



saying grace

The Newsletter of The Haven of Grace

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FALL 2010

Garden Project Introduces Young Mothers to Gardening and Entrepreneurial Skills

For the past seven years, The Haven of Grace has used gardening to complement its nutrition program to provide meals for the women and children each day. This year, thanks to help from the **Monsanto Fund**, our Gardening Project for Homeless Women was expanded with two new goals: to introduce residents to gardening and the benefits it offers to their families, and to increase residents' employability by providing hands-on learning and practical job experiences.

In addition to growing vegetables and herbs and using them in The Haven's kitchen throughout the project, residents received hands-on experience in gardening and learned transferable business skills by selling produce at the local North City Farmers' Market.

Each week, a Haven or Quad resident accepted the role of "resident garden manager" in order to complete the daily pruning, watering and weeding needed to ensure the viability of the gardens. A **Gateway Greening** horticulturist taught a class and reviewed the gardens with residents on a monthly basis, providing "on-the-job" training to further educate the young women.

On Fridays, the resident garden manager, along with a few staff members, harvested the vegetables and packaged them for sale at the market. The resident then staffed The Haven's booth at the North City Farmers' Market and received a \$100 stipend for her week's work.

"Working at the market is a learning process," said one shelter resident. "Selling is different every time. Each week we realize that we need to do something different and then, the next week, we add that on. It's really about staying positive."

"The project is so multi-faceted," commented Haven House Manager and garden project supervisor, Elaine Ellis. "Growing a garden takes planning, patience, nurturing, and discipline. These are some of the skills used in parenting, too. Having a chance to work at the market has developed the residents' job skills and introduced them to the idea of entrepreneurship. It is a lot of hard work, but I know they're inspired. I've heard the women speak about the gardens that they will someday have at their own homes and the things that they will grow."

The gardening classes and farmers' market continue through the fall. Be sure to stop by our table at the North City Farmers' Market every Saturday until October 16 from 9 a.m. to noon.

See more pictures of the Garden Project on page 3



Letter from the Executive Director

Faith in Action...



Each week, residents of our Maternity Shelter have a "House Meeting" to share what's on their mind, plan for the week ahead and tackle the inevitable issues that arise in community living. Our program staff use a variety of youth development and strengths-based approaches to ensure that this unique setting models positive communication and conflict resolution for the residents, allowing them an opportunity to practice newfound skills learned during character development or other related classes offered throughout the week.

As an opening to a recent House Meeting I attended, residents were asked to choose one thing from a basket full of everyday items which they felt could describe their day or how they were feeling. I watched curiously as the ladies passed the basket around the room and selected their items. One chose a candle; the next took a ruler; another chose a seashell. "Amanda", a quiet resident who'd been with us about two months, chose a Bible as her item. The following is a summary of the impromptu exchange we had as she shared the reasons why:

Amanda – I chose the Bible because it reminded me of the children's Bible that "Ms. Jane" gave us in class the other day. I've been reading that thing nonstop and there's this story about this man and woman...I can't remember their names, but they were married...

Marissa – Was it Adam and Eve?

Amanda – Yes! Wait, no, it wasn't Adam and Eve. This couple was older. They couldn't have children and...

Marissa – Oh, Abraham and Sarah!

Amanda – Yes!!! That's it. It was a good story. That children's Bible REALLY breaks it down. I understand everything SO much better. So, I was wondering, do you think God wants it to be like that for us? You know, where the woman stays home and takes care of the house and the man goes to work?

Marissa – That's a great question! Of course, I can only share my personal perspective on that, and anyone else should feel free to join in, but here's what I think. First of all, I think God's creation of woman was one of His very best! We are wonderfully made and designed to be a "helper" to man, whom I believe God certainly intended to work hard to care for his family.

For my husband, my role as his "helper" has meant a variety of things over the course of our marriage. Right now, I am a working wife and mother and that helps our household. For another wife, it may mean focusing on the full-time job of being a stay-at-home mom. So I think it varies, but I believe the spirit behind God's plan for mankind remains the same today as it was in Biblical times.

From there, the meeting went on with business as usual for the residents, but as a woman of faith, I was left with goose-bumps as I had just witnessed another instance of what I've come to refer to as a "mission moment."

What a joy it was to witness the innocence and enthusiasm of a young, soon-to-be mother who had made a life-changing connection with God through a simple children's Bible - all because of the simple gesture of a caring volunteer who had intended for the gift to be used by residents to read to their children. Wow!

Continued on page 3

The Haven of Grace Staff

Executive Director
Marissa Q. Paine, MSW

Director of Programs and Client Education
Amy McFarland, MA

Director of Development and Community Relations
Kathy Wunderlich

Executive Assistant and Office Manager
Jason Ware

Community Relations Coordinator
Alison Zeller

Administrative Assistant
Sherri Mejia

House Manager
Elaine Ellis

House Supervisor
Carolyn Powell

Transition Specialist and Aftercare Coordinator
Frankie Small-Woods, MA

Child Care Specialist
Debra Robinson

Live-In House Parent and Apartment Manager
Jan Fossie-Ware

House Parents
Pat Hatton
Regina Lyons
Lula McNeil
Clara Toliver

Faith in Action continued from page 2

Spiritual development is one of The Haven's seven core impact areas along with Housing, Health, Independent Living Skills (i.e. Household Management, Personal Finance and Interpersonal/Self Advocacy skills), Parenting, Education, and Employment. As a ministry of faith, The Haven does not discount the role that a personal relationship with God may have in helping a mother to recover from her past and move into a happier, more productive future.

As we interact with residents on a daily basis, our staff is committed to modeling faith in action. We pray before meals and meetings, and like my exchange with Amanda, we don't back away when a mother wants to address how faith is playing out in her life. We also teach the principles of good character and incorporate the six pillars of character into our programming. Beyond that, we rely on the faith community and volunteers like "Ms. Jane" to assist residents in exploring the role that faith plays in their lives and to exhibit God's love through their time, talent, and treasure.

As our agency continues to grow in response to our new transitional apartments and the long-term, compassionate support needed to assist our current and former residents in their journey toward self-sufficiency, I am reminded of how critical volunteers are to helping us achieve our mission. I am reminded of an Old Testament verse, taken from the New International readers Version of the Bible (a common translation for children's Bibles) which says, "If God is for us, who can be against us?" Even in the midst of challenging times, I am just as encouraged about our work today as I was when I joined the agency almost two years ago.

For every staff member employed at The Haven, there are at least 10 volunteers supporting their work. For every dollar spent from our budget, there's another dollar of in-kind donations that helps ensure our impact. We are ever thankful for the "simple" gestures – prayers, volunteering, financial support, in-kind donations – that help bring faith to life at The Haven and make our mission possible.

Happy Fall!



The Haven's Garden Project continued from page 1



The Haven's Newest Bundles of Joy



Bradley
01/11/10
8 lbs. 7 oz.



X' Zavion
02/08/10
8 lbs. 9 oz.



Isaiah
03/04/10
6 lbs. 8 oz.



Brooklyn
03/11/10
8 lbs. 5 oz.



Grace
05/02/10
6 lbs. 3 oz.



Kei'miah
05/16/10
7 lbs. 1 oz.



Saraiya
06/29/10
7 lbs. 7 oz.



Rilan
07/02/10
7 lbs. 7 oz.



De'von
07/15/10
7 lbs. 13 oz.



Vhou'Ryon
7/27/10
6 lbs. 8 oz.

Client Updates Our Stories of Success

- ★ A Maternity Shelter graduate and new Quadrangle Apartment resident is completing an intensive job-training program and is enrolled and anticipating her first semester of college at Harris-Stowe State University this fall.
- ★ Since May, three Quadrangle Apartment residents have completed job-training programs and secured employment.
- ★ A four-year-old Quadrangle Apartment resident read his first words in June. A one-year-old living in the Maternity Shelter took his first steps in August.
- ★ Two mothers at the Maternity Shelter are facing the daunting task of potty training their rambunctious two-year-old boys and practicing new discipline strategies learned in class.
- ★ An Aftercare participant completed the Medical Assistant program at Missouri College. A Maternity Shelter resident completed a similar program at Vatterott College.
- ★ An Aftercare client earned a 4.0 last semester at St. Louis Community College.



Donors at Whirl 'n Twirl Raise \$67,000 for The Haven



Whirl 'n Twirl co-chairs Carrie Martin (left) and Helene Sayad (right) at the spring event.

Nearly 175 supporters attended the premiere of Whirl 'n Twirl, a new spring fundraising event, held on April 9 at Palladium Saint Louis. After beginning the event with a cocktail reception, two young women currently living at the Maternity Shelter shared their stories and heartfelt gratitude with the Whirl 'n Twirl guests.

Arvelle and Company then kicked off the music, playing favorites from all genres for over two hours while guests danced alongside two human disco balls as they moved throughout the crowd. The event raised over \$67,000 to support The Haven's programs.

"Whirl 'n Twirl was truly a night of celebrating second chances," said event co-chair Carrie Martin. "The two residents from The Haven of Grace spoke genuinely about their experiences and reminded the guests why we were all there. It was a fun, successful and beautiful evening, but most of all, meaningful for the young mothers The Haven serves."

Thank you again to the Whirl 'n Twirl sponsors: **Before and Again, Cass Commercial Bank, Duke Realty Corporation, HealthCare USA, and S. King Collection.**

The Haven's *Pennies from Heaven* event will return in the spring of 2011.

Jobs, Jobs, Jobs!

The Haven's Summer Programs Focus on Employment

A recent survey of The Haven's Ten-Year Aftercare Program participants showed that former residents are making great strides in the areas of housing, education, and health. Yet, the unemployment rate for this determined group is much higher than the norm. To address this challenge, programming throughout the summer months was packed full of career-orientated opportunities.

Along with focusing on this area in individual goal planning with the mothers, The Haven planned a series of events to highlight career development. On June 18, a "Mom's Day Out" educational event was held at The Haven's Maternity Shelter. Instructors guided the young women in understanding their career values and employment barriers. The last session of the day focused on tips for effective job searches, giving the participants an opportunity to complete real-time job searches with leads provided by The Haven's program director.

The following Friday, The Haven hosted a follow-up session, which featured a panel of local employment professionals who answered questions and shared advice about what skills and behaviors employers seek when hiring, and how they can best present themselves in interviews. Special thanks to: **Al Anderson** of the **Met Center**, **Holly Sullivan** of **Mers Goodwill**, and **Kim Allen**, **Shalonda Campbell**, and **Denise Wunderlich** of **TALX** for participating on the panel.

The series of career development events ended July 9 with a Job and Community Resource Fair at the Maternity Shelter. Participants learned about job training and placement programs and met with hiring employers including: **Americorps**, **Missouri Mentoring Partnership Program**, **U.S. Bank**, and **YWCA**. One attendee has already secured a job as a result of her attendance at the fair!



Grateful for Gifts

THANK YOU to **Christine Lewis** and her friends for throwing a baby shower for The Haven's residents! The group brought lunch, cake, and presents for all of the mothers and children.

THANK YOU to **Kelly Mitchell, Inc.** for hosting an off-site baby shower and donation drive! They collected diaper bags, a breast pump, baby medical kits, and many other baby items to donate to The Haven's mothers.

THANK YOU to families from **Chesterfield Day School** for 11 donations so far this year! Volunteers provided The Haven with high chairs, an entire apartment full of furniture, and items for baby and mommy needs.

THANK YOU to **Tequila Ewing**, owner of **Hair Legends**, for donating the skills of her stylists, **Tracy** and **Cybil**, for a night of beauty for The Haven's mothers. Thanks also to **Bobbie Small** for treating the women to makeup lessons.

THANK YOU to **Sarah Schreiber**, who donated a bassinet with baby items to The Haven in honor of her birthday.

THANK YOU to **Bank of America** for hosting a Build a Bear workshop with The Haven's residents.

THANK YOU to **Cadette Girl Scout Troop 2978** for collecting and donating over 80 stuffed animals to The Haven's children.

THE GENEROUS DONATIONS WE RECEIVE THROUGHOUT THE YEAR HELP US MEET THE NEEDS OF OUR RESIDENTS.

WE APPRECIATE YOUR CONTINUED HELP AND SUPPORT!



The Haven's Wish List

Would you like to help The Haven in a tangible way? Donate items on your own or collect items through a donation drive at work, school, church or with other membership organizations. The Haven's current top-ten needs are:

- Batteries • Hand sanitizer • Kleenex • Crib sheets • Toothpaste
- Paper towels • Toilet paper • Dish washing soap • Laundry baskets • Bottles

The Case for Space

Haven plans small addition to accommodate growth

The addition of the Quadrangle Apartments to The Haven's campus in 2008 increased the number of families we serve on campus each day by 70% (previously 10 young families, currently 17 families). The apartments offered an opportunity for The Haven to improve outcomes by allowing the Quad residents more time to work toward self-sufficiency with the support of staff nearby. However, in responding to this exponential growth, the need for additional space to serve our clients quickly emerged.

This fall, in lieu of constructing a third apartment building as originally planned for our Quadrangle Capital Campaign, we will make renovations to the main shelter building to accommodate our growth. Dubbed the "Case for Space", the project is being funded through Board-designated funds originally reserved for Quad construction.

"The addition of the Quadrangle apartments has been exhilarating," said Board of Directors President **Kathy Betz**. "As is true with any new venture, organizationally we have learned a great deal in the past two years since the apartments were completed. The demands on our facilities and on our leadership team have expanded and the complexity of our services has changed, not only in the number of women and children we serve, but also in terms of their expanded needs. The "Case for Space" is a well-considered, modest plan. We are enthusiastically working with our contractor and our staff to ensure another meaningful point of progress for The Haven."

The Case for Space project includes construction of three additional offices to create confidential workspaces for the Transition Specialist, Development Director, and Executive Director. The current office of the Executive Director will be converted for use by visiting professionals and volunteers, including nurses, therapists and parent educators, who work confidentially with residents.

The lobby will receive a small renovation and the existing classroom will be reconfigured to allow for an expanded computer lab, allowing The Haven to offer on-site computer classes for the first time. Other features of the current building will be redesigned for improved safety, and we are thrilled to replace the carpet in the dining room with sturdy, easy-to-clean tile.

The Haven is currently seeking in-kind donations to help furnish the new office spaces. For more information, please contact our Executive Director, Marissa Paine at (314) 621-6507.

The Haven's Garage Renovation - From Clutter to Clean

Do you ever feel like a room in your house is designated the "clutter room"? No matter how clean and organized the rest of your house is, that one room just cannot stay tidy? The Haven's garage was exactly that – unorganized and cluttered. No matter how many volunteer groups came to organize it, the volume of donations would soon overtake the space. That all changed this past June when the garage received an extensive renovation designed by **Saint Louis Closet Company** and sponsored by corporate partners **MEMC**, **TALX**, and **Saint Louis Service Bureau**.

The results are fantastic – shelves to display household items, hanging areas for career-orientated clothing, plastic totes to store women's and children's clothing, and an area to sort incoming donations. Volunteers continue to assist The Haven in sorting donations and many Aftercare participants have visited the renovated garage to happily gather much needed items for their families.



Volunteer Spotlight

Megan Lyman
Began volunteering at The Haven: January 2010
Hours of donated time: 55 hours



With over 55 hours spent at The Haven thus far in 2010, Megan is a dedicated volunteer. She always has a kind heart and a positive spirit. Megan began volunteering as an evening babysitter, but when asked, she readily switched her schedule to help cover the busy, Monday daytime shift. The staff and residents love her patience and caring nature with the children. What does Megan like best about volunteering?

"I volunteer at The Haven because I love kids! During volunteer orientation, I found out that I could watch the kids while the moms were taking classes and I knew it would be a perfect fit. I enjoy playing with The Haven's toddlers and reading books to them, and holding and feeding the babies. The staff is wonderful and I am very happy to be a part of The Haven of Grace!"

Do you want to become one of The Haven's volunteers? The Haven's next volunteer project will be our Adopt A Family program. If you'd like to provide gifts to our residents this Christmas season, contact Volunteer Coordinator Alison Zeller at (314) 621-6507 or azeller@havenofgracestl.org to sign up!

Volunteer Snapshots



Memorials and Tributes

(January 1- June 30, 2010)

In Honor Of

Kathy Betz	Ms. Sandra K. Buschmann Barbara and Alan George
Chris Cady	Mr. and Mrs. Philip B. Cady, Jr.
Laura Cady and Michael Guzewicz.....	Mr. and Mrs. Philip B. Cady, Jr.
Mr. and Mrs. John Colwell	Sally and Ned Lemkemeier
Rae, LaShay and Jimaya Douglas.....	Bonnie and Jerry Freeland
Sara Fagan	Mary Gosney
Ned Lemkemeier	Patricia and Ronald Lanter Mr. and Mrs. Anthony Quinn, Sr. Mr. and Mrs. James E. Quinn
Sally Lemkemeier	Carol Darnall Susan and Howard Elliott Jim and Judie Neville Mrs. Tosca Schaberg Randy and Fiona Woods
Sally and Ned Lemkemeier	Ms. Patricia Istwan
Fran Mazanec	Gail and Ryan Sneed
Bob Morris	Mr. and Mrs. R. Scott Morris
Dan Paquin	HMS Business Services, Inc.
Ann Sutter	Mr. and Mrs. William Hayes
Ben Woods	Sally and Ned Lemkemeier

In Memory Of

Mrs. George C. Brockhoff	Dorothy Brockhoff
Phoebe and Willie Cady	Mr. and Mrs. Philip B. Cady, Jr.
Herbert A. Haupt, MD	Katherine and Charles Betz Mr. and Mrs. Michael Kolman Barbi and Bill Macon Randy and Fiona Woods Robert and Kathleen Wunderlich
Irene Jones	Susan and William Holden
Joan Klaverkamp	Jim and Judie Neville
Peg Murphy	Sally and Ned Lemkemeier

Every effort has been made to accurately list all contributions to The Haven of Grace. We sincerely apologize for any errors and/or omissions to the above listing. Please contact Sherri Mejia with any corrections at (314) 621-6507 or smejia@havenofgracestl.org.

Wine, Women and Song



The **St. Louis Sirens**, a female quartet of talented singers, hosted an entertaining show of song and variety at the Kranzberg Arts Center on Wednesday, August 11, to benefit The Haven of Grace. The women performed to a sold-out crowd at "Wine, Women and Song" and not only delighted their all-female audience with their singing talents, but had the crowd roaring with laughter at their music-filled skits featuring Tina Turner, the Blues Brothers and the Chiquita Banana Girls, to name a few.

During the show, each of the four Sirens were featured in individual performances. **Sharon**

Carter wowed the audience with her lively version of "Rollin on the River." **Elizabeth Belle** belted out a rendition of all the phrases a mother says to her children over the course of one the day and set it to the tune of the William Tell Overture. She and **Leanne Latuda** sang a beautiful song from the Broadway play, *Wicked*, and **Tafra Perryman** had the audience laughing hysterically when she created a spoof on "My Guys" and titled it "My Thighs."

Marissa Paine, Executive Director of The Haven of Grace, sat as a member of the audience that night. "The St. Louis Sirens were really entertaining and very generous to host this event on behalf of The Haven," she said. "The \$800 raised through this concert will support The Haven's mission. We're blessed to have such a supportive community."

Be sure to check The Haven's website or sign up for our e-newsletters to receive invitations to future events like "Wine, Women and Song." Upcoming events are featured on the home page at www.havenofgracestl.org.

Shopping to Benefit The Haven



Get your special coupon now to save money while shopping at Macy's and also raise money for The Haven of Grace! Now until October 14, The Haven will be selling Macy's coupons for \$5 that entitle the user to receive 10% to 20% savings on most of their purchases, including regular, sale and clearance merchandise, and 25% off a single purchase. The coupon will be valid Friday, October 15 and Saturday, October 16 at any Macy's store in the St. Louis area (Missouri and Illinois included). One-hundred percent of the proceeds from selling the coupons will go to The Haven.

Why not purchase a coupon for yourself and your friends? You may order over the phone at (314) 621-6507 or pick up the coupons in person at The Haven at 1225 Warren Street, Saint Louis, MO 63106.

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Amazing Grace – a poem by Haven resident, Jasmine

See you're sleeping now so I should be asleep
'cause I don't get any sleep at night 'cause you
don't sleep which by the way I really don't mind
because when your eyes are open
I look into them and see my life, I see
your soul, and I see forever.
See you are my everything, you haven't even made one month
But in all my 20 years of living
You did it, finally it's happened.
I never thought it would, you changed me.
I knew you could, so I guess I should
Realize that this is it
Where I wanna be with this
baby lady that ever so gracefully
Changed me, made me happy and maybe
Made me stronger, wiser, smarter.
She has given me reason, to my being
Like when you cry my heart breaks,
I wish I could fight all the pain away.
Keep it out of your box and each and every time
you frown I wish I could turn back the clocks
and give reason for those frowns to be turned upside down
When you yawn it's adorable and sometimes you smile in your sleep,
when you stretch it's so cute, and my hearts warms when you look at me
your small arms and small legs, I'll give my life to protect
I dress you in bows and nice pink clothes
But nevertheless your beauty shows best when you're plain.
Your tiny ears, your little nose, your beautiful brown eyes
I think back to months one through nine and I smile because it was you.
The morning sickness, the restless sleep, the big fat ankles
But I don't blame you, I thank you.
You have made me whole.
I couldn't wait to meet you,
I practiced the things I would say.
But when I finally met you
all that I practiced was gone to waste,
because I said something totally different.
What I said wasn't practiced, written or wrote down
What I said was what I meant
and I will tell you a billion more times
Meanwhile I'm just proud, proud to be your mom.
I wouldn't have it any other way.
Because of you baby lady.
I once was lost, but now I'm found.
MY AMAZING Grace.



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1225 Warren Street Saint Louis, MO 63139 (314) 621-6507 www.havenofgracestl.org



I'll Toast to That

Kathy Fullerton & Bren Souers
together with
The Haven of Grace
cordially invite you to
enjoy an evening of fine wine and
gourmet food at world renowned chef
Larry Forgione's
An American Place Restaurant.

*"Empty Hands, Open Hearts" appeal will
benefit the young, homeless women and
children served by The Haven of Grace.*

To order tickets or for more information
contact The Haven of Grace
at (314) 621-6507
or visit
www.havenofgracestl.org



October 17 6 p.m. \$135/person

Stay up-to-date with The Haven on Facebook and Twitter

