



Brother Benno's Newsletter

"Uplifting The Dignity of Those We Serve"

Volunteers Making a Difference

October 2017



YOUNG GIRL SETS GREAT EXAMPLE

Eleven-year-old **Kyndra Isbell** of San Marcos took on the Herculean task of collecting books, canned goods, blankets, and cash for Brother Benno's as part of a leadership project in the YMCA Adventure Guides/Princess Program. As you can see from the picture, she was very successful!



Kyndra's mother **Kim** told us that her daughter put together a team of kids plus one adult, her grandmother, to help her. She also reached out to family and friends via email and Facebook, asking for donations. They put bins in front of her house where people could drop off items. She also asked her friends' families to donate baked goods, which she and her team sold at their local Albertson's store, bringing in more than \$200.

Kyndra said she learned about Brother Benno's from a classmate. "We were having a book fair at my school," she said, "and I bought two books but I had a dollar left. (A boy) came up to me and told me about Brother Benno's and

asked if he could donate my dollar to Brother Benno's, so I said yes."

When she was asked if doing this project had changed her in any way, she said, "No it didn't, because I already had a strong need to help others, and the Leadership Program was a gateway for me to do what I wanted to do, which is helping others, and that's what I did and I will continue doing."

Ω

CENTER KITCHEN REMODEL ALMOST FINISHED

by Dennis Martinek

Thanks to the generosity of our donors, the Brother Benno Center has an "almost new" kitchen. We now have a new tilting skillet (40 gallons), new tilting pot (60 gallons), two new stoves (6 burners), new griddle, updated fire suppression system, renovated tile floor, and new lights. The only remaining work is replacing the tile under the stoves.

Our talented chefs, Pelon and Kevin, have been impressing us with some great breakfast and lunch meals, and they take great pride in showing us how it all works. Their jobs have been made a lot easier, now that they have the right equipment; and Brother Benno's is able to feed over 200 hungry people each morning.

We thank all those who have donated, and especially the Tony Robbins Foundation for their \$35,000 grant for the kitchen equipment.

Ω

EXPERIENCING THE BROTHER BENNO SCENE

by Barbara Ladwig

OOPS! If you sent a birthday card to Harold Kutler in September and it came back as undeliverable, it's because we gave you the wrong zip code in our last newsletter. His correct address is P.O. Box 261, Oceanside, CA 92049. We are sorry for the inconvenience.

Are You Connected? Try as I might (at my "advanced" age), I can't seem to stay connected to the brave new world of social media. But I can encourage others to do so. Brother Benno's Facebook page is a real treasure, created and run by **Belinda Smith**. Just go to brotherbenno.org and click on the Facebook icon.

The last time I did remember to check it, I was thrilled to be able to see and listen to several groups of entertainers who volunteered to entertain our Guests at our morning meal. (Sure beats having to get up before dawn and drive to the Center!) The other items that caught my attention were the current Needs, which can be posted throughout the month as they arise.

Belinda and I feel that we complement each other's efforts of keeping our friends and supporters informed about the doings at Brother Benno's. She can stay current with all sorts of information, while I can report stories more in depth. We have agreed that we can steal from each other at any time.

And speaking of news, **Linda McIntosh**, a reporter for the San Diego Union-Tribune, wrote a story about Brother Benno's that ran in the newspaper on August 25. We appreciate her many years of support, which has surely helped to make Brother Benno's better known in our area.

She's a Blessing. I love meeting new volunteers, hearing why they decided to help at Brother Benno's, and seeing their fresh enthusiasm. My most recent encounter was with **Kadee Jacobson**, a 31-year-old mother of four, married to a Marine, and studying for a bachelor's degree via the Internet in order to become a Social Worker.

Kadee said it all started when she was given

a school assignment to perform volunteer service hours at a local organization of her choice. Having grown up in North County, she said she has seen Brother Benno trucks driving around town since she was a child. Then she talked to a friend whose uncle is a monk at Prince of Peace Abbey in Oceanside (Brother Benno's home for many years), and the friend said she was sure Brother Benno's could use her help.

She comes to the Center once a week, and her current task is to decorate the lunch bags we give out to our Guests who request them. "People might think it's a boring job, but for me it's therapeutic. I use crayons—simple and colorful. I wish I could come in every day," she said, but with two toddlers at home, she can't quite fit that into her schedule. "I do decorate bags at home, too, because it's so relaxing," she added. When asked if the little ones add their artistic skills, she said, "No, this is just for Mommy."

She had a batch of bags already done, and as I flipped through them, I could see her heart in them. Some of the messages were: Aim High – Choose to be Kind – Never Give Up – and the words were surrounded by flowers or stars or other simple shapes.

Kadee said both she and her husband have always had a heart for the homeless, and they carry what they call Blessing Bags in their cars, filled with bottled water and various kinds of snacks. When they see homeless persons asking for money, they give them a bag instead. "We don't think giving money is a good idea," she said, "but these bags can be helpful, and they show our concern." She also said the Blessing Bags are a good example for their children. "We want them to learn to care for others too," she said.

Ω

Please consider contributing to the Brother Benno Foundation by way of your Will, Living Trust, Designated Beneficiary Account, Stocks, Life Insurance, Mutual Funds, or Real Estate. For more information, contact Suzy Martinek, 760-439-1244, ext. 116 or smartinek@miracosta.edu

ADDICTION IS A FAMILY DISEASE

In the field of addiction treatment and recovery, there is an often repeated truism: "Addiction is a family disease." Studies show that if you have one parent who has a substance use disorder, you are eight times more likely to become addicted yourself. Here at Brother Benno's, we have experienced this first-hand. The majority of our Program Members who have come to us for help have grown up in an environment where drug and/or alcohol use and abuse by close family members is the norm.

Nature or nurture? That is the age-old question. Again, studies show that it is not nature OR nurture, but rather, nature AND nurture. The environment of a home where drugs and alcohol are present tends to be chaotic and devoid of healthy coping skills, so the behavior of the parents is imitated by the children. We learn what we live.

The flip side of that coin has been showing itself at Brother Benno's recently. When one member of the family finds a way out of the misery of addiction, other family members sit up and take notice. We currently have two people in our Program who are here because a close family member of theirs came through our Program previously and achieved physical and emotional sobriety that changed their lives.

The transformation they were able to achieve as a result of taking the 12 Steps of Alcoholics Anonymous made such an impact that the people closest to them wanted the same type of transformation in their own lives. Although we do not allow Program Members who are related to go through our Program at the same time due to potential conflicts of interest, we currently have a wife, a sister, and a mother of previous Program Members who were attracted to what they saw.

Tradition Eleven of Alcoholics Anonymous states in part: "Our public relations policy is based on attraction rather than promotion. . . ." Put simply, AA does not advertise; they don't need to. The best endorsement of the effectiveness of the Program is the changed lives of those who practice the principles of AA in their daily lives.

So, addiction is a family disease, but the solution found in recovery is a family affair also.

Ω

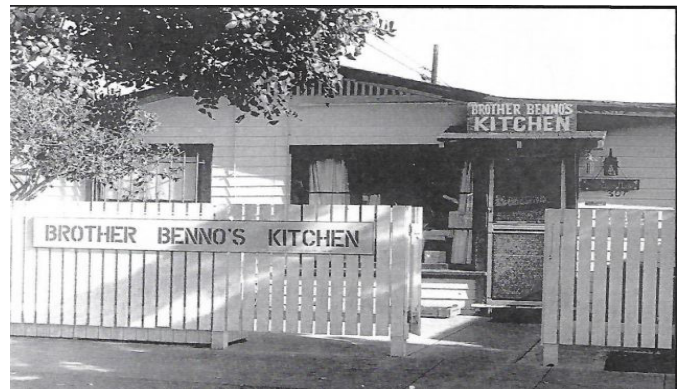
LOOKING BACK AT HOW IT STARTED

October is anniversary month for Brother Benno's. We've now been serving the poor and homeless for 34 years! It's doubtful that our Founders, **Harold and Kay Kutler**, could have foreseen how their venture would grow from its modest beginnings into the widely encompassing outreach it is today.

In his book, *Soup Soap Hugs Hope, the Story of Brother Benno's Life-Changing Soup Kitchen*, Harold wrote: "The Brother Benno Kitchen opened on October 21, 1983, and Brother was there with a big cauldron of soup he'd made at the Abbey. Twenty-one guests showed up—three were Kay's and my teenagers, and the other 18 were male street people. Brother talked to them all and made them feel welcome.

"For the first few weeks, Brother Benno came every night with food he'd prepared, until we slowly got a handle on cooking our own food. After that, he came about three times a week while he was on his evening furniture run, to say hello to us and our guests. Kay usually got him up on our stage to tell a few of his corny jokes. . . ."

If these brief glimpses into the past have piqued your interest, you might want to order the book. The order form is on page 4 it's yours for any amount of donation you wish to give. And if you're into numbers, we have lots of them on the back of this newsletter every month.



Original Brother Benno Kitchen

Ω

AUXILIARY NEWS

by Karen Gallagher & Nita Rodriguez

Become a Luncheon and Fashion Show Sponsor! This year the Auxiliary is expanding opportunities for financial support through Sponsorships, which offer a great "branding opportunity" for companies and local businesses interested in a strong presence at our best fundraising event of the year. If you are interested, please call **Nita Rodriguez** (760-994-1355) or email at auxiliary@brotherbenno.org

Tickets for this big event are now available to the general public. You may want to make your reservations sooner rather than later, as we anticipate that it will sell out early. Table locations are on a first-come, first-served basis, so talk to all your friends and reserve now. You can download a ticket form here: <http://bit.ly/2u1quoD> or call **Penny Sallee** (760-912-8566). Tickets are \$75 per person or \$750 for a table of ten.

Auxiliary members are busy preparing beautiful **Opportunity Baskets**, scintillating **Silent Auction Items**, dandy **Door Prizes**, and

additional surprises for attendees to win big while supporting the work of Brother Benno's at the same time.

Members were treated to a wonderful presentation by **Carol Muehe** in September. They got a behind-the-scenes look at how the Center's Clothing Room operates, in addition to learning how donations are sorted, stored, and shared with Guests in need. Members also heard about the special celebrations held at the Center throughout the year for Guests and Recovery Program Members.

Members need to be present at our October 25 meeting to vote on Auxiliary Board Officers for the coming year. Social time and snacks begin at 1 p.m., followed by the meeting at 1:30 in the Center Dining Room. We welcome all to our meetings. Why don't you check us out? It's a great way to get started helping Brother Benno's!

Can't attend a meeting but want to become a member? Download our membership application: <http://bit.ly/2oGkaB9>

Ω

Brother Benno's Auxiliary Winter Luncheon Fundraiser A Legacy of Love and Service Honoring Founder Harold Kutler

Saturday, December 2, 12 Noon
(Doors open at 11 a.m.)
Sheraton Carlsbad Resort & Spa
5480 Grand Pacific Drive, Carlsbad
Valet Parking Included

Thrift Shop Fashion Show Silent Auction Opportunity Baskets

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 _____
Address _____
City, State, Zip Code _____

Donation \$ _____
Number of copies _____

Memorials

Ron Alexander	William & Vennita	Nysewander Family	Virginia Sylwestrzak
Dixie & Lou Bales	Flanagan	Bud & Blanche Ogle	Harold Thompson
Frank Barnet	Louise Foussat	Ben Osgrove	Rosemary Tucker
Brother Benno	Joe & Ida Friend	Kathryn D. Pent	Walter Ulloa
Edith Blaiser	Mary Gerrity	Mary Peterson	June Williams
Andrea Boersma	Bob Gleason	Jane Pfau	Fred Williamson
Roland Bond	Tom Hayward	Ruth Hazel Pierson	Mike Sifferlen
Bill Boster	Elizabeth Holms	Alan Port	Steve Reid
Agnus & Joan Boyd	Alice Jordan	Mary Pullman	Clarice Bednarz
Bill Buckner	Ben Kouns	Catherine L. Quinlan	Bob Buchach
Deacon Art & Mary Carr	Richard Kurtz	Dora Ramirez	Molly & Johnny
Anna Correia	Carole Kutler	Dick & Terry Riley	Samuelson
Don & Dorothea Daybell	Kay Kutler	Margaret Rossini	William Pry
Phyllis H. Dierlam	Bill & Louise Lakoff	Ann Sauer	Bob Strawbridge
Frank S. Dolley	Ben E. Lewis	Mary Shankle	Bruno Acosta
Anita H. Donahue	Helen Lucas	Naomi Shelton	Ceceliz Skrukud
Dorothy M. Donahue	Bill & Joan Maloney	Bernice, Samuel &	Donald Deffenbaugh
Fr. Luke Dougherty	Helene McGill	Milton Silver	George Murray
Roseanne Dreibelbis	Michael & Monty	Will Skinner	Clay
Fr. Abbot Claude	Nares	Ann Grier Smith	
Ehringer, OSB	Zeferino & Dancy	Squirrell Family	Happy Birthday
Myron Eichen	Nares	Mike Stendahl	Richard Shlemmer
Richard Farhquar	Mary Nordstrom	Margaret Stephan	

Needs

Gently used furniture
Men's Casual Pants sizes 32, 34, 36
Wheelchairs

Diapers
Men's Belts

Comfy Walking Shoes
Shoelaces approx. sizes 42, 54, 72

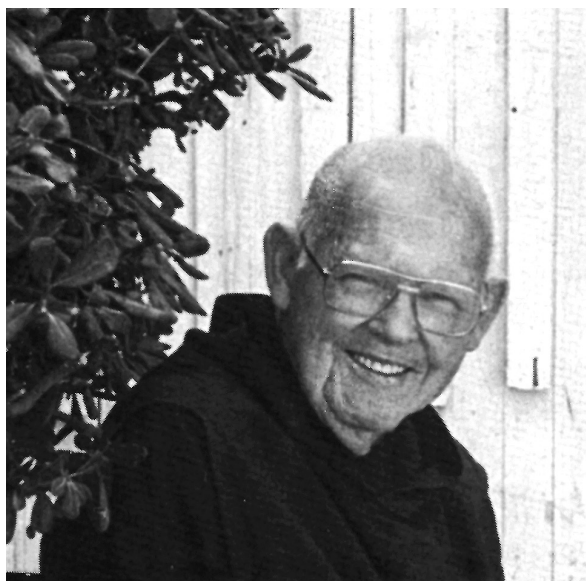
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October	2 St. Elizabeth Seton #1	3 St. John The Evangelist	4 Brother Benno's Auxiliary	5 Oceanside Pacific Kiwanis	6 San Luis Rey Mission	7 St. Thomas More
2017	9 North Coast Methodist	10 Riverview Church	11 1st MLG FCPOA	12 Oceanside Civitanis	13 St. Patrick's	14 Female Athletic Volunteers
Monthly	16 Sunrise Kiwanis of Vista	17 Christ the King Lutheran	18 Brother Benno's Auxiliary	19 Rotary Club of Carlsbad	20 St. Elizabeth Seton #2	21 Girlfriend's Care
Serving	23 Christ Church	24 St. Mark's San Marcos	25 San Luis Rey Methodist	26 Pilgrim Creek	27 Sonrise Christian Fellowship	28 Catholic Daughters
Team	30 Oceanside Pacific Kiwanis	31 Welk Resort				
Schedule						

Furniture Sales at the Center

3242-B Production Ave., Oceanside 760-529-5481 ext. 200 **Open Tues. - Sat. 9 am to 1 pm**
We welcome your saleable furniture items. Please call 760-439-1244 ext.102 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

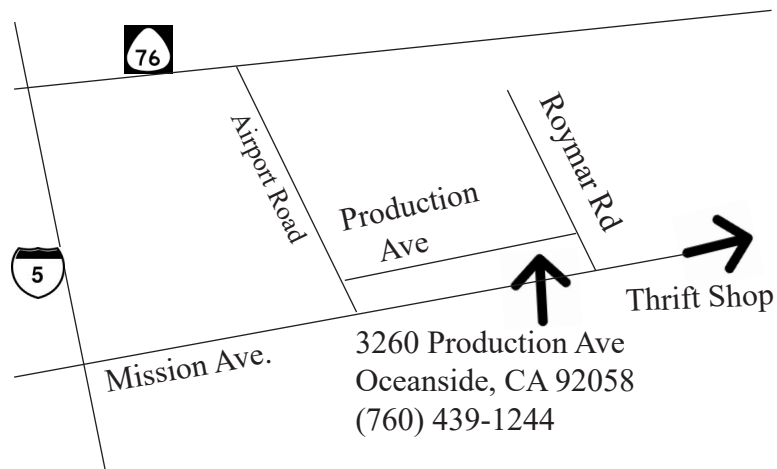
Shop open Tue-Sat 10 a.m. to 6 p.m. -- Stop by to check out our Daily Specials!!

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 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



Brother Benno's Services:

	August 2017	Our 33nd Year		August 2017	Our 33nd Year
Meals	13,779	4,097,693	Loads of laundry	29	27,777
Nights of lodging	827	288,332	Food packs	1,393	321,284
Articles of clothing	6,104	1,276,388	Blankets	124	42,903
Showers	1,263	237,628	Tarps	103	2,587
Haircuts	42	21,927	ID Vouchers	14	9,013
Bus passes	107	82,483	HUGS	1,800	950,494