



LIFE *Lines*

Newsletter of Mother Seton House, Inc.
"Supporting Pregnant Women, New Mothers In Need"

Mother Seton House

PO Box 673, Fryeburg, ME 04037

www.mothersetonhouse.com

Spring 2016 No. 11

Listening Ear, Open Heart and Mind

Karen Pike is another excellent example of the talented and dedicated people who make up our Mother Seton House family. As an obstetrical nurse retired from Memorial Hospital, she wanted to assist her community in new capacities. While volunteering at Dinner Bell North, she met MSH member, Joan Newton, learned the details of MSH and offered to help.

Karen now visits on a regular basis with a listening ear, open heart and mind, and a wealth of experience and reassurance for our guests, whether questions about the development or feeding

of their babies or about their own sleep deprivation, nutritional concerns, or a pesky cold. She is able to affirm the young mothers' intuitive sense in daily problem solving, explain what to expect as their babies pass from one stage to another, and gently suggest and encourage helpful approaches as they develop confidence and competence in parenting.

In her words, she explains that it is her job "to encourage

and be a friend in any way that I can. I can give them esteem and help them in unseen ways. It is a privilege for me."



Karen aims to give the mothers trust in themselves, to listen to what their hearts tell them. She also teaches them "to learn the conversations their babies are having with them, how to sort out the messages, how to comfort when upset," in essence, how speak the language of love.

About her visits to MSH,

Karen recognizes that our guests are each in a different place. For some, MSH is a brief stepping stone to a goal they have in mind; others need a safe environment to determine their next steps. She believes that they recognize it as a caring place. She says, "I find it warm and inviting, open and safe, surrounding the guests with women who are caring and compassionate. It is heartwarming to me, such a plus for the community. (MSH) gives so much to those who need so much."

And Karen, your compassion and skill add so much to what we can do for our guests. Thank you.

A Letter from a Guest

Being at the Mother Seton House (MSH) was such an honor. I will be forever grateful to have had the chance to be given a safe, helpful, loving place to go.

My month stay while I waited to transition to sober living was so much more than I ever expected it to be. I arrived in November with my two month old son, after graduating from a 60 day inpatient rehabilitation center.

Being one of the only women with addiction issues to stay at the MSH I had a lot of fear of judgement, but I received the opposite. The house mothers Charlotte, Joanne and Sheila were amazing: so loving, helpful, compassionate, kind and open hearted.

Cyndi, the house mothers and the

many volunteers I met welcomed me as family. They were open minded and willing to learn about my disease and my struggles. I received more love and acceptance in that one month than I had ever received in my life.

I am blessed to have had the experience at the MSH. I was provided with so much assistance with my son's needs from donations. I was so amazed to see how many people support the Mother Seton House. It showed me there are still good people in the world!!

My heart is filled with love and hope since being there, and I am forever grateful to God for placing this experience in my life, and the friendships I will keep forever...

(I would like to thank all of the



volunteers and people who donate to the house. It is great to see a community support such an amazing opportunity for pregnant women and women with children.)

Casey and her son are living in a comprehensive transitional housing program for women who are in recovery from drug dependency. She recently celebrated six months sobriety.

A letter from the director

Dear Friends,

The activities of a volunteer director vary week to week. There's a meeting with volunteers about a fashion show fundraiser, a speech to the Knights of Columbus, an interview with a college senior considering volunteering as a house manager. There's shopping to do and there are applications to complete, phone calls with counselors from drug rehabilitation programs and and case managers from the Department of Health and Human Services. There's

the training of mentors, and weekly house meetings and emails with women in need.

These tasks are balanced by the times I get to sit in the living room and watch the moms engage with their babies- cooing and praising and changing and feeding. I see their confidence grow as parents. I get to celebrate the new job, the GED, the driver's license, baby's first tooth and first word and first steps. I get to watch as young women who have faced formidable challenges feel pride, trust, hope, support and love.

You do this, through your donations and volunteering. You provide the warm and cozy bedroom, the baby swings and bassinets and diapers. You provide a safety net for women who have experienced



so much stress and disappointment. I am grateful to you from the bottom of my overflowing heart.

In Faith, with Hope,
Cyndi Broyer
Director

Thank you

We extend our heartfelt thanks to Lauren and Maria for taking beautiful maternity and new baby photographs for our guests at no cost.

Check out

 *Maillett Photography*

on Facebook or
mailettphotography@gmail.com.



Time
&
Talent

Our Volunteers

Bernie Friberg has been a valuable contributor to Mother Seton House since our beginning, a key player in our existence. Over the years, she has generously shared her time, talent, and treasure with us. In addition to ongoing financial support and participation at public events, she has been cheerleader, coach, and advisor, instrumental in the purchase of our house through procedures that were far more complicated than typical. With support of her employer, Badger Realty, Bernie has organized a team that annually puts together a beautiful photographic calendar highlighting local photographers and generating income for specific local charities, including MSH. She has given us both capital and confidence, and we are deeply grateful for her support.



their first hundred dollars to use as seed money for a mailing effort to gain additional interest and financial support. They were and continue to be grateful for every dollar donated and are always gracious about their humble beginnings.

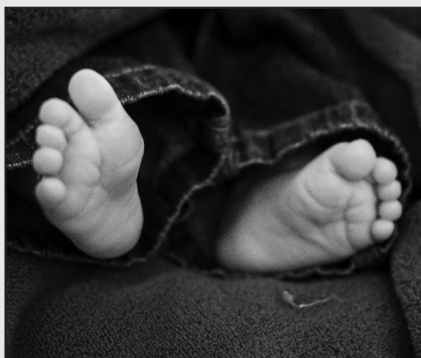
As this concept was introduced to the community, it received many inquiries from young mothers in much need of assistance. Even before there was an actual "home", many were helped with educational opportunities, free clothing, baby supplies and tremendous moral support from men and women who took these young moms

See OUR VOLUNTEERS..... page 5

BOARD OF TRUSTEES

Rick Luksza, Chairman
Sue Perry, Treasurer
David Cianciola, Secretary
Gene Bourque
Alan Broyer
Claudia Everett
Bonnie Marsh

DIRECTOR
Cyndi Broyer



Letter from Bernie

Mother Seton House holds a very special place in my heart, right from its inception. I recall the very first meetings when Cyndi Broyer discussed her ideas for a "home" for young mothers and mothers-to-be in difficult circumstances. A very small group of interested friends listened earnestly. I remember thinking, "what a wonderful concept, but how do you make this a reality in such a small town?" The idea began to take shape and slowly build momentum. I recall when these initial supporters held their very first bake sales and finally made

"I'll never amount to *Anything...*

"So many people in my life have said I'll never amount to anything. I am going to prove them wrong."

Kayla is determined to achieve her goal of permanent housing for baby Steven. She is also working towards the completion of her GED. She says the GED "will help me get a better job or maybe take college courses. It shows that even in hard times you can still do something. My son can say my mom went back and got her diploma."

Kayla says her son motivates her, as well as her fiancé, who helps her push through the hard stuff. "We remind each other this is temporary, and

we can get through this." Her fiancé works in Portland. They are both saving money towards an apartment.

Since moving to Mother Seton House, Kayla says she is doing better than she used to. She is more motivated, more accepting of help from people. Being more engaged in supportive services has made people more willing to help her. Kayla says she feels more assertive than she used, that she can share how she feels. This makes her feel more satisfied and settled.

Kayla is an attentive mother to three week old Steven. She acknowledges that



an infant takes patience. She hopes Steven will grow up healthy, and share her love of music. Most of all, she wants him to be happy.

Kayla says Mother Seton House is a great place to live. At first she was scared, moving to a new town with so many unknowns, but she found the house to be warm and comforting. "Living here provides many opportunities to improve my lifestyle. It really is a gift having this house. It is a safe haven."



It's easy to donate to *Mother Seton House*

On our website, www.mothersetonhouse.com, you can make a donation through Paypal or First Giving.

PayPal



FirstGiving

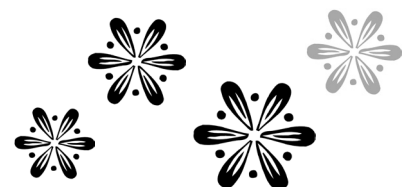
For speedy access to our donation webpage, use your smart phone or tablet to scan our QR code.



Sign up for AmazonSmile. It is a simple and automatic way for you to support Mother Seton House every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same shopping experience as Amazon.com, with the added bonus that Amazon will donate .5% of your purchase price to Mother Seton House. Simply go to smile.amazon.com from the web browser on your computer or mobile device. Select Mother Seton House, Inc. in Fryeburg as your charity.

Or you can send donations to:
Mother Seton House
PO Box 673,
Fryeburg, Maine 04037

amazon.com
Smile





*We have received a generous contribution
to the Mother Seton House in honor of*

from

*This gift will be used to help support
pregnant women in need who have
said yes to life.*

(inside card)

Celebrate Commemorate Contribute

A memorial gift is a wonderful way to honor a deceased loved one, a baby's birth, a birthday, an anniversary, or any special occasion.

Available only from Mother Seton House, an elegant Thomas Merton Madonna linen textured card will be sent to the person you specify.



clip & send

Your Name: _____

Person Honored: _____ () living () deceased

The Occasion: _____

Send Card To: _____

Street or PO Box: _____ City: _____ State: _____ Zip: _____

Amount of donation: _____ (check or money order please)



Kindly mail the above information in the envelope provided to:
MOTHER SETON HOUSE, INC, P.O. Box 673, Fryeburg, ME 04037



*All donations are gratefully accepted. Mother Seton House is a 501(C)3 corporation
supporting pregnant women, new mothers and infants in need.*

in the **spotlight** *Every Step Counts*



One of our current guests, Justice, expected to be “overly overwhelmed” by having a baby, but she has proven herself to be very wise in taking things one at a time, an approach some of us take many years to develop.

Justice learned about Mother Seton House from the parents of a friend, and arrived during the end of her pregnancy to get settled while she waited for her beautiful baby girl, Skylar, to arrive. She has found the house very nice and is enjoying the group living with someone to talk to, take walks with, and enjoy movies together when the babies are down for the night. Her parents live in the area and help her with transportation and some baby

care. This is their first grandchild, she says, and “They are in love.”

A strength she recognizes in herself is that she is quite flexible and gets along well in most situations. As a house guest, she has been very open and generous, traits that help to develop new friendships.

Justice says she has done lots of new learning since Skylar arrived, including patience and not trying to do everything at once. She has learned to take a fast shower and to do many tasks with just one hand, but she is not rushing to take on more than she can handle. She is already being rewarded by Skylar, who lights up with beautiful smiles and even some giggles. Two months old at this

writing, she is beginning to sleep through the night.

Now that both mother and baby have settled into some productive routines, Justice has begun a parttime job, with an initial goal of earning money to pay for a driver education program. After that will come insurance and a car to make it easier to get to work. Then she can set her sights on finding an apartment and registering for a course in cosmetology. She enjoys making things and has been doing some sewing, making pants for herself.

She has the wisdom to know that she cannot do it all at once, but that she can do it a step at a time. One foot in front of the other, she is on her way.



Our Volunteers from page 2

and soon-to-be-mothers under their gentle wings and helped them realize their own value. Word spread and so did the donations of clothes, baby supplies and funding.

Several years went by with fundraising and distribution activities before finding a permanent place to make this more of a “home” for these women and children. The task often seemed daunting, but none of that discouraged the small group of incredible volunteers. I was fortunate to be part of the committee to help locate a property and I can tell you that what is now their “home” actually found them. It was nothing but a small miracle, including a local angel who made the initial purchase and held onto the house until the funds were acquired for its actual purchase and renovations.

That was a tipping point. Once MSH had a house project to work on, everyone came out of the woodwork, literally, to help make it a reality. I visited at various stages of renovation and remarked at the incredible volunteer efforts from the community at large. Everyone who worked on the house took pride in their efforts.

When I toured the completed house and sat at the dining room table, I smiled to have been a part of something this important in our little town of Fryeburg, Maine. As I look upon its warm walls I recognize many of their framed pictures from local photographers, donated by an annual photo contest where MSH is one of the 4 non-profits benefiting from the “Calendars for Charities” community service project I initiated 8 years ago. MSH is also part of my “Realtor Caring Wheel” program. I am honored to



contribute financially and encourage others to do the same with their time, talent or funds. As a proud supporter, I feel fortunate to have had the opportunity to see the Mother Seton House grow from its grass roots efforts into what it is today. Many Blessings from a HUGE fan of your work.

Bernadette Friberg, Fryeburg resident and REALTOR at Badger Realty.

Mother Seton House
PO Box 673
Fryeburg, ME 04037



*Drawing by Thomas Merton. Used with
permission of the Merton Legacy Trust
and the Thomas Merton Center at
Bellarmino University.*



*Every
Baby
Deserves
A Good
Start!*