

at Raphael House



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1065 Sutter Street
San Francisco, CA 94109

VOLUME 15 • FALL 2003

Dear Friends,

One of the little joys of living at Raphael House is that everywhere I go, I meet people who used to stay here. Airports, restaurants, grocery stores, and especially on the bus lines. I see them everywhere.

Recently a San Francisco Muni driver hopped out at a bus stop, waving for me to come over. Since the bus was packed full of passengers, I trotted over as quickly as I could. The driver was grateful for his stay at Raphael House a few years ago and wanted me to know he would be coming by to visit the next week. He and his son would be going on an outing with us to Water World. Back on the bus. Off he drove.

These things happen.

Another evening on the same street, a woman stepped out from a restaurant to introduce me to her new husband. Beverly and her four children stayed at Raphael House in 1986. Three of her children are still in college, and the fourth has graduated.

It seems impossible that time passes so quickly. Beverly apologized for giving us so much trouble back then, although I don't remember her giving us much trouble at all. *"It took me a while to see how good the structure was for (continued on page 2)*



Fr. David Meets Senator Feinstein

Raphael House Executive Director, Fr. David Lowell, visited Washington, D.C. this past summer to attend a national conference on ending homelessness. While there, Fr. David was greeted by Senator Dianne Feinstein in her office at the Hart Senate Building. Sen. Feinstein remembers Raphael House from the days when she was Mayor of San Francisco, and Raphael House was the only family shelter in the city.

The conference, "New Partnerships for Ending Homelessness," was made possible in part by the Charles and Helen Schwab Foundation, which generously underwrote the cost of sending Fr. David and numerous other non-profit agency leaders from the Bay Area.

(from page 1) my children. It made a big difference after we moved out. I'm glad you put up with us."

Beverly tried to explain to her husband of five years what staying at Raphael House was like for her, but I could tell he wasn't quite getting it. Sometimes you just have to visit and see for yourself!

In this newsletter we have a wonderful article about the children's activities that took place in the summer. If you would like to see for yourself the work we do at Raphael House, or if you would like to hear our children's program staff talk directly about our activities with families, we have an event where you can do both. Come and join us at 5:30 pm on Thursday, November 13th for our annual

donor reception and Children's Art Show. There is no charge. This is a free event for friends of Raphael House. (See details on back page.)

If you have not already visited, I hope you will on November 13th. Come and see why Raphael House is a place where children and families thrive.

Thank you for your support.

Sincerely,

Fr. David Lowell

Fr. David Lowell
Executive Director

Summer Day Camp at Raphael House

by Kathleen Conlogue, Residential Children's Program

This summer at Raphael House we were able to offer our children one month of summer day camp. When the San Francisco school district was forced to cut back on its summer school program, many of our Raphael House children were left without a summer activity. In order to help bridge the gap of finding summertime childcare, we decided to offer four weeks of day camp for children ages six through eleven. Thirteen children joined us from 7:30 a.m. until 5:30 p.m., Monday through Friday.

Each day of summer camp began with a healthy breakfast. After the meal, some children helped with clean-up while others went upstairs to play. When the clean-up crew returned, we got ready for craft time. Some of the craft activities included origami design, baking, making water bottle covers, picture frames, and tissue paper flowers. We were very blessed to have delicious and wholesome box lunches each day, made possible by caring donors.



One of our goals was for the children to be outside each and every day, enjoying nature in some way. Here they are at the end of the day.

After craft time and lunch, we would set off for our afternoon hike. We frequented Golden Gate Park, Lake Street Park, other nearby parks, and Fisherman's Wharf. We realized that we are very fortunate to be in San Francisco to have so many wonderful places to visit just a short car or bus ride away.

One of our goals was for the children to be outside each and every day, enjoying nature in some way. Twice each week we planned all-day *(continued on page 4)*

Holiday 2003 Wish List

For the Children

- | | | |
|---|--|---|
| <input type="checkbox"/> Beading kits | <input type="checkbox"/> Toddler toys | <input type="checkbox"/> Toddler board books |
| <input type="checkbox"/> Art kits | <input type="checkbox"/> Infant toys | <input type="checkbox"/> Picture books with children of color in them |
| <input type="checkbox"/> Craft kits | <input type="checkbox"/> Christmas-themed coloring books | <input type="checkbox"/> Board games for ages 3 through 7 |
| <input type="checkbox"/> Puzzles with no more than 60 pieces | <input type="checkbox"/> Backpacks | <input type="checkbox"/> Adult and children's books in Spanish |
| <input type="checkbox"/> Legos | <input type="checkbox"/> Boots and rain coats for ages 2 through 7 | |
| <input type="checkbox"/> Baby dolls of Black, Asian and Hispanic coloring | <input type="checkbox"/> New clothing for ages birth through 7 | |

For Mom & Dad

- | | | |
|--|---|--|
| <input type="checkbox"/> New alarm clocks | <input type="checkbox"/> Shoe store certificates (Payless, Shoe Pavilion) | <input type="checkbox"/> Shaving kits for men |
| <input type="checkbox"/> New calendar planners and pens | <input type="checkbox"/> Family first-aid kits | <input type="checkbox"/> New men's electric shavers |
| <input type="checkbox"/> Clothing store certificates (Ross, Mervyn's, Old Navy, Gap) | <input type="checkbox"/> New bathrobes and slippers | <input type="checkbox"/> Movie theater gift certificates |

PLEASE NO

toy weapons • compact discs
video games • computer games
items that needs batteries (*except alarm clocks*)

IF YOU HAVE HOLIDAY DONATIONS

Please drop them off at the front desk at:
1065 Sutter Street, San Francisco, labeled
"**HOLIDAY WISH LIST.**"

*On behalf of the Raphael House families,
thank you so very much.*



This past summer, Alanna Zrimsek, a loyal Raphael House supporter, arranged a visit from a vintage San Francisco Fire Truck. The children were thrilled to ride up and down the hills of San Francisco, singing, waving, and clanging the bell.



A summer trip to Water World.

(from page 2) outings to places like Muir Woods, Stinson Beach, Audubon Canyon Ranch, Crissey Field and the San Francisco Zoo. We had a great time enjoying the beauty of nature around us. The first question of each day was, “Where are we going today?” Getting out into nature meant a great deal to the children. Trips to the beach were especially appreciated and enjoyed by all.

On one of our day trips, we went to Samuel P. Taylor Park, a beautiful redwood forested park in Marin County. After skipping rocks in the stream and roasting hotdogs and hamburgers, we set off on a hike to the “swimming hole.” It was a good

hike about a mile through the woods, the sun had come out, and everyone was really looking forward to jumping into the water. When we got there we noticed a big sign posted saying “NO SWIMMING ALLOWED.” Bacteria levels in the water were too high. For just a few moments there was quite a spirit of disappointment, but then one little girl exclaimed, “Well, there are lots of rocks!” Some children took up skipping rocks while others ran down to the rocks, picked up as many as they could carry, then ran up to the bridge and dropped them into the water, then ran back down to do it all again. Except for a few encounters with stinging nettles, the day was perfect and the ride home very quiet, with two vans of exhausted children.

At the end of the day the children drew or colored a picture about their day to add to their “Summer Camp” book. By the end of four weeks, the children had a nice memory book to take home with them.

I know that I can speak for all of the staff who worked with the summer camp that we had a lot of fun — probably as much fun as the children. To see the children’s faces so full of joy and excitement was the best gift of all.



We extend our deepest gratitude to Gala Chair Claudia Castillo-Ross, her entire benefit committee, and our Celebrity Chefs (left to right) Narsai David, Bruce Paton, Clyde Serda, Ian Morrison, Loan Co, Brett Smith, Bren Boyd, Tal Franbusch and John Kane. (Participating chefs not pictured were Patrick Finney, Robert Gee, David Lawrence and Thomas McGuigan.)

A BIG thank you to our Celebrity Chefs

Our 31st Anniversary Gala was held last May. Celebrity chefs donated their time and talents to the lucky winners of a live auction that followed dinner. Proceeds from the Gala exceeded \$180,000, and included \$4,000 from a clever pitch from Gala Honorary Chair, Narsai David, who urged guests who had paid between \$135 and \$500 for their evening, to donate an extra \$200 to “Feed-a-Family,” which would cover the cost of a month’s meals for a typical Raphael House family.

Please Save the Date

Our 32nd Anniversary
Gala will be held
on Thursday,
May 27, 2004
at the Ritz-Carlton,
San Francisco

FOR FURTHER
INFORMATION,
PLEASE CALL
CAROL FIELD AT
(415) 345-7265



Healing Through Art

by Rose Trautmann

Rose Trautmann has been a live-in volunteer at Raphael House a few times over the years, coming all the way from her home in Cologne, Germany. She once again spent a few months with us this past summer, working in our Children's Program as an art therapist. She recently sent us an e-mail from an internet cafe in Bristol, England, to send greetings to all of her friends here. She thought perhaps you would like to know about her latest experiences with Raphael House, and we thought so too.

It was in the year 2000 when I discovered Raphael House. I was very impressed how they worked with families at risk, and that is why I have come back every year since.



Art Therapist, Rose Trautmann (on right) with Easter Bunny (Joanna Mannion, Children's Program Staff) and a Raphael House Mom.

My first profession was Kindergarden Teacher, employed by the Cologne City Council. Afterwards I studied at University, earning a degree in Art and Art Therapy. My experiences are based on those with disabilities and diseases, especially cancer, the terminally ill, depression, patients with panic attacks, learning and behavioral difficulties, and people in differing life crises. I also taught Art Therapy students, trained Kindergarden teachers, and organized many art workshops.

It was special for me that I could offer my experiences to Raphael House. It was also a lot of fun leading the whole staff in drawing exercises.

With the parents and children of Raphael House, I led a lot of different art projects in group settings and for individuals. My goals were different from situation to situation.

MY MAIN GOALS WERE:

- develop courage
- enable participants to see things in new ways
- help participants to realize they have the ability to learn, can go through difficult situations, and develop new abilities through training.

All this is possible through special painting and form-drawing exercises. Through this, participants develop the tools to express their own feelings and see the possibilities to change things. In all, it is important for the person to be secure in a room where they can forget their problems and have fun with the wonderful, bright water colors. This whole process always takes a very long time.

At Raphael House, I worked with Conan for 3-1/2 months. During this time he turned eight years old, and he also moved out of Raphael House with his mother. But every day he came back to our After-School program.

Conan was very afraid of a lot of things, had nervous tics and was a withdrawn young boy who felt like an outsider. He liked to paint in his own



The last of Conan's series of paintings, as guided by Art Therapist, Rose Trautmann

way, and he did not like to learn new things. His voice and his language very often became childish moaning. After he had drawn a few pictures, he began to develop more trust in me. He also began to paint in the manner I instructed him. Then I wrote a story for him, based on his drawings.

Throughout this time, he was often fearful of new things, but slowly became interested when he

saw what was made possible through learning something new. He continued to practice the technique of watercolor more and more, and became more interested in the story I was making up to go with his work. He looked forward to how a scene would end, and developed fantasies as to how the next picture could turn out. We developed the last pictures of the story together.

There was an important moment, when he discovered a medium to handle his deeply hidden and difficult problems. What he perceived could never happen in this life, he could create in his story. The boy from the story was together with his Mom and Dad. Afterward, he behaved as though a great weight had been lifted from his shoulders. His last painting, painted by himself, shows a boy who waters plants in bloom.

Conan was very pleased with his paintings and the accompanying story we created of what can be. In his story he could speak. It was a way for him to imagine himself living normally.

Conan's paintings, with Rose's story are included in this year's Children's Art Show.

Raphael House, a family homeless shelter and AfterCare program, has served San Francisco since 1971. It is funded by contributions from individuals, corporations, foundations, and civic and religious groups. We neither seek nor accept government funding.

The chapel at Raphael House is affiliated with the Orthodox Church in America and Holy Trinity Cathedral, at Green Street and Van Ness Boulevard. No religious requirements are ever placed on anyone who receives help from Raphael House. Our services are named after the Archangel Raphael, whose name in Hebrew means "God has healed."

[at Raphael House](#) is produced by the staff and volunteers, and is mailed to donors and former residents.

Please send your questions or comments to:

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MOVING FAMILIES FROM CRISIS TO COMMUNITY

at Raphael House

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Please join us
for our Fall
Open House

THURSDAY, NOVEMBER 13TH

5:30 TO 7:30 PM

**in the AFTERCARE BUILDING
at RAPHAEL HOUSE**

•

Wine and hors d'oeuvres, generously provided
by the HILTON SAN FRANCISCO

•

Enjoy our 18th Annual Children's Art Show
and a presentation by Program Director,
Peter Wright

6:15 PM

•

Tours of the shelter will be available
throughout the evening

•

PLEASE RSVP TO (415) 474-4621