



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 Fall/Winter 2019 No. 18

Twice the fun!

This summer we were blessed with twins. Born six weeks prematurely, both babies were healthy and strong and came home to us after only two weeks in the hospital.

Twins are a joy, and so much fun, but you can imagine they are also a lot of work. Everyone pitched in to help their mom have time for a shower or a cup of coffee.

Mom and twins have since moved in with family out of state. We are so grateful to have been part of their lives during pregnancy, delivery and for their first few months.



A Pair of Angels

Our House Managers are absolutely critical to the function of Mother Seton House. They set the welcome tone with their open manner and attention to the little details of housekeeping and house warming. That feeling of welcome is the first mention of every visitor to the house. In their role, the managers provide confidence and support with their example and encouragement, as well as keep the house running smoothly. The positions are volunteer, and it takes three amazing people to give us 24/7 coverage through the week. It is not for everyone.

With the retirement of two managers in recent months, we were unsure where to look. But God does and did provide us with two new angels in our hour of need. Our very first manager in 2012 was Joanne McGee, who recruited six of our seven past managers. Joanne is still with us and is so enthusiastic that she attracts others including our two new



house managers, Jackie and Anita.

Jackie Shea, a neighbor of Joanne's, is originally from
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A letter from the director

Dear Friends,

It might sound funny, but to me there's a difference between feeling grateful and feeling gratitude. Grateful is about how you were affected in a positive way, while gratitude seems to be more about seeing the value in others, a thankful appreciation for the goodness in our lives.

Research shows that practicing gratitude can improve a person's sense of well being and life satisfaction. "Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships."

At Mother Seton House we practice gratitude each week at our House Meeting. There's a small box in the kitchen, and notes of gratitude are written throughout the week. On Monday afternoon we take turns reading them. The person receiving the gratitude often keeps the slip of paper, a reminder that something they said or did made a difference to someone else.

It is with deep fondness that I write to you, the ones who make these meetings in this cozy house possible. May your life be filled with the riches of gratitude.

In Faith, with Hope,
Cyndi Broyer, Director



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Massachusetts, but she says that her "heart has always been in Maine and New Hampshire" since camping here with her aunt and uncle many times in her childhood. She has lived in Fryeburg for 22 years.

Jackie was a nanny in one family for the entire childhood of the children, and has most recently been a dedicated care giver in a local nursing and assisted living facility. She described the family work as a "Godsend," and is looking forward to nurturing at Mother Seton House. She says she has always liked guiding people, sharing and helping them find information they need as tools for making decisions.

In her free time, Jackie loves to read, mostly non-fiction about history and

politics, as well as books on medicine and self-help topics. She has always loved camping. In her early adulthood she backpacked all over Europe, France, Germany, Switzerland, and Italy.

She also enjoys home decorating and seasonal decorating. While a few fall touches have shown up in the house, she is looking forward to decorating for Christmas. For her, "Christmas is not just a day. It is a season, starting on Thanksgiving and lasting into February. She has joined MSH just in time for us to enjoy her talent.

Angel #2, Anita Williams also enjoys decorating, which she calls, "little love touches." She loves color, which has already shown up in flowers and a new table runner.

Anita has always lived in the Fryeburg area, and her home is in the neighborhood her family has enjoyed for generations. She has been a friend of MSH since our earliest days, helping with clothing distributions even before we had a house. When we began, she was still raising her two sons, but always wanted to volunteer here. She was excited when Joanne told her we were in need of a manager. She described her first visit: "It felt so much like home, like coming in my own back door."

Anita does much in the community, volunteering at church, at the food pantry, running fundraisers for Tender Hearts to help fire and cancer victims and an infant needing surgery. She will continue with those activities when she is not at MSH.

One of her hobbies, as well as a job, has been cleaning. She just loves to clean! At MSH, in addition to "keeping it clean and welcoming," she is looking forward to hearing baby cries and coos and forming new friendships.

So you can see how blessed we are. With our mainstay, Joanne, always looking out for our needs and two new helpmates in Jackie and Anita joining us with open hearts, we are indeed in willing and capable hands.

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The *Seeds* We Sow

As moms and babies come and go at the House, we sometimes wish things had gone differently. We wish the mom stayed longer, or we wish the mom made a different decision. We know that we may not see the fruition or maybe not even the sprouting of the seeds we sow in working with the women in our care. As we work to provide safety, support, encouragement, and affection for women who have chosen to bring their babies to life, we must also acknowledge that we cannot see nor control the long term outcomes. Sometimes the outcomes we see are not those we would choose for ourselves or our daughters. With that must come an acknowledgement that we may be God's hands, but we are not God, that they and their babies are God's children, not ours, and that they are not finished yet.

A young mother may be trying the best she can to survive, to fulfill her own needs, to keep her baby safe, but still not get it together. She may even choose a lifestyle or a partner which worries us and prolongs the journey to empowerment and independence.

There are no guarantees of success in this work. What may look

and feel like a failure to us may bring that mother to a place where she is ready to make better decisions for herself. Please continue to pray with us and for us as we walk with our mothers for a time on their individual journeys.



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*From our home
to yours,
we send our hopes
for peace and joy
in the New Year.*