

MARTHA AND MARY HOUSE
A California Religious Non-Profit Corporation
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“Loving and serving God in our neighbor”

FAMILY GUIDELINES AND HOUSE RULES

Welcome to the Martha and Mary House! This is our home and you will be a part of our family. We know this is not an easy time for you, and we hope to provide a safe, structured, loving and nurturing setting to help you prepare for the future, discern the will of God for your life, and the parenting option that is right for you and your child. Christ is the head of our House, the unseen guest at every meal and the silent listener to every conversation. It is in His Name we welcome you and your unborn child. You are both precious to God and you are precious to us. Since we are a family, there are rules and responsibilities. We are accountable to God and each other. The Head of our House loves us, and with His help we can learn to live together in love, showing consideration and respect for each other, kindness, patience and co-operation.

If some of our house rules and guidelines seem too restrictive to you, please understand that we consider them important for your development and safety. Discipline is only meant to teach us self-discipline. God created us with free will - and the ability to make choices. We have all made both good and bad choices, and lived their consequences. Your choices put you in the circumstances you now face. We are glad you chose to come here, and hope you will choose to follow these guidelines and make the best of them! If you choose **not** to do so, we take that to mean that you choose to leave our home. We want you to choose the challenge of staying and growing with us and will do our best to help you. Our purpose is to establish order and regularity, not rigidity. If you have questions, let's talk about it.

DAILY ROUTINES:

1. We start our days with prayer - thanking God for keeping us safe through the night and asking His blessing and help for the day. (Times may have to be adjusted).
2. You are responsible for bathing, dressing, making your bed and eating breakfast before morning prayer. (Or before you leave for school or job.) Rooms are always to be “picked up” for possible visitors.
3. You will participate in the daily tasks of housekeeping, cooking, etc., pitching in to help where you see a need unless specific duties have been assigned to another.
4. You will be assigned a laundry day.
5. We eat dinner together as a family. You will assist in meal planning and grocery shopping as well as meal preparation and clean up.
6. There will be time for a daily talk with one of the housemothers, and a weekly family session.
7. Evening prayer before we say good night.
8. Bed time with lights out by 11:00 pm.

Martha and Mary House: Family Guidelines

GENERAL CONDUCT:

1. The Bible is our guidebook. The Ten Commandments, 1. Corinthians 13 and Ephesians 4:31,32 are good beginnings. We'll look at them together.

2. We expect all household members to respect one another. We are all created in the image of God. We are each unique, special and different. Common courtesy is a good Family Rule. We say, "Good Morning," "Good Night", "Please" and "Thank You". And if we have offended or hurt another, it is time to say, "Forgive me, I'm sorry."

3. Remember that Christ is the Head of our house and the silent listener to every conversation. Don't offend Him or others by crude language, cursing, negative humor, bad jokes. Instead, let us try the advice of the wise King Solomon in Proverbs 16:24 who says: "Pleasant words are a honeycomb, sweet to the soul and healing to the bones"!

4. We respect one another's belongings. Don't take or borrow without permission.

5. We aim to be trustworthy. Tell the truth with kindness. Trust others. Don't lie.

6. We respect one another's opinions. Don't argue or insult.

7. We respect one another's privacy and space. Knock and wait for an answer before you enter a room with a closed door.

8. Martha and Mary House is God's house. Be a responsible steward of it's resources, enjoy, don't waste, or destroy.

MEDICAL AND HEALTH RELATED RULES

1. For the sake of your health and the health of your child, the use or possession of alcoholic beverages or drugs not prescribed by your doctor are not allowed and will be taken to mean that you choose to leave Martha and Mary House.

2. Smoking is dangerous to your health and the health of you child, and you will not be allowed to smoke while you are a member of the Martha and Mary House family, whether you are inside or outside the house. (For example at school or work). Visitors are not allowed to smoke on the Martha and Mary House property.

3. All medications of any kind, (and only as prescribed or recommended by your doctor) shall be given to the House Mother when you arrive and will be dispensed to you as needed.

4. You shall keep your doctor's and any other necessary appointments, follow their recommendations and attend childbirth classes. (We'll help get you there.)

5. You are expected to eat the meals prepared for the family (regardless of your food preferences - but remember you will be part of meal-planning and preparation, so you'll have a say in what we eat!)

6. You will participate in a program of regular exercise as specified by your doctor and/or Martha and Mary House.

7. Every effort will be made to notify your parent(s) or guardian(s) and the adoptive parents of your baby when you leave for the hospital for the birth. They will also be notified when your baby is born.

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LABOR COACH:

1. You may choose a Labor Coach during your stay at Martha and Mary House. Your Labor Coach must be approved by Martha and Mary House Housemother and/or counselor and will attend childbirth classes with you.

RELIGION:

1. The Martha and Mary household is an extended Orthodox Christian family where Christ is the Head. We regard you as our spiritual daughter. No one is required to believe in The Lord Jesus Christ as the Son of God in order to live here, but you will learn about Him while you are here. We pray that you will learn that He loves you and your unborn child and cares deeply about every aspect of your life today, tomorrow and for all eternity.

2. We learn best by doing, and you will learn about the Head of our house by joining us as we pray to Him morning and evening and at meal time. We pray that God will bless and help us as we work and study, and will protect and guide us as we go about our daily activities at home and elsewhere. We hope you will discover that prayer and trusting God makes a difference in your life.

3. We will read God's word together. Here at Martha and Mary House we believe that The Word of God is true, and we pray to live by it. Saint Paul wrote to the Christians in Rome: "God works in all things for good for those who love Him." Romans 8:28. "All things" include situations like yours. If that is indeed true, we have reason to thank God for things that look difficult, and trust that He works in them for good. We hope you will try it with us.

4. We will attend worship services in Church. You are invited join us at our Orthodox Christian Church, at least once. If you choose to worship in another Christian church, you may arrange your own transportation there on Sunday.

5. We believe that God brought you to Martha and Mary House for a reason. We thank Him and ask that He will give you strength and wisdom to make the right decisions for yourself and the future of your child. We pray that while you are here you will discover a greater meaning and purpose of your life and find hope and joy in a relationship with Jesus Christ.

PHONE:

1. You shall ask permission to use the phone. Calls are limited to 15 minutes.
2. No phone calls after 10:00 p.m.
3. You may not call boys or men (except your father), but they may call you with housemother's permission.
4. You may not answer the phone except with housemother's permission.
5. Collect calls are not accepted.
6. Long distance calls must be made with a calling card and consent of the house mother.
7. A pager or cell phone is not allowed except with prior consent of the house mother.

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VISITORS:

1. Your parent(s)/guardian(s), other relatives and/or friends may only visit you after notifying the house mother 24 hours in advance.
2. Your boyfriend may visit only at the discretion of the house mother, and only when she or another designated adult is present.
3. Male visitors are not allowed in your room
4. In the case of a minor Daughter, a parent or guardian must inform us of visitation rights given a non-custodial parent, as substantiated by a copy of the divorce decree.

SCHOOL:

1. If you have not graduated from High School, you shall attend school or study toward your high school equivalency test. (GED) Home schooling or tutoring may be arranged.
2. You will be required to attend all classes, complete all schoolwork, and prepare for all tests.
3. If you have completed high school or your GED and do not wish to seek employment, you must pursue higher education.
4. While at Martha and Mary House you must either pursue a course of study or training for future employment, or seek such employment for which you are qualified and fit.

DURATION OF STAY:

1. While placing your child for adoption you may return after the birth to stay at Martha and Mary House, with the approval of the house mother and Trustees, for up to six (6) weeks, or longer if space is available.
2. Should you experience a miscarriage, you may remain at Martha and Mary House for a period of six (6) weeks, or longer if space is available, upon the approval of the house mother and Trustees.
3. If you decide to leave Martha and Mary House before the birth of your baby, you will not be allowed to return to live at the House.

MISCELLANEOUS:

1. We expect you to attend (and we hope you will enjoy and/or benefit from) all the classes, programs, appointments, events and services scheduled for you.
2. Television or radios are not allowed in your room. Cassette, or CD-players with headphones are only allowed with the permission of the housemother.
3. We will play and listen only to edifying and good music - classical, folk, hymns, liturgical or other favorites. No Rap or Rock. The house mother has the final say.
4. Television programs or videos played in the House are at the discretion and with the approval of the house mother.
5. Martha and Mary House has an extensive library. Your suggestions and requests for new books are welcome. Reading material brought into the house must be approved by the house mother.

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6. The House computer is to be used only for assignments and study related work, not for entertainment. Access to the Internet is limited to the office- and house mother's personal computer and may only be used briefly with special permission and under supervision. Escondido Public Library has computers where you may access your e-mail account.

7. If you have your own car with valid driver's license, registration and insurance, you may drive it to work or school with the approval of the House Mother. Time commitments and curfews must be kept.

8. No financial agreements or other exchanges (selling, borrowing or lending money or other items) may be entered into between "Daughters" without the knowledge and consent of the Housemother.

ACKNOWLEDGMENT

I hereby acknowledge that I have read and understand these rules and guidelines and agree to abide by them.

"DAUGHTER'S" NAME _____

Please print

"DAUGHTER'S" SIGNATURE _____

AGE _____ **DATE** _____

WITNESSED ON BEHALF OF MARTHA AND MARY HOUSE, a California Religious Non-Profit Corporation:

SIGNATURE _____ **DATE** _____