



Changing
the course
of families
one life
at a time.
Learning to
be still, stay
put, and
not quit for
the sake of
others..


stay put, be still, don't quit, live free.

RESIDENTIAL OPPORTUNITY

* Photo courtesy of a meno resident and his son.

RESIDENTIAL

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 more of 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, 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 experience and lessons learned are an invaluable encouragement to newer residents.

RECOVERY

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:

- 1. 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.
- 2. Meaningful Work** | Residents invest in their own recovery by working at the mill, in the wood working shop, and in the greenhouse. This helps offset 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.

Funding | Meno survives on the profits generated by its associated business ventures, donations from churches, foundations and community groups. And finally by individuals partnering with us financially.

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:

- 1. Physically:** by not using addictive substances (illegal drugs, alcohol, etc.) and by adopting good health habits including a proper diet and exercise.
- 2. 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.
- 3. Morally:** by adopting a new set of values and a new normal, change is experienced, goals are realized and relapse is avoided.
- 4. 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. Reach out and let's get started!



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