

Ruth's House

December 2020

Empowering lives, offering hope through transitional housing and support.

Audrey's *Safe* Dwelling Place

Written by Casi Cross



Through Ruth's House programming, Audrey has gained renewed hope, healing, and new insights. Along with learning budgeting skills, she is going back to school to earn her GED, and attending therapy to learn her self-worth. She is also pursuing her driver's license. **Audrey has even found herself dreaming again!** With a big smile on her face, **she shares,**

**Audrey* (name changed for privacy) came to Ruth's House with five of her children, and a few changes of clothing. Her husband had taken everything: her home, her money, and worst of all, her self-esteem. Even so, Audrey found her courage to break free from her abusive husband of ten years.*

Audrey shares, *"When I arrived at Ruth's House, I felt relieved. I knew my children and I were finally safe, and that means everything to me."*

Ruth's House is more than a shelter, we are a place where families can **dwelling**. That idea of dwelling is that place of warmth and safety that makes a home. It's that place of second chances through healing. And like the caterpillar who makes its dwelling in the cocoon of change through hard work and persistence, Ruth's House is a place where women can break free from their past and find their wings to soar to new heights, new places, and new adventures!

"I want to open my own thrift store. I really enjoy taking old, worn furniture and redoing it. I love to make something beautiful out of it, to bring value and worth back to it. That's something I can do in my thrift store."

That's at the heart of Ruth's House: making something beautiful out of the difficulty, heart-break, and disappointment of a destructive past. We remind the women and children we serve how valuable and worthy they are as they run towards a good future!

Audrey shared:

"Being homeless isn't easy. It's a hard life. Don't be afraid to ask for help. If you can get out, seek the help you need to make it, because help is out there. Break the cycle. Let it end with you. Everyone isn't out to get you. So don't be afraid to talk to someone, ask for help."



Christmas Wish List

Thank you for your support and donations!

Gift cards offer Ruth's House the ability to purchase needed items for our shelter home such as paper products, laundry soap, personal hygiene, cleaning supplies; food; gas cards; and more.

Walmart Gift Cards • Menards Gift Cards
Fareway Gift Cards • ALDI Gift Cards
Kwik Trip Gift Cards • Target Gift Cards

A year supply of the following (for 32 people):
Papers Towels, Toilet Paper, Hand Soap,
Laundry Soap, Dish Soap, Cleaners

Like-new, kid-friendly, comfortable sofa set
for our main living room area. Like-new,
kid-friendly, comfortable pull out sofa sleeper
for staff to sleep on during overnight shifts.

When ordering from Amazon, you can
donate their points to Ruth's House.

Please email giveruth@gmail.com
to arrange donation drop-offs or
visit ruthshousemn.org and
click on How You Can Help.

Contact us



Ruth's House
PO Box 593
Faribault, MN 55021
ruthshousemn.org

Main Phone: 507-332-2236
Outreach Office: 507-334-5043
Email: info.ruthshouse@gmail.com

Save the Date!

Helping Hearts Event
Benefiting Ruth's House

FEBRUARY 13, 2021

Details inside

Meet Sandy, Outreach and Communications Coordinator



Hello! I am Sandy Varley and have accepted the position of Outreach and Communications Coordinator at Ruth's House. I live in rural Dundas with my husband and two incorrigible Springers. I am Mom to two children and Nana to three adorable grandchildren. I enjoy hiking in State Parks, biking the local trails, reading novels and experimenting in the kitchen. I treasure my time with family.

Prior to accepting my current position, I was a Ruth's House volunteer for five years. In my role as donations coordinator I communicated with community members, worked in the shelter and organized supplies. My volunteer responsibilities grew to include caring for children at the shelter, providing rides for residents, filling in for shelter staff and baking cakes for the Gala. Eventually, I shared my admiration and passion for the mission of Ruth's House with Church groups and organizations by participating in speaking engagements. I enjoyed sharing my experiences, information and stories with community members. I was gratified to see my community graciously provide monetary donations or fill up my car with toilet paper, cleaning supplies and diapers.

The power of sharing a story or voicing a need no matter how big or small brings out the giving spirit in Rice County. I am reminded of the time I was asking for clothes for a little boy starting kindergarten and was contacted by many Facebook followers willing to do a bit of back to school shopping. I enjoyed the out of the blue calls from local community groups inquiring what were the current needs and providing in-kind donations and a check. More times than not when I met someone and shared, I was the donation coordinator at Ruth's House people responded- "How may I help?"

I am honored to work for an organization that has provided safety, healing, guidance and hope for many families in Rice County and look forward to meeting members of my community.

Peace,
Sandy
sandyv@ruthshousemn.org



Save the Date!

The Beauty of Community: An Answered Prayer



Our 2020 annual Heart's Gala was a tremendous success because of the generous outpouring of support from our community and donors. Our greatest need was the restructuring and restoration of our six pillars, which hold up the 3rd floor of our shelter home. Through our Fund a Need event along with matching donations from our Pillars of our Community, you answered the call to meet that need (and answered our prayers)!

We are excited to share with you that the restructuring and restoration of the six pillars is underway! R J Dwyer, Inc. and his amazing, talented team are hard at work, restoring our beautiful pillars to their original state. Through their more than 125 years of experience and expertise in historical restorations, R J Dwyer, Inc. will preserve the rich history of the 1895 Neo-Classical Revival style Cassius M. Buck.

We're Going Virtual!

Please join us for our
1st Annual Helping Hearts Event
benefiting Ruth's House
FEBRUARY 13, 2021
More Information to come with your personal Event Invitation!
For more information, or to receive an invitation, please email info.ruthshouse@gmail.com

Sarah's House the Newest Pillar of Ruth's House

Ruth's House is excited to share our newest pillar, Sarah's House! Sarah's House is named after the Biblical Sarah and Pastor Sarah Hanson Nietz, former pastor of Our Savior's Lutheran Church in Faribault and Ruth's House Board Member who passed away four years ago.

Sarah's House is a three bedroom sober living home. Sarah's House is a safe, separate, sober living space for women to continue their journey towards healing during their transition from inpatient services to independent or supportive living in the community.

Residents at Sarah's House will continue with a structured step-down approach after inpatient treatment based on their individual path which would include outpatient treatment as well as employment and volunteer opportunities. If applicable, when residents are ready to reunify with their children, they have the opportunity to apply to Ruth's House to pursue reunification.

Our program will include case management with short and long-term goal setting and will encompass programming to meet each individual's needs towards healing and maintaining their sobriety.

To learn more, or to find out how you can help, email sarahshouse@ruthshousemn.org or call (507) 332-2236.



Thank You!

Thank you to our Board of Directors and
thank you to our Grantors and Fundraising Partners

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Open Your Heart Foundation

Otto Bremer Foundation
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Thank you to Ashley Olson for
designing this newsletter



You too can become a Champion of Hope!

Do you want to be a part of our organization's future and help to bring over 7,000 nights of safe shelter to families in crisis each year? Become a Champion of Hope! Your recurring monthly gift allows us to stabilize our yearly budget, plan for the future, and ensure the sustainability of Ruth's House for years to come.

Get started with these 3 easy steps:

- Sign up either using the enclosed pink donation envelope or visit www.ruthshousemn.org and click on How You Can Help.
- Enter your credit card information or bank account information.
- Choose how much you will donate.

As a Champion of Hope, know that your donation will be used to provide continual HOPE to those we serve. Thank you!

COVID-19 Response Funding

Thank you to those who were able to offer funding in response to COVID-19. This funding provided food, cleaning supplies, PPE, help with some utilities, hotel vouchers, some general operating, and hazard pay.

CenterPoint Energy
HHMFC (Heading Home Alliance)
OEO (Office of Economic Opportunity)
Open Your Heart

Otto Bremer Foundation
Rice County Area United Way
Rice County Small Business Grants
Women's Foundation of Minnesota



P.O. Box 593
Faribault, MN 55021

Nonprofit Org.
U.S. Postage Paid
Faribault, MN 55021
Permit No. 27

Because of your support and contributions,
last year we were able to provide over

7,000 NIGHTS
of safe shelter to homeless women and children



2020 Ruth's House Statistics

Emergency/Transitional Shelter

women 15

children 23

Average length of stay:
90 days

15% of women have experienced
domestic violence

Total People Served: 38

Permanent Supportive Housing Units

women 14

children 15

80% of women experienced
domestic violence

Total People Served: 29

Total People Served: 67

Ruth's House - A Place of Dwelling and Healing

This year has been unprecedented in many ways; for certain we know what it's like to struggle, change plans, and face whatever lies ahead. We all can imagine what it feels like to enter a new situation. Are you nervous, excited, scared? Stomach in knots, fear of the unknown? At Ruth's House, we understand first times. Our caring staff will be here to welcome each resident who walks through our doors at Ruth's House transitional shelter or Sarah's House sober living home.

We offer not just a house but a place to dwell for women and children. Right away, we ensure the physical needs of each woman and child at Ruth's House are met and thanks to our generous donors (thank you!), they never have to worry about having enough food to eat, clothing to wear, or a warm, safe place to lay their heads at night.

Next, we walk alongside women during their journey. At Ruth's House, our living room shelves are filled with books, games, and toys. At any moment during the day, you may hear quiet voices sharing their personal story of survival and hope, or you may hear the sound of laughter coming from children building a tall tower of Legos on the living room floor. Around the dining room table, a family advocate and a resident chat about the snowy weather while sipping hot chocolate. In a dining room chair nearby, her eldest daughter finishes up her 8th-grade math homework on her school iPad.

Ruth's House is here to offer support but what that means is different depending on the day. Some days it's a box of tissues, an air high-five for finally solving that algebra problem (oh, algebra), or a bottle of laundry soap. Some days it's a connection to a new job, a mental health specialist, or long-term housing.

Finally, what does it feel like to be welcomed, to have a sense of belonging? Hospitality, safety, comfort, provision, that's what Ruth's House does best. We cannot do it without your support.

Will you prayerfully consider a donation to Ruth's House this Christmas season so we can help more families like Audrey's (see story inside) who have overcome their fear of the unknown?

Together, and especially at this moment, we must continue our mission of empowering lives, offering hope, through transitional housing and support.

Merry Christmas from Ruth's House,

Suzanne Fox
Executive Director • suzzannef@ruthshousemn.org

2020
CHRISTMAS
NEWSLETTER