



## Postcards From the Other Side

Starting Point advocates often receive personal thanks from victims who are overwhelmed with gratitude to have an agency like Starting Point there for them in their moments of crisis. And, occasionally we are blessed with a phone call or a letter from a survivor letting us know that they have made it to the other side.

The Starting Point staff is always grateful to get these messages. The thanks belongs to you, our donors too.



*The holidays were always hard times.  
For years, I held it together for my kids sake.*

*Three years ago on the day after Christmas he dragged me by my hair out to the driveway, knocked me down and locked me out of the house, with my kids inside. My neighbor helped me call the police. The police called Starting Point.*

*Last year, I spent Christmas alone in the shelter. My ex was the breadwinner, everything was in his name. On paper he looked like the more stable parent. After 2 years in court and with Starting Point's help at every bump I have my own apartment. The holidays are still hard but I have the best gifts of all, my kids and our safety - thanks to Starting Point!*



## Holiday Cheer...and Trappings!

Even under the best circumstances the holidays can be stressful. Filled with seemingly endless checklists, parties and traditions, crowds and financial stressors, extra cooking *and* calories, cherished or not so cherished guests, reminders of good times and for many survivors reminders of the hard times.

At Starting Point, advocates focus on the gift of time.

Some victims will spend the holidays alone in shelter, separated from their children or other family members. Some will spend the holidays with their children for the first time without the abuser in the picture, or having to co-parent with the abuser. Others will call the hotline for support or for crisis intervention.

Starting Point advocates always focus first and foremost on making sure that victims/survivors and their children are safe, physically and emotionally. Sometimes that means fleeing or moving on. It could also mean processing, or maybe just letting go. For advocates it always means listening. Listening closely for signs of distress and

opportunities for providing meaningful resources.

This makes the holidays a complex time for advocates too. We all feel a sense of gratitude, not in comparison to others but because we have the honor of working with amazingly strong and resilient people who teach us that the true gifts are simple and precious - safety, shelter, sustenance, and time spent with loved ones.

From all of us at Starting Point, we wish you love and happiness for the holidays and all your days!

We stand by the idea that Christmas doesn't come from a store but we also appreciate the joy that comes from having access to essentials and some holiday sparkle, especially for the kids.

A roaring big thanks goes out to the North Conway Lions Club for their donation of cleaning supplies! The savings for both the agency and for clients is tremendous, even the relief of not having to shop for supplies is a huge savings on staff!

Thank you North Conway Lions for all that you do for Starting Point and for our community!!

If you would like to make a donation of goods, we do have a list of needs below. Please contact us at: [community@StartingPointNH.org](mailto:community@StartingPointNH.org) to arrange a drop off and so we can tick it off our list.



# Shopping List

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- Wrapping paper, gift bags, & tags
- Gingerbread house kits
- Holiday crafts
- Fidget toys, colored pencils, gel pens and candy for stockings
- Hats, mittens, warm socks
- Paper plates and platters
- Laundry detergent

Starting Point also has an on-going Amazon wish list. We are currently sprucing up our playroom. If you are interested please view our wish list here:

[Amazon Wish List](#)

By the way, did you know that if you shop on Amazon Smile you can choose Starting Point as the receiving charity? It all adds up! For more information on Amazon Smile you can check out the link here: [Amazon Smile For Starting Point](#)



We are currently looking for a handy person to help us with odd jobs at our shelter and advocacy center.

We are looking for someone who can:

- Perform maintenance and light repairs

- Complete grounds maintenance not covered by landscaping company
- Identify and report the need for repairs and future maintenance
- Supervise volunteers when helping with projects

Having your own tools is a plus.

This position does come with a standard bright red super-cape!

To apply please contact Deb Weinstein at [deb@StartingPointNH.org](mailto:deb@StartingPointNH.org)



## King Size Thanks!!

Some folks can only dream about a mattress stuffed with money but thanks to Colleen and Tom King it's a dream come true at Starting Point!

Last month, Colleen and Tom had a frightening incident on the highway involving a flying king size mattress! You'll have to ask them for the details... spoiler alert, everyone was okay!

They felt so grateful to have escaped the incident unscathed that they decided they needed to pay it forward in the form of a \$2000 donation to Starting Point!

Donations like this are game changers for our clients, helping us provide opportunities to move away from abuse and into lives with sweet dreams.



## Settler's Green Donation

We'd also like to thank our friends at Settler's Green for their \$500 donation from their "Bring a Friend" campaign!



## Twin Soul Creation and Design's 2nd Annual On-line Auction is December 15 at 6pm

The lovely Jennifer and Mark Cote, owners of Twin Soul Creation and Design, chose Starting Point as one of the two recipients for this year's online auction.

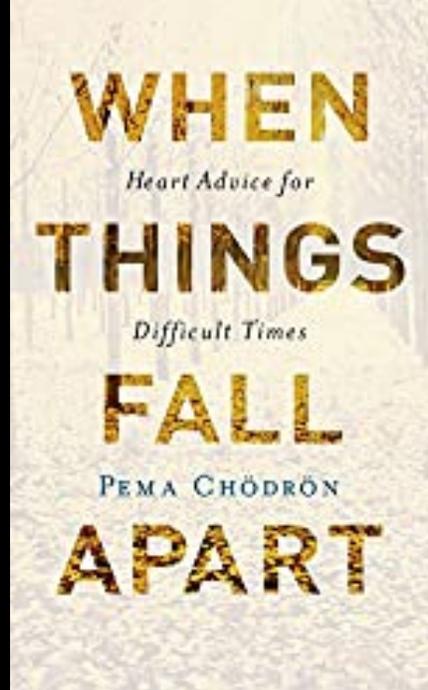
Now we know we've said the holidays aren't about stuff, but these auction items are exquisite! Even the Grinch thinks so! And, the purchasing of them is a win, win, win! You'll be making a donation to a cause near and dear to your heart, you'll be gifting something beautiful (or keeping something beautiful), and you'll be supporting local businesses by bragging about their offerings!!

Big thanks to Jennifer and Mark and to all the sponsors of this wonderful event!!

To learn more click here:

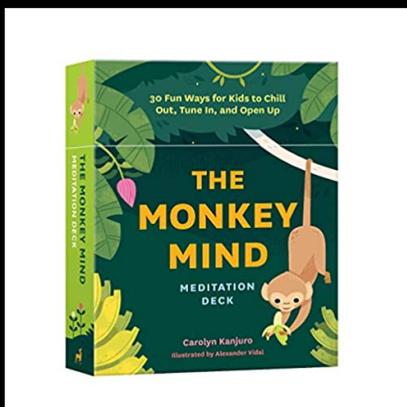
[On-line Auction](#)

**The Library Corner: When Things Fall Apart  
by Pema Chodron**



One of the more difficult aspects of being an advocate (or friend) is realizing that you cannot just "fix things". An advocate's heart wants to repair but an advocate's job is to empower, to provide the support and the resources a victim needs in order to be safe and to heal. This often means just being *present* when a client needs to *fall apart*.

Sitting safely in the pain can be the best way of moving away from the paralyzing feelings that can hold us back. Right sizing fear and anxiety and recognizing the tremendous strength it takes to stay, and then to leave is empowering. Pema Chodron shows that moving toward painful situations and becoming intimate with them can open up our hearts in ways we never before imagined. Drawing from traditional Buddhist wisdom, she offers life-changing tools for transforming suffering and negative patterns into habitual ease and boundless joy.



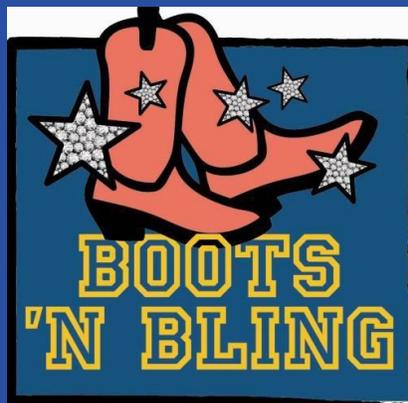
If you are looking for ways to instill or enhance mindfulness for a child in your life (or if you love whimsical reminders of mindfulness yourself) this set of "The Monkey Mind" cards by Carolyn Kanjuro is lovely. The illustrations alone are centering and the gentle activities are opportunities to help children build resilience.

If you don't have a child to buy for this year, don't worry - we do! Books, games, and activity packs are always welcome donations for our shelter and young clients!

Contact [community@StartingPointNH.org](mailto:community@StartingPointNH.org) to learn more.

Coming soon...we are teaming up with White Birch Books, our local independent book store, where we will have a wish list page for ordering books for our lending library at the new Advocacy Center.  
[www.whitebirchbooks.com](http://www.whitebirchbooks.com)

Okay, seriously now!  
There are only 181 days until Boots 'n Bling 2022!



Our team is currently working on soliciting auction items and packages. If you would like to volunteer before or during Boots 'n Bling, or if you are interested in sponsoring our annual fundraiser please contact us at [raetha@StartingPointNH.org](mailto:raetha@StartingPointNH.org) or call 603-901-2237.

Please save the date for our  
10th Annual Boots 'n Bling Fundraiser!

*June 9, 2022 at the Wentworth Inn in Jackson!*



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