



A LONG-TERM RESIDENT STORY

TONY MCBROOM

Tony McBroom came to live with the Davis family in November 2022 to recover from the loss of his son and separation from his wife.

Every day I am usually invited into family mealtime rhythms. There is a stability and trust develops as I start to depend on certain rhythms and seeing everyone at designated times every day. Being at the table facilitates relationship, learning the little things about people, and getting to catch up on the day before or the start of new one.

My healing begins when I am woken by a person - not an alarm. I'm invited into the morning exercise routine. Sometimes I have difficult mornings and I am unable to get up. They understand and let me be. An hour later one of the kids returns to invite me to the breakfast table.

I'm invited into work rhythms. Right after breakfast, I do the dishes which gives me something to be responsible for, it is valuable to know I am contributing daily to the family rhythms even in something so small as clearing up after breakfast. As Jeremiah and I get ready for work, Tricia is getting the kids into school routines. The kids are homeschooled and she has specific training, goals and marks to help each individual child learn at their pace, style, and relational need. Getting to see kids learn and connect as I move in and out of the house in the morning is valuable as another connection point of what family should and could look like. Whereas work seems to be a place of stress for most people, here it's not. As we put our hands to the ground and work Jeremiah and I slow down when we need to. The workday is a place to work and walk through some trauma pieces I am dissecting, discussing future of family, work, God, etc.

The dinner table is possibly the most sacred part of the day. Everyone is on time, present, awake, and ready to engage with each other and share their day. Afterwards, Jeremiah does the dishes while Tricia starts music while the kids dance - a final energy burst for the kids (and often us adults). As we wind down for the day, the sound of showers turning on, chickens squawking as Jeremiah retires them into their coop, and doors being locked outside signals the chaos being put back into order. Beds are being broken into with books and prayers; little giggles as the kids say goodnight Evening becomes quite rhythmic and soothing to witness.

As idyllic as all this may seem, we are not absent of conflict or misunderstandings. Every week there is opportunity to grow closer through honesty, discovering pain points, and overcoming differences. In all of these moments, The Davis family has been a safe place to enter into. Never have I felt unsafe, rarely have I felt un-heard, and I always feel seen and cared for. This has become a safe haven for me, a place of refuge. The Davis family is pursuing faith based living, heart driven habits. They have created an environment that someone like myself going through extreme trauma and pain can step into and feel completely safe to truly recover and envision a healthy future.

Tony McBroom

