



# Recovery is Possible at SisterHouse

July 2020

Summer Newsletter

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### Contact Us

sisterhousechicago@yahoo.com

(773) 626-0525 – Main

(773) 626-3708 – Fax

www.sisterhousechicago.org

*SisterHouse is a sponsored ministry of the School Sisters of Notre Dame, Atlantic-Midwest Province.*

*SisterHouse is a 501(c)(3) tax-exempt organization*

## UPCOMING EVENTS

### 2nd Annual Women in Recovery Rock Luncheon!

Saturday, September 26, 2020

Location TBD

### SisterHouse's Run for Recovery Virtual 5K

Friday, October 16 – Sunday, October 18

*Runners and walkers will have*

*2 days to complete the 5K*

### Fall Fundraiser

November - Date TBD

## Who's New to SisterHouse?

**Angela Williams** - Assistant Program Director

**Crystal Villanueva** - Residential Aide Team Lead

**Michelle Mosier** - PT Bookkeeper

## A MESSAGE FROM THE EXECUTIVE DIRECTOR

We've all undergone months of unprecedented experiences and have now entered yet another month filled with uncertainties.

These past several months have raised countless questions for each of us to ponder about who we are, how we work together - and apart, what our capacities are for adapting, and how we grapple with something we can't see or touch, but that we know is there. These questions creep into our minds when we are social distancing or lying awake at night.

As SisterHouse navigates new ways to connect and build community despite our physical distances, we invite you to join us in staying connected. We urge you to reflect, support and share. As you are going through your new daily routine, connect with us on social media and tag us at @sisterhousechicago to let us know how you are doing.

We are closely following the latest developments in the Covid-19 crisis so that we can provide the safest environment possible. We encourage you to follow our website for information and resources.

Be Strong!

*Lisa M. Steward-Baugh, Executive Director*

## A MESSAGE FROM THE BOARD OF DIRECTORS

Greetings from the SisterHouse Board of Directors. These last few months have been very different from anything we have experienced in our lives. Thank you for all your past support of SisterHouse and we look forward to hearing from you again. The Board has had to cancel all of our fundraising events but we are making plans for some virtual events. We will be sending info as soon as we have all the details.

Even with a pandemic we had some recent graduates; congratulations to all of them. It is a long road to graduation and our graduates are to be applauded for completing the program. Our current residents are also to be commended for sticking with the program and pursuing their goals; it is such a different world.

Thank you again for your help and support.

*Susan Lescher, Chair SisterHouse Board*

## My Next New Normal Made Possible by SisterHouse

I lost everything to addiction. In September 2019, I came to SisterHouse looking for a new beginning. In January, I started Cara, the job training and placement provider SisterHouse partners with, ready for my next new normal. Through Cara, I was hired as an Administrative Coordinator at Chicago Cares. However, on my second day of work, Governor Pritzker's Stay at Home Mandate went into effect. How would I be able to work from home, when I do not have a home of my own?

SisterHouse stepped up to assist me with my need to work remotely during this pandemic and provided me with office space. For over three months, I have reported to this workspace daily, thrived in my new role, and made the most of circumstances out of my control.

With the new computer skills I learned on the job, I worked with members of Cara to set up a Motivations session via Zoom with the Cara training team and my sisters at SisterHouse where we were able to share moments of struggles and strengths and have fun.

What have I learned about myself during this pandemic? I have really just embraced the time. Now, more than ever, it is important to maintain relationships and utilize what we have available. By doing that, I am positively contributing to my own well-being and that of those around me.

I'm so grateful to SisterHouse for making my new beginning possible!

*Phase III SisterHouse Resident*

The Client Corner

## SisterHouse Has Been a Godsend

SisterHouse has truly been a godsend for me. When I first came here, I was very lost, withdrawn, and not very hopeful. But, looking back over the 10 months that I spent at SisterHouse, I underwent a metamorphosis that I never thought I could achieve. The structure, the teaching, and loving and gentle improving I received from the staff gave me much-needed direction. The love and support that my sisters show me is truly a blessing.

As I think about the love that I receive from my sisters, I am reminded of a time when I was struggling with feelings of wanting to leave. I was feeling very lonely and discouraged. I felt as if I didn't belong anywhere. I didn't want to stay at SisterHouse, but I didn't want to return to my old way of living. I immediately thought of the Meditation Room. The Meditation Room has been a place of peace, tranquility, and serenity for me. One day, I went inside and began to pray. Tears began to flow as I was praying. Suddenly, I heard a soft voice whisper, "I love you Sandy." I turned, looked up and saw my dearest sister, Silvia. And I said, "I love you too." I instantly felt a great burden begin to lift from me. It was as if God had sent an angel to tell me that everything was going to be just fine. And, maybe he did.

*SisterHouse Alumna*

## With Gratitude

Many thanks for donations of masks, hand sanitizer, sewing supplies and more!



EASTERN ♦ ACCENTS



ten thousand villages



OAK PARK-RIVER FOREST  
Community Foundation

The Nineteenth Century Charitable Association  
— Learning, Giving, Sharing —

## SisterHouse Online Fundraiser!

B<sup>SP</sup>  
LY

<https://boonsupply.com/collections/609850-sisterhouse>

Help support the women of SisterHouse by shopping our Boon Supply fundraiser!

40% of each purchase goes back to our fundraiser!



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