



# LIFE *Lines*

Newsletter of Mother Seton House, Inc.  
“We cherish life by supporting pregnant women,  
new mothers and infants in need.”

Mother Seton House PO Box 673, Fryeburg, ME 04037 [www.mothersetonhouse.com](http://www.mothersetonhouse.com) Spring 2025 No. 23

## Our Kitchen is *The Heart* of this Home

Recently I stood in the kitchen and had a moment. There were three pregnant women, laughing and preparing a communal lunch. I told them, with tears in my eyes, that THIS was exactly what I pictured eighteen years ago when I imagined Mother Seton House. They smiled, I took a photo. It was magical.

This kitchen has seen a lot. Moms making baby food from fresh foods. Moms freezing breast milk. Moms feeding babies in the high chair. Moms preparing something for themselves, in



a hurry, as their baby crawls around underfoot, or protests from the pack- and- play in sight in the living room. Moms learning how to make new foods, sharing recipes, creating masterpieces. This week a mom, expecting soon, made and froze meals for her postpartum days.

Sometimes it gets messy. Sometimes it feels a little crowded. Mostly, it feels like home.

## Safety, Comfort, and Reliability are here to *Stay!*

Over the past few years we have experienced lengthy power outages at Mother Seton House. When we lose power for an extended period, we have to evacuate the moms and babies. If this happens during a significant event, most of the support team at Mother Seton House is also experiencing the same challenges and are unable to help.

We have had to move moms and babies

to hotels, but that isn't always feasible. Once a generous neighbor housed the mom, baby and house manager. Since many neighbors were being helped in that home, it was a bit scary for the mom with her infant among so many people she didn't know.

In addition, when the power is out, our sump pump doesn't work. Last spring, as you may remember, after three days without

power we had eighteen inches of water in the basement.

The silver lining is that our insurance claim was able to fund a whole house automatic generator. It is such a relief to know that no matter what nature throws at us, from now on the moms and babies will be safe and warm in the comfort of their home.

# A letter from the director

Dear Friends,

As I write, we are expecting the birth of two baby boys in the next two weeks. One mom is new to us, but the other has spent her entire pregnancy at the house. We have enjoyed all of the stages, especially the nesting phase. We are full of excited anticipation and look forward to a house full of infants.

One of my favorite things to do is to take a new guest grocery shopping. We do this together on move in day. You, the donors, pay for the groceries. I provide the ride and the companionship. First we go out for a meal, usually lunch, then to the

grocery store of choice. I learn so much about a person during this little trip. Some women have shopped and cooked independently for years. On the other extreme, this is the first time a woman has bought food she will prepare for herself. While we wander the aisles and talk about the food, meals, preferences, choices, we begin to form our relationship. I just love it.

It can not be overstated how important a safe refuge is for a pregnant woman. Mother Seton House is safe, calm, supportive, and the volunteers take care of the physical and emotional needs of the



women who live here. Thank you for making this possible.

In Faith, with Hope,  
Cyndi Broyer

## Welcome New Board Member: *Les Gunther*

We have received a blessing. Les Gunther has accepted the position of Buildings and Grounds Director that recently had to be vacated by Gene Bourque after many years of devoted service to both the Mother Seton House and our Board of Directors. Gene was Les' mentor and teacher of the Catholic faith at St. Elizabeth Ann Seton Church.

Les has also agreed to accept our invitation to be on our Board. He says, "It was a true blessing, and an honor I could

not refuse."

He is a third degree member of the Knights of Columbus from Our Lady of the Mountains Parish, Council 7575. Additionally he is a very experienced carpenter, builder, craftsman and all around general repair guy with forty-five years in the home improvement trade. He is a perfect fit and we are grateful.

David Cianciolo, Chair,  
Mother Seton Board of  
Trustees



Mother Seton House provides a safe, comfortable space for mom & baby.

## BOARD OF TRUSTEES

David Cianciolo,  
Chairman  
Sue Perry, Treasurer  
Jane Lounsbury, Secretary

Alan Broyer  
Claudia Everett  
Bonnie Marsh  
Les Gunther

**DIRECTOR**  
Cyndi Broyer



**Check out our new web page, still at [www.mothersetonhouse.com](http://www.mothersetonhouse.com)**

in the  
**spotlight**  
*Serene & Rowan*

Our guest, Serene, is perfectly named. She maintains a sense of calm even on a day full of anticipation, such as the day before her baby is to be born. And if you have an image in mind when you hear the phrase, "Still water runs deep," you will have the essence of our Serene. Throughout her pregnancy, she has been deliberate about maintaining a sense of calm, not becoming over-extended with activities that distract from her main focus, having a healthy baby, who is being called Rowan.

Cyndi has remarked about Serene's ability to analyze a situation, plan ahead, anticipate needs, and attend to details, whether going through the steps of a bureaucratic process or setting up a nursery for Rowan with her favorite Winnie the Pooh décor and everything he needs for his calming comfort.

Serene grew up in a small town about fifteen miles from Fryeburg and participated in chorus and track in high school. After high school, she spent time in Washington State with an older brother. She especially enjoys arts and crafts and construction projects with natural materials or Legos. She describes projects as calming when going well, and she is learning to trust the creative process when they are more challenging. She has thoughts of college sometime in the future, but next is getting to know Rowan. She, and he, will have the benefit of her experience in helping care for her younger siblings.

Serene says her residence at Mother Seton House has been very positive and supportive. While her family is supportive, space is limited, and MSH provides space and support for both herself and her baby. She has also enjoyed the company of having a few other new mothers in the house. She is learning to take charge and make decisions for herself.



With her methodical approach to decisions, her thoughtful determination, focus on what is most important, and creativity, Serene is a wonderful guest in the House and is creating a firm foundation for a positive future for herself and Rowan.

It's easy to donate to  
*Mother Seton House*



On our website, [www.mothersetonhouse.com](http://www.mothersetonhouse.com), you can make a donation through Paypal or First Giving.

For speedy access to our donation webpage, use your smart phone or tablet to scan our QR code.

Or you can send donations to:

Mother Seton House,  
PO Box 673, Fryeburg, ME 04037



**Many... Thanks!**

Many thanks to Lake Region Energy for donating two gas tanks for our generator. We deeply appreciate the support of our neighbors.

**Mother Seton House**  
**PO Box 673**  
**Fryeburg, ME 04037**



*Drawing by Thomas Merton. Used with permission  
of the Merton Legacy Trust and the Thomas Merton  
Center at Bellarmine University.*



*Every Baby  
Deserves  
A Good Start!*



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*Mother Seton House is a 501(C)3 corporation supporting pregnant women, new mothers and infants in need.*