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Sent: Tuesday, June 6, 2017 10:00 AM

Subject: Changing our Words can Change Everything

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What happens when you allow yourself to trust?

June 2017



Dear Friends,

This spring our household has been filled with acrostics. Jenn is in 4th grade and recently the writing unit was on acrostic poetry. Remember that? For Mother's Day I received a beautiful acrostic poem from Jenn – a gift I'll treasure for a long time.

I thought of acrostics when I heard Nayr's story which is all about the impact of learning to trust other people. Nayr calls herself a "tough cookie." As a single mother who recently completed Bridge of Hope, her story is a journey of trust that changed both her personal and professional paths. [Watch this 90 second story by Nayr.](#)

How is trust built? Bridge of Hope Neighboring Volunteers demonstrate it so well. Trust is built in tiny baby steps, day after day, by simply showing up and being present for another person. Doing life with someone else. Eating a meal together. Watching a movie. Sitting on a park bench to watch their kids run around the playground. Being with.

[Brene Brown](#), one of my favorite authors who writes on the topic of vulnerability and trust, says the anatomy of trust – the components that create trust - can be understood with the acronym (or acrostic) of BRAVING:

BOUNDARIES (Trust needs boundaries.)

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RELIABILITY (Trust is built when you do what you say you'll do, again and again.)

ACCOUNTABILITY ("I can only trust you if when you make a mistake, you're willing to own it, apologize for it and make amends. I can only trust you if when I make a mistake, I am allowed to own it, apologize and make amends.")

VAULT (Keeping confidences)

INTEGRITY (Which means: "choosing courage over comfort, choosing what's right over what's fun, fast or easy, and practicing your values not just professing your values.")

NON-JUDGMENT GENEROSITY ("our relationship is only a trusting relationship if you can assume the most generous thing about my words, intentions and behaviors. And then check in with me.")

May we all learn how to develop trusting, BRAVING, relationships, as we do our best to model the humble, impactful footsteps of Jesus.

Working each day – just like you – to be better at BRAVING,



Club. To learn more about how to become a sponsor or register to play, [click here](#).



October 5-7 is our annual [Bridge of Hope Conference](#), providing support and training to equip staff and board members from our 19 locations. One of Keynote speakers this year will be [Margot Starbuck](#), author of *Small Things with Great Love: Adventures in Loving your Neighbor*. We invite your prayerful consideration in sponsoring one of our conference workshops this year, at \$250 or \$500.

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