

# The Sojourner Truth

A NEWSLETTER FOR THE FRIENDS OF SOJOURNER

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## Sojourner's 2018 Board of Directors

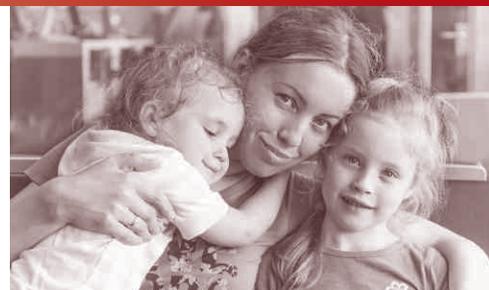
Deidre Belk  
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- Advocates for victim safety;
- Supports the transition from victim to survivor;
- Educates for the prevention and elimination of domestic violence.

## With Your Help...

In the coming year Sojourner will celebrate 40 years of service and support to victims of domestic violence and the communities in which they live. Our founders, Kitty Alcott and Jenny Arimond determined that women and children fleeing unsafe homes needed a safe place to live and advocate support to help them reclaim their lives.



## Since then, we have increased the safety and well-being of thousands.

Over the years, Sojourner's supportive services have increased to meet the needs of those also victimized by dating violence, elder abuse and sexual assault. All of this work endeavors to promote the increased safety of those we serve and the communities in which they live. This could not happen without the support of volunteers, donors, and community partners. The generosity of our supporters encourages our hearts and lifts our spirits.

Volunteers have provided thousands of hours of volunteer time to extend and enhance the work of our advocates. Their contributions have also made our spaces beautiful, inside and out. The financial generosity of donors and those who provide in-kind donations help ensure our capacity to deliver needed services and support. Our community partners have provided important resources that help us increase client safety and well-being. As we move into our 40th year, we not only reflect on our journey but our hope for the future. Through our outreach efforts and SafeU presentation we will continue to raise awareness and share information that we hope will prevent future victims and abusers, perhaps eliminating the need for agencies such as ours. Until then, Sojourner will continue to provide programs and services that increase safety and save lives.

Thank you for your continued support. We are incredibly grateful!



## Holiday Appeal

Please watch for **Sojourner's Holiday Appeal Letter**. Your gift this season will help ensure Sojourner's ability to provide critical services to victims of domestic violence and abuse.

## The Impact of Your Donations

Leaving an abusive relationship can be incredibly challenging and a major obstacle to safety is a lack of basic needs and material resources. Financial abuse impacts nearly every victim of domestic violence and is a very effective tool of coercive control.



By donating both financially and gifts in-kind, supporters help lessen that barrier for our clients as they navigate the journey to safety. Sojourner has a wide range of donors, including; religious organizations, civic groups, local businesses, individuals who organize drives for new or gently used items, and people who call each month willing to donate whatever we are most in need of at the time. Knowing the burden of meeting basic needs is met, allows clients to focus their energy on searching for affordable permanent housing, advocating for themselves within the legal system and healing from the trauma of abuse.

All services offered by Sojourner are completely free of charge. Because of our donors' generous support, Sojourner is able to maintain the

capacity of our needed services such as safety assessment and planning, shelter, legal advocacy, support groups and more. In-kind donations of food, gently used clothing, paper, baby supplies, and more also offset costs for Sojourner. With that, we are able to focus funds on unexpected expenses that directly address clients safety and well-being: change of locks, repairs of broken windows, car repairs and school supplies. Financial donations also support important personal safety education which focuses on the prevention of future victims and abusers and the interruption of cycles of violence.

Thank you for helping Sojourner provide our clients with the support and care they need. We are proud to be part of a community that values safety and dignity for all!

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## What is Advocacy?

A fundamental service of Sojourner Project, for victims of domestic or sexual assault is, *advocacy*. This term has become common in a variety of contexts, but what does it really mean? The literal translation of the Latin term *ad voca*, means to speak on behalf of, or give voice to. In practical terms, giving voice to victims is as complex as the situations and systems in which victims find themselves navigating. The role of the advocate is to listen, to believe and validate victim's experiences, inform their decisions, identify strengths, maintain confidentiality, be sensitive to victim's varied needs and provide information and options that increase their safety. The goal of advocacy is to promote empowerment of victims and to respect their autonomy, decisions, and rights.

One of the first systems victims may encounter is Law Enforcement. This initial contact with Police Departments will very often result in referrals of victims, by officers, to local Intervention and Shelter agencies, like Sojourner. Sojourner can provide important links to advocacy, shelter, and other safety and resources victims need immediately following an assault.

As cases proceed through the Criminal Justice System, advocates keep the victim informed about their progression. The involvement of an advocate can increase victim understanding and lessen anxiety about this complicated and intimidating process. Legal advocates assist victims in obtaining restraining orders and assist in issues in Civil

Courts and Juvenile Court as well. During this entire time, the advocate responds to changing needs and respects the victim's decisions and self-determination.

Advocacy also means giving voice to victims in systems and community. Advocates are involved in violence prevention programs in schools. They provide community education that raises awareness, work on legislative endeavors, and building cooperation with public systems that respond to victims.

Domestic and sexual violence are community problems with community solutions and supporting the resources that assist victims is a form of advocacy in which all community members can participate.

## What Clients Have to Say...

### COMMUNITY:

"Thank you for your invaluable guidance and advocacy these last few months. Having you by my side every step of the way made a world of difference. I truly may not have been able to endure the process without you!"

*"I would not have been able to begin this process without you. Thank you for everything!"*

"Thank you for everything you say and do. You have made such a difference in my life!"

*"Words cannot express how very thankful I am to have you in my corner. Your patience calmed my fears. Without you, I do not know how I could have gotten through. Thank you!"*

### SHELTER:

"I have no words to express my appreciation for what you have done for my precious daughter and I. You have kindly provided us with loving care and support during our stay here. You have made us feel loved and I will never forget that."

*"You guys are so amazing. You change people's lives. You are a godsend."*

"Staff was awesome! Thank you, especially to my advocate! She made me feel very welcome and made it easy for me to talk."

*"I must say that the staff at the shelter have really helped me and I definitely have accomplished a lot during my stay. I would definitely recommend them to other women in need."*

"Sojourner has been a great help and a positive influence in my life."

### SafeU PARTICIPANTS:

"Thank you so much for taking the time out of your day to come broaden my horizon about abuse, neglect, and so much more!"

*"Thank you for teaching us about teen dating violence and healthy relationships."*

"Thank you for spending time with us! I found the topics very interesting and will use the information in the future."

Remember to follow us on Facebook!



Type in the link below to go directly to our page.

[Facebook.com/sojournerproject1](https://www.facebook.com/sojournerproject1)

## Thank You Volunteers

We are incredibly grateful for Sojourner's individual and group volunteers whose generous contribution of time, skills, and care provide a crucial element in extending the quality of services and programs we provide. Individual volunteers provide child care support, answer the 24/7 crisis line, complete administrative tasks, and respond to weekend intervention calls from police to deliver support to traumatized victims. Groups of volunteers from faith communities, local corporations, and social groups help us maintain our yard and landscaping to make our facilities look warm and inviting. Groups also help clean and redecorate bedrooms, organize donation areas, cook incredible meals for the residents, and work throughout our facilities

to make sure our space looks beautiful. But most importantly, their presence at Sojourner demonstrates to our residents that the community does care and does want to help. Many volunteers have shared how their experience at Sojourner has positively impacted their personal and professional lives and they return year after year to offer assistance, support and care for all who work and reside at Sojourner.

There will never be enough words to express our gratitude for their generosity of spirit. Thank you volunteers for touching the lives of our clients, providing immense amounts of compassion, and for raising awareness about domestic violence. Sojourner is beyond lucky to work with you!

amazon  
wishlist

### SOJOURNER HAS AN AMAZON WISHLIST!

We update this regularly based on our needs! Items are shipped directly to Sojourner!

Log-in to amazon, go to "Account & Lists", click on "find a list or registry" and type in "Sojourner Project" ...our list will pop up!

**Thanks for your support!**



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

Return Service Requested

Nonprofit Org.  
 U.S. Postage  
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 Permit # 719  
 Hopkins, MN 55343



**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.**



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| <p><b>Teen Gift Ideas</b></p> <hr/> <ul style="list-style-type: none"> <li>Footballs, Basketballs</li> <li>Sports Jerseys and Baseball Caps</li> <li>Wallets and Purses</li> <li>Makeup and Nail Kits</li> </ul> | <p><b>Baby and Children's</b></p> <hr/> <ul style="list-style-type: none"> <li>Lego Kits</li> <li>Toy Household Appliances/</li> <li>Toy Tools</li> <li>Multicultural Dolls</li> <li>Art/Craft Sets</li> </ul> | <p><b>Women's Gift Ideas</b></p> <hr/> <ul style="list-style-type: none"> <li>Slippers</li> <li>Mittens and Scarves</li> <li>Lotion or Body Wash Sets</li> <li>Small gift cards (\$15-25) for:</li> <li>- Target - Gas Stations</li> <li>- Cub Foods</li> </ul> |
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**Gifts will be accepted November 23rd - December 10th**, through appointment only. If you have questions about holiday donations please contact **Becca** at 952-351-4067 or becca@sojournerproject.org. We are so grateful for your support and compassion.

The holiday season can be an especially difficult time for the families in our program. Below are some suggested gift ideas for our Holiday Boutique. **Please visit our website at sojournerproject.org for a more detailed list.**

*Thank you!*

Your financial support truly impacts our programs, clients, and their children year round. Every day we are reminded of your generosity and kindness.

# Holiday Wish List