



Recovery is possible at SisterHouse

May 2019

Spring Newsletter

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The 23rd Annual SisterHouse Graduation Celebration is right around the corner!



Please join us on Sunday, June 30th at 2:00 p.m. The ceremony will be held at Loretto Hospital, 645 S. Central Ave., Chicago. If you are unable to make it, please consider making a small donation. Thank you for all your support of SisterHouse. You help make recovery possible!

Thank you!
SisterHouse Staff

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A MESSAGE FROM THE EXECUTIVE DIRECTOR



Dear Friends,

What would you say to someone starting their journey in recovery?

It can be a scary time. There are unfamiliar treatment programs and self-help meetings filled with new people. Oftentimes, someone starting the journey sets out to make amends with friends and family. Without a doubt, atoning for past decisions and mistakes can be tough. And one of the hardest steps is just admitting that there's a problem.

Support has always been the cornerstone of the SisterHouse community. Understandably, support is extremely important during this early stage of recovery. Small gestures like sharing kind words or showing empathy can make a world of difference.

Encouragement is very important, too. Knowing that recovery is possible can galvanize someone to succeed in their treatment. Positive success stories can be particularly meaningful for individuals in early recovery.

Perhaps most importantly, people need to feel as if there's hope. Many people with substance use disorders say that the worst part of active use is the feelings of despair and hopelessness. In active use, people often feel like they don't matter or that they're a burden.

Given all of these points, a few positive words to someone in the early stages of recovery can be life-changing. Do you have some words of advice for our residents, old and new? Do you want to help inspire people starting their journey in recovery? If so, we've created an easy way for you to contribute.

Starting today, we would like to collect quotes and messages to give to residents in our programs. By sharing some words of advice and inspiration for people old and new to our programs or new to recovery, you could truly save someone's life. All you have to do is email us at **sisterhousechicago@yahoo.com** and leave some positive words there.

We'll select our favorite responses and turn them into a collection that we'll send to new and current residents. People with substance use disorders need encouragement. Leave a few kind words for our residents today.

Blessings,

Lisa M. Steward-Baugh, QMHP, Recovery Coach, MAOL
Executive Director

CHANGING LIVES AT SISTERHOUSE

"Recovery is Possible"

The Client Corner

SisterHouse has given me a new awareness and perspective about my life. I can stay sober and live life on life's terms. Not only has SisterHouse sheltered me, they have challenged my irrational thinking by introducing me to the Alcoholics Anonymous 12-Step program.

As a result, I have become intrigued on how differently I can live my life. SisterHouse has offered me self-help classes like Bible study, self-defense, entrepreneurship and job readiness. The staff here is genuinely concerned about my recovery and my peers work together to encourage one another and support each other.

Emotionally we are sisters in Christ.

**Today, I am grateful to say.....
"I am my Sister's Keeper!"**

**By Sharon Johnson
SisterHouse resident**



"Recovery is Possible"

Margaret Hill
Program Director

The Light

SisterHouse is a beacon of hope, promises, and a place of restoring lives. SisterHouse is a light for broken women whose lives have become unmanageable causing them to turn to negative behaviors.

Our Heavenly Father said, "I am the light of the world." Here in Oak Park, SisterHouse touches a little of the world, one woman at a time. There is a light that shines over the door of SisterHouse every day and night. This light always shines; it never goes off and it represents a call to all broken women. Our founder, Sister Anne Mayer, SSND, had a light in her heart to help women in need, and that's the day SisterHouse was born.

One day I was at work early and just sitting in my car at 6:00 a.m. when I noticed the LIGHT over the door. I thought, this light never goes out and it should never go out. It is a beacon of hope. This light represents love and freedom from pain. This light represents self-worth, change, growth, and becoming a productive member of society. This light represents motherhood, sisterhood, and families being brought back together. This light represents employment and first-time apartments. But, most of all, this light represents living again, breathing again, laughing again, loving, and exploring who each of these women are in this world. This light represents SisterHouse, where broken women are cared for and become whole again, where RECOVERY IS POSSIBLE, where they obtain tools and take the path to recovery. The women of SisterHouse are learning to build their lives over and better, and to be strong in their recovery process. The light at SisterHouse never goes out!

UPCOMING 2019 EVENTS

Coffee & Conversation

Every 4th Wednesday at 6:00 p.m.
SisterHouse

Gospel Explosion

Saturday, May 18
Stahl Theatre
5900 W. Belmont, Chicago

Graduation

Sunday, June 30

White Sox Fundraiser

(Sox vs. Twins) & (Sox vs. Mets)
Sunday, June 30 & Tuesday, July 30

Sixth Annual Fall Fundraiser at

FitzGerald's

Thursday, November 14

The Alumna Corner

It has been a privilege to work with the women of SisterHouse. I've observed miracles occur as women start to learn who they are. In preparing for a better life for themselves, many of the women here have overcome obstacle after obstacle. SisterHouse works hand-in-hand with various organizations to assist women who are court mandated or DCFS involved who suffer from substance abuse or homelessness, women who, with help, become beautiful blooming flowers.

One of the best feelings in the world is to see a woman recognize her worth once she has decided to stop settling for less. I keep coming back to SisterHouse because someone took the time to listen to my shenanigans until I was able to develop the tools I needed to build a strong foundation. Today, I pray that as I listen to understand another, the bond that we create will be the glue that allows the client to continue on her journey to develop a new beginning.

By Anonymous Alumna