



Rachel's Light

Rachel's Light News

A MESSAGE FROM THE EXECUTIVE DIRECTOR

Greetings,

It's hard to believe that Rachel's Light opened its doors two years ago. Little did we know the challenges we would face, and just six short months after we did open, we were hit by the pandemic. Through the trials, we continue to learn and improve through each day, month by month, and now year by year. I believe that God has a plan and put us in the right spot at the right time; a position that will help serve our community during a crucial time of need. With the pandemic, we've seen the realness of the economic hardships, and the domino effect which has led to housing crises for many. As a result, our waiting list is longer, and the overall need for services has grown higher. We strive to keep our doors and arms open, but most



Amanda Starks

importantly have open hearts. Although at times it seems as though the cards are stacked against us, we have still found tremendous success in housing women this year. We served 21 households from 2019-2020, and in 2021, we have now served 21 so far. Our success has ultimately come from implementing housing stabilization programming followed up with connecting residents to resources that would best support their needs/barriers. At Rachel's Light we strongly believe in meeting the women and children where they are and supplying a sense of belonging and peace to them. A guest advocate says it best when meeting with the new resident, "You now have five new family members (we have five staff), we are here for you and will walk side-by-side with you on your journey."

As we continue to support the women and watch them break chains and transform, one common phrase is used among all, "Thank you for giving me hope, for once I feel like there is hope for me and my family." Another resident who just recently moved into her new apartment described hope through the acronym as **Hold On Pain Ends**. We find that beautiful and motivating at the same time!

In closing, I want to thank you, our community, and surrounding areas for supporting us on our journey. We would not be able to serve without your support, and because of your support we will continue to bring the homeless home.

I look forward to seeing your smiling faces at our Open Table event in November.

Blessings and love,

Amanda Starks



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SPECIAL QUOTE

"Believe you can and You're half-way there"

Theodore Roosevelt

TESTIMONIAL

....by Stephanie

There is so much the world should know and i dont know where to begin. When i came to Rachel's Light three months ago, I was broken, scared, tired, alone, angry. I hated myself to the fullest extent. Quite literally i couldnt look myself in the mirror. I a drug addict forced into prostitution no money no home no job, begged for help but it seemed as though my voice was never heard i had been homeless for 3 years and i lost everything including 7 of my children. I had nothing worth living for except the baby in my womb. Only a month off of meth, some angels came into my life. This group of women rallied behind me and believed in me enough that eventually i learned to believe in myself. They loved me until i could love me again. First thing they taught me was how to laugh again. I was able to build trust that had been lost on my path of drugs and destruction. I found worth in living. Self compassion, grace, hope, faith, humility, kindness, empathy, friendship, love and home. All things i have been blessed with by those angels. On July 25th 2021 baby girl Journee made her debut. And with all odds against me she was born drug free and i was able to bring her home from the hospital and keep custody of her. In 3 months i went from nothing to more than i could've ever imagined. I now have a relationship with all my kids and For the first time ever i had all of them in one place. That is a gift from God but The hands that made it possible belong to the women at Rachel's Light. I now live on my own for the first time in my life and There are So many things i have to be

proud of But above all the accomplishments the greatest one is being able to look at myself in the mirror and breathe. Those women gave light in my darkest time. They gave hope when none existed and they gave a chance at a future when death was all that was left. They provide much more then a warm bed and a hot shower. Everywhere i go i carry those women with me. There is nothing that i have to do alone. They each have a very special place in my heart and i will cherish every one of them as long i live. They breathed life back into me and then helped me to spread my wings with the promise that i will never fly alone. Rachels light is not a shelter or a house its a home. It may be "temporary" but its "forever" in more ways than people know. I thank God everyday for what that home and those woman have done for me and my children.



“I thank God everyday for what that home and those woman have done for me and my children” S.R.



RACHEL'S LIGHT MENTOR PROGRAM ARE YOU INTERESTED IN MAKING A POSITIVE IMPACT ON A WOMAN'S LIFE?

IF GIVING GUIDANCE, SUPPORT AND INSPIRATION TO OUR GUESTS IS SPEAKING TO YOU... LET US KNOW!

WE ARE LOOKING FOR WOMEN WHO WOULD LIKE TO SHARE THEIR TALENTS, PATIENCE, KNOWLEDGE, LIFE EXPERIENCE AND ABILITY TO BE A FRIEND TO SOMEONE IN NEED.

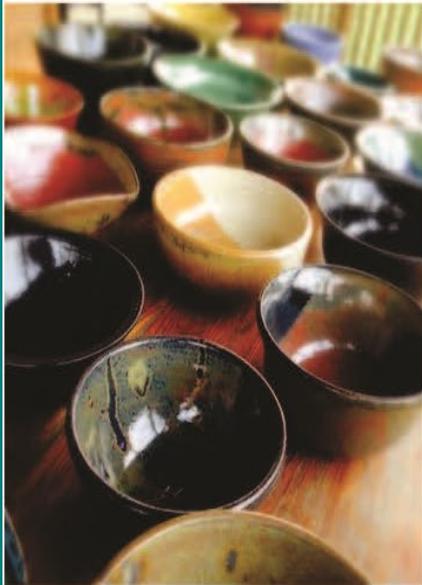
IF YOU CAN GIVE ANOTHER WOMAN AN HOUR OF YOUR TIME EACH WEEK, YOU WILL MAKE A DIFFERENCE IN HER LIFE AND THE LIFE OF HER CHILD.

WE OFFER TRAINING AND SUPPORT TO MENTORS.

IF INTERESTED, PLEASE CONTACT
RACHELSLIGHT55060@GMAIL.COM

Won't you Join Us?

OPEN TABLE



RACHEL'S LIGHT

Open Table Event

SATURDAY 11.13.21 | 4 - 7 PM

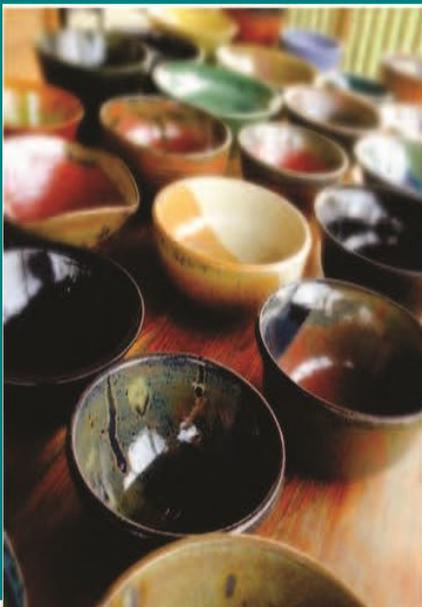
Trinity Lutheran Church ■ 609 Lincoln Avenue S ■ Owatonna MN

Soup selections, bread, coffee & cookie
Drive up – Order – Take Home – Enjoy!

Cash or check freewill donation
Handmade pottery available (while supplies last!)

NOVEMBER 13

SATURDAY | 4-7 PM



Our Story

In September of 2019, Rachel's Light opened their doors and arms to women and children seeking a better life. Since then, we've welcomed babies and secured homes for many! Through the pandemic, our work and happy tears have persevered and now, we ask for your support to share in a community drive-up meal on **Saturday, Nov. 13, 2021 from 4-7 PM** at Trinity Church for our 3rd annual event.

We will meet you at your car, take your order from four selections (chicken noodle, chili, broccoli cheese, chicken wild rice) and bring your meal out to you!

Thank you!

SAFELY join us at the **OPEN TABLE:**

1. Go to Trinity Church—609 Lincoln Avenue S. in Owatonna on Saturday, 11/13.
 2. A volunteer will meet you at your car & take your order.
 3. Choose from four soup selections; (bread & cookie complementary.) Coffee available.
 4. Handmade pottery available while supplies last.
 5. Payment is a freewill donation and can be with cash, check, or PayPal
 6. Donation will be collected from you at your vehicle by a volunteer.
 7. Your order will be covered and bagged; brought out to you.
 8. Soups are packaged/delivered cold to enjoy at your preferred temperature and storage.
- Drive up—order—collect your food and pottery, take home, ENJOY!

∞

OCTOBER is Domestic Violence Awareness Month

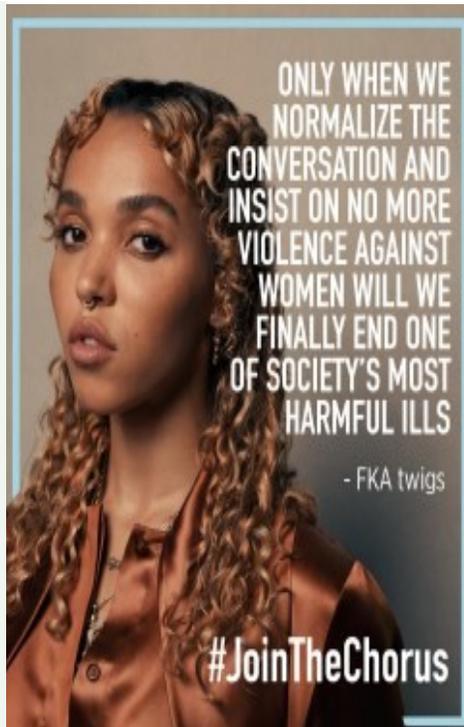
Domestic Violence Awareness Month (DVAM) was launched nationwide in October of 1987 as a way to connect and unite organizations and individuals working on domestic violence issues while raising awareness for those issues. In more than 30 years, the progress to support these concerns has strengthened, yet we're still working hard to prevent and address domestic violence and create a culture that refuses to tolerate violence.

For years, domestic violence was considered an issue that families resolved inside the walls of their home. While efforts to increase services and support for survivors have advanced, there are (still) access issues in rural areas. Providing the reach to culturally relevant resources, as well as safety and healing are critically important in *all* areas.

Despite increasing awareness of domestic violence, it remains a concern in Minnesota and across the United States.

Domestic violence programs across the State provide support and resources to over 55,000 victims and survivors at any one time to ensure their safety. But, that number reflects just a small fraction of victims – with only one-in-five victims seeking help.

Overall, **one-in-three Minnesota** women has been a victim of domestic violence.



KNOW MORE ABOUT THE SIGNS OF FINANCIAL ABUSE

It may be subtle or overt, but financially abusive behaviors include limiting access to or concealing information about family finances.

#endDV #NoMore
nedv.org



TOGETHER WE CAN END DOMESTIC VIOLENCE & SEXUAL ASSAULT

NO MORE | Rachel's Light

Safe and affordable housing is a top priority and a human right as domestic violence continues to be a leading cause of homelessness for women, and housing insecurity is one of the main barriers preventing victims and survivors of domestic violence from seeking help and safety.

During the COVID-19 pandemic, survivors were increasingly isolated and stressed, putting them at greater risk of domestic violence.

Community collaboration ensures the safety of victims and survivors in Minnesota.

Preventing violence before it begins and transforming behavior after violence has occurred is critical to our shared goal of a violence-free Minnesota.



DONATIONS!

Do you have a donation? Please use the following to reach us, set up a time for pick up/drop off, etc.

EMAIL: [donate2rachelslight@](mailto:donate2rachelslight@gmail.com)

[gmail.com](mailto:donate2rachelslight@gmail.com)

Thank you!



VOLUNTEER HERE!

Ready to give back to your community? Rachel's Light is seeking caring, helping hands. Ask us how you can make a difference today.



www.rachelslight.org

October House Donation Needs

Thank you for your loving and generous support!

OCTOBER

Postage Stamps
Office Supplies
(White Out, Pens, pencils, sticky notes
AAA batteries
Clear totes w/lids
(all sizes)
Gift cards (Fleet
Farm, Kwik Trip,
Walmart)
Kwik Trip gas cards
Hand Towels, bath
Towels, wash cloths
(New/Gently used)
Twin size fitted
sheets (New/Gently
Used)
Mattress covers
(New/Gently used)

Pillowcases (New/
Gently used)
Paper towels
Toilet paper
Floor cleaner with
bleach
Disinfectant cleaners
Dishwasher pods
Softener salt
Laundry soap
Affresh washer
cleaner
Dryer sheets
Kleenex
Feminine hygiene
products/items
Hand soap
Packing tape
Masking tape
Thank you cards

Crafting supplies
(Guest ask/request)
Full size lotions,
body wash, sham-
poo, conditioner
Printer-Ink Cartridges #952 Color
Trash bags
Broom/dustpan
(New)
Pillows (New)
***BOLD items=**
priority (currently
need)



Resident Needs for Moving Out

End tables
Lamps
Coffee table
Night Stand
Silverware
Plates
Glasses
Mugs
Bowls
pots/pans
Can opener
13 gallon garbage can
Small garbage can

Kitchen towels
Oven mitts
Mixing bowls
Colander
Dish cloths
Tupperware
Baking sheets
Cooking utensils
Shower curtains
Bath towels
Free & clear
laundry soap
Laundry basket

Unscented dryer
sheets
Vacuum
Wall clock
Hangers
Microwave

Thank you! Merci! Gracias! Danke schön!

DONATE TODAY!

Rachel's Light appreciates any and all contributions. MONETARY DONATIONS HELP WITH RENT, UTILITIES AND STAFFING COSTS.

MAIL: PO BOX 118 OWATONNA MN 55060
ONLINE: RACHELSLIGHT.ORG (CLICK ON DONATE WITH PAYPAL)

