



# Brother Benno's Newsletter

"Uplifting The Dignity of Those We Serve"

Volunteers Making a Difference

August 2018



## MORE THAN JUST A SOUP KITCHEN

by Elana Bagley

Many in our community still think of Brother Benno's as just a soup kitchen. When our Founders, **Harold** and **Kay Kutler**, served our first Guests in a small back yard in Oceanside in October 1983, that's exactly what we were. However, it didn't take long to realize that many of those we served suffered from the disease of addiction to drugs and alcohol. Over time, as we grew and moved into larger facilities, we began a Recovery Program based on the 12-Step Program of Alcoholics Anonymous (A.A.). In fact, the Brother Benno Center couldn't run without the Program, and the Program couldn't run without the Center. It is a magical, symbiotic relationship.

**Our Program.** We offer a 26-week, 2-phase program of recovery where up to 40 men and women at a time are given the opportunity to change their lives and become productive members of society. We provide them with food, clothing, and shelter in exchange for the hours they spend serving our Guests at the Brother Benno Center. In the evenings, Program Members are transported to A.A. meetings where they receive recovery. Many of them used to be our Guests who suffered from chronic homelessness as a result of their addiction. The beauty and uniqueness of our Program lies in what we, on the Recovery Staff, refer to as "the Brother Benno experience." A common refrain from Program Members who have been through other recovery programs is: "There is no other program like Brother Benno's; there is some kind of 'magic' that happens here."

There is something magical that happens when these men and women in early recovery have the opportunity to serve people who are currently where *they* were just a short time ago. It reminds them from where they have come. If they hadn't *yet* lost everything, the experience paints a very clear picture of where they would have ended up if they had continued further down the path. Being of service to our Guests also gives them the opportunity to change their perspective from one of self-centeredness to that of other-centeredness. This change of perspective is an essential ingredient in the recipe for success in remaining clean and sober and obtaining a productive and happy life.

**Who They Are.** For many who come into the Brother Benno Recovery Program, we are the "last house on the block." Because so many of them are from the homeless population, they have limited options. They typically have no family support, are unemployed and unemployable, have no medical insurance and no sense of self-worth. Many literally come in with not much more than the clothes on their backs. However, by the time they complete our Program six months later, they have gained new relationships and a large support network, have begun to re-establish family relationships, have gained valuable work experience, and have developed a solid resume. Most have found a job and have begun to become financially independent. If we have a bed available in our sober-living house, they may be given an opportunity to stay with us beyond six months, while paying affordable rent and continuing to build a solid

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## EXPERIENCING THE BROTHER BENNO SCENE

by Barbara Ladwig

**We Share.** Occasionally the generosity of our donors means that we have an excess of a particular item in our trove of donations. Rather than store the extra items in the warehouse, we re-donate them to other organizations that have a need at that time, and they do the same for us. In that way, many people in need are able to receive immediate help from whichever organization is most convenient for them. This is just one of the many ways that Brother Benno's partners with other groups in order to provide the best services possible.

**Ah, That Feels Good.** At the risk of repeating ourselves, we have another of those "little things" that seem to show up at Brother Benno's on a regular basis. A young man named "**Peter,**" homeless and barefoot, walked into the Center one morning. **Frank,** a volunteer, noticed Peter's discomfort and offered to find him a pair of shoes. "What size do you wear?" he asked. "12 or 13."

After a short search, Frank didn't find the right size. "Here, put these slippers on while I keep looking," he said, "Watching Peter slip his tired feet into a pair of soft slippers made Frank's day.

"I finally found a pair of shoes that fit him," he said, "and I told him, "Keep the slippers, too."

**A Helpful Solution.** One of the many problems faced by our homeless Guests is that they have no place to keep the few personal papers that are often necessary in order for them to receive services from other agencies. Even if they manage to cram them into a backpack, they are often damaged or lost.

**Dennis Pinnick,** one of our staff members, has found a solution. In a filing cabinet in his office, he has set aside one drawer for all the personal papers of Guests he works with on a regular basis. Since he often sets up appointments for them, he simply hands them the needed papers on the day of the appointment and reminds them to bring them back the next day. It's just one more personal touch that tells people we care about them.

## HAROLD'S MISSION STATEMENT CONCERNING RECOVERY PROGRAM

**Harold Kutler** had a special concern for men and women suffering from addictions, and he spoke eloquently about it in his book, *Soup Soap Hugs Hope, the Story of Brother Benno's Life-Changing Soup Kitchen*, (page 133):

"We must accept the reality that neither we nor anybody else can 'fix' them. The addict must make the decision to do whatever is necessary to crawl out of the ditch and work through the shame and destroyed self-esteem. This journey is almost impossible without a commitment to the Twelve-Step program of AA, along with the love, acceptance, forgiveness, and prayers of those who love and care about the addict.

"Our mission statement at Brother Benno's embraces *Matthew 25*, which encompasses all aspects of recovery:

**"Feed the hungry.** The addict needs physical food, but even more desperately, he needs food for the spirit.

**"Give drink to the thirsty.** The addict needs physical drink, but even more she needs to drink in love, acceptance, and support.

**"Shelter the homeless.** We not only shelter them, but we also provide them with a home and an extended family.

**"Clothe the naked.** We give them clothing to cover their bodies, and we reach out to clothe their spirit.

**"Comfort the sick.** Addiction is a disease that damages both body and soul. We provide a program to help them get well.

**"Visit the prisoner.** Being imprisoned by addiction is a living hell. By interacting with the men and women in our recovery program, we become part of the key that will open the gate to their freedom."

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foundation that will support continued sobriety and productivity.

**Collateral Damage.** Everyone is affected by the disease of addiction. Most have a relative or friend who suffers from substance abuse. If you are one of the fortunate few who are not directly impacted, you are most assuredly suffering from collateral damage; insurance rates, grocery costs, taxes, and crime rates are all negatively impacted due to addiction. The disease of addiction is generational. Those who complete our Program and remain sober are able to give their children a stable home and a healthy parent. This gives them the best possible chance of ending the generational cycle of homelessness and substance abuse.

**Our Staff.** At Brother Benno's, we have a dedicated Recovery Staff. Three are certified CADC-II (California Alcohol and Drug Counselors, Supervisor Level); however, we choose to call ourselves Recovery Mentors because the word "mentor" perfectly defines what we try to do: lead by example. The Mentor Staff represents over 50 years of sobriety and approximately 40 years of experience working in the field of recovery. We have a passion for guiding our Program Members through the early stages of recovery. Dr. Bob, founder of Alcoholics Anonymous, summed up the program of A.A. in two words: "Love" and "Service." I believe that is also the "magic" of Brother Benno's.

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## GENENTECH PROVIDES GRANT FOR "FOOD INSECURITY"

By Barbara Collins

**Richard Giroux**, President of the Brother Benno Foundation, announced recently that Genentech has provided a \$75,000 grant to Brother Benno's to provide much needed resources to fight the problem of food insecurity in our community. According to Genentech, "We believe that doing good begins in our own backyard. We envision a

world where the barriers presented by economic disparities are overcome, enabling people from all walks of life to create their own futures."

**What Is Food Insecurity?** A recent study found that one in six San Diego County residents, or 494,000 of our neighbors, live with food insecurity, which means they have little or no food available at home, and they do not know how they will get their next meal—or the one after that.

Children are disproportionately affected. Twenty percent in San Diego County live in food-insecure households. The face of food insecurity can also be a senior on a fixed income, the working poor, or a military family. Not surprisingly, malnutrition and poor health are the results of not having enough nutritious food. It also puts a household at greater risk of homelessness. Many food-insecure households are making daily choices between using their available funds to pay rent, buy needed prescriptions, pay utilities, or buy food.

**How We Help.** A primary mission of Brother Benno's has always been to feed the hungry and alleviate food insecurity. We provide hot meals six days a week, sack lunches five days a week, and monthly food boxes, which provide enough food for a family of four for up to three days, or feed a senior for a full week.

As the homeless crisis has grown in our area, the social safety net provided by many service organizations and agencies have been strained beyond their limits; and consequently some have long waiting lists for their services. Unlike others, Brother Benno's is open six days a week, and fortunately we have no waiting list. We provide food, comfort, and aid six days a week, 52 weeks a year, at our Center.

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**Brother Benno Foundation**  
**Recovery Program for Men and Women**  
760 439 1244 ext. 101  
Changing people's lives through the 12 Steps  
of Alcoholics Anonymous.

### AUXILIARY NEWS

by Nita Rodriguez

Thanks to the generous donations of our supporters, our "Christmas in July" gift card fundraiser was a success. We surpassed our goal and are going to make 210 needy children's wishes come true this Christmas. The cards will be distributed at our annual Christmas Party in December. Thank you, **Marilyn Callender**, for coordinating this event, and to all who supported us with your donations of gift cards.

A committee has been busy planning our **Annual Luncheon Fundraiser to be held on Saturday, December 1**, at the Sheraton Carlsbad Resort and Spa. The theme this year is "Winter Wonderland." Tickets will go on sale for Auxiliary members on August 22 and to the public on August 29.



#### Annual Luncheon Committee

**Deb Drew, Karen Gallagher, Susan Westlund, Kumiko Sycks, Mary Jaminson, Teresa Keith, Louise Lussier, Dorine Meade, Nita Rodriguez**

Sponsorships for this event are an important component of our overall fundraising efforts, and we are excited to partner with you as we focus on our mission to help Brother Benno's. Our efforts help insure that thousands of those in need have access to food, shelter, emergency services, and our Recovery Program.

This year there are several sponsorship levels (beginning at \$500), and each level enjoys benefits such as seats at a prominent table at the Luncheon.

If you would like to be a sponsor, or would like to initiate contact with someone you know, please let us know and we'll send you a Sponsorship packet. Email us at [auxiliary@brotherbenno.org](mailto:auxiliary@brotherbenno.org) or contact **Deb Drew** at [dldrew@sbcglobal.net](mailto:dldrew@sbcglobal.net) or 760-617-6762.

We are here to answer your questions and secure sponsorships for this wonderful event. Thank you for your assistance and for all you do for Brother Benno's!

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### Your donation enables us to do all the wonderful things we do

My enclosed tax-deductible gift is: \$ \_\_\_\_\_  
(make payable to: Brother Benno Foundation)

In memory of: \_\_\_\_\_

Please send a card to:

(name) \_\_\_\_\_

(address) \_\_\_\_\_

For a special occasion (birthday, anniversary, etc.): \_\_\_\_\_

Send a card to: (name) \_\_\_\_\_

(address) \_\_\_\_\_

Or, donate online at <http://brotherbenno.org>

### Soup...Soap...Hugs...Hope:

#### The Story of Brother Benno's Life-Changing Soup Kitchen

This book is offered as a gift to donors who contribute whatever their budget allows...The important thing... is that you have one...

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip Code \_\_\_\_\_

Donation \$ \_\_\_\_\_

Number of copies \_\_\_\_\_

### Memorials

|                                |                        |                                 |                           |
|--------------------------------|------------------------|---------------------------------|---------------------------|
| Ron Alexander                  | Joe & Ida Friend       | Jane Pfau                       | Marv Weekly               |
| Dixie & Lou Bales              | Mary Gerrity           | Ruth Hazel Pierson              | Agatha Johnson            |
| Frank Barnet                   | Bob Gleason            | Alan Port                       | Mary Delano               |
| Brother Benno                  | Chance Hales           | Mary Pullman                    | Floyd Atkinson            |
| Edith Blaiser                  | Tom Hayward            | Catherine L. Quinlan            | Billy Pry                 |
| Andrea Boersma                 | Elizabeth Holms        | Dora Ramirez                    | Mary Kennedy              |
| Roland Bond                    | Alice Jordan           | Dick & Terry Riley              | Joan Hornbock             |
| Bill Boster                    | Ben Kouns              | Margaret Rossini                | Bob Strawbridge           |
| Agnus & Joan Boyd              | Richard Kurtz          | Ann Sauer                       | Frank Boyle               |
| Bill Buckner                   | Carole Kutler          | Mary Shankle                    | Peggy Micelle             |
| Deacon Art & Mary Carr         | Harold & Kay Kutler    | Naomi Shelton                   | Bert Jar                  |
| Anna Correia                   | Bill & Louise Lakoff   | Bernice, Samuel & Milton Silver | Pat Warner                |
| Don & Dorothea Daybell         | Ben E. Lewis           | Will Skinner                    | Clay                      |
| Phyllis H. Dierlam             | Helen Lucas            | Ann Grier Smith                 | Robert Busch              |
| Frank S. Dolley                | Bill & Joan Maloney    | Squirrell Family                | Donald Deffenbaugh        |
| Anita H. Donahue               | Helene McGill          | Mike Stendahl                   | Barbara LaMothe           |
| Dorothy M. Donahue             | Michael & Monty Nares  | Margaret Stephan                | John, Helen, & Matt Hagan |
| Fr. Luke Dougherty             | Zeferino & Dancy Nares | Virginia Sylwestrzak            | Brother Blaise            |
| Roseanne Dreibelbis            | Mary Nordstrom         | Harold Thompson                 | Angie Fitzgerald          |
| Fr. Abbot Claude Ehringer, OSB | Nysewander Family      | Carol & Herb Thornberg          |                           |
| Myron Eichen                   | Bud & Blanche Ogle     | Rosemary Tucker                 | <b>Happy Birthday</b>     |
| Richard Farhquar               | Ben Osgrove            | Walter Ulloa                    | Peg Reilly                |
| William & Vennita Flanagan     | Kathryn D. Pent        | June Williams                   |                           |
| Louise Foussat                 | Mary Peterson          | Fred Williamson                 |                           |

### Needs

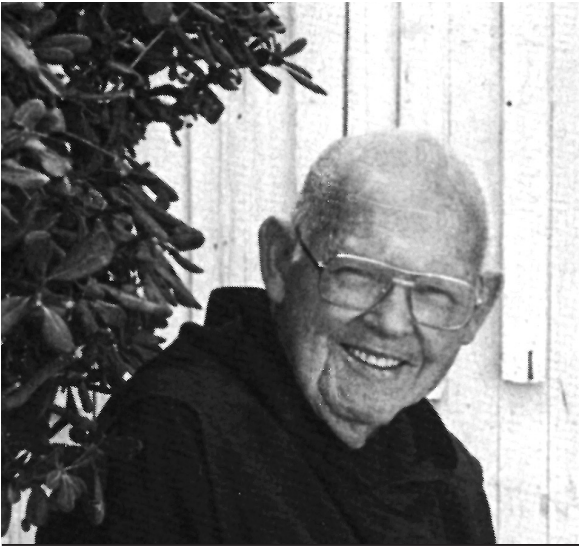
Gently used furniture                      Walmart & Target gift cards

|  | Monday                                | Tuesday                               | Wednesday                              | Thursday                                 | Friday                                    | Saturday                                |
|--|---------------------------------------|---------------------------------------|--|--|---|---|
| <b>August 2018 Monthly Serving Team Schedule</b> |                                       |                                       | <b>1</b><br>Brother Benno's Auxiliary  | <b>2</b><br>Oceanside Pacific Kiwanis    | <b>3</b><br>San Luis Rey Mission          | <b>4</b><br>St. Thomas More             |
|  | <b>6</b><br>St. Elizabeth Seton #1    | <b>7</b><br>St. John The Evangelist   | <b>8</b><br>Fairwinds                  | <b>9</b><br>Oceanside Civitans           | <b>10</b><br>St. Patrick's                | <b>11</b><br>La Costa Valley Volunteers |
|  | <b>13</b><br>North Coast Methodist    | <b>14</b><br>Riverview Church         | <b>15</b><br>Brother Benno's Auxiliary | <b>16</b><br>Rotary Club of Carlsbad     | <b>17</b><br>St. Elizabeth Seton #2       | <b>18</b><br>Girlfriend's Care          |
|  | <b>20</b><br>Sunrise Kiwanis of Vista | <b>21</b><br>Christ the King Lutheran | <b>22</b><br>San Luis Rey Methodist    | <b>23</b><br>Pilgrim Creek               | <b>24</b><br>Sonrise Christian Fellowship | <b>25</b><br>Catholic Daughters         |
|  | <b>27</b><br>Looking for a team       | <b>28</b><br>Looking for a team       | <b>29</b><br>Soroptimist International | <b>30</b><br>Brother Benno's Thrift Shop | <b>31</b><br>King of Kings Lutheran       |   |

Brother Benno Foundation Recovery Program for Men and Women 760 439 1244 ext. 101  
 Changing people's lives through the 12 Steps of Alcoholics Anonymous.

**Brother Benno Foundation, Inc.**  
**P.O. Box 308, Oceanside, CA 92049**

Non-Profit Organization  
**U.S. POSTAGE**  
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 Oceanside, California  
**PERMIT NO. 166**



**Brother Benno's Thrift Shop**

(Helping the poor, one sale at a time)

**Clothing, Household Goods, Furniture**

**Shop open Tue-Fri 10 a.m. to 6 p.m. Sat 10 a.m. to 5 p.m.**

**We welcome your saleable furniture items. Please call 760-967-7507 for free pick up**

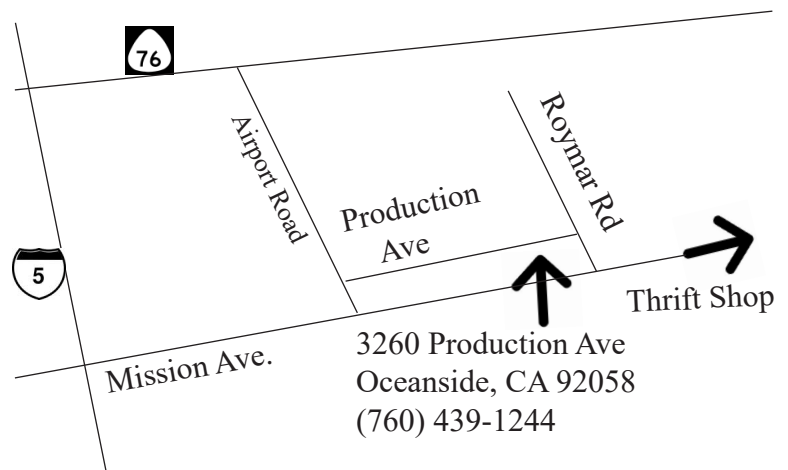
**Stop by to check out our Daily Specials!!**

**3955 Mission Ave. (East of Albertsons) 760-967-7505**

**Please use the enclosed envelope to make your tax-deductible donation to the Brother Benno Foundation. If you are viewing this online you can donate by going to [brotherbenno.org](http://brotherbenno.org) and click on Donations. This will allow you to make a secure donation using PayPal or a Credit Card.**

Your donation is used each month at our main center and eight operational houses to provide: meals, clothing, personal hygiene items, blankets, showers, laundry facilities, bus vouchers, nights of lodging, medical and mental health referrals, prescriptions, ID replacement, mail services, Social Security, and veterans' issues, food packs, men and women's drug and alcohol recovery program, rent and utility assistance when funds are available. We thank you for your continued support. 100% of your contribution goes directly to assist those we serve. Our modest administration costs are paid for by our Thrift Store revenues.

[www.brotherbenno.org](http://www.brotherbenno.org)



**Brother Benno's Services:**

|                      | June 2018 | Our 34th Year |                  | June 2018 | Our 34th Year |
|----------------------|-----------|---------------|------------------|-----------|---------------|
| Meals                | 12,899    | 4,226,989     | Loads of laundry | 29        | 28,066        |
| Nights of lodging    | 976       | 297,612       | Food packs       | 1,141     | 333,294       |
| Articles of clothing | 5,654     | 1,326,580     | Blankets         | 156       | 44,992        |
| Showers              | 1,174     | 249,287       | Tarps            | 100       | 3,731         |
| Haircuts             | 25        | 22,301        | ID Vouchers      | 26        | 9,155         |
| Bus passes           | 111       | 83,593        | HUGS             | 2,250     | 970,294       |