

THE LIFESTYLE & EDUCATION INSTITUTE

We want to thank you for this opportunity to present to you what we believe is a very important program within the religious community for those who suffer from obesity and food related issues. As we know, it took time to create programs that helped men and women in religious life who dealt with drug/alcohol or other addictions to come into place, one reason being many thought their was no problem in the first place. And once specialty centers opened there doors in the United States it was clear that those who needed help now had place they could retreat to for specific work on the underlying issues that without understanding and help lead them down a road of self-medication and despair, and away from that special gift of being a teacher to those they served.

Food is a staple in most societies on earth. People use food for celebrations. We eat when happy, sad, upset, angry, lonely, depressed, stressed, nervous, bored, afraid etc. Food is the easiest drug to get and to abuse. Because of their vows, food is something religious men tend to turn to because it is less obvious to those around them that they may be using food to feed their pain. Many men and women who deal with substance abuse never really get better because they drop one addiction for another (addiction transference or cross-addiction), meaning they stop drinking or doing drugs but start eating or stop eating to deal with pain. Thus, The Ephesus Renewal Center becomes the primary site for rebuilding a healthy lifestyle that allows them to be of service to themselves and be the wonderful and caring teachers they are destined to be. We treat the person not the disease.

The Ephesus Renewal Center will be the first of its kind in the U.S. for helping these religious individuals with the complicated issues that lead them to use food as the medicine to cure their emotional pain. The need for such a place to help these individuals is way past due. I hope that we can work together and form a strong alliance to reach those who suffer this Silent Killer. The program offered will enable them to re-enter religious life, and their tasks for the Church, with renewed enthusiasm and a better understanding of maintaining good health.

A PURPOSE WORTH LIVING FOR

Founder, Dennis Henning, uses his own personal journey and struggle with food as the basis in helping clients recover from this "Silent Killer". Dennis, through his own journey of personal and spiritual doubt, has created a program based on treating the person first, then the addiction, in order to build a solid foundation of mind, body and spirit. Dennis, and his qualified staff, will work with each individual to help to restore their faith in themselves, other people and key relationships including finding intimacy and trust in others instead of counting on, and being betrayed by, food or any other substance or behavior in order to get their needs met.

THE PROGRAM

The program will provide services to priests, brothers, deacons and seminarians that may suffer from obesity and food related issues as well as co-occurring issues. We will help the client work through the repetitive addictive cycles of preoccupation, rituals, and binge/purge incidents. Additional work will consist of working on fear, anger, self-hatred, despair, shame and guilt that are self-treated by the client with repeated preoccupation and self-medication. Many clients will have substituted food for alcohol, drugs, Internet sex and gambling.

I am seeking financial assistance from people, such as yourself, who understand the need to assist these men who have so much to give whether it be as teachers or clergymen. Your assistance will enable us to provide scholarships, educational workshops for clergy and dioceses, interventions, aftercare program, school awareness programs, effect of obesity on religious life programs and workshops for the lay community within the Catholic Community.

Your contributions can go toward: Scholarships for In-House or Day Program, workshops for clergy, educational workshops for catholic schools, interventions, research and educational awareness materials.

I would appreciate your donation, made payable to Lifestyle & Education, Inc. the non-profit (Tax ID number: 95-4698168) that funds the Ephesus Renewal Centers. The Lifestyle & Education Institute would like to increase public and professional awareness of obesity and eating disorders in school age children and their families and lower the health risks both emotionally and physically that come with these issues. Please join with me in bringing education and awareness to the Catholic community of the effects of obesity and eating disorders within our clergy.

Thank You,

Dennis Henning

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Founder

The Ephesus Renewal Center