

September 2025

When you lie down, you will not be afraid; yes, you will lie down and your sleep will be sweet. [Proverbs 3:24]

A Message from the President

I have an app on my watch that gives me a "sleep score" every morning. It tells me how long I have slept, how long each period of sleep has been, how long I have been awake, and whether overall my sleep habits "need attention."

I too often take this app for granted—along with having the watch to register it, the electricity to charge my watch, and the comfort of a stable and safe place to sleep.

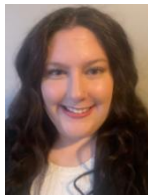
Our annual Sleep Out and Week of Solidarity are designed to learn more and to share in the experience of people who cannot take for granted that they will be able to sleep safely each night, to advocate for them, and to raise funds for St. Luke's Guesthouse so that we can continue to offer them shelter and guidance toward stability. Please consider joining us, so that every member of our community can hear this Irish blessing: *I wish you that the darkness of the night does not frighten you, but that a star shines for you, which promises you hope for the beginning of the new day.*

The Rev. Judith Lee
President, Board of Directors

Introducing our Case Manager: Brittany Davison

I was born and raised in Southbridge, Massachusetts, and have always felt a deep connection to this community. After earning my Master's in Social Work from Simmons University, I began my career as a navigator at the Addiction Immediate Care program, where I connected patients and families with resources and support. I've also been fortunate to serve on local community boards and to partner with the hospital and WellStorm to bring the Bridge Fridge and Walter's Closet to two locations, expanding access to food and basic clothing essentials.

Giving back has always been important to me, which is why I also volunteer with the Alzheimer's Association and Dysautonomia International, helping to organize fundraising events to raise awareness. I recently joined the team at St. Luke's to continue supporting vulnerable populations while staying closely connected to the people and community that inspire my passion for service.



2025 Week of Solidarity: November 1-8
Sleep Out for Homelessness: November 7th-8th
More News is on the Way!



Planning is well underway for our upcoming Sleep Out! We've reached out to local church youth groups, Scouts, and businesses to encourage participation. Our intern, Maddy Gronski, has been a huge help, connecting with restaurants about a "dining out" partnership where a portion of proceeds from the designated Week of Solidarity would be donated to St. Luke's Guesthouse. We are also actively seeking business sponsors to help us reach our \$10,000 fundraising goal.

The main purpose of the Sleep Out is to grow awareness of the causes and solutions for homelessness, gather in solidarity with friends and family, and raise vital funds to support our guests at St. Luke's Guesthouse. Please help us spread the word and follow us on Facebook and Instagram to share the news with others!

How does it work?

Step 1: Plan a Sleep Out Event on Friday November 7th to 8th in your backyard, campground, organization or other safe space. Or plan to join the Sleep Out at Bethlehem Lutheran Church (345 Main St, Sturbridge, MA, 01566).

Step 2: Register your Sleep Out with the Friends of St. Luke's using the registration link on our website:
<https://www.friendsofstlukes.org/2025-sleep-out-for-homelessness/>

Step 3: Donate a monetary gift to the Friends of St. Luke's by mailing a check to **141 Main Street, Southbridge, MA 01550** or use this donation QR code. Please indicate Sleep Out on the memo line or use the dropdown menu.



Step 4: Plan to go out to eat during the Week of Solidarity. Watch for news about local restaurants joining with us to share donations to Friends of St. Luke's that week.



St. Luke's Guesthouse, 141 Main Street, Southbridge, MA 01550 (774) 230-6416



Panera's Dough Raiser
21 New Boston Road, Sturbridge
Wednesday November 5, 2025 4-8 pm

20% of net sales will be donated

Online or in person

The flyer and code required with your order
 can be found on our website

www.friendsofstlukes.org or use this QR code.



We welcome our Intern: Madeline Gronski



Hello, my name is Maddy Gronski and I am the new intern at Friends of St. Luke's. I will work with the Board to develop communication for the Sleep Out.

I currently work at Cornerstone Bank as an Interactive Customer Service

Representative. I have a bachelor's degree in Marketing with a concentration in Professional Selling, and a minor in Business Administration from MTSU.

I applied for this Internship to give back to my community and gain a deeper understanding of nonprofits. It allows me to blend my background in customer service, professional selling, and marketing with the chance to raise awareness for a meaningful cause.

Through this role, I look forward to developing new skills—such as working with local government on permits, researching regional and national policies, and supporting youth and community groups in planning activities and donations. I am grateful for this opportunity and eager to learn from the expertise of my colleagues.

Margaret and Lenny's Story

Margaret and Lenny, both in their early 30's, have been together since their late teens, but they never had a place of their own. They lived with parents, other family members, or friends, but eventually they ran out of options. With no place to go they used what little money they had to stay in a cheap hotel for a couple of weeks. Then they were forced to sleep in the woods in a tent.

Margaret and Lenny heard about St. Luke's Guesthouse and asked for our help. They were welcomed as our guests, and given shelter and assistance with food and clothing. And then Margaret found out that she was pregnant. Our case worker made sure she was able to obtain prenatal care and provided intensive counseling for the couple.

While at the Guesthouse Margaret and Lenny learned life skills to become self-sufficient. Lenny was guided through the process of finding a good job, and they were counseled

on how to find housing. They recently moved to an apartment of their own.

Thank you

We were invited to speak at West Brookfield Congregational Church recently. I provided them with the history of and overall operations of St. Luke's Guesthouse. This, along with a few guest stories, provided a useful lens into how we are trying to assist homeless people in our community. They were very appreciative, and we thank them so much for their generous donations.

Tricia Gay, Coordinator of Volunteers

News from the Guesthouse

For the months of June, July and August we provided 904 nights of shelter and case management for men, women and children, ages 2 to 70 years. 3 families moved into housing in July and August. As of September 1st we have 11 guests and the house is full.

In addition to caring for our Guests, our House Manager helped 83 "seekers," providing resources on the phone or in person. In addition, 26 email inquiries for shelter were answered with information and resources given.

What Is St. Luke's Guesthouse?

Founded in 2017, St. Luke's is the only homeless shelter serving single men, women, and families in the fourteen towns of southern Worcester County. St. Luke's receives no government funding and operates thanks to the generosity of local donors, churches, and grants from local businesses, organizations and foundations.



UNO's Dough Raiser for St. Luke's
November 3rd and 4th

Online or in person

The flyer and code required with your order can be
 found on our website

www.friendsofstlukes.org or use this QR code



***Sleep peacefully knowing that tomorrow is filled with
 new mercies and fresh opportunities.***



St. Luke's Guesthouse, 141 Main Street, Southbridge, MA 01550 (774) 230-6416

Website: <https://www.friendsofstlukes.org> Facebook: <https://www.facebook.com/StLukesGuesthouse/>

