and Bow Ties Brunch” fundraising event. Healing Footprints is a non-profit organization which provides assistance with memorial and funeral services for grieving parents who have experienced the death of an infant. Through the BOS Parents in Partnership Program, BOS partners with other parents who have established non-profit organizations in honor of their deceased children by providing financial support to such organizations.





Providing Support through Your Journey in Healing After the Loss of a Child

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Bridge of Support, Inc. is a non-profit organization established to provide support, hope and safety to parents who have experienced the death of a child at any age or stage of life.

As you begin your journey in healing through this difficult time in your life, **Bridge of Support** is here to help. We will assist you by providing support group meetings, quarterly newsletters, monthly letters of hope, support through prayer, yearly conferences, summer camp programs for youth and scholarships for young adults who have suffered the loss of a sibling, as well as referral to various counseling and grief resources.

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