



## House of Menuha

House of Menuha provides a nurturing environment for women to experience personal rest, reflection and renewal of mind, body and spirit, so that each is strengthened and better equipped to enrich family and community.

To describe the indescribable, where does one begin? Allow the women who have experienced House of Menuha to tell you:

*Being at Menuha is a gift to me. It is the chance to take time aside from everyday life.*

*There is a restfulness here I find difficult to reach in my own home, even when it is quiet.*

*Menuha helped me clarify things to make the right choices for my family and me.*

*I learned that no matter what I do or where I'm from, I'm still good.*

Menuha – to rest in purposeful contemplation. A place for women to come and rest in inner stillness, to reflect on the meaning of one's life, to renew one's whole being. Sr. Annie Loendorf, SCL, founded the House in 1992, in response to women expressing the need to be alone in a quiet place, as well as to gather in the company of other women to share their life's journey. Thousands of women have come to Menuha to share, to be nurtured and to learn.

House of Menuha has expanded her outreach by hosting retreats for women in need of spiritual and emotional self-care. Funded by individuals and organizations, these retreats have included MOCSA, Rose Brooks, Friendship House, Catherine's Place and reStart Shelter. These women, who have experienced many hardships, learn to be hopeful for tomorrow.

### Besides Money

New thermal windows for our facility  
Cookie/Muffin Bakers  
Soup/Salad Makers  
Carpet for our Gathering Space  
Unscented votive/tealight candles

The House also offers private rooms for daytime or overnight visits, group meeting spaces, homemade meals, a Garden of Reflection with comfortable benches and a pond. It is a place where a woman can be still and listen to her inner voice. Group sharing sessions, known as Reflections, are offered throughout the week. Women have shared this experience with prayer groups, support groups and book clubs. They have created their own rituals to commemorate



The Garden of Reflection – a place to simply BE.



Retreat participants sharing a Menuha moment.

and celebrate birthdays, anniversaries and other personal milestones.

House of Menuha is funded by individual donations, grants and the women who come visit. No woman is turned away



House of Menuha, a restful retreat amid the challenges of contemporary life.

because she is unable to make a financial offering. Please assist us in our mission of serving all women in the Greater Kansas City area. These women are your neighbors, friends, wives, daughters, mothers and sisters... living proof that the world is a more beautiful and peace-filled place because they are in it.

### STATS

- Opened in 1993
- 1,000+ visits per year
- Non-Denominational
- Available for individuals or groups
- Collaborate to provide retreats for local women's shelters