



LIFE *Lines*

Newsletter of Mother Seton House, Inc.
*"We cherish life by supporting pregnant women,
new mothers and infants in need."*

Mother Seton House

PO Box 673, Fryeburg, ME 04037

www.mothersetonhouse.com

Spring 2017 No. 13

Moving Out; Moving Up: Step By Step

A typical first reaction to Mother Seton House is how cozy and welcoming it is. In spite of that, a typical goal of our guests is to move on. And that is the point: to give each guest the time and space to move toward independence.

A current guest, Rose has a unique story, as they all do. She is typical in that her goal is to have an apartment where she and her precious son, EJ, can be independent as they move into the mainstream of life.

She learned about Mother Seton House at the hospital when EJ arrived, special delivery for Valentine's Day in the middle



of a blizzard. The timing was perfect to offer support for her and her baby when they needed it.

She finds the staff at Mother Seton House very "helpful and willing to do things with her and her 'little man.'" She feels open to talking with the House Managers and appreciates that they have different personalities. Nurse Karen, who visits regularly as a volunteer, is "awesome" and has made helpful suggestions for Rose and her baby. In addition she has regular visits from Healthy Families New Hampshire, getting tips for parenting and child development.

Rose is connected to her New Hampshire roots, having gone to high

school in the state, and now with a job in nearby North Conway. She is on a waiting list for housing in that area where she already has a network.

Another goal that Rose shares with previous guests is to get a driver's license. She is grateful to the volunteers who help her with transportation now, but she would like to accomplish that goal so that she can "feel more human" by being able to come and go more easily and to be more flexible in getting to work and running errands.

So her goals guide our goals, to help her gain small steps, one by one, and to achieve that independence, setting her and baby EJ up for success as they move beyond Mother Seton House.

A letter from the director

Dear Friends,

This week we completed our tenth year of serving pregnant women, new mothers and their babies. Looking over the minutes from our first gatherings I am struck once again by the immense faith we had.

At those meetings our opening prayer was: "Lord, may everything we do begin with your inspiration, continue with your help, and reach perfection under your guidance."

Later that year Father Joseph Daniels wrote the prayer we continue to use today: "Loving God, You have given us the example of Saint Elizabeth Ann

Seton as wife and mother, widow and convert to the faith, educator and religious foundress. By her prayers and example, may we strengthen our resolve to work for the protection off all human life and most especially, to bring the Mother Seton House and its ministry to mothers and their children to fruition. We ask this through Christ our Lord, Amen."

We continue to evolve as we discover new needs in our community and better ways to serve our guests. I think it is time, though, to celebrate and give thanks. In many ways, with your support, we have indeed brought the Mother Seton House



and its ministry to mothers and their babies to fruition.

In Faith, with Hope,
Cyndi Broyer
Director

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Celebrating our 10th Anniversary

Humble Beginnings

If you are lucky enough to spend a day at Mother Seton House you would enjoy the comfortable rooms, appreciate the warm hospitality of the house managers, greet a parade of volunteers and social service providers. You might sit on the porch and listen to a mother share her concerns or accomplishments. You could spend some time in the basement sorting through recent donations or filling a bag or two for a mother in need in the community. Perhaps you would prepare a meal and join the house guests in the dining room for dinner.

On the days that I get to do this, I sometimes reflect on our humble beginnings ten years ago. You may have heard this quote from Margaret Mead, "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." In 2007 a group of five at St. Elizabeth Ann Seton Church took the leap of faith that lead us to where we are now.

Supporting mothers and babies resonates with many. When our original organizers each wrote letters to ten friends and family members asking for donations, they were overwhelmed by the generous replies. This outpouring of support has continued steadily over the years, swelling



to a mailing list of 775.

The house is exactly as I imagined it all those years ago. Moms and babies gather in the living room together. Home made baby quilts are spread on the floor, and babies get tummy time or practice rolling over. Women who were homeless live in security; women who were alone live in community; women who were at risk of losing their children have time to find work and housing.

Ten years ago Mother Seton House was a vision, a dream, and today it is a reality. We look forward with great anticipation to what the next ten years bring as we fulfill our mission, one baby at a time.

Mother Seton House *Wish List*

Periodically we receive a case of paper towels from the Knights of Columbus at Our Lady of Perpetual Help Catholic Church in Windham. It is such a great help knowing we can rely on this support. Since several unrelated people are living in community, the paper products are a health necessity. The Knights made this arrangement through Amazon. We could also use similar deliveries of diapers (newborn up to size 3), baby wipes, toilet paper, tissues, paper napkins and disinfectant wipes.

Additionally, each new baby at our house

receives developmental toys and books. When he or she moves out we encourage the moms to take these with them. As a result, we are always replenishing our supply. If you would like to help, please visit our Baby Registry on Amazon under the name Mother Seton House.

Finally, we use gift cards to help new guests with needs when they move in, sometimes with little more than the clothing they are wearing. Cards at Walmart, RiteAid, Shaws, Hannaford and Dollar General are greatly appreciated.

Thank you so much for your generosity!



Thank you!

We would like to thank Storyland in Glen, New Hampshire for providing free admission to our moms and babies over the past eight years.



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



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



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Happy
Mother's
Day!