



The Samaritans on Cape Cod and the Islands
P.O. Box 65 • Falmouth, MA 02541 • Business Phone & Fax 508-548-7999

September 2007

Dear Friend,

Jane is a single mom, living in Falmouth with her children, 12 and 14 years old. She was working hard, trying to make ends meet. Last year, her brother, to whom she was very close, passed away. And just before the holidays, she lost her job.

“...very instrumental in helping me to get back on my feet emotionally. I’m doing very well now. I’m back to work again and well. God Bless all of you!”

-- Jane

There were many days that she was feeling totally overwhelmed, depressed and lonely. Her sister in New Jersey was dealing with her own family. Jane did not know where to turn.

Then, one day, coming back from a job interview off-Cape, she noticed the sign at the bridge: *Desperate? Call the Samaritans*. So she called and talked to one of the people “behind the sign.”

Jane talked to a Samaritan: Someone who was willing to listen and simply take a little time to support someone else in emotional need.

A Samaritan is a trained volunteer who spends his or her phone shift of five hours in our Falmouth office and answers the calls that come in daily. Some days are busier than others. But **answering that call could save a life.**

Did you know that last year alone, The Samaritans received more than 21,000 calls? That’s more than 50 calls a day!

I’ve personally been involved with The Samaritans since 2002. And I have to tell you that every single one of our 27 volunteers is wonderful. We call ourselves Befrienders, because that’s what we do best. Volunteers befriend callers by listening attentively and compassionately. And, the volunteers feel good about what they do every time!

Most calls come from people who are just trying to cope and connect. It could be your neighbor. Someone you sit next to at church. Someone you might see in the grocery store. Struggling to keep going...

“I just needed someone to share my pain; there’s no one in my family I can talk to...”, Jane wrote to me. Having someone at the other end of the phone when the call comes is crucial.

But, just to keep the phone lines open, we must raise at least \$9,000 a year. And it takes about \$500 to train one volunteer, before he or she can even start answering the phones. We don’t receive funding from the government so we’re totally dependent on support from caring people like you.

(over please)

Will you please consider a donation of \$25, \$50, or perhaps even \$100 today? It will make a difference to someone who needs someone to listen tomorrow.

One of our callers wrote to me: "*Samaritans are a life-saver and a relationship saver.*"

Will you help save someone's life and keep the Samaritans listening for many more years to come? Thank you for your support.

Sincerely yours,



Betty Rice
Executive Director

P.S. Please consider a donation of \$25, \$50 or perhaps even \$100 today. You can make a difference to someone who simply needs someone to listen. Thank you!

***Desperate? Call the Samaritans
on Cape Cod and the Islands.
Every day, 365 days a year***



The Samaritans on Cape Cod and the Islands was founded in 1977. There are currently 24 trained volunteers who work a regular weekly five-hour shift and there are 3 other volunteers who serve as fill-ins. These volunteers handle two to four phone lines each day.

Another name for Samaritan is *Befriender*. Calls to the Samaritans are anonymous and cannot be traced. Samaritans are not therapists, counselors or crisis managers and are not permitted to offer advice to callers. Should a caller be threatening suicide, volunteers will try to convince the caller to permit them to get assistance.

Core beliefs of a Samaritan Befriender

- Befriending is a listening skill that in itself provides assistance to the caller
- Befriending requires non-judgmental and respectful responses
- Befriending focuses on showing empathy, not on imposing opinions or solutions

Note: The Samaritans understand that this compassionate response alone cannot end the conditions these individuals face and that access to professional intervention, as needed, is very important.

If you're interested in volunteering, call (508) 548-7999.

* Note: *All calls are anonymous and cannot be traced. The stories and quotes used in this letter are based upon letters we received. Names were changed to protect each caller's privacy.*

Crisis lines: 508-548-8900 or 1-800-893-9900 • e-mail: csamaritans@verizon.net
www.capesamaritans.org

The Samaritans on Cape Cod and the Islands

The Samaritans on Cape Cod and the Islands
listen 7 days a week, 365 days a year.

*To alleviate the anxiety of those who are lonely,
alienated, depressed, or suicidal.*

Mission of the Samaritans on
Cape Cod and the Islands

Credit: Teri Stanley/Enterprise Newspapers



— John
*“Samaritans are a life-saver and
a relationship saver.”*

— Mary
*“It’s wonderful talking to a real person,
one who’s caring and loving.”*

— Pete
*“God Bless all of you there at The
Samaritans! What you do is so special,
kind and valuable!”*

YOUR
STAMP
HELPS

Thank you for Listening!

The Samaritans on Cape Cod and the Islands
P.O. Box 65
Falmouth, MA 02541

Yes, I would like to help support The Samaritans on Cape Cod and the Islands so they can continue to listen to those in emotional need.

Here is my tax-deductible gift of:

\$50 \$100 \$250 Surprise Me \$ _____

My check, made payable to The Samaritans on Cape Cod and the Islands, is enclosed.

Here is my credit card information: MasterCard Visa

Account number _____ Exp. Date ____/____

Name on card _____

Signature _____

- Please send me information about volunteering.
- Please send me information about bequests and Planned Giving.

Name _____

Address _____

City _____ State _____ Zip _____

The Samaritans on Cape Cod and the Islands is a 501(c)(3) non-profit organization, registered with the Attorney General's Office of Massachusetts, number 04-2738811. Gifts are tax-deductible for those who itemize.

Thank You for Your Support!



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www.capesamaritans.org

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*Who's behind the
sign at the bridge?*