“One day at a time” is a well-known phrase connected with Alcohol Anonymous. “Don,” who’s been clean and sober for eight years, says he sometimes has to tell himself, “One hour at a time,” or even “One minute at a time.” Still. After eight years.

Don started drinking when he was 13, even though his father, also an alcoholic, tried to keep him from it. “I just had to have it in order to deal with anything,” he said. “I don’t know why.”

When he was 21, he started what would become a career as a chef at high-end hotels, both in the U.S. and overseas. His services were sought after, but he often lost jobs because of his drinking, as well as his added addiction to meth. He spent a lot of time in prison for various drug-related offenses, and there was an eight-year period when he was homeless.

“I collected cans and other stuff I could sell by rummaging through dumpsters, and that’s how I had money to buy drugs,” he said. He was also able to find decent food there, because he had figured out when the “really good stuff” would be thrown out. He added that being drunk and high made it easy for him to think this kind of life was just fine.

Over the years, Don was able to get clean and sober long enough to get good jobs, build up a cash reserve, and find a nice place to live. But at some point, he’d go back to booze and drugs and homelessness.

In 2010, one of Don’s “dumpster buddies” reappeared in his life. This man had successfully completed Brother Benno’s Recovery Program, and he was able to convince Don that it was time for him to enter the Program.

With constant support from this friend, he graduated from the Program and was finally able to get off the alcohol and drugs that had dominated his life for so many years. He again got a great job as a chef and retired this year at age 67. He attends AA meetings every day and goes to church once or twice a week.

Don says it’s still “One day at a time,” and he credits his decision to continue to be involved at Brother Benno’s as a volunteer that makes his sobriety easier to maintain. He comes in every day to mentor current Program members or to work with the homeless, especially those facing the most dire challenges. He’s been there, so he understands their needs and wants to give back for what he’s been given.

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HAROLD WAS MY SAVING GRACE
By a Recovery Program Graduate

Most of my life has been filled with addiction and all the inherent destruction it causes. This included three times through the Brother Benno Recovery Program, beginning in 1999. I knew when I showed up the last time in 2010 that I needed someone who was kind and gentle, and who embodied the spirit of unconditional love, and I knew that someone was Harold. I asked if he would mentor me, and he said yes.

Harold was over 80 years old at the time and was still involved in the day-to-day operations of the Brother Benno Foundation. I let him know that I would be baring my soul with all of its attendant sickness and selfishness. He said he was okay with that.

continued on page 3....
EXPERIENCING THE BROTHER BENNO SCENE
by Barbara Ladwig

We Need Teams! I had to smile when one of our volunteers reported that three of our morning serving teams have “aged out!” That means we have three openings for new serving teams: the fourth Monday, Tuesday, or Friday. Each team includes seven to ten people who are at the Center from 6:30 to 8 a.m. one day a month (unless they opt for other volunteer jobs as well). If you’d like more information or are ready to sign on, please call Suzy (760-941-1876).

A Helping Attitude. The employees of Medtronic in Carlsbad have been supporting Brother Benno’s for several years by collecting items, adopting families, and providing financial support. Their most recent project involved collecting items for 100 “safety kits” to be given to our homeless Guests. Included in each bag were Band-Aids, sun screen, antibiotic ointment, nail clippers, can openers, bottled water, and snack bars.

Groups of employees also came to the Center on two Saturdays to sort food donations from our recent postal drive collection. On one of those days, the group sorted about eight tons of food!

This kind of partnering with local businesses is much appreciated!

About Those Gift Cards. We sometimes ask for donations of gift cards to stores like Walmart and Target. These cards are not given directly to Guests or Program Members; they are used by staff members to purchase items that are not usually donated, must be suited to a particular person, or are needed immediately. Examples might include underwear, or makeup for a woman going to a job interview.

Hey Kids, Let’s Read! St. Thomas More Church in Oceanside recently ran a campaign to collect children’s books. A full truckload of beautiful books were delivered to the Center by Deacon Tom Goeltz, who was greeted by our volunteer, Brother Kevin.

Our Children’s Reading Room is open every Saturday, where children can read or be read to by volunteers. They are also invited to take home and keep a book of their choice. Sometimes a volunteer helps the children with a craft project; for example, they were able to make a bracelet for their moms for Mother’s Day.

This special place provides a caring environment for children of homeless or needy parents, and we appreciate the help we receive to keep it well stocked.

A Loving Gesture. A young boy came to the Center one morning to donate money. He’d been saving it for a long time, just so he could help Brother Benno’s. When we counted the bills and coins, it amounted to $40.93.

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THRIFT SHOP VOLUNTEERS GET CREATIVE
By Michelle Hoppe, Manager

The Shop recently participated in a charity event benefitting the Oceanside Public Library. The Friends of the Library sponsored “A Royal Tea,” and the Shop entered the table-decorating contest. Many of our decorations were donations from the Shop, and we ended up winning Best Table Decoration! Stop in and see all the china and tea cups that we have for sale, and you can have your own special event!

The Shop now has a Pantry! We’ve been giving out bread on Saturdays for some time, and we realized that maybe our customers need other food, too. I went to volunteer Jim Napier with the idea, and he brought the plan to life. He made the sign, built the Pantry, and filled it with food. It’s been a success, and it’s usually bare by the end of the day. We ask people to limit themselves to two items so there’s something for others.

Jim Napier

The Thrift Shop held its annual Volunteer Appreciation Dinner on May 22. Approximately 50 men and women enjoyed a BBQ dinner and some country line dancing! We cherish our volunteers and appreciate their service!

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....continued from page 1

When I would bring my issues to Harold, he’d listen and then suggest ways to react or respond with love and compassion instead of fear and selfishness. Over the period of the next few years, my respect and admiration for him grew with each experience and challenge that we faced together. He began to give me tasks that allowed me to understand how to have a relationship with people I perceived as “difficult” with compassion instead of judgment. I still work on this lesson today.

I was so honored that Harold allowed me into his personal life. He invited me to go to events with him that he enjoyed. I was able to see a side of him that most people did not get to experience. I believe he eventually trusted me as a friend; I am proud to say he was mine.

I continue to stay involved with the Brother Benno Foundation for many reasons. One of the most important is to continue to show the same type of unconditional love and charity that Harold taught me. I will always be grateful that he was my mentor and my friend.

(Editor’s Note: As many readers know, our Founder, Harold Kutler, died in March.)

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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
AUXILIARY NEWS

by Nita Rodriguez

On June 16 during the Saturday spaghetti brunch at the Center, 50 of our Guests received a special treat—a Father’s Day Gift Bag. Teresa Keith and her worker bees created these gift bags from donations. We thank her and the many members who participated in this wonderful activity.

Richard Giroux, Brother Benno Foundation Board President, spoke to our group at our June meeting. He shared with us the goals that the Board is working toward to help the homeless and working poor. Members had an opportunity to ask him questions. We all very much enjoyed meeting and speaking with him.

It’s Christmas in July! To support our Children’s Christmas Party in December, we are holding our annual “Gift Card Drive.” We will be collecting $25 gift cards from Target and Walmart. We’ve found this is the best way to put a world of fun together for children in need. Our goal is to collect 200 gift cards this year. If you can help us, please send an email to auxiliary@brotherbenno.org and we’ll email the donation form to you. You can then send us your gift cards; or if you prefer to give us a check (payable to Brother Benno’s Auxiliary), we’ll purchase the cards. Our address is: Brother Benno’s Auxiliary, Christmas in July, P.O. Box 334, San Luis Rey, CA 92068.

You’re invited to join us at our next Auxiliary meeting on Wednesday, July 25, in the Center Dining Room. Social time and snacks start at 1 p.m., followed by the meeting at 1:30. Why don’t you check us out? We welcome all to join in and give input.

Can’t attend a meeting but want to become a member? Download our membership application at http://bit.ly/2oGkaB9. Copy and paste, or just type the link in your computer browser and it will take you directly to our membership application on our Google drive account. You can download the application from there.

Save the date: December 1, 2018. Watch this space. More to come!

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Information & Online donations: brotherbenno.org

Follow Brother Bennos online:

Facebook.com/BrotherBennos

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___________________________________       Donation $______________
Address_________________________________
City, State, Zip Code_____________________
Number of copies__________

Please consider contributing to the Brother Benno Foundation by way of your Will, Living Trust, Designated Beneficiary Account, Stocks, Life Insurance, Mutual Funds, or Real Estate. For more information, contact Suzy Martinek, 760-439-1244, ext. 116 or smartinek@miracostata.edu
Memorials

Ron Alexander  Flanagan  Bud & Blanche Ogle  Carol & Herb
Dixie & Lou Bales  Louise Foussat  Ben Osgrove  Thornberg
Frank Barnet  Joe & Ida Friend  Kathryn D. Pent  Rosemary Tucker
Brother Benno  Mary Gerrity  Mary Peterson  Walter Ulloa
Edith Blaiser  Bob Gleason  Jane Pfauf  June Williams
Andrea Boersma  Chance Hales  Ruth Hazel Pierson  Fred Williamson
Roland Bond  Tom Hayward  Alan Port  Jack Gillen
Bill Boster  Elizabeth Holms  Mary Pullman  Molly Wilbur
Agnus & Joan Boyd  Alice Jordan  Catherine L. Quinlan  Gilbert Brown
Bill Buckner  Ben Kouns  Dora Ramirez  Mary Weekly
Deacon Art & Mary Carr  Richard Kurtz  Dick & Terry Riley  May & Robert
Anna Correia  Carole Kutler  Margaret Rossini  Sturges
Don & Dorothea Daybell  Harold & Kay Kutler  Ann Sauer  Robert Buchach
Phyllis H. Dierlam  Bill & Louise Lakoff  Mary Shankle  Al & Fran Snider
Frank S. Dolley  Ben E. Lewis  Naomi Shelton  Andrew & Jane
Anita H. Donahue  Helen Lucas  Bernice, Samuel & Milton Silver  Yandura
Dorothy M. Donahue  Bill & Joan Maloney  Will Skinner  Bill Daley
Roseanne Dreibelbis  Michael & Monty  Squirrel Family  Donald Deffenbaugh
Fr. Abbot Claude  Nares  Mike Stendahl  Steve Gallagher
Ehringer, OSB  Zeferino & Dancy  Margaret Stephan  IN HONOR OF
Myron Eichen  Nares  Virginia Sylwestrzak  Barbara Papa-Driscoll
Richard Farquhar  Mary Nordstrom  Harold Thompson
William & Vennita  Nysewander Family

Needs

Gently used furniture  Walmart & Target gift cards

July 2018

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<th>Saturday</th>
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<tbody>
<tr>
<td>2  St. Elizabeth Seton #1</td>
<td>3  St. John The Evangelist</td>
<td>4  Brother Benno’s Auxiliary</td>
<td>5  Oceanside Pacific Kiwanis</td>
<td>6  San Luis Rey Mission</td>
<td>7  St. Thomas More</td>
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<td>9  North Coast Methodist</td>
<td>10  Riverview Church</td>
<td>11  Fairwinds</td>
<td>12  Oceanside Civitans</td>
<td>13  St. Patrick’s</td>
<td>14  Medtronics</td>
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<td>16  Sunrise Kiwanis of Vista</td>
<td>17  Christ the King Lutheran</td>
<td>18  Brother Benno’s Auxiliary</td>
<td>19  Rotary Club of Carlsbad</td>
<td>20  St. Elizabeth Seton #2</td>
<td>21  Girlfriend’s Care</td>
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<td>23 Looking for a team</td>
<td>24  Looking for a team</td>
<td>25  San Luis Rey Methodist</td>
<td>26  Pilgrim Creek</td>
<td>27  Sunrise Christian Fellowship</td>
<td>28  Catholic Daughters</td>
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<td>30  Oceanside Pacific Kiwanis</td>
<td>31  Welk Resort</td>
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Furniture Sales at the Center

3242-B Production Ave., Oceanside  760-529-5481 ext. 200 Open Tues. - Sat. 9 am to 1 pm

We welcome your saleable furniture items. Please call 760-439-1244 ext.102 for free pickup.
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 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

Brother Benno’s Thrift Shop
(Helping the poor, one sale at a time)
Clothing, Household Goods, Furniture
Shop open Tue-Sat 10 a.m. to 6 p.m. -- Stop by to check out our Daily Specials!!
3955 Mission Ave. (East of Albertsons) 760-967-7505

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