



PRESORTED
STANDARD
U.S. POSTAGE
PAID
WILMINGTON, DE
PERMIT NO. 447



LIMEN HOUSE – Post Office Box 1306, Wilmington, DE 19899
Men’s House - 600 W. 10th Street, 302-652-7969 / Women’s House – 1900 Baynard Boulevard, 302-571-1216

Your Generosity Continues to Provide New Life

My name is Kevin.

Before I came to Limen House my life was in shambles. I was caught in the vicious cycle of drug and alcohol addiction, trapped in the depths of despair living as a victim consumed by obsession and paralyzed by self-inflicted pain, fear, guilt and shame. I had assigned responsibility of my circumstances to my broken home as a child, the father I never met and being abandoned by my mother who also suffers from this disease. I lost job after job, all friendships and relationships with family, my son, homes, cars, freedom, self-worth and self-esteem until I found myself homeless for years in and out of jail with no hope of ever breaking my cycle. Then I walked through the doors of Limen House for the first time. I was immediately taken back by the overwhelming sense of welcome and love by the counselors and residents. I felt like I was home, a feeling that eluded me since I was a young teen. I wasn't in a facility with painted brick walls and deathly cold, lonely halls that I was accustomed to. I knew immediately I had crossed a threshold from that lonely, painful dark life I had grown accustomed to into a warm, loving and caring home. At Limen House I began to be exposed and immersed in fellowship and I began working the 12 steps with a sponsor and meeting good, sober, recovering people and building a foundation of support in my community. I began taking responsibility for myself and learning to live starting in the smallest ways with grocery shopping and chores. I began cleaning up my past and facing life. I started developing a relationship with my son again and family, and developing healthy relationships with people. They helped me get my license for the first time in my life and supported me as I went back to school and got my GED. They challenged me and encouraged me and loved me until I began to love myself. Today I am a proud and contributing member of my community. I have my son back in my life and a home of my own. I have a happy sober life, drug and alcohol free, a life beyond my wildest dreams. I still go to Limen every week cause their doors never close, it will always be home in my heart. They helped me live again, live with peace in my mind and love in my heart and for that I am forever grateful. Thank you, Limen House.



My name is Gloria.



My sober date is July 8, 2015. My life before getting sober consisted of getting up every morning and driving to work. As soon as work was over, I would get in my car and drink. When I got home I would sit in front of my house drinking for hours and hours in my car! When I finally would go in the house my children would take my keys and hide them from me. After I would fall asleep, also known as passing out, my children would check to see if I was breathing. Over time as my drinking progressed, I would pass out but wake up every hour on the hour. That went on for years and years. I was mean to everyone because of my drinking and my thinking.

I came to Limen House November 2015. At my interview I fell in love with the counselor's right away. When I learned I had been accepted I was very happy. I felt this might be the chance I had been looking for to live a happier life. The counselor's taught me how to live. I was such a loner that living with other women was difficult for me at first. My counselor used to tell me "I didn't play nicely with others". I learned how to be respectful of others and myself. We ate dinner together as a family. I became responsible for my physical health seeing many doctor's for ailments I thought would go away on their own when I was drinking. The Limen House took care of all of my needs until I could take care of myself. At the Limen House we would attend at least one 12 step recovery meeting a day, but most of the time we went to 2 meetings a day. I met so many wonderful people.

WINTER 2016 – IN THIS ISSUE

Stories of Recovery: Kevin, Page 1
Gloria, Page 1-2

Limen House Highlights & Events: Letter from the President – Sally H. Prendergast, Page 2
Letter from the Executive Director, Page 2-3
Days of Hope, Page 3

“Showing others who suffer how we were given help is the very thing which makes life seem so worth while to us now.”

(Big Book, page 124)

Did you know...?

You can contribute to Limen House through your United Way Contributions by designating Agency #0422. Limen House is a United Way agency.

Limen House receives funding and is part of the system of public services offered by the Division of Substance Abuse & Mental Health

Limen House Highlights & Events

Letter from the President – Sally H. Prendergast

Dear Friends of Limen House,

It is hard to believe that 2016 is more than half way over! As I reflect on this year so far, it occurs to me that 2016 has been yet another year full of growth and transition for Limen House! Our entire Team has embraced the changes on our path with an attitude of positivity, hope, and above all with active recovery. I could not be more proud or humbled to be a part of this amazing team which includes the Staff and Board of Directors. They have really become for me an extended family!

The epidemic of addiction to alcohol and drugs across America and in our state is gaining increased awareness and efforts as more and more families suffer the consequences of untreated addiction. The news continues to talk about the "opioid epidemic" and new organizations enter the playing field of treatment, sober living houses, and oxford houses in our area. At Limen House, we continue to do what we have done so well for the past 47 years:

Our Mission is to offer a threshold to recovery by breaking the cycle of addiction in service to our community.

As a direct result of our track record of returning sober women and men to their families and their communities, the state awarded Limen the maximum treatment amounts for our recovery programs; which have helped us to expand our greatly needed services to more suffering alcoholics and addicts. We will continue to do what we do and the talented team will ensure the future of Limen long after we are gone.

Here are some highlights:

- State of Delaware awards Limen House contract for both Level 2 and Level 3 houses for both Men and Women.



Michael Duffy, Sally Prendergast and Reginald Irby

- Reginald Irby announces his plan to retire in 2016 and began to actively work the succession plan which was already in place to hand the torch to Michael Duffy.



- Golf Outing in July reaches unprecedented attendance and sponsorship.



- Annual Labor Day Picnic held in new location was a raving success!



- 4th Annual Breakfast is a huge success to raise funds to complete renovation of 1900 Washington Street as a Women's Sober Living Level II home.

To our loyal supporters who continue to offer their time, talent, and/or treasure; Thank you! We could not do what we do with out you all. Alone, I can't. Together we can and we will!

I wish love and light to all!

Best,

Sally H. Prendergast, *President*

From our Executive Director

It is truly an honor to have the opportunity to be part of the Limen House. First as a resident in 2001, and then as an alumni. I started working at Limen House in 2005 as a counselor and was mentored by Reggie Irby and Clinton Gangloff. They have taught me what it means to "work" at Limen House. To be able to follow in the footsteps of past leaders of Limen House is an honor and a privilege and I am humbled and extremely grateful. At a time when alcoholism and drug addiction is devastating lives and destroying families at an alarming rate, it is critical that we are able to do the work we do. It is a team effort at Limen House and we rely on a dedicated Board of Directors, strong support from the community, Delaware Division of Substance Abuse and Mental Health (DSAMH) and partnering agencies working together to help break the vicious cycle of addiction. Thank You so much for your continued support and I look forward to a strong future of helping people at Limen House.

Michael Duffy

Limen House Highlights & Events (continued)

Days of Hope

Women's Days of Hope (DOH) Program has been a ministry of Jesus House since 2008. The DOH Program benefits the women currently residing at Limen House (Level III Sober Living Residence) and Sojourners' Place (a transitional homeless shelter), as well as alumni that have successfully completed programs from those facilities. DOH hosts anywhere from 16 to 25 women from these facilities during the monthly programs and weekend retreats.

The mission of DOH is to create spirit-inspired connections to help women rediscover, restore, and re-awaken their true selves. Through shared experiences, the women have an opportunity to rediscover their God-given dignity and see their values as part of the human community...our hope is to inspire hope and personal transformation. The programs are designed to nurture mind, body and spirit and help the women navigate changes, challenges, and choices in their lives.

The women look forward to attending the monthly programs which include a nutritious meal, a mindfulness practice, an educational element, an activity or art element, and sharing. The level of participation and sharing is phenomenal. We have been told that DOH programs have been an important part of their recovery process.

This year Limen House was fortunate to receive a grant from the Speer Trust, with a portion of the funds designated to starting a Men's Days of Hope Program. Goals for this program are to help give the residents opportunities to reflect on their personal journeys and spirituality, and to reconnect with gratitude. Time allowing the residents an opportunity to step away from the routine of life and bond with other men is important to the program.

We are excited to announce that the Men's DOH Program held their first day retreat in August and it was an amazing success. The day included several meals, a mindfulness practice and workshops designed to help the men think about where they came from and where they would like to go from here. The men were able to open up and share in a safe, respectful environment. The Men's DOH team is now planning future programs and activities designed to help the residents better understand themselves and their recovery.

Cindy Mooney, Program Committee Chair

My name is Gloria (continued from page 1)

The program of Limen House supported the 12 step recovery work I was doing; they went hand-in-hand with one another. I got a sponsor while I was at Limen House and learned how to connect and build that relationship.

Since being at Limen House I now know what peace of mind and real happiness is. My children and grandchildren are so happy to be with me. They don't have to worry about me today. My teenage granddaughter calls me every day. When I was drinking she wanted nothing to do with me. Each day when I wake I look forward to what the day will bring. Now I have a real relationship with me and with God. I have a full-time job and was able to get a car. I know none of this would have happened if Limen House didn't accept me. I am forever grateful to God, Limen House, and the counselors for helping me become the sober woman I am today!

Limen House is regularly in need of clothing, furniture, toiletries, linens, kitchen utensils, and especially monetary donations

Please send contributions to:

Limen House • 600 West 10th Street • Wilmington, DE 19801

Email: limenhouseadmin@comcast.net

Limen Board of Directors

Sally Prendergast, *President*
Augustus J. Cicala, Jr., *Vice President*
Diane Burke, *Treasurer*
Joseph D. Smack, *Secretary*
Mary Ann Blair
Peter Bothum
James Burke

David Dworsky
Eric Davis
Aysha Gregory
Susie Hudson
Michael Loessner
Cynthia Mooney

Limen Staff

Michael Duffy, *Executive Director*
Vinnie Garibaldi, *House Manager, Men's Level II*
Sean McCauley, *Case Manager, Men's Level III*
Deborah Pisan, *House Manager, Womens Level III*
Amy Spangler, *House Manager, Womens Level II*
Beth Undercuffler, *Office Administrator*
Kristie Watunya, *Case Manager, Womens Level III*

facebook

Stay connected with us via Facebook where we post updates on events and addiction and recovery related news.
www.facebook.com/Limenhouse