



# Brother Benno's Newsletter

"Uplifting The Dignity of Those We Serve"

Volunteers Making a Difference

May 2016



## OUR RECOVERY PROGRAM EXPLAINED

The Brother Benno Foundation offers transitional sober living, financed by the community, where men and women work together as a family, serving the poor and needy in our community as they transform their lives through Alcoholics Anonymous.

When Brother Benno's began to help the homeless and poor in 1983, we discovered that many people who came to us were suffering from alcohol and drug addiction. We had little expertise in chemical dependency at the time, so we did the best we could; but we soon learned it was beyond our competency.

The process of helping men and women seeking recovery from their disease evolved through a tortuous growth period of many years, with some successes and many failures. A few years ago, an alumnus and his sponsor came before the Brother Benno Board of Directors and taught us that all we needed to do to offer a better recovery program was already contained within the 12 Steps and 12 Traditions of Alcoholics Anonymous, and we just needed to support the men and women as they as they transformed their lives through A.A. Today we offer a Recovery Program solidly based on the principles and practices of Alcoholics Anonymous.

We offer a 26-week transitional living experience for men and women willing to seek sobriety through a complete involvement in A.A. in exchange for serving the poor and needy by working at our Center, Warehouses, and/or Thrift Shop.

Men and women come to us after detoxing, and they agree that they will remain free from alcohol, drugs, and all psychiatric and prescription pain medications. Men and women

live in separate homes in residential neighborhoods, ably monitored by men and women who are experienced in their own recovery. We have found that the "transitional living" model—living together like a family for six months—provides the inspiration and modeling from other recovering members, which best prepares them to return to their own lives.

We have two California CADAC II Counselors (certified alcohol and drug counselors), a man and a woman, who work daily with the men and women in order to support their recovery. They each completed a two-year course of study at Palomar College, with an additional two years of supervised internships. They both have many years of personal recovery themselves and are active in A.A.

During our 26-week, two-phase program, participants learn the humbling truth that they are powerless against their disease, and that it affects others as well as themselves. They get a sponsor in the first few weeks, attend A.A. meetings daily, and learn responsibility and discipline by agreeing to and following the rules of the Brother Benno Foundation Recovery Program.

Gradually, self-respect is reestablished as they work through the A. A. Steps. They make amends with as many as possible of the people they have harmed, which frequently leads to the renewal of family relationships. Along with the spiritual and emotional healing, basic skills of everyday living are developed and polished, e.g. hygiene, health care, money management, solving of legal issues, and preparing for and looking for a job.

As recovering men and women transform  
**continued on page 2....**

## FOUR MONTHS EQUALS ONE MILLION POUNDS OF FOOD!

Brother Benno's is teamed up with Feeding America, which provides a nation-wide network of food banks and organizations like ours. Through this organization we receive donations from the following markets, totaling 14 in all: Walmart, Target, Sprouts, Ralph's, and Albertson's. In addition, we have made arrangements on our own with WinCo, Trader Joe's, Vons, Stater Brothers, and Grocery Outlet.

From January through April of this year, we have already collected one million pounds of food! This includes dairy products, produce, meats, and bakery goods, all of which are available to our Guests every day. Anything placed "on the wall," meaning against the back wall behind the warehouse, or kept refrigerated for safety, can be taken home without any restrictions as to amounts. The markets also give us canned goods, which are used to supplement our Food Boxes, given to Guests who are registered with us.

We have a crew of about ten volunteer drivers who make regular runs to the various markets every week. And we are looking for donations of plastic grocery bags for the convenience of our Guests.

Brother Benno's began as a simple soup kitchen, and providing food for those in need continues to be one of our top priorities. We are blessed to work with so many partners.

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their lives, they become ever more grateful and enthusiastic about the opportunity to give back to those less fortunate in our community whom they meet each day at the Center.

Today, the Recovery Program at Brother Benno's is considered to be one of the finest—if not THE best—transitional recovery program in all of San Diego County. We are respected by the North San Diego County Court System, McAlister Institute of Treatment for Chemical Dependency, Palomar College's Alcohol and Other Drugs State Certification Program, as well as the police departments of North County cities.

continued on page 4....

## FAITHFUL SERVING TEAMS MAKE IT ALL POSSIBLE

We have an average of over 200 people each month who volunteer their time to serve our breakfast. They are from all walks of life—individuals, church groups, community business employees, and service groups. And most of all, they are caring people.

The meals Monday through Friday are served at 6:30 a.m., which means they get up really early to do their outreach. They come with hat or hairnet, gloves, an apron, and closed-toe shoes. The menus vary: Sausage and Eggs on Mondays and Fridays, French Toast on Tuesdays, Chili Max on Wednesdays, and Biscuits and Gravy on Thursdays. On Saturday, a Spaghetti Feast with all the trimmings is served at 10 o'clock. Yogurt, pastries, and fruit round out each meal throughout the week.

After we open our doors and the Guests have streamed in, we start the day with a recorded tape of **Kay Kutler's** greeting, salute to the flag, recitation of the Serenity Prayer, and a thanks to our serving team. Servers have a chance to interact with the Guests as they go through the food line, and smiles abound on both sides.

Many of our teams have been with Brother Benno's since the beginning in 1983—it'll be 33 years this coming October! Without this dedication, it would be close to impossible to serve our Guests every morning. The Brother Benno Foundation gives a big SHOUT OUT to all our teams!

Church members come from St. Elizabeth Seton (two teams), San Luis Rey Mission, North Coast Methodist, St. Patrick, Christ the King, St. Mark, Shiloh Church of God, St. John the Evangelist, St. Thomas More, Grace Anglican, Christ Church, San Luis Rey Methodist, Sunrise Christian, and King of Kings.

Service groups include Brother Benno Auxiliary, Carlsbad Rotary, Soroptimist, Oceanside Pacific Kiwanis, Oceanside Civitan, and Sunrise Kiwanis of Vista. Other serving teams come from Girlfriends Care, First Class Petty Officers, Pilgrim Creek, Catholic Daughters, Wyndham Resorts in Oceanside, and Lawrence Welk Resort.

**THANK YOU ALL FOR YOUR SERVICE!**

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## STUDENTS TRAVEL MANY MILES TO EXPERIENCE BROTHER BENNO'S

Eight students and a campus minister from Western Michigan University spent the morning of March 5 at Brother Benno's as part of what they called their 2016 Alternative Spring Break (ASB) trip. Sisters **Jessica** and **Courtney Bennett** decided to lead this outreach project after having participated in two others previously.



*Students with Dennis Martinek, Board President*

"A couple years ago, we watched a documentary on homelessness in Los Angeles," Jessica said, "and we decided we really wanted to serve in California for an ASB trip." Further research led them to learning that San Diego has a high population of homeless people between the ages of 18 and 24, so they focused on the San Diego area, finally settling on Brother Benno's.

"When we were looking at Brother Benno's, we saw that they serve food to the homeless. . . and that was something we were really interested in doing, or at least learning about," Jessica said.

When asked exactly what this group of students did at Brother Benno's, she said:

"We participated in the Immersion Program. . . **Dennis (Pinnick)** showed us around and told us about Brother Benno's and what we would be doing for the few hours we were there. When it was time to get in line for the food, he led us around the building to the back where those receiving the free meal were waiting. . . . We lined up with everyone else; (and) once we got our food, the group split up and sat with people to get to know them, hear their stories, and tell them about our group as well.

"After brunch, Dennis talked with us to unpack the experience and also share his story and the connection he has with Brother Benno's. We were

then given a tour of the facility and met a few people who work there or volunteer on a regular basis. It was a wonderful experience and very worthwhile.

"We all had a great time. . . Everyone was so kind and willing to open up to us. It is such a great program . . . and it's very apparent that the work they are doing is changing lives. Hearing the stories of those who were directly impacted by the graciousness of Brother Benno's made it that much more real and awe-inspiring.

"We have a new sense of how it feels to be on the other side of the 'line.' We were able to experience the process of receiving a meal just like those who truly need it, which put a lot into perspective because usually when volunteering, you are the server, not the one being served. The compassion that was shown to us by the ones serving the meal was very much appreciated. A lot of them were unaware that we were just visiting and participating in the Immersion Program, which means that they really do care about those they are there to help."

Jessica wrapped up her comments with the following:

"We were able to interact with people we may never see again, but they helped us see things in a new light. We were shown so much generosity. . . from the ones serving the food to the individuals willing to open up and share their stories. It's the work that Brother Benno's does that makes horrible situations a little more tolerable. . . . We were incredibly fortunate to have had the opportunity at Brother Benno's and wish everyone involved . . . the very best in the coming years. God bless."

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**Information & Online donations:**  
**[brotherbenno.org](http://brotherbenno.org)**

**Follow Brother Bennos online:**

 **[Facebook.com/BrotherBennos](https://www.facebook.com/BrotherBennos)**

 **[Twitter.com/BrotherBennos](https://twitter.com/BrotherBennos)**

### AUXILIARY NEWS

by Carol Sanford

Our latest fundraiser, "The Doyle and Debbie Show" at the Broadway Theatre in Vista on April 13, was a howling success, masterfully chaired by new Auxiliary member **Barbara Collins**.

At our April meeting, we assembled the 50 gift bags that will be handed out the Saturday before Mother's Day at the Center. **Claire Carter** chaired that event, as well as the 50 gift bags for men before Father's Day. Thank you to everyone who donated new socks, granola bars, wrapped candy, and other items. This year, the ladies' gift bags included Murano-style necklaces, donated by a non-member, **Fran Brevig**, of West L.A., my long-time friend! We are so appreciative of items that we can pass along.

Please continue to donate your extra grocery bags with handles (important!) for our Guests to carry away the myriad items available after breakfast.

The mini-talks plus Q & A at our monthly meetings, given by the people who are in charge of various areas at Brother Benno's, have become a popular feature. In April, **Carol Muehe** told us about about the Clothing Room and other donation-related functions at the Center. In May, **Julie Petrie** will tell us what she does in the Intake Office in her quest to assist people with various needs. Don't miss these opportunities to learn how we can continue to support the various needs of the Foundation with our time and treasure.

Another new member, **Taylor Sivak**, volunteered to chair the annual Postal Service Food Drive in May. She is also working on a Facebook presence for the Auxiliary, so check it out!

Please join us at our next meeting on Wednesday, May 25, in the Center Dining Room

at 1 p.m. for social time with snacks, and 1:30 for the meeting. Guests are always welcome!

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The Men and Women's Recovery Program fulfills one of the missions of Brother Benno's. **Harold Kutler**, founder of the Brother Benno Foundation, wrote in his book, *Soup Soap Hugs Hope, the Story of Brother Benno's Life-Changing Soup Kitchen*: "Being imprisoned by addiction is a living hell. By interacting with the men and women in our Recovery Program, we become part of the key that will open the gate to their freedom."

Some of the men and women who graduate from our Program return to give back at Brother Benno's, helping in numerous ways the new people in the recovery process, thus fulfilling A.A.'s Twelfth Step which states: "Having had a spiritual awakening as the result of these Steps, we try to carry this message to alcoholics, and to practice these principles in all our affairs."

*(The information in this article is taken from one of Brother Benno's brochures, which is available at the front desk at the Center.)*

#### 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>

#### 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 \_\_\_\_\_

Donation \$ \_\_\_\_\_

Address \_\_\_\_\_

Number of copies \_\_\_\_\_

City, State, Zip Code \_\_\_\_\_

### Memorials

Ron Alexander	William & Vennita	Kathryn D. Pent	Zeferino & Dancy
Dixie Bales	Flanagan	Mary Peterson	Nares
Frank Barnet	Louise Foussat	Jane Pfau	Nysewander Family
Brother Benno	Joe & Ida Friend	Ruth Hazel Pierson	Squirrell Family
Edith Blaiser	Mary Gerrity	Mary Pullman	Sarah Diot
Andrea Boersma	Bob Gleason	Catherine L. Quinlan	Mary Kennedy
Roland Bond	Tom Hayward	Dora Ramirez	Joe Koenn
Bill Boster	Elizabeth Holms	Dick & Terry Riley	Johnny & Molly
Agnus & Joan Boyd	Alice Jordan	Margaret Rossini	Samuelson
Bill Buckner	Ben Kouns	Ann Sauer	Joey Jesseph
Deacon Art & Mary Carr	Richard Kurtz	Mary Shankle	Chuck & David
Mary Teresa Carr	Carole Kutler	Naomi Shelton	Schmuckle
Anna Correia	Kay Kutler	Bernice, Samuel &	Richard Mather
Don & Dorothea Daybell	Bill & Louise Lakoff	Milton Silver	Gilbert Brown
Phyllis H. Dierlam	Ben E. Lewis	Will Skinner	Rose & Floyd
Frank S. Dolley	Helen Lucas	Mike Stendahl	Caldwell
Anita H. Donahue	Bill & Joan Maloney	Margaret Stephan	Bob Strawbridge
Dorothy M. Donahue	Helene McGill	Virginia Sylwestrzak	Geri Heiser
Fr. Luke Dougherty	Michael & Monty	Mother Teresa	Andrew & Jane
Roseanne Dreibelbis	Nares	Harold Thompson	Yandura
Fr. Abbot Claude	Mary Nordstrom	Rosemary Tucker	Mike Sifferlen
Ehringer, OSB	Bud & Blanche Ogle	Walter Ulloa	
Myron Eichen	Ben Osgrove	June Williams	
Richard Farhquar	Pope John Paul II	Fred Williamson	

### Needs

- |                                 |  |                 |
|---------------------------------|--|-----------------|
| Gently used furniture           | Diapers, all sizes                             | Reading glasses |
| Women's Feminine Hygiene Items  | Bottled Water                                  | Used Vehicles   |
| Easy-to-Carry Blankets          | Hotel size hygiene items                       | Baby Wipes      |
| Hoodies, especially large sizes | 11' x 10' area rug for Children's Reading Room |                 |

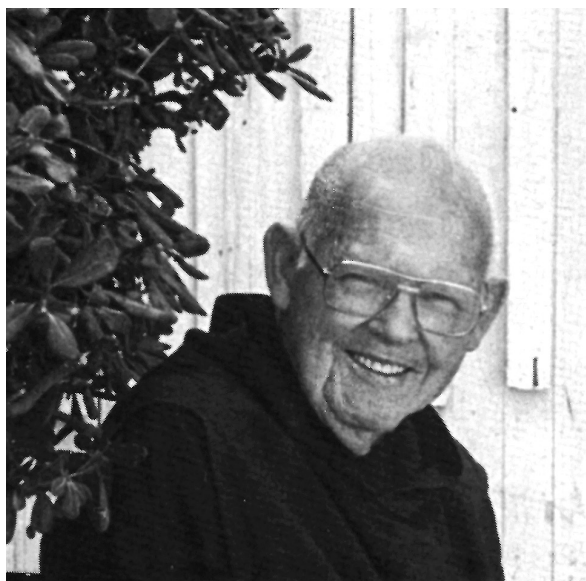
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>May</b>	<b>2</b> St. Elizabeth Seton #1	<b>3</b> St. John The Evangelist	<b>4</b> Brother Benno's Auxiliary	<b>5</b> Oceanside Pacific Kiwanis	<b>6</b> San Luis Rey Mission	<b>7</b> St. Thomas More
<b>2016</b>	<b>9</b> North Coast Methodist	<b>10</b> Team Wyndham	<b>11</b> 1st MLG FCPOA	<b>12</b> Oceanside Civitanis	<b>13</b> St. Patrick's	<b>14</b> Riverview Church
<b>Monthly</b>	<b>16</b> Sunrise Kiwanis of Vista	<b>17</b> Christ the King Lutheran	<b>18</b> Grace Anglican	<b>19</b> Carlsbad Rotary	<b>20</b> St. Elizabeth Seton #2	<b>21</b> Girlfriend's Care
<b>Serving</b>	<b>23</b> Christ Church	<b>24</b> St. Mark's San Marcos	<b>25</b> San Luis Rey Methodist	<b>26</b> Pilgrim Creek	<b>27</b> Sonrise Christian Fellowship	<b>28</b> Catholic Daughters
<b>Team</b>	<b>30</b> Oceanside Pacific Kiwanis	<b>31</b> Welk Resort				
<b>Schedule</b>						

### Furniture Sales at the Center

3242-B Production Ave., Oceanside 760-967-2742 **Open Tues. - Sat. 9 am to Noon**  
 We welcome your saleable furniture items. Please call 760-439-1244 ext.115 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 Mon-Sat 10 a.m. to 5 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](http://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](http://www.brotherbenno.org)



**Brother Benno's Services:**

	March 2016	Our 32nd Year		March 2016	Our 32nd Year
Meals	14,062	3,874,285	Loads of laundry	29	27,310
Nights of lodging	1,042	273,232	Food packs	1,482	296,607
Articles of clothing	5,633	1,179,031	Blankets	163	40,058
Showers	1,348	217,410	Tarps	105	1,033
Haircuts	121	19,911	ID Vouchers	0	8,839
Bus passes	128	80,522	HUGS	1,800	917,194