VISTA MARIA

Volunteer News

You protect. You encompass. You embolden. You empower.

Hello Friends,

As you may know, earlier this year Vista Maria joined forces with the Michigan Abolitionist Project (MAP). This means there are lots of new volunteer opportunities available for everyone. Vista Maria volunteers may be interested in getting more involved with MAP programs, and MAP volunteers may want to consider volunteering at Vista Maria.

In either case, we are all working toward the same goals, and I am so thrilled to grow our volunteer family in this way!

Existing MAP Volunteers, Emily and I have taken the liberty of adding you to this list to ensure that you are included on all Vista Maria volunteer communications, but if you prefer not to receive this monthly (sometimes every-other-monthly) newsletter, you can simply unsubscribe at the bottom.

There is a TON of good stuff in this month's newsletter, and lots of ways to get involved. We continue to monitor the COVID numbers and we hope it won't happen, but if cases hit a certain point we may have to change what opportunities we can do. Still, we are hoping for the best, so get ready for some great things coming as we wind down the summer and get ready for some fall fun!

I look forward to seeing all of the wonderful things we can accomplish together!

All the best, Jessica

Jessica Marcetti, CVA

Manager of Volunteer Resources

Jessica B. Marcetti

Save the Date: Trunk or Treat at Vista Maria

> Wednesday, October 27 4pm - 6pm

October is right around the corner and we are beginning to plan for our **Halloween Trunk or Treat** event here at Vista Maria.

After last year's success, we've decided to do it again!



So mark your calendars and please let Jessica know if you would like to join the fun!

This event is rain or shine, unless there is thunder/lightning/sharknado. In that case, our **Rain Date is:** Friday, October 29.

Volunteer Opportunity: Join a MAP Community Group

MAP Community Groups consist of compassionate and motivated citizens who work together to address slavery in their community; they are led and organized by local volunteers.

We recognize that we can do more together than we can as individuals or disconnected groups. Through Community Groups we seek to build a collaborative network that helps people use their gifts, talents, and resources to more effectively address human trafficking and its root causes.

We have groups in Ann Arbor, Detroit, Downriver, Lake Orion/Oxford, Midland/Mid-Michigan, Milford/Commerce, Port Huron, Shelby Township, St. Joseph, and Troy.

If you are interested in joining a community group or would like to launch a new group in your city, <u>click here</u> to learn more, or contact MAP's Program Coordinator, Emily Johnson, directly at <u>emily@map-mi.org</u>





Volunteer Opportunity: Healthy Saturdays

We're looking for volunteers to bring some fun activities to our kids that focus on health, fitness, wellness, and hygiene. Here are a few ideas to get you started, but please be as creative as you want-- just think healthy:

- Hair braiding
- Caring for black hair



- Healthy eating
- Women's health/puberty
- Caring for our hair, skin, and nails
- Volleyball
- Basketball
- Soccer
- Step dancing
- Journaling/mindfulness

This opportunity is for groups or individuals and slots are available any time after 11am on **Saturdays**.

Please contact Jessica at jmarcetti@vistamaria.org if you can help!

Volunteer Opportunity: Dolly Drive

Dolly Drive Wednesday, October 20 at Detroit Shipping Co.

Our next big event is coming up and we need <u>lots</u> of helpers! This event is a lot of fun and it benefits our foster care and adoption programs. If you are available on October 20, please consider helping out with setup or during the event itself. Contact Jessica for more information or to sign up: jmarcetti@vistamaria.org



Setup (1pm - 4pm)

 Includes setting up tables in the lobby, linens, candles, table tents, banners, balloons, etc.

Event (4pm - 8pm)

- Registration: Help giving wrist bands to VIPs, help guests find their name tags, general helpfulness
- Wine Pull: Hang out by the wine-pull table, sell raffle tickets, and pull wine!
- Raffle Ticket Sales: Roaming with iPads to sell raffle tickets. Will work in pairs. Glow in the dark balloons will be used to identify the raffle sales volunteers.
- Toy Runners: Taking toy donations from the photo booth area to the large box on the stage

Volunteer Opportunity: Be a Residential Mentor

We currently have **7 youth** on our waiting list who would like to be matched with a mentor.



Mentors must be women, who are at least 20 years old, and can commit to meeting with their mentee on Vista Maria's campus for 1 hour each week.

You can also <u>view our mentor flyer here</u> for a little more information.

Mentoring one of our residents at Vista Maria is perhaps our most rewarding volunteer program and Tracey would love to chat with you about it and answer your questions!

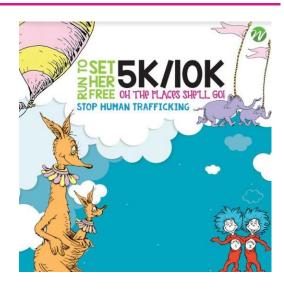
Contact Tracey Underwood with questions: tunderwood@vistamaria.org

Run to Set Her Free 5K/10K

Michigan Abolitionist Project (MAP) is partnering with Hope Against Trafficking and Woodside's Unshackled Ministry to cohost their 3rd annual Run to Set Her Free 5K/10K!

This year's event will be held at Woodside Lake Orion (Canterbury Village) and we would love for you to play a part in our 2021 Race!

Below are a few ways that you, your family, friends, and coworkers can get involved!



Volunteer:

From registration to decor, water stations to parking, we have a wide array of volunteer positions we would love your help with!

If you are interested in being a volunteer for this event, please click here!

Race:

If sponsorship or volunteering isn't your niche, we would love it if you, your family, and friends would come and race! From fun Dr. Seuss themed costumes/decor, photo booths and even a live DJ, you are sure to have the time of your life at the Run To Set Her Free 5k/10k Race! To register or learn more about the race, please click here!

Sponsor:

If you work for or know of any companies that would be interested in joining alongside Unshackled's Run to Set Her Free Race, please click here!

Help Vista Maria Win a \$25,000 Grant

Vista Maria has been chosen as a finalist in State Farm's Neighborhood Assist contest (woo hoo!) and now we need your help to win \$25,000 for our Journey to Success afterschool program!

If you have ever volunteered as a DREAM Mentor, or with any of our amazing JTS

programs, you understand the profound impact these activities have, and why it's so important to secure this funding. Please help us by visiting the link below, voting for our program, and sharing the link with a friend.

Voting opens on Wednesday, and you'll hear from me again on the 18th, but I wanted to put this on your radar as something you can do to help us remotely!



Click Here to Vote

(Voting begins August 18)

- Vote for Afterschool Programming for At-Risk Youth at Vista Maria
- Voting period is August 18 27
- You can vote up to 10 times per day for our cause.
- Winners will be announced on 9/29.

Self-Care Corner

One tricky thing about self-care is that caring for ourselves can look like two very different things.

- 1. Sometimes caring for ourselves means honoring our growth and pushing through blocks, anxiety, or resistance. This can look like pushing ourselves out of our comfort zones to learn or experience something, saying no even when it's hard to, setting a boundary, or getting yourself up and moving your body.
- 2. However, sometimes self-care means honoring your limits and allowing for rest, gentleness, and healing. This can look like not being so hard on yourself, allowing for flexibility with your goals and plans, taking a day off, or letting yourself just sit and breathe.

Sometimes it can be hard to know which direction self-care needs to go in, as these different forms of self-care can seem to conflict with each other.

Sometimes self-care is not an either/or choice between pushing yourself or resting. Often we need to choose both of these forms of self-care.

There will be times when we need to push ourselves and honor our growth but it can help to have some rest planned in after.

There will be times when we need to rest and restore but it can help to have a plan of action to take later so that this period of rest is not hindered by guilt or does not turn into a form of procrastination or avoidance.

Again, it can be a tricky balance to know when to rest or when to push through, so see how you can get creative and allow for both. Life will be one long experiment in trying to find this balance, and this will look different for each of us. Honor what that might look like in your life right now.

So do both today: Honor your growth and push through when you need to, and honor your limits and rest when you need to.

Volunteer Spotlight: Kiara Buckley



Kiara joined MAP as a Detroit Community Group Leader in March of 2020. She is studying criminal justice and forensics at OCC Royal Oak, and plans to become a prosecuting attorney. She says, "My goal is to prosecute sex crimes and get justice for victims of sexual abuse and violence, as well as to raise awareness for and end human trafficking internationally." This past summer, Kiara represented MAP on the World Without Exploitation Youth Coalition steering committee, for their 4th annual Youth Summit. She attended weekly virtual meetings, recruited event attendees, and promoted the event on MAP's social media platforms. Kiara did a phenomenal job achieving all that was asked of her and her involvement made it possible for MAP to have an active role in nationwide "youthled" efforts to educate the new generation on human trafficking. Thanks, Kiara! We are so grateful to have such passionate and dedicated young leaders like you leading the way in this work!

Volunteer Swag is Available on Bonfire

Protect, Encompass, Embolden, and Empower: That's What Vista Maria Volunteers Do!

www.bonfire.com/store/vista-maria

Proudly display your mission of courage, passion, and boundless mercy by sporting a t-shirt (or a sweatshirt, mug, or tote bag) with our Fearless Heart mantra! We kept the prices as low as possible and the profits come right back to Vista Maria!

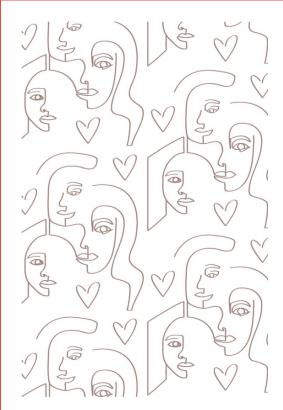


Check out our New Website!

We recently redesigned our website, so be sure to stop by and see what's new! In addition to our new branding, it also features lots of great information and is (we hope) much easier to navigate and find what you're looking for!



Stay in Touch!



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Click here to join our

Volunteers & Mentors Facebook Group