



  
*stay put. be still. don't quit.*

P.O. Box 252, Cumberland, VA 23040

**[434] 391-5643**  
**info@meno.life**

# RECOVERY

*Our sole purpose is to be a place where meaningful work, authentic community and the kingdom of God intersect; a place where the joy of Jesus is experienced and where human beings flourish; a place where those who are broken and stuck—in drug or alcohol abuse, or in anything else destructive—experience healing and freedom.*

## **Entering and Exiting Our Residences**

All of our residents enter and exit voluntarily and are expected to stay for at least 12 months. It all starts with an interview. Intake can happen as quick as right away but usually it is within a week of making the first contact. We accept residents 18 years and older.

## **Our Method is to Model Freedom**

Meno is not strictly a goal-oriented program but rather a commitment to practice making choices that help residents become the type of people who do the right thing, at the right time, in the right way all without much effort or thought. Through intentional discipline and structure, worship and community life, residents observe and learn character-building principles. They practice them at home and at work, building strong foundations for a free and joy-filled future .

Residents and house leaders all live together on-site. Together they create an extended-family atmosphere. The most capable and compassionate of Meno residents may be invited to become support staff. Their firsthand expe-

rience and lessons learned are an invaluable encouragement to newer residents.

## **Responsibility and Self-Care**

Meno's objective is to help residents rebuild their own lives through community responsibility and shared decision making. As residents' motivation and stability improve, they are gradually given more responsibility for supervising household duties and monitoring daily work. Their example helps encourage less-experienced residents. The result is a community that is peer-motivated and guided.

The first 30 days are spent adjusting to our culture before joining a daily work team. Everyone learns basic life skills and is responsible for their own personal care as well as sharing in community meal preparation, washing up, house cleaning, clothes washing, bedroom tidying, gardening, etc.

## **Success Through Family-like Community and Work**

Residents gradually work problems through in an environment based on two simple and time-honored concepts:

- **Family-like Community** | Residents build meaningful relationships with others from whom they receive hope and to whom they impart hope. This all happens in an atmosphere of acceptance, love, accountability and God's presence.
- **Meaningful Work** | Residents invest in their own recovery by working at the mill. This significantly reduces the financial burden on others while restoring self-dignity and a sense of purpose. Whether performing daily household chores, or shouldering the responsibility of leading a Meno work team, job skills are developed.

Residents can expect to work the first 3-6 months at the Meno Sawmill.

Meno sells to private individuals, local and state governments, businesses, churches, and other non-profits. The revenue from these sales allow us to provide help at no charge to our residents.

## **Long-Term Change**

As members of an authentic community where we work together, play together and worship together, we help one another experience growth in the following areas of our lives:

- **Physically:** by not using addictive substances (illegal drugs, alcohol, etc.) and by adopting good health habits including a proper diet and exercise.
- **Emotionally:** by practicing self-control, by learning to check assumption, and by learning how to pay attention to ourselves we over time recover what has been lost; a healthy self-image and the ability to be a positive contributor, fully engaged in community work, recreation, and worship.
- **Morally:** by adopting a new set of values and a new normal, change is experienced, goals are realized and relapse is avoided.
- **Spiritually:** by learning spiritual disciplines designed to help stay better connected to God.

## **Coming to Meno**

Coming into Meno is completely free of charge. You can refer yourself or be referred by someone else. All wishing to come need to fill out an application. If you are ready for help, call us at (434) 391-5643 for a new start..

# INTERNSHIPS

It's not about skills, it's about heart. Meno is looking for aspiring servant leaders.

- We need interns, short term missionaries wanting to make a difference in the lives of those who are hurting and who are in the process of rebuilding their lives.
- We need servants able to disciple the desperately needy as well as serve alongside the desperately needy.
- We need servants who are just as willing to clean bathrooms as they are to preach from an open Bible, servants who are willing to “fall into the ground and die” [John 12:23].
- We believe that Meno's Servant Leadership Training is a doorway into living a life that matters among some of the most neglected and marginalized people groups in the world.

## Flexibility

- We offer short and long-term opportunities. We recommend a three to six month commitment but can be flexible if needed. Servant Leadership Training will provide you with practical hands-on training for a future in full-time missions, social work or social justice.

## Hands-on Discipleship

- You will have the opportunity to ‘Be Jesus’ in everyday, real-life situations, by working, living and worshiping alongside those whose broken lives are being restored.

## Christian Community

- You'll learn to apply the scriptures within a context of living in a dynamic, inspiring and life-changing environment.

## Servant Leadership

- Leading by humble example, you will be able to apply your gifts by assisting others in areas such as sharing God's Word, serving on worship teams, applying business skills in Meno's businesses, and more. Whatever your skill, Meno's ministry environment will put it to work. !

## Minimal Cost

- Meno will provide you with free board and lodging as a working member of our community. You'll only need to pay for travel to and from Meno, and any out-of-pocket expenses while you are with us (for days off, sightseeing, toiletries, etc).

## How To Apply

- Please call us at **[434] 391-5643** for more information and to apply.
- For short-term opportunities or visits that fall outside of internships or for other inquiries about opportunities to serve at Meno, please send us an email.

Our mission is to create the needed space for those suffering from drug and alcohol addiction to practice a joyful and free life.

Need help or want to help?

Contact us at

**info@meno.life | 434.391.5643**

Want to make a charitable donation?

Mail checks payable to:

**“MENO”**

and send to:

P.O. Box 252, Cumberland, VA 23040

or donate online at



<b>last name</b>	
<b>first name</b>	
<b>email</b>	
<b>phone #</b>	
<b>street address</b>	
<b>city / state / zip</b>	
<b>donation description</b>	
<b>donation date</b>	<b>donation amount</b>

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Want to make a charitable donation? mail checks to:

**PO Box 252, Cumberland, VA 23040**

or donate online at  
**paypal.me/menolife**

No goods or services were provided by Meno in return for any donations made. **EIN # 85-0789018**

“

If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.

”

- Jesus, John 15:7

“

...to be a place where meaningful work, authentic community and the kingdom of God intersect; a place where the joy of Jesus is experienced and where human beings flourish; a place where those who are broken and enslaved—to drugs, alcohol, or anything else destructive—experience healing and freedom.

”

- Meno mission & goal

