

**By Kara Brown, Executive Director**

Dear Friends,

Have you thought about your plans for tomorrow, next week, even next year? I'll admit that sometimes I get so caught up in my day-to-day, that I don't stop to think about the bigger plan. At a recent Center for Lay Ministries Board of Directors meeting, we were discussing the completion of our current five-year strategic plan. This review caused me to reflect on how much we have accomplished in the last five years, and I'm proud to say we've made a lot of improvements—even with some set backs caused by Covid.

As I look at the last five years, I think our biggest accomplishment is that we found ways to continue providing our services to our neighbors in need throughout the pandemic. We celebrated our 50th anniversary, increased awareness of our mission, and recruited and trained volunteers. In the CLM Bliss House, we provided continuing education for staff, recruited more committee members, provided more trainings for residents, and held graduations for residents each year. In the CLM Food Pantry, we created the position of Food Pantry Manager and hired Julie Lee two years ago. We got a grant for a delivery van from Metro United Way and started delivering food to home-bound clients in 2021. We also partnered with our community by providing food boxes to students in need, working with the Jeffersonville Animal Shelter to get pet food and supplies to our clients, offering nutrition classes through Purdue University Extension and Dare to Care, and filling the blessing boxes at the Jeffersonville Public Library and in front of Bliss House each week.

I'm excited about our future and what we will accomplish as we look forward and create a new strategic plan. I know we will need help and I'm grateful for your support as we continue our mission to provide services to vulnerable populations in our community.

—Kara

**Welcome Our New Food Pantry Volunteer Coordinator**

Join us in welcoming our new Food Pantry Volunteer Coordinator Susie Cooke! Susie comes to us from Salem, Indiana where she lives on the family farm with her husband Bruce. He is a minister and works as a Quality Manager at a local woodworking company. They have been married for 36 years. They have two daughters; Melody who lives with her husband and daughter (their only grandchild) in Sevierville, TN and Tiffany who lives in Indianapolis. Susie is a former elementary teacher. She enjoys photography, walking, quilting, reading, word searches, sudoku, and playing keyboard at church.

Have you thought about volunteering with us? Contact Susie at [Volunteers@layministries.org](mailto:Volunteers@layministries.org) to learn more.

# The Bliss House: Spiritual Adventures

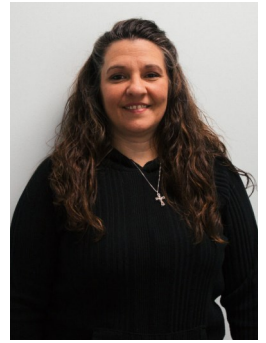
By Tiffany Mullinix, Bliss House Director

Bliss House is in high gear as we race into the season. We have been busy planning for our Thunder Over Louisville party which allows our residents to invite their families and friends to our home and experience what a party looks like without drugs and alcohol. We go all out on this day, with a live DJ, a bounce house, carnival games and prizes, raffle drawings, and food for days. Our hope is that families get an opportunity to reunite, and our residents get some time to see what might motivate them to continue to become the best version of themselves. We keep a rigorous schedule at Bliss House and this is a rare opportunity for ladies to relax and cut loose.

Keeping with that same energy, Bliss House is offering several classes this spring. Along with our regular Recovery Dynamics, that is always on-going, we have done a meal planning class through the Purdue University Extension Office. Our residents are currently active in the first of two Relapse Prevention courses and will be involved in

a Healthy Relationships class taught by Center for Women and Families.

One of our goals this year is to try and do activities and/or hobbies that our residents can enjoy. We would like to do more outings like art classes, meditations, dinner and a show, and maybe even a bowling night. We want to peak their interests, give each resident an opportunity to find something they enjoy doing and develop new skills. Finding interesting things to do is a wonderful way to give life a purpose. The more meaning people find in recovery the less likely it will be that they will relapse. Finding sober activities that allow you to connect with yourself and others is a great way to explore the “new you” while offering healthy distractions from thoughts of drugs or alcohol. While we believe in the power of knowledge and education and how imperative it is to our program, we also believe this piece has been missing.



The CLM Bliss House received a \$2,387 grant from the Clark County Youth Coalition. Bliss House Director Tiffany Mullinix and Assistant Director Stephanie Satterly are shown with the grant check. Thank you to the Clark County Youth Coalition for your support of our Bliss House program!



Thanks to our friends from Centra Credit Union for volunteering their time to do spring cleaning on the CLM property! They weeded, planted flowers and put down mulch as part of Metro United Way's Mayor's Give A Day Program in April. Thanks to Centra for being great community partners!



Thanks to **Metro United Way** and their Emerging Tocqueville Society group for volunteering at the CLM Food Pantry to create grab & go bags for our homeless clients.



Thank you to the **Caesars Foundation of Floyd County** for their generous grant donation to the CLM Bliss House. The Caesars Foundation donated \$10,000 which will be used to provide recovery treatment, life skills, and housing services to female Floyd County residents in the Bliss House program. Renee Nadeau, Caesars Foundation Board Member, Stephanie Satterly, Bliss House Assistant Director, Tiffany Mullinix, Bliss House Director, and Josh Kornberg, Caesars Foundation Executive Director, are shown at the check presentation.



Thank you to the **Jeffersonville Elks Lodge 362** for their generous \$3,000 donation to the CLM Food Pantry. We appreciate their continued support of our mission and their concern for our neighbors struggling with food insecurity. CLM Executive Director Kara Brown is shown with Jeffersonville Elks Lodge 362 Exalted Ruler John Sauer.



**Jeffersonville Main Street** presented 337 pounds of food to the Center for Lay Ministries to help feed those in need. This was only possible because of all the people who brought canned goods to Jeffersonville Main Street's Christmas Cookie Stroll event in Downtown Jeffersonville. A huge thank you for everyone's generosity. Pictured are Barbara Brewster, Julie Lee, and Jeffersonville Main Street Executive Director, Jay Ellis.



Thanks to the **One Southern Indiana Ambassadors** for collecting 450 pounds of food to donate to the CLM Food Pantry at their February meeting.

## We Love Our Food Pantry Volunteers!







# Volunteer Corner

By Susie Cooke, Volunteer Coordinator

*"Volunteering is at the very core of being a human. No one has made it through life without someone else's help." – Heather French Henry*

How true is that statement? We all need help. We need help repairing a car, moving to a new location, learning a new job, finding healthcare, support during a time of grief, and the list goes on and on. We, as humans, cannot get through life without the help and support of others. The purpose of the Center for Lay Ministries is to provide services to vulnerable populations in the local community with compassion, dignity, and respect. I see that in action daily as our volunteers serve their community by giving their time and effort to help those in need of food.

I have been working here as the Volunteer Coordinator for about 6 weeks or so. During that time I have seen our interviewers greet our clients with a warm smile, a friendly hello, and a "how are you doing?" Some interviewers engage in conversation with clients, some clients are open to sharing their troubles. Not only are we meeting the physical needs of our clients, but we are sometimes offering emotional support as well. The one thing that really impressed me about our clients is the amount of respect they show our interviewers and how genuinely thankful they are for any amount of food we can give. Every person deserves

compassion, dignity, and respect. I'm proud and excited to be part of an organization that holds those values as part of our mission statement.

We have a fabulous group of volunteers at CLM! They are eager to help out in a pinch if extra help is needed during a shift. If you visit the pantry after a food truck delivery, it looks like a bunch of busy bees working to unload and sort through the items. It's a fun atmosphere and the people are so friendly. If you've been thinking about volunteering at the food pantry, now is a good time to learn how you can help. You determine your own schedule. You only have to sign up for one shift. You may come when it's convenient for you. You don't have to come every week. We run three shifts a day. The first shift is from 8:30-11:00. The second shift is 11:00 - 1:30, and the third shift is 1:30 - 3:30 or until the last client has left. The food pantry is open Monday - Friday. If you are interested in helping your community in a fun atmosphere, contact me to find out how. You can reach me at [volunteers@layministries.org](mailto:volunteers@layministries.org) or by calling/texting 812.620.4706. You can also visit our website [Centerforlayministries.org](http://Centerforlayministries.org) and click on the "volunteer" button at the top right corner. We also have a Facebook page you can visit and send us a message.



Thank you to the **Clark Memorial Hospital Community Association** for awarding a \$5,000 grant to the Center for Lay Ministries! We are very grateful for your continued support of our mission. Kelly Walker, Clark Memorial Hospital Gift Shop Manager, and Kara Brown, CLM Executive Director, are shown at the check presentation.



Bliss House residents and alumnae had a great time at their annual Holiday Party at First Christian Church in Jeffersonville.

# Campbell Soup Foundation Awards \$20,000 grant to CLM



Center for Lay Ministries is proud to receive a \$20,000 Community Impact Grant from the Campbell Soup Foundation in 2023. This grant will enable us to help feed our Food Pantry clients over the next year. Thank you to the Campbell Soup Foundation for your support of the CLM Food Pantry!



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