



VOICE

A HOME AT THE HEART OF THE UNIVERSITY OF WISCONSIN-MADISON SINCE 1907

FALL 2018

PRES HOUSE HOSTS FIRST CAMPUS SOBER TAILGATE EVENTS

BY STAN KAYMEN, Co-Chair for Live Free

Live Free is UW-Madison's only peer-to-peer recovery support organization. Since our inception, we have had a close relationship to Pres House. Our organization's first meetings were often held in the main lounge of Pres House Apartments.

This fall Live Free, with continued support from Pres House, sponsored two sober tailgate events coinciding with the opening UW Badger football game and the UW Homecoming game. These events were an important step toward promoting a social space on campus free from the presence and influence of alcohol or drugs. More than 100 guests stopped by the August tailgate, and more than 75 came in (out of the rain, wind and snow!) to join us for breakfast and some music before the 11 am kickoff on October 20th.

Live Free hosts weekly recovery meetings (check our Facebook page for more details), as well as hosts events each month aimed at promoting general wellness on campus. Pres House hosts A Way of Life 12-step (AA) group on Mondays and Fridays at noon in Allison Lounge. Live Free staff members look forward to continuing to work with Pres House to promote student wellness and provide an alternative to the sometimes overwhelming "party culture" on campus.



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INTERVIEW WITH A PRES HOUSE APARTMENT SCHOLARSHIP RECIPIENT

Zach Galvin, an Economics major from Madison, WI, was interviewed in the spring of 2018 about his experiences at Pres House Apartments. He returned to Pres House Apartments for this—his senior—year. He is serving as one of the Residential Fellows for the 2018-19 academic year and participating in the Future Focus program in 2018-19.

Q: Why did you decide to live at Pres House Apartments?

I decided to live at Pres House for a couple of reasons. First of all, it's central to campus, so it's where my friends wanted to live. I wanted to join them! Then, through the scholarships they offer here, the rent is affordable. I have to cover all of college on my own, so it's really helpful. So, it worked out in all three ways: close to everything, with friends, and affordable.

Q: What scholarship program did you participate in?

I participated in the Pres House Scholars program.

Q: How was getting a scholarship helpful to you?

It was really helpful financially. That was the biggest thing. It's tough for me because I'm trying to cover all of college on my own. It's nice because I'm in state, so tuition isn't too bad. To have a little bit of help with rent really does go a long way. It was really nice that Pres House was able to do that for me.

Q: What was your favorite scholarship program activity?

I had quite a few. I really liked when we went and played dodgeball and kickball. That was just a fun way to relax and hang out with people. But my favorite Pres House event was probably the wellness talk that they had. It think it's really easy—especially in college—to forget that stuff. Even though it's somewhat obvious or things you've been told before, I really enjoyed being able to listen to that and then talk to people afterwards. That was my favorite event.

Q: What do you like about living at Pres House Apartments?

There are a lot of things: people here are great. It's central to campus, you are right by your classes, so it's literally a 5-minute walk to most places, which is awesome. So, it's central to campus, the people are great, and it's affordable. What they do with scholarships is really helpful, to set up scholarships that make it affordable. That's really great.

Q: What was something you did in your scholarship program that was new for you?

One of the things we did was go volunteer at Books for the World. That was really cool because it showed you where you really are in the world and how important it is to help the people outside of America or even just your social circle. I was able to meet a lot of the other people in the scholarship program and at the same time do something that felt really impactful. It shows you that it's important to give back, especially when you are in a position where you do have a lot. I've never done that before—I've never done anything that affects something globally... so that was really cool.

Q: What was something you learned in your program this year?

I learned a lot of different things. The biggest thing was the importance of balance—how to balance yourself out. A good example of that was the wellness speaker. He discussed how you can work really hard, but if you only work, you're actually not going to be as productive as if you balance yourself out. I think that's really important, especially for students who are aspiring to be the best they can—making sure that they are as productive as possible. Also, it's important to remember to have a good life: enjoy what's happening around you and the people you are with. Making sure you do both things. That's really important to remember at a big flagship/top-of-the line university like University of Wisconsin at Madison. ✿



Zach Galvin, center, arms outstretched.

SCHOLARSHIP FUNDRAISING UPDATE - SUCCESS!

We are pleased to announce that our special \$25,000 fundraising effort to provide additional scholarships for residents in purposeful living programs in the Pres House Apartments has exceeded the goal! Thank you for your generous gifts! A special thank you to UW Credit Union for funding five scholarships. Your support helps residents participate in communities focused on addiction recovery, wellness, career and vocational discernment, community service, and cross-cultural awareness. We continue to raise money to provide scholarships for 70 residents this year and we hope to be able to meet growing demand and provide even more next year!



FALL RETREAT: THE SPIRITUAL DISCIPLINE OF PLAYING

BY RACHEL HUNJADI, Undergraduate Student

This October I went to Fall Retreat. In the past, I had chosen not to go with my excuses being that I didn't know enough people who were going or that I had too much studying to do. Now looking back, I realized that I was just being silly because Fall Retreat was such a fun weekend. It was so much fun because I got to PLAY. We got to play a ton of games to the point where every time we had downtime, I was doing some sort of activity. I even got my exercise in for the day with some ultimate frisbee. I had never actually played before, but I was better than I thought I would be. After getting all hot from the game, going into the lake was a blast. It was one of those memories I'll never forget.

Fall Retreat was also a great way to experience the beauty of the season. The leaves were falling, and the air was crisp and cold. Being able to see the sunset beautifully was a great reminder of how God is always present in my life. Nature is one of those things that is so vast and grand, but easy to overlook—especially when spending most of my time in lecture halls and libraries. Fall Retreat allowed me to play in the leaves and truly experience God's creation.

This retreat made me smile beyond what I thought it ever could. I love being able to enjoy fellowship and explore my competitive side. More importantly, when I played all weekend long, I felt God's presence. God was there when I was wading in freezing water and there when I was bouncing around on the trampoline. God was the peace that I felt when I was simply letting myself have fun. So often in my life, I tense up and try and keep things just so. It only makes sense, as normally I don't have the luxury of a retreat. Every once in awhile I can get those small moments of happiness, and Fall Retreat allowed me to get a weekend full of them. God was with me in the laughs I shared, the stories I heard and the friends I made.

Fall Retreat reminded me that even when it seems like I have no time, I should make time to play. It's those joys that keep me going as they build my connection with others and with God. It also reminded me to laugh more often, as life is best spent with a smile on my face. Lastly, it reminded me to look around at the beauty that surrounds me, as that is God's fingerprints on earth. Fall retreat was an escape from school and a reminder of God's love for me. My only regret was not signing up two years sooner! ♣

WHAT I WISH I KNEW AS A FRESHMAN

Going to college is a rite of passage that many people remember well. In order to ease the transition, Pres House hosted an Ice Cream Social with a panel of experienced students sharing their wisdom and answering questions from 80 new freshmen. “What I Wish I Knew as a Freshman” provided some great tips to help people start their time at UW-Madison well! This is some of the excellent advice Pres House members gave to incoming freshmen:

“I didn’t expect to feel so alone even though I was surrounded by so many people on such a large campus. Put yourself out there early to make friends, and then make sure to hang out with them and do things with other people on a regular/weekly basis to stay socially active!”



“
I wish I knew about the Multicultural Center earlier because UW-Madison is not diverse and it is nice to be in a space with people who you can relate with on a personal level.
”

“
Freedom is great, but remember that your decisions have consequences and you do have classes that you’re responsible for on top of all the fun you’re having.
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“Go to class. If you do that, you’ll probably pass. Figure out which classes you need to do readings for and which you don’t – in some they’re super important but in others it’s just a reiteration of the lecture that goes way too in depth.”

“Stress in college can spawn from various areas of your life. I believe the best way to cope is to do something that will allow your mind to escape. For instance, dancing, running, reading, or painting. Something that you are familiar with or that is completely new but will allow you to relax and forget about your troubles.”

“Get enough sleep, whatever that means for you. Whether you need your 8 hours or just a few hours of sleep at night and a couple of power naps throughout the day, it’s incredibly important for your mental, physical, and emotional health. You’ll feel so much better overall if you’re well-rested.”

“
“Making friends was hard for me, but you’ve come to a great starting place at Pres House. Also, don’t be afraid to talk to your classmates! You never know who might end up being a future roommate (as happened with me).”
”

A FAITHFUL SAINT: WALTER PRIDHAM

BY PASTOR MARK ELSDON

Pres House, and the world, recently lost a beloved and faithful saint. Walter Pridham died on September 18, 2018, at age 87. Walt, as he was known by many, loved Pres House. He first arrived in Madison in 1952 having ridden a small motorcycle all the way from Los Angeles. Shortly after rolling into town Walt joined the choir at Pres House. There he met Karen Frick and literally knocked her off her feet (listen to their Pres House love story at: <https://vimeo.com/preshouse/pridham>). They were married at Pres House in 1956. Walt and Karen remained faithful supporters of Pres House throughout the subsequent decades.

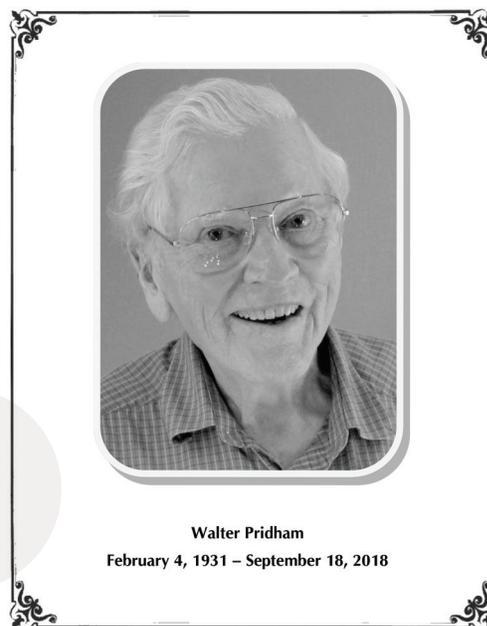
When Pres House entered a season of rebirth in 2004 Walt and Karen were some of the first alumni and donors to support the revitalization effort. Their generous gift in 2006 helped us renovate the historic Pres House heritage building, and the main lounge was renamed the Pridham Lounge in their honor. But even more important than providing much-needed funds, Walt and Karen believed in Pres House. Their prayers and support were an immense gift to me, my co-pastor Erica, and the students who helped relaunch Pres House. We could not have done it without them.

A few years later Walt and Karen again stepped forward, generously funding the purchase of a new organ for the chapel. I must confess, I wasn't sure an organ would get used in this age of contemporary worship music, and I told them as much. But Walt had a vision for installing an organ in the heart of campus that could be used by students. And his vision has borne more fruit than we could have imagined! The organ has been used more Sundays than not since it was installed in 2010. This year there are five students who play the organ regularly and even as I write this reflection organ music is wafting upstairs from the chapel.

Pres House was a formative place for Walt, and he in turn helped make it a formative place for so many others. At Walt's funeral on October 13, his family shared stories of his zest for life, his willingness to take good risks, and his deep love of God. We have certainly experienced Walt's many gifts and graces and we celebrate his remarkable and faithful life. ✝



Walter and Karen Pridham's wedding day at Pres House, 1956.



Walter Pridham
February 4, 1931 – September 18, 2018

GatherX - INTRODUCING LAURA ANDREWS!

In partnership with local churches, Pres House has been working to launch GatherX (www.gatherx.org), the new young professional ministry in downtown Madison. A major goal was to hire staff this fall to direct the initiative, and we have great news. We are excited to introduce Laura Andrews, the Lead Instigator for GatherX!

Laura is a downtown Madison resident and Georgia native. Laura comes to GatherX from Trek Bicycle Corporation where she was responsible for the marketing and communications efforts within BCycle, Trek's bike share equipment and software provider which in 2018 celebrated 50 program launches.

A member of Christ Presbyterian Church, Laura helps lead contemporary worship and serves as an elder and chair of the Connections Commission. When not working Laura enjoys hiking, biking, climbing and paddling with her husband, Brandon. Her heart is the happiest when she is on a new adventure and summiting a new mountain.

The staff search team was impressed by Laura's entrepreneurial spirit and gifts for bringing people together. They are confident that her passion for community, creative talents, and business skills will be a tremendous asset to the launch of GatherX! ✝



“ I hope to bring a collaborative and creative spirit to GatherX. My mission would not only be to make people feel welcome but wanted, creating a sense of ownership in the programs that the organization includes. ”

TAKING A RISK: BAKE, PRAY, LOVE

BY EMILY JOHNSON, Undergraduate Student

When asked to reflect on the topic of risk, I found it slightly ironic, given that I take so few of them in my daily life. I consider myself a student of logic, a creature of habit, and frankly — a bore. So it required some deep reflection to identify how risk had operated in my life, and specifically in my experience with the baking activity I lead at Pres House called Bake, Pray, Love.

(Continued on next page)



Bake, Pray, Love is a form of service to our local community, in which biweekly baking nights are followed the next morning by baked good deliveries to homeless individuals on State Street. This concept was the offspring of one of my deepest passions and my long-honed hobby of baking. Bake, Pray, Love attests to one of the many beauties of Pres House, in which personal interests are mobilized as a form of service to the community and a tangible means of living out one's faith. Members of the Pres House community welcome individual interests, no matter how seemingly unrelated to religion they may be, which is precisely what elevated my love for romping around in the kitchen to an organized form of service.

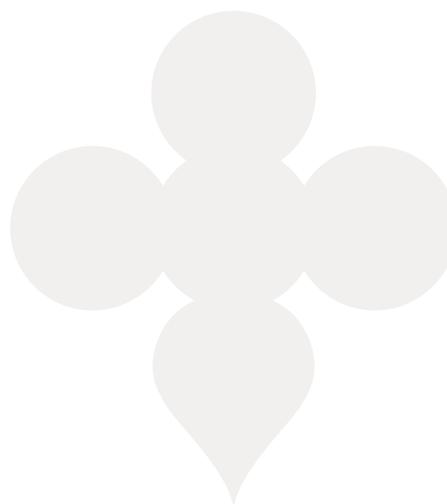
All this has little to do, I initially thought, with the notion of risk. It wasn't until I reflected on my first few weeks of leading Bake, Pray, Love nearly a year ago that I could clearly see the fingerprints of risk. There was the risk that few people would find the concept interesting, or that those who did wouldn't have the time or flexibility in their schedule to take part. There was the risk that no one would be willing to trade an extra hour of sleep for a long morning trek down State Street. And the risk that I felt most acutely was that the people I was trying to serve—our often stigmatized neighbors taking up residence on the sidewalk—would be offended by or uninterested in what I had to offer. I distinctly remember the fear that my simple, well-intentioned offering would be perceived as a naïve gesture of pity baked into a cute little scone, glazed with ignorance and delivered with a misguided sense of self-importance.

In truth, these fears and risks were not completely unfounded. There were nights when I was the only one baking in our downstairs kitchen, staying well past 8 pm to bag hundreds of baked goods. There were also mornings when I was the sole volunteer schlepping around a tote of treats at 8 am, though my friend Clare often accompanied me on the trudge to Capitol Square. And my most unsettling fear, that my target community would reject my perhaps ignorant gesture, was also founded on several occasions. Many mornings left me with a knot of shame in my stomach because my cheery, high-pitched bid of "good morning" and offering of a homemade muffin was met with a gruff refusal or complete avoidance of eye contact.

These instances proved to me that the risks associated with this activity were real, but more importantly, that they were survivable. Sure, it may have felt like a fluffy form of solitary confinement scrubbing tables and washing dishes for hours on a weeknight, and I may have felt some self-pity walking down State Street with a numb nose in early December with no one at my side. But these moments were largely due to my own aversion to asking for help and my feeble attempts at recruiting volunteers. Lastly, the sting of rejection felt when someone didn't swoon over my homemade granola bars was numbed to oblivion by the occasional tearful handshake from a neighbor with no prior prospect of food. With every risk I faced throughout my experience with Bake, Pray, Love, instances of fears coming true were no contest for the expressions of gratitude and sense of fulfillment I received along the way.

The risks that I faced with this activity taught me many things, including a stark lesson in humility. I was reminded that success is not measured by the number of volunteers you can attract or the number of cinnamon rolls you can dispense in an hour. I also learned the deceptively obvious lesson that service is not meant to be self-serving. When I embraced these truths, I realized that my small-scale form of service really ran no risks at all. When I accepted that I wasn't in line to solve a pervasive socioeconomic problem or amass an apron-clad army of volunteers, I could see that really the only risk in this situation was assumed by the unsuspecting people on State Street who accepted unlabeled baked goods from an overzealous girl with an unnaturally fixed smile.

Risk, I learned, is often overestimated and can be easily overcome by asking for help and walking humbly in faith. Often the biggest risk we run is letting our God-given gifts languish without sharing them with others. So if you have a passion you're willing to pursue, you'll realize that risk is only a fear-inspiring word that can be quickly conquered by personal humility and a strong sense of faith. ✿





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EMBARKING ON \$500,000 GROWTH INITIATIVE!

We are pleased to announce that Pres House is embarking on a new \$500,000 initiative to grow our wellness programming and scholarship communities in the PH Apartments over the next five years. This has been made possible in part by bequests from beloved supporters who have recently passed away and left Pres House in their will. Their legacy giving will help us serve hundreds more students and provide scholarships for up to 50% of PH Apartment residents. Stay tuned for more information about this initiative and how you can help make it happen! ✝



SUPPORT PRES HOUSE

Throughout this newsletter you have read about the exciting activities happening at Pres House. Ministry at Pres House is possible only through generous donations from alumni, friends, and churches.

Please give today by using the enclosed envelope or send your contributions to Pres House at 731 State Street, Madison, WI 53703. You can also give online at www.preshouse.org/donate.