

The JOSEPH HOUSE



Little Sisters of Jesus and Mary

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Dear Friends of Joseph House:

In his poem, "Those Winter Sundays," Robert Hayden describes a poignant memory:

Sundays too my father got up early / and put his clothes on in the blueblack cold, / then with cracked hands that ached / from labor in the weekday weather made / banked fires blaze. No one ever thanked him.

Hayden concludes his poem with the question: *What did I know of love's austere and lonely offices?*

These lines give us pause for a moment. The memories of those who sacrificed for us come to mind. Maybe the love was obvious, maybe it was not. Perhaps with the passage of time we can understand, if not appreciate, their actions.

In our ministry of caring for the poor, there is a lot of work and sacrifice involved, but never without love. Love makes possible the early hours, long days, and the repetitive labor of washing clothes for the homeless and filling bags of groceries. The love **you** put into action through your generosity allows us to pay rents and heating bills. This keeps children safe, allows adults to get back on their feet, and permits the elderly and disabled to live in peaceful security.

What do we know of love? Each day is a chance to discover more.

These days, **Simone**, age 70, sees little beyond her trailer that sits between a highway and a farmer's field. The progression of her chronic obstructive pulmonary disease (COPD) keeps her mostly homebound. Her lung capacity is down to 40 %. Living on a fixed income, she sometimes cannot pay all of the rent if the heating bill is too high. Simone has no family. When her landlord was going to evict her a few weeks ago, she had no one to turn to for help. Fortunately, Simone got in touch with the Joseph House, and we paid \$300 to get her caught up with the rent. The eviction proceedings were stopped.

Clark is an 84-year-old disabled veteran confined to a wheelchair. He was in distress because his home had no heat, and he lacked the funds to get his propane tank filled. In our winter of wild weather, bitter cold was on the way. We called



You need three phrases
in a family:

- 1). May I?
- 2). Thank you.
- 3). I'm sorry.

~ Pope Francis ~



Prayer Requests: use return envelope or e-mail to LSJM@comcast.net

To you I pray, O Lord; at dawn you hear my voice:

the gas company and had 100 gallons (\$185) delivered to Clark's home immediately.

Alisha, 43, needed help with her electric and water bills. She has been raising her two children alone ever since her husband left the family. Alisha found a job, although it is only part-time. She brings home about \$485 per month, plus \$400 in child support.

We were impressed with how Alisha is making the best of this meager income. She follows a strict budget and is determined to find more employment. When we agreed to pay her two bills (\$198 total), we could see in her expression how a burden was lifted.

In our work with the poor, we live the truth: we are one family. Thank you for being part of this loving embrace of those in need. The season of new life and Easter is fast approaching. Let us celebrate this glorious time of year!

Your Little Sisters of Jesus and Mary

Update on the Joseph House Workshop

News from Dr. Art Marsh (Director) and Mr. Rudy Drummond (Resident Program Manager) about our residential job-preparation program for homeless men.

The Workshop is currently operating at near full capacity, with seven of the eight available positions currently occupied. Two of our residents are in Phase II with steady employment, and the other five residents have just begun the three month educational program of Phase I. None of the residents are currently enrolled in any formal school program. Regarding the two employed residents, one is working near full-time at Sam's Club and the other obtains almost daily employment via Labor Ready.

Our educational program has been expanded and a list of courses is below. In addition, our residents provide many hours each week of community service working at the Joseph House Food Pantry as well as program related tasks as need by the Little Sisters of Jesus and Mary.

There is a large focus on spiritual issues in recovery facilitated by daily attendance at 12-Step meetings as well as weekly attendance at St. Francis de Sales Church (residents are free to attend the church of their choosing).

We are in the preliminary stages of creating an Alumni Committee since many of our recent graduates have had continued success with independent living.

Workshop Curriculum -- taught by staff and volunteers with expertise

Purpose Driven Life – Discussion of the book written by Rick Warren. Its goal is to help us understand why we are alive and what God’s amazing plan is for us both now and for eternity.

Battlefield of the Mind – Discussion of the book by Joyce Meyer with the goal being to eliminate negative thoughts and be able to change one’s life by changing one’s mind.

Relapse Prevention – Comprehensive study of the neuro-chemistry of the brain and its effects on triggers that can lead to relapse.

Post-Acute Withdrawal Syndrome – An understanding of the early phase of recovery from substance abuse and the psycho-emotional conditions that arise.

Emotional Maturity – Learning to deal with the vicissitudes of life without over- or under-reacting.

Conflict Resolution – Learning constructive ways to deal with the conflicts of day-to-day living.

Sponsorship – The study of the dynamic relationship between a 12-Step sponsor and sponsee.

Self-Empowerment – Alternative views at looking inward to promote a healthier lifestyle.

Meditation – The benefits of deep daily meditation and the enhancement it can provide to one’s life.

Anger Management – The exploration of the triggers and resolution of toxic emotional states.

Art – The creative expression of internal processes via various artistic crafts.

Rehabilitative Thinking – Empowering one to unlearn the negative behaviors associated with addiction and rekindle an understanding of proper societal interaction.

Addiction as a Disease – Understanding the disease concept of addiction based on the current medical classification of an illness.

