



## Our Healing Community Newsletter

# INN *sight*

Spring 2022

### Transforming Lives through the Gifts of Healing and Hope

St. Christopher's Inn welcomed Dr. James Schiller, Ph.D., on June 29, 2020. Dr. Schiller has extensive experience in helping people break free of poverty and addiction to drugs and alcohol and to rebuild their lives. His dedication has remained steadfast as he and his team continue to respond to the challenges of the dual pandemic and addiction crisis. Under his leadership, the Inn will transition to a NYS 820 Residential service program and has been recognized for its excellent service standards and best practices in achieving the highest quality of care for the Brothers Christopher.

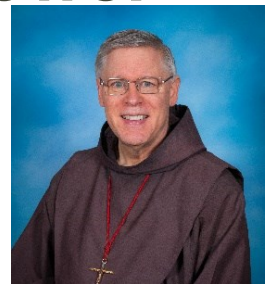


**Dr. James Schiller, Ph.D.**  
Executive Director

*"I am excited to be part of this talented and dedicated team at St. Christopher's Inn. Working together, I know we can advance the Inn's essential mission of bringing physical, emotional, and spiritual healing and reconciliation to those in our community who struggle with homelessness and addiction."*

## Faith in a Higher Power

Message from our Spiritual Director,  
Fr. Dennis L. Polanco, SA



*Integrating professional and compassionate treatment with Franciscan Hospitality to provide physical, emotional, and spiritual healing from addiction.*

Frequently the men who come to the Inn feel they are broken beyond repair. This is because one of the first things that the disease of addiction weakens or destroys is a person's spirit, and they lose hope of ever recovering. These men need more than just chemical dependency treatment—they need a spiritual awakening. Therefore, the Spiritual Direction offered to the men by the Friars and Staff often becomes the cornerstone of their recovery, and another reason for the Inn's great success. We are providing a healing process for the men at the Inn; reminding our Brothers Christopher that they are "Men worthy of love and respect," and that healing comes to those who are ready to receive it and surrender to a Higher Power.

Believing in this higher power and the role of spirituality in their recovery journey helps them identify a renewed purpose and accountability in their lives and their recovery. Having faith in a higher power brings greater peace and love to themselves and in support of their Brothers Christopher community. Our community is celebrating its 113th year in providing spiritual counseling, healthcare and substance abuse treatment, housing and the basic needs of food, shelter, and clothing. We are thankful to all those who support our vital health and social ministries at St. Christopher's Inn and for their continued commitment in enabling us to provide Franciscan hospitality and spirituality to all who seek it.

*"Spirituality restores our faith in ourselves and gives us the strength on our continued journey to recovery."*

# Recovery is a JOURNEY!

*Our mission is to offer a continuum of quality health care services that facilitate physical, emotional, and spiritual healing by providing chemical dependency treatment, primary healthcare, and temporary housing.*



## More retreats at the Holy Mountain Franciscan Retreat Center

Many of the retreats throughout the year focus on living in recovery. Some examples of retreats offered are Matt Talbot Men #9, which is based on the spirituality of Alcoholics Anonymous; Couples in Recovery: Chapter 9; Spirituality of the 12 Steps; and Relapse Prevention Retreat.

*“My favorite six words in Recovery are: trust God, clean house and help others.”  
— Matthew Perry*



## Spring has sprung at San Damiano Farm

San Damiano House & Farm at Graymoor provides men in recovery the opportunity to continue their outpatient treatment at St. Christopher’s Inn as part of their continuum of care, providing Brothers Christopher with vocational programs in a safe and supportive environment filled with abundant spirituality. **All in the community and beyond are welcome to see the fruits of our men’s labors of love. For opening dates and times, visit:**

[StChristophersInn.org/SanDamiano](http://StChristophersInn.org/SanDamiano)

## Learning to SAVE lives

Opioid overdoses exceeded 100,000 in the United States in 2021.

**You NARcan save lives!**

NARCAN virtual training is available at St. Christopher’s Inn. There is no cost for the training, however registration is required as space is limited.

**A simple spray can save a life.** Narcan kits will be provided for all who complete the training. St. Christopher’s Narcan trainers are also available to meet with and train groups in the local community upon request.



Visit our website at [StChristophersInn.org/Narcan](http://StChristophersInn.org/Narcan)



# WAYS TO HELP A BROTHER CHRISTOPHER ON HIS JOURNEY

*St. Christopher's Inn offers in-person and remote online addiction treatment. Through its community outpatient telehealth program, we offer individual sessions, lectures and groups on recovery, relapse prevention and family/treatment support. Treatment planning is developed collaboratively with qualified clinical staff members and individuals seeking services.*

Many have been called and continue to call the friars and the Executive Director, asking "How can I help? How can I support a Brother Christopher in need and on the road to recovery and independence?"

Not surprising, substance abuse in one form or another has touched their (and our) lives or community.

As a not-for-profit, although we receive some taxpayer support (and are grateful), that alone is not enough to maintain the quality and lifesaving work we have provided for over 110 years. Our goal is to empower persons during and after treatment, offering spiritual and after-care support and a means of self-empowerment and independence.

We know we are on the right path, when anyone leaving our home can say,  
**"I am a person worthy of love and respect."**

*I came into St. Christopher's in May of 2017. I had nothing except the clothes on my back. My spirit was broken, and I had nowhere to go. Something started to change within me during my 3 months stay. I slowly began to see the beauty in the world. My soul was coming to life and at some point, I became willing to change and began to envision a life of recovery for myself. SCI blessed me with hope. Hope is what kept me alive when I was lost. The day I separated I made a meeting the day I left. I have been clean since May 2017 and have an amazing life today. I have a wife with 2 kids, an amazing career and I own my own home today. None of this would be possible if I had decided NOT to walk into those doors that rainy day in May, 4 years ago. I look back on my time there with love and gratitude in my heart and continue to share my experience there with others seeking recovery.*

*-Mark N. (St. Christopher's Inn Alumni)*

## That Nothing Be Lost

The **That Nothing Be Lost Thrift & Antique Shop** at Graymoor is truly a treasure for the Friars and Brothers Christopher at the Inn, as well as the shoppers who find their way up the Holy Mountain in search of a bargain! The shop is an important part of the revenue to support the men in recovery at St. Christopher's Inn. Since all items are provided through tax-deductible donations, all proceeds from items sold go directly to cover the cost for the men staying at the Inn, while they receive treatment for their addictions.

Bring this newsletter with you to receive **10% off** your total purchase at the St. Christopher's Inn Thrift Shop. Coupon expires **July 1, 2022**.



## Needs Arise. You Can Help.

We are grateful to you and to all those who have been part of our mission. There are so many ways in which you can help our Brothers Christopher. **You can move our vital mission forward.**

- ✓ Help support one individual with intensive counseling services as well as room and board and meals.
- ✓ Provide remote treatment tools to counselors, supervisors, and clients that provide remote outpatient telehealth services to individuals and families.
- ✓ Provide extended substance use counseling.
- ✓ Supply in-room ultraviolet air treatment fixtures that control the spread of COVID-19 and airborne microorganisms in the dorm and community rooms of the Inn.
- ✓ Provide supplies for daily activities.
- ✓ Ensure St. Christopher's Inn and its property are kept safe and up to date to ensure the long-term future of providing these lifesaving services.

To help support our work, please visit [StChristophersInn.org/Innsight](https://StChristophersInn.org/Innsight)  
To support a specific need, please use the comment box to designate your gift.

**We are here to help!**  
For more information, please call **Audrey Warn** in Mission Support at **845-424-2142** or email [awarn@atonementfriars.org](mailto:awarn@atonementfriars.org)

# Stories of the recovery journey

*Addiction is a family disease, so repairing and creating new relationships with family members is an important part of recovery.*



Dear St. Christophers,

My dad is a recovery addict, and your program has helped him to focus on the good (God). I have seen how other programs have helped him versus St. Christopher's. The difference is amazingly different. Your program has helped my Dad more than any other program he has ever been to. Thank you for that! -Andrew

## Your Support Makes the Recovery Journey Possible.

*Please help Andrew's father and all the men at St. Christopher's Inn continue to receive the lifesaving and life-changing services that enable them to break free from addiction.*

## Circle of Hope

By making a commitment to a monthly gift you are saying, "I want to provide hope. I understand how important it is to make treatment available to those suffering from addiction so they can rejoin their families and communities and be productive members of society."

Your monthly gift gives the Brothers Christopher hope and reassurance that they are not alone – that you are with them and their families in their journey to heal and recover.

Become a Circle of Hope member. Three simple ways:

- 1) Set your monthly donation to transfer directly from your checking account to St. Christopher's Inn.
- 2) Provide your credit card information to be automatically charged each month.
- 3) Recommend a monthly gift from your donor advised fund through your fund administrator.

Visit our website: [StChristophersInn.org/COHNews](http://StChristophersInn.org/COHNews)



For more information, contact the

**Mission Support Office** at

1-888-720-8247 or

**Audrey Warn**, Annual Giving

and Grant Writing Manager,

at 845-424-2142.