

**Sarah's "Victorious Women" eNews, February 2021**

1 message

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To: director@sarahsoasis.org

Fri, Feb 26, 2021 8:00 AM

**Sarah's... an Oasis for Women  
"Victorious Women"****February, 2021  
eNews***Women healing from trauma continue vibrant, meaningful lives and contribute to the common good.*

*For this month's eNews, we are focusing on the theme of "gratitude" as a way to express our thanks for the support we received this holiday season. With your help and donations, we are able to buy gift cards, winter clothing, and more to support our women. We could not be where we are today without your support, so from the bottom of our hearts: thank you.*

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**New Year, New Staff!****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 at [SarahsOasis.org](https://www.sarahsoasis.org).

**Greatest Wish List Need**

Sarah's residents who are not working need to purchase essential items like toothpaste, sanitary pads, a deodorant and many more are not working than pre-COVID. The best way to help with this is to purchase designate your donation for \$10 or \$20 Target gift cards. Send to the address below or make a donation 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 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 11:00 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).



We are excited to welcome our new Health and Wellness Coordinator Intern to our Sarah's... an Oasis for Women staff!

Juliana was born and raised in Maple Grove, Minnesota. She is currently a senior at St. Catherine University, majoring in exercise and sports science. Juliana will be attending physical therapy school in the fall to continue her education with hopes of specializing in women's health. Juliana enjoys all physical activities that involve being outside, but hiking is her personal favorite. She is excited to join the health team at Sarah's... an Oasis for Women and learn from everyone here!

## gratitude list

**SARAH'S IS SO GRATEFUL FOR ALL OF YOU THIS HOLIDAY SEASON FOR ALL YOU DO FOR SARAH'S:**

*The Sisters of St. Joseph of Carondelet and Consociates, St. Paul Province  
Sorooptimist International, Twin Cities Chapter  
St. Catherine University Charity Ball and various interns  
Sarah's annual holiday appeal donors  
GivetotheMax donors designating Sarah's  
Friends of Sarah's monthly and annual donors  
La Boulangerie Marguerite  
Sarah's Sisters  
Days for Girls  
Grandmothers' Circles  
Loaves and Fishes  
Bix Produce  
Trader Joe's  
Indeed We Can  
Sarah's Staff  
Managed Services staff, especially Tj Shulson  
Sarah's Director's Advisory Group (DAG)  
CS7 Province Leadership Team  
CS7 Province Finance Department staff  
CS7 Province Communications Department staff  
CS7 Ministries Foundation staff  
CS7 Province Human Resources staff  
CS7 Province Facilities staff*

**PEOPLE WHO HAVE GIVEN DEEPLY AND FROM THE HEART  
NEEDED ITEMS OR TREASURED TIME:**

*Bernice Caruth, Bonnie Wek, Chelsea Norton, Colleen Tollefson, Hilary Oley, Jessica Gerard, Martha West, Mary Himrod, Mary McGreevy, Mary Pat Fitzpatrick, Miriam Karraker, Nancy Amundson, Patricia Mokoena, Peg McRaith, Teri Peterson*

Upcoming dates: March 17 at 10 AM and April 21 at 10 AM.

### 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 to spend time with each other after so many months apart in quarantine! If you have some aches and pain 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](mailto:sjw@sarahsoasis.org) if you want more information or want the Zoom link!

## Simba Means Strength: Part 2

This month, we continue Simba's story, a Sarah's resident. At 39 she left Africa to escape death from poverty. Trained as a social worker and with little savings Simba flew to Panama. She'd hoped to stay there, but speaking Spanish working there seemed impossible besides the reality that people didn't know what social work was. Simba went to Costa Rica to Nicaragua and then to Honduras. Her sister sent her \$300 because her savings was gone. She then went to Guatemala, then Mexico crossing at the Mexicali/Calexico border in California.

Most of Simba's trip was walking off of roads to avoid soldiers and periodically crossing dangerous rivers. During a month of walking she was detained three times. It took her four months to get to the US. She met women along the way. Men held her up making her pay them so she could keep walking. She ran out of money. She ran out of food. She ran out of hope. Every step was dangerous. She doesn't know how she made it alive.

At the border in California, Simba had a phone number for someone she met along the way. It was the only phone number she could give the immigration officers. They let her pass. She committed to go to North Dakota hoping to stay with a woman she'd only met once who had family she'd never met. At least Simba didn't have a delay waiting for an interpreter because her English was good enough. She could speak and write for herself.

Immigration officers shackled her with an ankle monitoring bracelet, another requirement before continuing her journey. Changing buses three times, it took four days to get to North Dakota. She doesn't know who paid her bus fares. Alone, exhausted, scared Simba worried she would get lost. Immigration officers advised if they happened to see a police officer because who would check her "bracelet"! A few days after arriving in North Dakota Simba had to take another bus to Fort Snelling in Minnesota to have her ankle monitoring bracelet removed. Simba doesn't know who paid her bus fare or gave her \$50! It is a mystery.

## Former Residents -- We Need Your Help!

Hello former residents, our wonderful Sarah's community members! This is Cheryl. I am preparing for a fundraiser for Sarah's to happen in early June. We will be celebrating **Sarah's 25th anniversary!** One of our special celebrations will be about the successes of our former residents....and that means all of you! Please send me a private WhatsApp Message or text or email to [director@sarahsoasis.org](mailto:director@sarahsoasis.org) telling me your wonderful news since the day you left Sarah's (Did you get the job you were hoping for? Did you bring your family to the US? Did you graduate from college? Did you buy a house or rent your own apartment? Something else?). My goal is to share 25 former residents' accomplishments with first names to celebrate years of Sarah's! Thank you in advance!

## Tell Congress to Reform our Immigration System

It has been **over 30 years** since Congress passed a law to reform the country's immigration system and the status of undocumented immigrants in the country. As a result, millions of hardworking families have been in the shadows while contributing to our economy and communities.

As people who believe in welcome and common-sense reform, we must make our voices heard and **urg Congress to support the US Citizenship Act of 2021.**

Let's overhaul the U.S. immigration system together. Send an email to your legislators today and tell them to support these immigration reforms.

[https://www.votervoice.net/mobile/LIRS/campaigns/80935/respond?mc\\_cid=88a8b52e2f&mc\\_eid=4df80d29c6](https://www.votervoice.net/mobile/LIRS/campaigns/80935/respond?mc_cid=88a8b52e2f&mc_eid=4df80d29c6)

## 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>

Please visit our website at <https://www.sarahsoasis.org/>.  
Donate to our cause at <https://www.sarahsoasis.org/donate-2>.  
Sarah's is a ministry of the Sisters of St Joseph of Carondelet.