

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



Table of Contents

[Introducing Sarah's New St. Catherine University Interns](#)
[Thank You for Your Support](#)
[Upcoming Events](#)
[Goodness Knows](#)
[Other Ways to Connect](#)

Quick Links

[Our Website: Event Registration and eNews Subscription](#)
[Donate Now](#)
[Email Us](#)

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 for our residents.

<https://www.sarahsoasis.org/donate-2>

Introducing Sarah's New St.

Catherine University Interns

Safia Sidek

St. Kate's Community Leaders Program Intern:

Sarah's Community Relations Coordinator

Safia is a senior at St. Catherine University studying Electronic Media Studies. She is passionate about storytelling as a means of advocacy and hopes to use her major to help tell the stories of diverse and underrepresented groups. Outside of school, she also enjoys reading, playing instruments, and traveling. Safia helps Sarah's director and CSJ Ministries Foundation staff with Sarah's communications/public relations tools like our website, virtual events, eNews, etc. Her internship is 100% virtual.



Addy Sampson

St. Kate's Intern:

Sarah's Health and Wellness Coordinator

Addy was born and raised in Mahtomedi, Minnesota and is a senior at St. Catherine University, majoring in exercise science and nutrition. She is applying to Physical Therapy school this fall, in hopes to fulfill dreams of working in an orthopedic clinic with young adults and/or children. Addy spent a semester researching how physical activity along with health and wellness impacts females emotional health who have been through domestic abuse or sexual violence. She hopes to continue to learn, grow and educate herself more throughout her time at Sarah's... an Oasis for Women. Addy helps residents with any activities which relate to health, wellness, and self-care, especially during COVID-19! Her work experience will be primarily virtual, with potentially some social distanced outdoor activities.



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>

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](https://www.sarahsoasis.org).

Upcoming dates: October 21 and November 18, 2020.

"A Day in the Life of an Asylee" Webinar

Will be hosted again November 18 at 7 pm. Please register at [sarahsoasis.org](https://www.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!

Septemberfest Video Now Available

If you missed Septemberfest, enjoy the video about Sarah's and other wonderful Sisters of St Joseph ministries now.

Goodness Knows

This story about one woman begins a series about Sarah's residents' diverse experiences. We'll call her Goodness to protect her safety and dignity. "Goodness" seemed appropriate considering the horrors she had endured and any goodness that could come from helping her find a new life. A feature of Goodness' life is highlighted in each story: her life in Africa, arrival in the United States, and arrival and life at Sarah's. Goodness needed to write her story to support her immigration case. Goodness not able to read or write, I helped her to write the affidavit asking 'Do I understand this part?' 'What do you mean about that?'

Goodness was born in an African village from an extremely poor family. Goodness says, "We had nothing." Her family could not afford to buy food so usually they were starving. I looked for a description of what happens when someone doesn't eat. From not eating their bodies would have stopped being able to regulate temperature, then kidney failure, and eventually death. Goodness didn't explain more because I did not want to imagine her finding her parents dead when she was only 15 years old.

Goodness Knows (continued)

Goodness described how none of the children had anything: no clothing, no shoes. Goodness had bare feet until she was 16. My own teens long before 16 came into self-awareness being judged by other kids for being different. As privileged people we worried about the fashion of their clothes, what we could afford, or that they grew and their pants stopped covering their ankles. But they had clothes and they had shoes. In a village, harmful stuff in the water, air, and soil the children are exposed to not protected by even a pair of shoes.

Goodness explained, 'We had no house. We constructed sleeping places from thatch and bamboo under bushes.'

'My parents passed away because of poverty' keeps echoing in my thoughts. As a parent myself I know sacrifices I'm willing to make for my children. I imagine the reason Goodness survived is because her parents gave her their food and sheltered her with their bodies.