

INN *sight*

Our Healing Community Newsletter

A holistic and integrated approach to recovery with Franciscan hospitality

A Message from Our Spiritual Director

Connection and New Life

Every morning at SCL our Brothers Christopher share what they are grateful for and what needs to change. Honesty is the core value in breaking down the barriers of isolation that often come with the disease of addiction. Building a bond of trust with others opens the doors to growth and healthy relationships. Staying connected and healthy are the first steps that we can all take to move forward in better relationships with ourselves, our family, God/Higher Power, and our wider community. There are many bios and articles that I lean on to identify resources that help build these healthy relationships. Here are a few that I share with our Brothers Christopher, and I think play a pivotal part in all our lives.



*Fr. Dennis Polanco, SA
President and
Spiritual Director*

Relationship with yourself: The disease of addiction often results in very low self-worth and even shame. It's hard to attract the love of others when we feel so unlovable. We can only change this one step at a time. It's that push and pull of wanting to change, that can play havoc with our feelings and our thoughts. Self-esteem and self-value are about how you see yourself in relation to others. As I share with our Brothers Christopher, we need to take little steps and celebrate our achievements day by day and believe that greatness is within ourselves and in how we make others feel. Your generous support and friendship make it possible to share this vital message every day with more than 1,000 men that we serve annually.

Relationship with family: Letting go of the past is difficult. Move on to a brighter future. Families want to be supportive. It is challenging when one falls back into old patterns. Addiction is a family crisis, and the pain is shared. However, we rebuild trust together when we demonstrate positive actions and behaviors. It is how we build upon these relationships that makes all the difference.

Relationship with God/Higher Power: The challenges in our lives especially the ones associated with the disease of addiction disconnect us from our spiritual well-being and God/Higher Power. When we reflect upon the qualities that make us good human beings, we encounter a place of peace and serenity. Despite life's challenges, when we allow ourselves to enter our "spiritual cave", we grow closer to God/Higher Power. Your prayers help our Brothers Christopher experience a spiritual awakening that support them along their journey to recovery.

Relationship with the wider Community: Addiction is a disease of isolation. Your continued support is a daily reminder to our Brothers Christopher that they are never alone. It is the generosity of friends like you that make it possible for St. Christopher's Inn to provide the resources and programs that keep our Brothers Christopher on a path to a drug and alcohol-free life. At St. Christopher's Inn, community building is essential to recovery. The fellowship they experience at St. Christopher's Inn enables our Brothers Christopher to reconnect with their wider communities in a healthy and positive way.

Thank you for being with us on this journey of connection and new life. May God bless you always.

Brothers Christopher Create Gym Space With Help From a Friend

San Damiano House, a sober home on the Graymoor property for our Brothers Christopher who have completed treatment at St. Christopher's Inn, but would like more help to sustain their recovery, recently transformed an old root cellar into a beautiful fitness space. The 18 Brothers Christopher who live at San Damiano House did all the work themselves emptying years of storage, cleaning, painting, and adding lighting and ventilation. Soon after the renovation, one of the Inn's generous benefactors, donated a room full of fitness equipment from weights to fitness machines, a treadmill, a bike, and more.

Engaging in physical activity can help individuals in recovery to rebuild their self-esteem, self-confidence, and sense of purpose. Many people who struggle with addiction have neglected their physical health, and incorporating exercise into their daily routine can be a powerful way to regain control over their well-being. Exercising also helps develop healthy relationships. We are grateful to both our Brothers Christopher for giving back to our recovery community in such a big way, and to our generous benefactor, for the donation of equipment and the continued support of our mission.



Before

After



Witness The Miracle of Recovery

Witness for yourself the miracles of recovery. Meet some of the Brothers Christopher who are on the journey of recovery such as Tracey and her son Larry ("A Mother's Hope"), Logan, Indigo and all of the amazing staff at St. Christopher's Inn.

You can view it on our St. Christopher's website at:
stchristophersinn.org/autumn-on-the-hudson



A Mother's Hope

As I sit in the quiet of the evening, my heart is heavy with memories of a time when our family was torn apart by the grip of addiction. It was a dark chapter in our lives, a time when I thought I had lost my beloved son to the harsh world of drugs. But amidst the despair, a glimmer of hope emerged, shining brightly through the compassion and dedication of the Franciscan Friars of the Atonement's healing ministry, St. Christopher's Inn.

These are the words of Tracy, the mother of our Brother Christopher Larry, who shares her family's journey on the Holy Mountain.

Larry had spent time at various drug rehabilitation centers, 13 times to be exact. He was battling a fierce addiction that had taken hold of him like a relentless storm.

"I will never forget the day I saw the light in my son's eyes return with a flicker of determination as he embraced his healing journey offered by the Friars," says Tracy. "With their compassionate care, he embarked on a path of recovery, one step at a time." You see, the Friars do not just treat the addiction, they embrace the spirit, the hopes, and the dreams of the men who come to the Holy Mountain. The Friars walked alongside Larry and his mother Tracy, offering spiritual guidance and the strength of forgiveness and trust in the process of recovery.



A Legacy of Giving: The Hoenemeyer Family

The Hoenemeyer family has been devoted to St. Christopher's Inn and the Franciscan Friars of the Atonement for generations. Lucille Hoenemeyer grew up coming to the "Holy Mountain" in the 1930s with her parents and six siblings, learning early on about all the good work being done here. She met and married Frank Hoenemeyer, and quickly introduced him to the mission of the Friars, sharing her love of Graymoor with him and their children. Together, through the years, Frank and Lucille committed themselves to financially helping the Friars' life-changing ministries. Frank carried on their mutual love for the mission after Lucille died in 2012. And, when Frank passed away in 2021, the Hoenemeyer children made sure to remember the ministry their parents held dear. At the November Autumn on the Hudson fundraising reception to benefit St. Christopher's Inn, Frank and Lucille were remembered for their longstanding commitment to St. Christopher's Inn and their family's legacy of giving was honored. The impact the family has made on the lives of our Brothers Christopher is immeasurable and will be felt for years to come. A mirror was placed in the family's honor in the main gathering room at St. Christopher's Inn under the words, "You are a good man worthy of love and respect"—as a constant reminder to the Brothers Christopher that their disease is NOT their identity. Seeing their reflection in the mirror allows them to come to this realization as they heal.

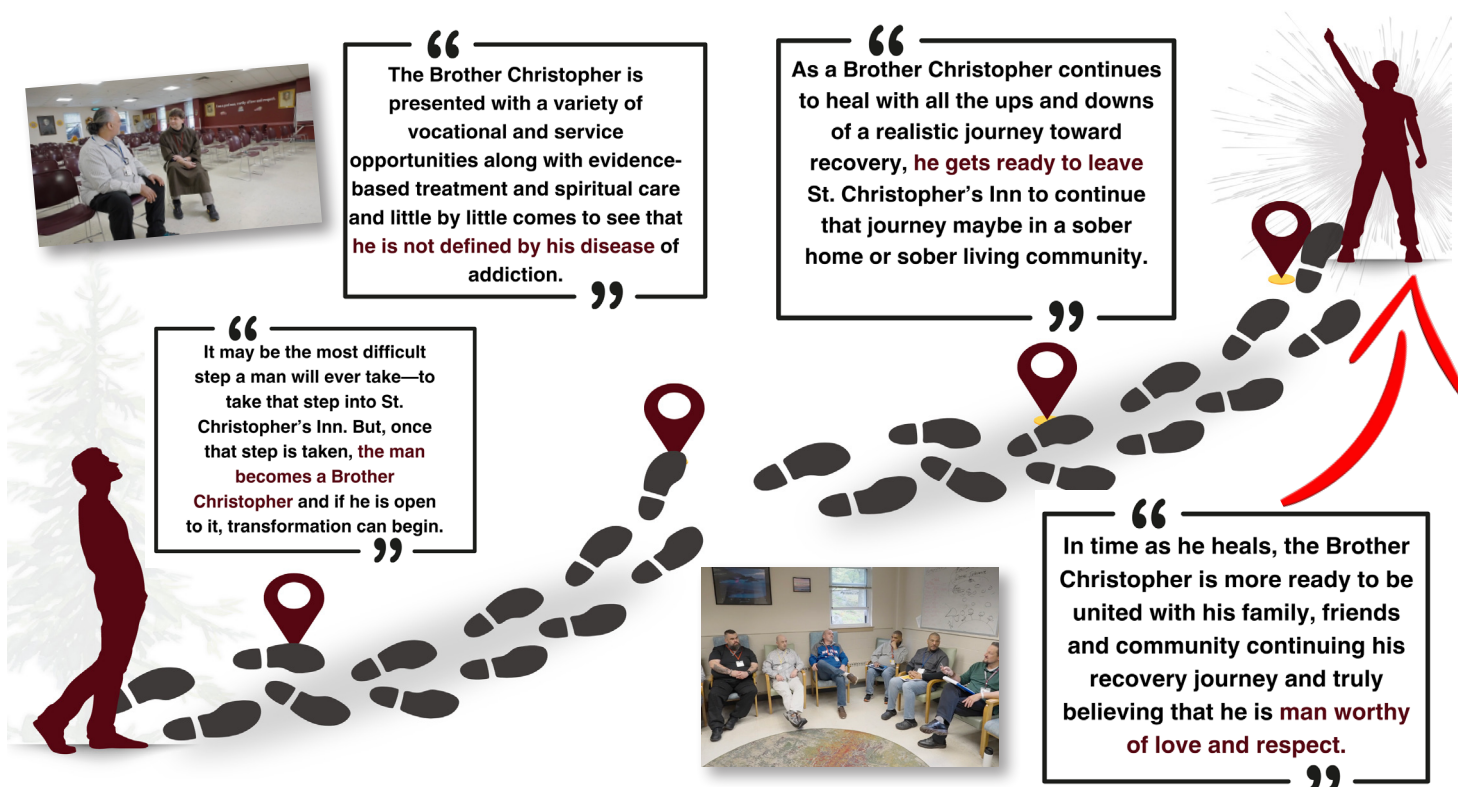


We remain grateful to the Hoenemeyer family and all our loyal benefactors.

If you or your family are interested in leaving a legacy of hope that spans generations, please contact **Audrey Warn in Mission Support at 845-424-2142 or awarn@atonementfriars.org**. We have planned giving opportunities that allow you to continue to transform the lives of our Brothers Christopher for years to come.

***"Overall the program and facility at St. Christopher's Inn is the best, bar none."
-Dan W.***

The Path to Wellness – Every Journey begins with the first step



Circle of Hope: Why monthly giving matters

The Circle of Hope is a monthly giving program that supports the work of St. Christopher's Inn. Monthly giving provides a predictable and reliable source of income to fuel our mission of recovery by helping us plan and budget for programs and new initiatives. Circle of Hope members help to sustain the work at the Inn. “I love to see the change in the men every week as they recover. It's heartwarming,” says Donna, a Circle of Hope member who has been donating monthly for years. She attends Mass at the Inn and sees firsthand the impact of supporting the Brothers Christopher. “I highly recommend giving to St. Christopher's in this way. Together we can all make a difference in the lives of these men,” says Donna. Please consider donating monthly to St. Christopher's Inn. No matter the size, your sustainable gift empowers us to change and save lives. To get started visit Circle of Hope at

www.stchristophersinn.org/circle-of-hope or call Audrey Warn, Mission Support at 845-424-2142 or email awarn@atonementfriars.org.



It takes a village

Addiction is a family disease, so repairing and creating new relationships with family members is an important part of recovery. The goal is to involve families within the first two weeks of a Brother Christopher arriving at St. Christopher's Inn. If you would like to learn more, please contact your loved one's counselor at 845-335-1001 to discuss your participation.

Other resources that we recommend include *Drug Crisis in Our Backyard* www.drugcrisisinourbackyard.org 914-582-8384 and *Foundation for Change* www.cmcffc.org 212-683-3684.

