



# LIFE *Lines*

Newsletter of Mother Seton House, Inc.

Mother Seton House PO Box 673, Fryeburg, ME 04037 [www.mothersetonhouse.com](http://www.mothersetonhouse.com) Spring/Summer 2011 No. 3

## COOKING MATTERS to Mothers and Babies

Mother Seton House is pleased to announce a partnership with Cooking Matters to Maine. This summer, twelve new mothers and pregnant women will participate in a series of six classes designed to teach parents how to make healthy food choices and prepare nutritious foods for themselves and their babies. A professional chef and nutritionist will volunteer time and expertise to lead hands-on courses that instruct new parents how to derive the most nutrition from a limited budget.

Each class teaches basic cooking techniques, healthy eating habits and budgeting. Participants and instructors work together to prepare healthy, tasty, low cost meals. At the end of



class, everyone sits down together to share the meal. Participants then take home the day's recipe and a bag of groceries containing ingredients to make the main dish at home.

Cooking Matters is a national program developed by the staff of Share Our Strength, whose goal is to end childhood hunger in America. Cooking Matters to Maine is managed by the Good Shepherd Food Bank, which has helped thousands of Maine's hungry get access to the food they need to live healthy, productive lives.

Kristen Miale, Cooking Matters to Maine Program Director, has arranged for this course to be provided at no cost.

## Our Lady of the Mountains Knights of Columbus Support Mother Seton House

Jim Hartigan and Don Litchko presented checks to Cyndi Broyer to support the work of Mother Seton House (MSH). One, in the amount of \$1,500 is the anonymous donation by a family of Our Lady of the Mountains (OLM) Parish who, in the spirit of Christmas, pooled the money that they would have spent on gifts to help struggling new mothers and their infants. The second, a memorial donation of \$1,000 was offered by the Knights to honor their recently deceased Chaplain of twenty years, Father Louis Soucey. Father Lou loved and served parishioners of OLM for twenty-five years and they loved him in return.



"The Knights in Council 7575 are do-ers, dedicated to helping those in need regardless of race or religion." ( [www.northconwaykofc.org](http://www.northconwaykofc.org) ) In 2010, through diligent fund raising, the OLM Knights donated \$7500 to Mentally Challenged Individuals and to Special Olympics. They conducted a successful Easter Food Drive; moreover, the Christmas Food Drive alone produced \$1,200 in food certificates and 2 tons of groceries. They sponsored seminarians and nuns; provided outreach emergency needs locally and worldwide; and conducted special Charity fund raisers as needed, assuring that every dollar that they raise is contributed.

# A letter from the director

Dear Friends,

Let me begin by thanking you for your continued interest and support. You are so vital to the work that we do with moms and babies, some of you from great distances, many of you in neighboring towns.

You will notice from the articles in

*Thank you*

We send a special **Thank You** to **John McCann** for his donation of a full-day Strategic Planning Workshop to the Board of Directors.

this newsletter that we continue to expand the ways in which we are supporting pregnant women and new mothers. In addition to the new cooking and nutrition classes, a professional photographer has volunteered to take mother/baby portraits to celebrate Mother's Day. This summer we will increase our partnership with Sherman Farm Veggie Volunteers.

On a larger scale, we are moving ever closer to achieving our goal. I have every faith that soon we will open a home and invite pregnant women, new mothers and infants to live with us in peace and safety. I believe with all my heart that this dream will become reality within the year.

This step requires courage, persever-



ance, and hard work. It requires faith.

We will need the support of each of you as we enter the next phase of our journey.

I humbly ask you to join me. In faith, with hope,

Cyndi Broyer  
Director

## Thoughts from a Donor

"I'm pro-life." These words can slide off the tongue without using so much as a full breath and I hear it frequently. Some say it with conviction, some with compassion, some with a sort of arrogance as if to challenge any listener to differ with them. Some seem to seek righteous recognition acting as though simply reciting the words will bring them one step closer to sainthood. I know still others who will recite the pledge of allegiance, ending with the words, "with liberty and justice for all - - the born and unborn," thus reminding us never to forget. However differently the words may be recited there is sincerity in each of their beliefs - - that I firmly believe.

Every time I read a Letter to the Editor, in any newspaper, it strikes me as though the majority of people are very long on expressing their beliefs; and very short on providing solutions. "If we harness wind energy we will sacrifice the beauty of our mountains" - - but no alternative for clean energy is offered. Sadly many of my fellow pro-lifers employ the same tact. They are adamant that life be protected, but seem to want

someone else to do the protecting.

It's so easy to say, "you should have that baby," when you are not the one who has to care for, to provide for, and to protect that child; when you are not the one facing motherhood without the funds, the training, the family or the spousal support. The words are so easy to say when you are not the one who has to face motherhood - - alone.

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- alone.*

My family and I support Mother Seton House, and we encourage others to do so. Do it because you are pro-life and because you believe that just citing your belief is not enough. By giving we can all be part of the solution.



*I have another belief - - I believe that if everyone in the North Country who professes to be pro-life would give just one dollar to Mother Seton House there would be a home to support and serve single Moms within the year. Please, if you have not already, be both a pro-lifer, and a pro-doer.*

Don Litchko  
Conway, New Hampshire

# An *Update* from The Board

## BOARD OF TRUSTEES

Alan Broyer,  
Chairman

Linda Hutchinson,  
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## DIRECTOR

Cyndi Broyer



Since publication of our last newsletter in November, not only have we continued to serve struggling mothers and infants, but we've also taken some giant steps to procure a home for shelter and mentoring. Harsh economic times make the climate for fund raising exceedingly competitive, while engendering even more need for our services.

During the months of December and January our Director, Trustees, volunteers and mothers joined forces to undertake a large scale effort in the Pepsi Refresh Challenge. It involved social networking with family, friends and the community at large. Two of the mothers spoke on local radio. Please

take time to listen on [www.mothersetonhouse.com](http://www.mothersetonhouse.com). We placed 70 among more than 300 applicants in the \$250,000 category, receiving more votes than some national organizations.

We now believe that our mission is important to a broader base than even we had imagined.

While this was occurring, Trustees and Director spent an entire day formulating a strategic plan under the volunteer guidance and leadership of John McCann, Director

of Learning for CI International, where he has delivered hundreds of leadership workshops and programs to government and private sector clients. The Trustees are meeting with a volunteer financial adviser and a benefactor is holding a house with the intent that we obtain funds within a year to purchase and sustain the property.

In August we sent a letter asking



*Our home is in your hands.*

ing Friends of Mother Seton House to consider making a monthly pledge towards the purchase of a home. Two hundred sixty letters were delivered. Fifty-five cards were returned with gifts or pledges. This is a 22% return. Total gift amount was \$3619.00. The total in pledges per month is

\$700.00, or \$8380.00 for the year. Most of these pledges will end in September.

If you have not responded, we ask that you please consider doing so now. For that purpose, please send a donation in the envelope provided. All donations are gratefully accepted. We thank you.

*Mother Seton House is a 501(C)3 corporation serving pregnant women, new mothers and infants in need.*



# in the **spot**light



*Tricia and Bentley*

## The ABC's – Attention, Bonding, Commitment

Tricia has many interests, but her focus since August has been to give her sweet Bentley a good start. Her success shows in his growing independence. He looks to her for a smile and then reaches right out to newcomers. Tricia wants to be the best parent she can be. To maintain the bond she has formed with her baby, she hopes to work with a coach to learn how she can continue nursing him after her return to work.

Bentley, the cute monkey in our last newsletter, loves oranges and bananas. He is a happy little guy who also loves jumping in his swing, laughing at the dog and his favorite rubber ducky. Tricia enjoys special moments for cuddling, while attentively watching his interest in drifting snowflakes. She loves to sing, especially country music and 80's tunes. No doubt Bentley loves that too.

Assuming great responsibility in spite of her youth, Tricia

was full time cook for five years at "The Commons" in Bridgton. She especially liked baking and hopes to study culinary arts. A long term goal is to open a bakery and coffee shop.

Referred to Mother Seton House (MSH) through her counselor and Catholic Charities, Tricia says, "I am thankful for what Mother Seton House does for me. A lot of people need the help, and there is not much around." MSH Director, Cyndi, says that Tricia is always gracious. She asks humbly for help, is always grateful and puts the needs of others ahead of her own.

When asked what she would wish for MSH when we have a house, Tricia suggested a tutor and help with on-line college courses, so that babies can nap in their own cribs while mothers study nearby. Her answer shows her commitment to learning and planning for a bright future.

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### Time and Talent

## *Our Volunteers*

Barbara Bourque strives to center her life on the true meaning of stewardship, acknowledging that, "All I have and am is pure gift from God, which obligates me to share that with others and it's always a work in progress." Barbara has not only answered the call, she is always "on call." She is a first responder to the needs of the bereaved for the Lazarus commission. She is also an RCIA team member, Lector, Eucharistic Minister and Choir member in Church Liturgy at St Elizabeth Ann Seton in Fryeburg and a Sacristan for weekday Masses at St. Joseph in Bridgton. Currently in the Candidacy phase to be a member of the Secular Francis-

can Order, Barbara will eventually profess "to observe the gospel of our Lord Jesus Christ by following Saint Francis of Assisi, who made Christ the inspiration and the center of his life with God and People." (Article 4 of the Rule)

It is not surprising that, several years ago when Cyndi Broyer confided her vision of a home for unwed mothers to Barbara, she wanted to be part of the team. She is open and ready to serve the needs and opportunities presented in whatever way she can. Whether it is assisting in grant writing, washing baby clothes or holding babies to allow their mothers freedom to select from donated baby items, Barbara finds joy



in supporting the courageous women who choose life for their unborn.

Do you have a talent to share, some time to serve? Are you ready? Please call Cyndi at 207.925.2322, or email [info@mothersetonhouse.com](mailto:info@mothersetonhouse.com).



***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

Mother's Day is Sunday, May 8th. Honor your mother, grandmother, godmother, sister or aunt with a donation in her name to Mother Seton House.

A memorial gift is also a wonderful way to honor one who has passed away, or to celebrate a new arrival, commemorate a birthday, anniversary, Father's Day, or any special occasion.

**Available only from Mother Seton House, an elegant Thomas Merton Madonna linen textured card will be sent to the person whom 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 serving pregnant women, new mothers and infants in need.*

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

**Mother Seton House**  
**PO Box 673**  
**Fryeburg, ME 04037**



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and the Thomas Merton Center at  
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# *Happy* Mother's Day



*to mothers  
everywhere!*

