

The Sojourner Truth

A NEWSLETTER FOR THE FRIENDS OF SOJOURNER

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Our Mission:

To provide safe shelter for women & children, advocacy and education for individuals and communities victimized by domestic violence.

From Fear to Hope

A Sojourner Success Story

This past year Anna and her four children entered our shelter after years of abuse and threats of violence by her husband. Anna was concerned first and foremost about the safety and well-being of her children because her husband continued to stalk and threaten them and had contested the issuance of the Order for Protection. Advocates assisted Anna through an evidentiary hearing, giving support, information and guidance and the judge granted an Order for Protection. Anna began divorce proceedings and was given full custody of the children.

During this time Sojourner's advocates also provided support, referrals and advocacy to help Anna obtain safe and affordable housing for herself and her children. Given her lack of financial resources this was a daunting task, but she was very determined and through hard work and great persistence she was able to find employment and housing.

Anna says that "being at Sojourner was a blessing and I am so grateful for all the help, support and resources that my family received there." In the two months that Anna's family resided in the shelter, staff observed her increased ability to make decisions, trust herself, and to feel good about herself and her abilities as a woman and as a mother. Staff also saw an increase in her children's self-esteem and their willingness to open up to others and share their experiences in order to get the support they needed. Where they had once been withdrawn and lacking hope, a strong, connected, and hopeful family emerged, making their stay with us, a true success.



Sojourner's Holiday Appeal letter is on the way. Your gift this season will help ensure that we are able to continue to provide critical services to victims of domestic violence and abuse.

Do You Know?

October is designated as Domestic Violence Awareness Month as a time to remember victims who have experienced, or are experiencing abuse in an intimate or family relationship. We know that domestic violence affects everyone because physical, emotional and sexual abuse affects the victims, but also the victim's children, family and community.

When domestic violence occurs in our community, we do what we can to help. We volunteer our time; contribute money, goods and services to local shelters that assist victims, and encourage awareness about domestic violence, making our communities safer as a whole. However, there is a segment of the community that is significantly affected by intimate partner abuse that is closer than we realize but may be overlooked.

In surveys conducted by the Department of Health and Liz Claiborne Inc. (Love is Not Abuse), 40% of girls, age 14-17 report knowing a peer who has been hit or beaten by a boyfriend; 26 % of teens said they are concerned about dating violence, and of the 18% of high school girls who report being physically hurt by someone they are dating, 81% continue to date the violent partner. Last year, in Minnesota, of the

12 women who were murdered, 2 were teenage girls killed by dating partners. Although girls represent the overwhelming majority of victims, 7% of boys in high school report being physically hurt by their dating partner as well.

Sexual and dating violence are the greatest risks our daughters face in college, and they remain under reported by both victims and colleges--20% of college women will be victims of rape or attempted rape by the time they graduate, and 95% of victims will remain silent.

Although parents could be a strong support in both prevention and inter-

vention on behalf of their children, studies indicate they may be the last to know, or at least to be aware of the extent, nature and seriousness of the problem. In the Liz Claiborne study, although 86% of parents stated that their child would come to them with this problem, only 41% of high school students agreed that their parents would be the adult(s) they would chose to involve.

Parents need to talk and, more importantly listen to their children to open communication around this topic. Teens need to know how to reach out and help each other—because “each other” is whom they

disclose to first. Teens need to recognize the signs that a relationship has entered a “danger zone”; they need to understand that abuse is not the victim's fault; no one deserves violence, and help is available.

Sojourner Project's Community Education Program presents Healthy Relationships and Dating Violence Prevention programs to area high schools and youth programs free of charge. Sojourner can also help parent's groups address the subject with their teens and others.

For more information, call 952-351-4066.



Mother's Day Appeal

We wish to add and acknowledge the following donors who were not listed in our Mother's Day Appeal.

Beverley Montgomery • Tracy Hurly in honor of her mother, Kitty Alcott

Gary Morgan in honor of his mother Esther

Thank you for honoring your mother by helping another!

Heart of Hope

In September Sojourner's Board of Directors hosted "Heart of Hope" a wine tasting and social event at the Historic Grainbelt Building in Minneapolis to heighten awareness about domestic violence and abuse and to raise money for Sojourner Project and our programs.

It was a wonderful evening and we are so thankful to our hosts, sponsors and attendees for their help and support.

Special thanks to:

- RSP Architects for providing the space
- John Colotti of Mound Harbor Wine and Spirits for providing the wine
- Kyle from Paustis Wine Company, Lindsey & Felicia from Gallo who hosted the wine tasting stations
- Caterer Ron Gust and Lindquist and Venum for providing the food
- US Energy and Coldwell Banker Burnet for providing items for the raffle
- Dave Beson, Emcee of the event
- All of our silent auction item contributors

Over 240 people were in attendance and we raised \$11,085.60 to provide legal advocacy, shelter and other supportive services offered to victims and survivors of domestic violence and abuse.



Charities Review Seal



The Charities Review Council is a resource for smart giving. The Council is dedicated to empowering donors in making informed and thoughtful giving decisions and encouraging “best practice” performance among Minnesota’s community charities. The Charity Review Council’s Accountability Standards consist of 27 measures that address non-profit performance in four critical areas: public disclosure, governance, financial activity, and fundraising. These measures ensure that a non-profit’s operations, structure and policies meet acceptable standards for accountability and transparency. The results of these voluntary reviews help the public determine the trustworthiness of a charity before giving

Sojourner is pleased to report we have met all 27 standards and been granted the Council’s “Meets Standards” seal. This seal provides a public, concise indicator of Sojourner’s commitment to accountable and ethical practices. To read our charity review report, visit the Charities Review Council at www.SmartGivers.org.

“Going Green”

“Going Green” is a phrase heard quite often today. “Going Green” simply involves each of us, organizations and individuals, making a few simple changes that support a healthy environment.

As a result, Sojourner is joining the nation-wide community in finding innovative and cost saving ways to automate routine processes, increase staff productivity, and reduce waste. In an effort to be mindful of the administrative and environmental costs related to mailings, we will be increasing our use of electronic correspondence.

Please take a moment to send your name and email address to info@sojournerproject.org so that we can send you an electronic receipt for donations as well as other updates throughout the year.



Online Giving Option

Online giving to Sojourner Project is made possible by GiveMN.org, a first of its kind giving website for non-profits in Minnesota. From that page you can read more about the work that Sojourner is doing, donate with a credit/debit card, and spread the word to others about Sojourner by linking to the cause through email, blogging platforms, Facebook and Twitter.

Matching Grant Program Opportunity

Many employers offer Matching Grant Programs that give employees and retirees the opportunity to increase the value of their donation to charitable organizations. For your convenience, we are providing a partial list of companies and foundations that have matching grant programs. Please inquire with your employer about the opportunity to match your financial donation to Sojourner. Thank you!!

Accenture Foundation
 ADC Foundation
 ADP Foundation
 Aetna Foundation
 Alliant Techsystems Inc.
 Altria Group Inc.
 American Broadcasting Co., Inc.
 American Express
 American Mutual Insurance Co.
 Ameriprise Financial
 Analysts International Corporation
 AON Foundation
 Assurant Health Foundation
 AT&T Foundation
 ABE Systems
 BAE Systems
 Bank of America
 BCS Life Insurance
 Bemis Company
 Best Products Company
 BMC Foundation
 Boeing Corporation
 BP Amoco Foundation
 Bunge Corporation
 Burlington Northern
 Cabot Corporation, Inc.
 Cargill Foundation
 Caterpillar Foundation
 Charles Schwab Foundation
 Chubb Corporation
 Citicorp Citibank, N.A.
 Coca-Cola Company
 Colgate-Palmolive Company
 CPC International, Inc.
 CUNA Mutual Insurance Group
 Donaldson Foundation
 Dorsey & Whitney Foundation
 Eaton Corporation
 Ecolab, Inc.
 e-funds Corporation
 Emerson Electric Company
 Entegris, Inc.
 Express Scripts
 Exxon Corporation
 Federated Department Stores
 Fingerhut Corporation

Ford Motor Company
 Fortis Benefits Insurance Company
 Gannet Foundation
 General Mills Foundation
 GlaxoSmithKline
 Global Impact
 GMAC Residential Funding Corporation
 Goodrich Foundation
 Graco Foundation
 GTE Corporation

 Guidant Foundation, Inc.
 H & R Block, Inc.
 H. B. Fuller Company
 Hewlett-Packard Company
 Hormel Foods Corporation
 IBM Corporation
 I.E. Industries, Inc.
 ING Foundation
 International Multifoods
 International Paper
 ITT Technologies, Inc.
 Jostens Inc.
 J.P. Morgan & Company, Inc.
 Land O' Lakes, Inc.
 Learning Strategies Corporation
 Lucent Technologies
 Marquette Bancshares/Pohlad Family Charities
 Macy's Foundation
 May Department Store
 McGraw Hill Companies
 Medtronic Foundation
 Merrill Lynch & Company
 Microsoft
 3M Company

Minnesota Mutual Foundation
 Monsanto
 MSI Insurance
 MTS Systems Corporation
 Nabisco Brands, Inc.
 NCR Corporation
 Nestle Foundation
 Northwestern Mutual Foundation
 Omron Foundation
 Osmonics, Inc.
 Pella Rolscreen Foundation
 PepsiCo, Inc.
 Pfizer, Inc.
 RBC Foundation – USA
 Remmele Engineering, Inc.
 Retek, Inc.
 Rosemount, Inc.
 Ryan Companies US, Inc.
 St. Paul Travelers Foundation
 Sandoz, Inc.
 Sara Lee Corporations
 Scicom Data Services
 Securian Foundation
 Sentry Insurance
 Sherwin-Williams Company
 SPX Corporation
 State Farm Insurance Companies, Inc.
 Star Tribune Foundation
 Stockamp & Associates, Inc.
 TCF Foundation
 Tennant Company
 Thomson West
 Thrivent Financial for Lutherans
 Toro Foundation
 UFE Thermoplastic Technology
 Union Pacific Corporation
 United Technologies Corporation
 UPS Foundation
 US Bancorp
 Wassau Insurance Company
 Wells Fargo Bank Foundation
 Westinghouse Electric Foundation
 Xcel Energy Inc.
 Xerox Corporation
 Zero-Max, Inc.



Holiday Wishlist

The holiday season can be an especially difficult time for the families in our program. Thanks to your generosity and support Sojourner hosts a holiday boutique for our residents and clients. Your gifts help provide joy and reassurance of better days to come and we are thankful for your generosity and support.

Women's Gift Ideas

Robes, Nightgowns and Pajamas
(including large & plus sizes)
Sweatpants, Sweatshirts
(incl. large & plus sizes)
Gloves, Mittens and Scarves
Bath and Beauty Products
Disposable Cameras
Local Salon and Spa gift certificates
Alarm Clocks
Fashion Jewelry and Watches
Purses, pocketbooks and Wallets
Datebooks and Day Planners
Small gift cards (\$15-25) for:
- Target -K-Mart - Gas Stations
- Cub Foods and other grocery stores

Baby and Children's

Diapers and Pull Ups (esp. sizes: 3, 4 & 5)
See & Say Toys
Push-pull Toys
Talking Books
Musical Toys
Multicultural Dolls
Art/Craft Sets
Model, Construction and Science kits
Educational Toys (Leap Frog, etc)
Board Games
Computer Games for Kids (non-violent)
Children's Non-violent DVD's
Handheld Electronic Games
Sports Equipment (including balls)

Teen Gift Ideas

Teen's Non-violent DVD's
MP3 Players and CD Players
Sports Jerseys and Baseball Caps
Journals
Teen Apparel
(all sizes especially large)
Gym Bags
Wallets and Purses
Fashion Jewelry and Watches
Makeup and Nail Kits
Bath and Body Kits
Small gift cards (\$15-25) for:
-American Eagle -Target
-Best Buy -Old Navy

Daily Shelter Needs

Twin Bed Linens, Blankets & Pillows
Paper Products
(kleenex, paper towels,
paper plates & cups.)
Lip Balm
Deodorant
Hand Sanitizer
Cleaning Supplies
(Floor cleaners, Clorox wipes,
multi-purpose cleaning liquids)
Towels and Wash Cloths
Women's Socks and Underwear
(all sizes)
Slippers
Bulk Sized Non-Perishable
Healthy Snacks
(fruit snacks, granola bars,
juice boxes, etc)
Bus/Transit Passes

If you have questions about holiday donations please contact our
Program Support Coordinator at 952-351-4062 or info@sojournerproject.org

If you would like to receive future newsletters and communications by email or if you would like to be removed from our mailing list, please contact the Program Support Coordinator at 952-351-4062.



RETURN SERVICE REQUESTED
www.sojournerproject.org
24-Hour Crisis Line: 952-933-7422
952-933-7433
P.O. Box 272, Hopkins, MN 55343



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