

Women healing from trauma continue vibrant, meaningful lives and contribute to the common good.



On Saturday, October 10, we held a bonfire event for the residents to be able to be together with staff, socially distanced. It was a great way to bond and share stories about what bonfires mean to each of us in our cultures!

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Sarah's... an Oasis for Women Welcomes New Health and Wellness Initiatives

We have recently found a new intern who is helping us implement new and exciting health and wellness programs here at Sarah's... an Oasis for Women. Addy Sampson is a senior at St. Catherine University studying exercise science and nutrition. As the Health and Wellness Coordinator at Sarah's, Addy develops fitness and health education materials for both the staff and residents to take part in. She also researches new ideas to help foster resilience and mindfulness. Some of the programs she's implemented include:

Thank You for Your Support

Thank You for Sharing with a Friend!

Thank you for passing along Sarah's eNews to a friend and having them reach out to subscribe or sign up for the monthly conversation/virtual tour or "Day in the Life of an Asylee" workshop event at SarahsOasis.org.

Greatest Wish List Need

Sarah's residents who are not working need to purchase essential items like toothpaste, sanitary pads, and deodorant and many more are not working than pre-COVID. The best way to help with this is to purchase or designate your donation for \$10 or \$20 Target gift cards. Send to the address below or make a donation online and designate by contacting Director@SarahsOasis.org.

Individual donations are also essential to the mission of Sarah's. If you are able to make a monthly commitment of even \$5 a month, please do click "Donate Now" or the link below. You will help the women of Sarah's a lot with even a small donation. Every dollar is stretched and used to provide for basic needs of our residents. <https://www.sarahsoasis.org/donate-2>

Volunteers and Wish List Donations

Thank you to every volunteer who has made masks, picked up prescriptions, brought household items from the store, safely driven residents to appointments, talked on the phone, sent cards, or social distanced in the yard with residents, and more. And thank you to all who purchased items from Sarah's wishlist. We continue to accept newly purchased items for the safety of our residents. Please see our wishlist for our greatest needs. You may purchase items from any source and have them delivered to Sarah's. Please contact Director@SarahsOasis.org for the delivery address. <https://www.sarahsoasis.org/immediate-needs>

Monthly Challenges

Addy develops monthly challenges that will help the residents achieve different wellness goals. Her October Movement Challenge consisted of different types of physical activities that could be done each day. The November challenge will be more interpersonal-themed, involving mindfulness journaling that will help the residents and staff keep connected with their mental health.

Workout Videos

Addy is creating workout videos to help create new health and fitness ideas for the women to do on their own. This will help them improve their mental health and stability. These videos will be posted on the Sarah's YouTube channel.

Biweekly Newsletters

Every other week, Addy creates a newsletter that goes out to the residents. The newsletter contains job opportunities, reminders for things they need to do around the house, links to other newsletters, the YouTube page for yoga, and her health and wellness column.

Addy stated in an interview that her overall goal for her internship is to develop the willingness to help strengthen the residents' health and wellness, while trying her hardest to better that in ways they are comfortable with. She came into the internship with a goal of bringing new ideas and positivity, and she is happy to hear that the residents are enjoying the things she's created. She truly feels that she has learned and grown so much already, and she is thankful for this opportunity to be a part of the Sarah's family. We're glad to have her with us!

Other Ways to Connect

Monthly eNews from the Sisters of St Joseph: <https://www.csjstpaul.org/stay-connected/>

Weekly inspirational newsletter from the Sisters of St Joseph:
<https://csjministriesfoundation.org/>

Watch videos on Sarah's YouTube Channel:
<https://www.youtube.com/c/SarahsoasisOrg/featured>

Upcoming Events

About Sarah's... an Oasis for Women

Sarah's Director hosts a ministry conversation and virtual tour on the third Wednesday of the month at 10 AM via Zoom. If you have questions about Sarah's, are totally new to Sarah's, or haven't visited with us in a while, please register at sarahsoasis.org. Upcoming dates: November 18 and December 16, 2020.

"A Day in the Life of an Asylee" Webinar

Will be hosted again November 18 at 7 pm. Please register at sarahsoasis.org to learn more about the challenges and process faced by asylum seekers.

Sarah's Residents and Former Residents Invitation to come to FREE Yoga!

Virtual yoga! This is happening every Thursday from 6:00-7:00 PM (CST). Mary Pat will demonstrate poses over Zoom and talk through instructions, so it's very easy to follow along at home. It's also a great way to spend time with each other after so many months apart in quarantine! If you have some aches and pains, this is the perfect event for you. It's a gentle, easy way to move and stretch to help with back and joint pain. Both current and former residents are welcome to come! We hope to see you there! Email sjw@sarahsoasis.org if you want more information or want the Zoom link!

Goodness Knows, continued

Welcome to the second article in the series about Sarah's residents' diverse life experiences. Last month, we met one woman, who we call 'Goodness' and shared her story growing up in Africa. This month is about her arrival in the United States.

Goodness was 15 in the story where we left off. Fast-forward to her being nearly 60, with her own adult children, and her step brother helping her leave Africa to escape death from poverty which was the fate of her parents. Imagine Goodness spending every penny she had, getting on a plane, and flying to the US for no job, no money, no resources. Like most, she spent any savings she had, borrowed from others in her village, and sold anything of value.

Goodness reports that the situation of poverty has not improved in Africa for her children. "I do not want them to be there," she repeats. Finally having work permission following a long wait, she works and works but cannot save anything needing to send every bit to her children to pay for food and a room she rents for them. There is no one to help them but Goodness. "Our family is all gone," she says. Goodness holds day and night a crippling fear that her children will be taken. As young adults, healthy relative to older adults, they are targets of the sort that disappear in her country. There is so much poverty that people are doing things to survive that are unthinkable. People disappear because they are killed for body parts that can be sold.

Goodness also knows she cannot return because Africans still stuck in her home village, living in that poverty, severely punish people considered privileged who escape that poverty. They don't understand that she still struggles to survive in the US, how people here have taken advantage of her and how her life continued to be in grave danger. The story of her survival in the US and how coming to Sarah's 'saved' her is next month's story.