



Brother Benno's Newsletter

"Uplifting The Dignity of Those We Serve"

Volunteers Making a Difference

September 2017



PROGRAM GRADUATE PROVES IT'S NEVER TOO LATE TO CHANGE

"Rosemary" was in her mid-50's—older than most—when she came to Brother Benno's for help with her alcoholism. "I always thought I was managing my drinking just fine," she said. Through the years, she and her husband were social drinkers, and it wasn't affecting her ability to work. They had plenty of money and a lovely home, and they traveled extensively.

Then little by little, she began to sense that maybe things were getting out of hand. But it wasn't her fault, she said, it was her husband who was making life difficult; so after 21 years of marriage, she divorced him. They were living in another state at the time, and her siblings in California urged her to come home where she could benefit from their support.

"Alcoholism runs in my family," Rosemary said. Her mother and a sister had managed to get sober on their own, so she figured if she needed to, she could do the same. She moved in with one of her sisters and started attending AA meetings.

"But I continued to drink," she admitted. "Nothing in AA made sense to me."

Her health was suffering by this time. She wasn't eating properly; and after a particularly long drinking spree, she suffered a seizure. Finally frightened enough, she called a woman she'd met at AA who happened to be part of the Brother Benno Recovery Program staff. This was at the beginning of 2015, and she successfully completed the Program six months later.

She moved back in with her sister, and

two months later, she left home without telling anyone where she was going, checked herself into a hotel, and drank steadily for five days. "My family was devastated with worry," she said. "They contacted the police, checked hospitals. And when I finally came back, they were frustrated and angry with me. I felt so ashamed. I crawled into bed with my bottle and didn't eat for three days. I felt I had lost my will to live."

At that point, she said, one of her brothers came into the bedroom, knelt down next to the bed where he could look directly into her face, and said, "How can we help you?" Out of the fog she was in, Rosemary said, "Call Brother Benno's."

The Staff member told her brother that if they could keep her from drinking for three days (the detox period), they would take her back into the Program.

"Detox is awful," Rosemary said. She'd done it several times over the years, always on her own, rather than going into a facility. But with the vigilance of her sisters and brothers, she managed once again.

After graduating again from our six-month Program, Rosemary was invited to stay on for another six months and run our transitional House for women who have graduated from the Program but aren't quite ready to go out on their own. "I loved being there," she said. It gave her a chance to mentor other women, and she herself was able to stay in close touch with the Staff.

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EXPERIENCING THE BROTHER BENNO SCENE

by Barbara Ladwig

Books for Kids. Auxiliary Co-President **Nita Rodriguez** reported the following: “A very generous donor arranged for a pallet of brand new children’s books for Brother Benno’s. These books were given to the children of our Guests at the Center on three Saturdays last month. Children could choose titles of their interest and reading ability. By all accounts, everyone was excited to receive their very own books. Thank you to Auxiliary members **Terri Keyes** and **Linda Wolff** for taking on this project. And a special thank you to **Lee Leal**, a high school student and Spanish speaker, who helped with our Spanish-speaking parents and children.”

What’s In a Name? **Harold Kutler** didn’t like the term “senior citizens” for some of our volunteers; he preferred to call them “Super Adults who have discovered that the ‘gold’ in their later years is found in meaningful service to those in need.” *

In that light, we’d like to share some comments made by women who volunteer regularly—and have done so for many years—at our Thrift Shop,.

“(The best part) is feeling the reward of assisting people in need and being surrounded by amazing individuals who dedicate their time, energy, and talents.”

“I believe in their mission. It’s a fun place to work; everyone is cooperative and helpful.”

“Helping Program members by showing love and concern for them.”

“The best part? I love it all! I believe 80+ is the new 40!!”

* (from *Soup Soap Hugs Hope, the Story of Brother Benno’s Life-Changing Soup Kitchen* by Harold Kutler, page 77).

Above and Beyond. Sometimes it isn’t enough to just give a Guest much needed socks and shoes. A man with Parkinson’s needed both, but he wasn’t able to maneuver himself into a position to put them on, so **Carol Muehe** sat on the floor and did it for him.

Some of our Guests have a hard time taking a

shower because of various conditions of infirmity, but there’s always someone eager to help, whether it’s a Staff member, volunteer, or another Guest. They simply go into the shower with them. I am in awe of people who are so self-giving. Reminds me of the Good Samaritan, who came across a stranger who’d been beaten and robbed, lying on the side of the road. He bound up his wounds, took him to an inn to recuperate, and paid the innkeeper for everything.

Another amazing thing about some of our Staff and volunteers is their patience. A Guest with obvious mental issues might tell the same sad story day after day, and I see the same look of interest and concern on the face of the listener as if he or she is hearing it for the first time. That’s what makes Brother Benno’s so special.

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Rosemary has been sober now for two years, and she celebrates the anniversary of her sobriety with more enthusiasm than her birthday. “I see again,” she said. “I was in complete darkness, and now I am in the light. Sobriety creates balance, stability, trust in God again.” She now has a community of like-minded people at Brother Benno’s and AA who give her support and encouragement.

She also had to heal relationships with her family. “We talk about it now,” she said. “Before, we tried to keep it (her alcoholism) hidden.” And she doesn’t feel shame anymore. “That’s in the past. I live in the present. You get everything back with sobriety,” she said. And that’s what she tells others who are in the process of changing their lives.

Rosemary has a job she loves, a family who cares about her, and in some sense another “family” at AA and Brother Benno’s. She often comes to the Center so she can catch up with everyone who was—and still is—part of her recovery journey.

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AN UPDATE ON HAROLD

Our beloved Founder, **Harold Kutler**, will be celebrating his 91st birthday on September 22. His son **Jim**, who lives with him, told us that his dad is "doing well and taking it day by day."

Harold pops in at the Center once or twice a week, said volunteer **Frank Doherty**, "for just a short while, long enough to give out hugs to the Staff and the homeless whom he loves."

If you'd like to wish Harold well on his birthday, you can send a card to him at P.O. Box 261, Oceanside, CA 92048.



John Jarvie and Harold



Jim Kutler and Harold



Dr. Richard Shlemmer and Harold



Frank Doherty and Harold

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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>

**Brother Benno's Auxiliary
Winter Luncheon Fundraiser**

**A Legacy of Love and Service
Honoring Founder Harold Kutler**

**Saturday, December 2, 12 Noon
(Doors open at 11 a.m.)
Sheraton Carlsbad Resort & Spa
5480 Grand Pacific Drive, Carlsbad
Valet Parking Included**

AUXILIARY NEWS

by Karen Gallagher & Nita Rodriguez

Tickets are now on sale for the Auxiliary's Annual Luncheon, our biggest fundraiser of the year! Auxiliary members are busy preparing baskets, silent auction items, door prizes, and other ways that you can win big at this event and support the work of Brother Benno's at the same time. The Fashion Show will continue as part of the program. Most important of all, we will heap lots of hugs on **Harold Kutler**, our Founder.

Tickets are \$75 per person, \$750 for a table of ten. Table location choices are on a first-come, first-serve basis, so talk to all your friends and reserve now. You can download a ticket form here: <http://bit.ly/2u1quod> or call **Penny Sallee** (760-912-8566) and she will mail a form to you. (The link takes you directly to a downloadable and printable form.)

You're invited to join us at our next Auxiliary meeting on Wednesday, September

27, in the Center Dining Room. Social time and snacks start at 1 p.m. followed by the meeting at 1:30. We will be announcing the slate of candidates for our 2018 Board Officers. Why don't you check us out? We welcome all to join us. It's a great way to get started helping at Brother Benno's!

If you can't attend a meeting but want to become an Auxiliary member, you can download our membership application here: <http://bit.ly/2oGkaB9>. New members are welcome at any time. (Copy and paste, or just type the link and it will take you directly to our Membership application.)

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Information & Online donations: brotherbenno.org

Follow Brother Bennos online:

 [Facebook.com/BrotherBennos](https://www.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 _____
Address _____
City, State, Zip Code _____

Donation \$ _____
Number of copies _____

Memorials

Ron Alexander	Bob Gleason	Dora Ramirez	David Lorbat
Dixie & Lou Bales	Tom Hayward	Dick & Terry Riley	Nick Antone
Frank Barnet	Elizabeth Holms	Margaret Rossini	All Deceased Homeless
Brother Benno	Alice Jordan	Ann Sauer	Gregorio Mendez
Edith Blaiser	Ben Kouns	Mary Shankle	Bob Strawbridge
Andrea Boersma	Richard Kurtz	Naomi Shelton	Margaret & John Daniels
Roland Bond	Carole Kutler	Bernice, Samuel & Milton Silver	Bill Foran
Bill Boster	Kay Kutler	Will Skinner	Robert Buchach
Agnus & Joan Boyd	Bill & Louise Lakoff	Ann Grier Smith	Harley Lowe
Bill Buckner	Ben E. Lewis	Squirrell Family	Rose Horner
Deacon Art & Mary Carr	Helen Lucas	Mike Stendahl	Alfred Vasquez
Anna Correia	Bill & Joan Maloney	Margaret Stephan	Frank Onstott
Don & Dorothea Daybell	Helene McGill	Virginia Sylwestrzak	Clay Rip
Phyllis H. Dierlam	Michael & Monty Nares	Harold Thompson	Albert Lyon
Frank S. Dolley	Zeferino & Dancy Nares	Rosemary Tucker	Peggy Miville
Anita H. Donahue	Mary Nordstrom	Walter Ulloa	Bill Severy
Dorothy M. Donahue	Nysewander Family	June Williams	Chance Hales
Fr. Luke Dougherty	Bud & Blanche Ogle	Fred Williamson	Kathleen Barnell
Roseanne Dreibelbis	Ben Osgrove	Joan & Larry Lieux	Andrew & Jan Yandura
Fr. Abbot Claude Ehringer, OSB	Kathryn D. Pent	Larry Slagal	
Myron Eichen	Mary Peterson	Jenny Shlemmer	IN HONOR OF
Richard Farhquar	Jane Pfau	Dennis O'Connor	Eileen Curtius-Buniva
William & Vennita Flanagan	Ruth Hazel Pierson	Molly & Johnny Samuelsen	Craig Ryall
Louise Foussat	Alan Port	Bruce Tillman	
Joe & Ida Friend	Mary Pullman	Gilbert Brown	
Mary Gerrity	Catherine L. Quinlan	Agatha Johnson	

Needs

Gently used furniture Baby Diapers and Wipes Small Hotel Shampoo, Lotion, etc.
 Rolling Luggage Bottled Water Backpacks Umbrellas

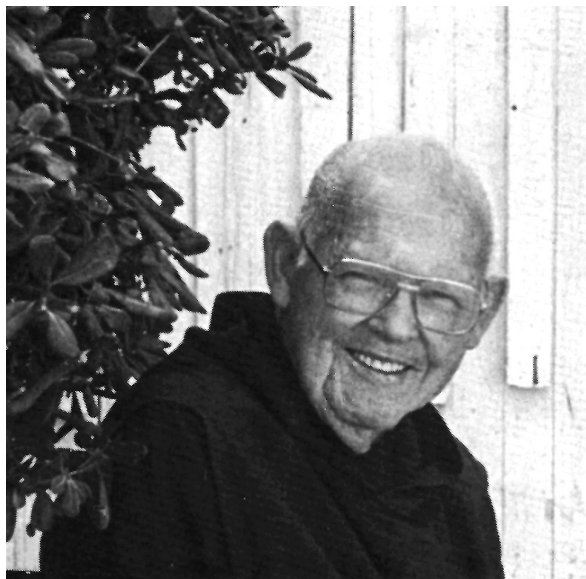
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 2017					1 San Luis Rey Mission	2 St. Thomas More
Monthly	4 St. Elizabeth Seton #1	5 St. John The Evangelist	6 Brother Benno's Auxiliary	7 Oceanside Pacific Kiwanis	8 St. Patrick's	9 St. Mary's Altar Society
Serving	11 North Coast Methodist	12 Riverview Church	13 1st MLG FCPOA	14 Oceanside Civitans	15 St. Elizabeth Seton #2	16 Girlfriend's Care
Team	18 Sunrise Kiwanis of Vista	19 Christ the King Lutheran	20 Brother Benno's Auxiliary	21 Rotary Club of Carlsbad	22 Sonrise Christian Fellowship	23 Catholic Daughters
Schedule	25 Christ Church	26 St. Mark's San Marcos	27 San Luis Rey Methodist	28 Pilgrim Creek	29 King of Kings Lutheran	30 Shiloh Church of God In Christ

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.

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

Non-Profit Organization
U.S. POSTAGE
PAID
 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-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

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 Services:

	July 2017	Our 33rd Year		July 2017	Our 33rd Year
Meals	12,456	4,083,914	Loads of laundry	31	27,748
Nights of lodging	902	287,505	Food packs	1,310	319,891
Articles of clothing	5,417	1,270,284	Blankets	156	42,779
Showers	1,713	236,365	Tarps	78	2,484
Haircuts	129	21,885	ID Vouchers	13	8,999
Bus passes	111	82,376	HUGS	2,250	948,694