

THE VIEW FROM **LINDENWOOD**

Your Donor Newsletter



From Homeless to Business Owner, How You Helped Katie Realize Her Dream

***Former Sojourner Truth House client, Katie Hermann,
shares her talent as a certified yoga instructor***

Zen Days CEO, Katie Hermann, led participants in a variety of stretches and techniques to unite mind, body and spirit at her yoga retreat in January. It was her first retreat at Lindenwood, and the first she led as a certified yoga instructor.

Katie's journey to Lindenwood was a long and difficult one. Her story is about triumph over tragedy, and how God continues to impact our lives.

Just over 18 months ago, Katie Hermann was homeless. She enrolled in programs at

Sojourner Truth House (STH), a homeless day-program and ministry of the Poor Handmaids of Jesus Christ. She worked hard to overcome her fears and anxiety, completed the program, and moved into permanent supportive housing.

Obtaining stable housing was only the beginning for Katie. She gathered her courage and took an amazing leap of faith by participating in an STH program called Steel City Boxtown. Boxtown is an entrepreneurship program providing learn-to-earn for Sojourner Truth House

clients through business training and mentoring. The program helps clients launch their own businesses so they can support themselves and break the cycle of poverty for their families.

Katie took what she learned in the Boxtown program, became a certified yoga instructor, and started her Zen Days business. Now, she is paying forward the opportunities she received by providing her services to Sojourner Truth House clients and others at her supportive housing residence.

PHJC Executive Director of Relational Services, Arleen Peterson, brings a unique perspective to her role at Donaldson, having previously served as the Director of Operations at Sojourner Truth

was the perfect location for Katie's story to come full circle. With its lush prayer garden, outdoor labyrinth, campus chapels, and numerous benches along the lake, there are countless opportunities for visitors to meditate, pray, and reflect. Her retreat participants were able to stretch their bodies and quiet their minds while gazing out at the placid waters of the lake.

Lindenwood Director Paul Mach embraced the opportunity to collaborate with other PHJC ministries. "We are blessed to have Arleen Peterson overseeing Lindenwood and the connections that she has helped make between ministries at Donaldson and PHJC ministries in other locations. This was truly a special connection between ministries and a great way to

"You can't put a price on changing a person's life from brokenness and abuse, to empowerment and stability, to education and enlightenment, to executing a business."

House. "It's amazing to see transformation happen. People may see homeless individuals as hopeless, but Sojourner Truth House sees their situation as an opportunity, like in the scripture Matthew 18:21-22," Peterson said.

Peterson added, "The programs at Sojourner Truth House and Lindenwood create opportunities for clients like Katie to experience hope, engage in spiritual health, and encourage people to see that the possibilities are endless when you invest in people through PHJC ministries." Lindenwood's serene location on Lake Gilbraith

kick-off the sponsored retreats for 2021," he said. Peterson remarked that donors drive the successes of clients like Katie. She said, "You can't put a price on changing a person's life from brokenness and abuse, to empowerment and stability, to education and enlightenment, to executing a business."

When people are given opportunity and space to grow, meaningful change happens. Supporters like you opened a door to a new world of possibilities for Katie Hermann, and she strode through into the shining light of a brighter future.



Save the Date

April: Triduum Retreat with an Ecumenical Cross Walk on Good Friday.

July: Gazing on the Face of Christ – Father Ryan will invite the participants to a deeper encounter with the crucified and risen Christ and a renewed awareness of his faithful presence in their lives by focusing on the dimensions of the mystery of Jesus Christ: Christ as Friend, Healer, Teacher, Good Shepherd, Good Samaritan, Bread of Life, and others.

August: Icon Retreat - a prayerful experience while painting your own Icon.



September: Spiritual Companionship Program - To be a Spiritual Companion means that you offer yourself as a fellow traveler and a guide along the journey of faith. This program is designed to teach those who may have the gift of offering spiritual guidance to others, but who have not had any formal training in spiritual companionship. Join Sister Joetta Huelsmann, PHJC, for this 2-year program that trains participants to be a Spiritual Companion to others.

Photographer Finds Inspiration Through Gift of the Spirit Scholarship

James Parks and his wife had a difficult 2020. Both of their jobs were unstable due to the pandemic, and money was tight. His wife had an opportunity to attend a retreat at Lindenwood with a group, and she thought James could benefit from a visit as well. Due to their strained budget, they could not afford James' visit on their own.

Because of donors like you, the Parks family experienced hope and serenity during a chaotic time. Through the Gift of the Spirit Scholarship, James was able to come to Lindenwood on a private retreat. He visited the week before his wife's retreat and took time in prayer and connecting with God in nature.

In keeping with the values of the Poor Handmaids of Jesus Christ, it is Lindenwood's desire to encourage equitable access to those seeking spiritual growth and renewal. It is in this spirit that Lindenwood's Gift of the Spirit Scholarship Fund was created to offer financial assistance to those who might otherwise be unable to attend a retreat, conference, or program. You can help people like James visit Lindenwood through your gift to the scholarship fund.

2020 James Parks



A lotus flower floats amongst lily pads on Lake Gilbraith.

2020 James Parks



The morning sun rises through the pavilion at MoonTree Studios.

2020 James Parks



A wild turkey roams the grounds at the The Center at Donaldson.

2020 YEAR IN REVIEW

Finding Hope in the Face of a Pandemic

Retreat centers across the country have been closed since March of 2020, and many are not planning to reopen until June 2021 or January 2022. Lindenwood reopened on June 1, 2020 and we were blessed to welcome more than 50% of the programs we had held at the same time in 2019.

With social distancing protocols and limited space in bedrooms and meeting rooms, Lindenwood welcomed about one third of the number of

people from the previous year. I have to say it has given us hope that in a pandemic we were able to offer a place of peace and rest without a single COVID-19 case from anyone coming to Lindenwood to retreat.

We continue to keep being vigilant about protection from COVID: masks, social distancing, so that the Spirit continues to move. With your support, Lindenwood continued to be a light in the darkness of the pandemic.



Lindenwood

Retreat & Conference Center

9601 Union Road | Plymouth, IN 46563

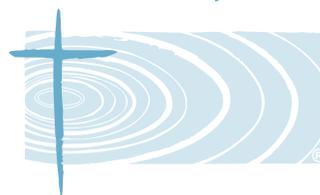
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Poor Handmaids of Jesus Christ



Partners in the work of the Spirit

Lindenwood Conference & Retreat Center is a sponsored ministry of the Poor Handmaids of Jesus Christ