

Spring/Summer 2020

# THE VOLUNTEER VOICE

Criminal Justice Ministry News for Volunteers



## Please be our special guest

Criminal Justice Ministry is hosting a virtual **Volunteer Appreciation Tea Party** on **Thursday, June 25; 3 - 4 PM.**

We are pleased to announce our 2020 Volunteer Appreciation Award recipients:

- Myra Vandersall, Recipient of the *Sr. Jackie Tobin Leadership Award*
- Joan Lipic, Recipient of the *Sr. Rose Rita Huelsmann Humanitarian Award Recipient*
- Brian Cahill and Rosemary Meyers, Recipients of the *Fr. John Vogler Community Award*

This will be a one of kind celebration fit for the times we are in! You can anticipate games and prizes to winners, awards presentation, bios and testimonials. And tea, of course!

**RSVP by emailing [alisah@cjmstlouis.org](mailto:alisah@cjmstlouis.org) with your physical mailing address.** We will send you all the details and the link to participate. You are welcome to invite family and friends to log in as well. See you at the party!

As our fellow citizens take to the streets to demand change,

Criminal Justice Ministry continues to serve justice-impacted individuals to uphold their intrinsic human value. Our motto, "To Serve, Not Judge," is especially appropriate during this turbulent time in our nation. We, at CJM, hope for a swift and just conclusion to this unrest as we provide housing and essential services to our justice-impacted community.



## DONATIONS NEEDED

- Hand sanitizers
- Masks
- FIRST Services essential supplies - full size body wash, deodorant, toothpaste
- Spanish-language Bibles for clergy working at detention centers
- Sponsorship of **Dress Out** Program
- If you have questions about any of these asks, please email [alisah@cjmstlouis.org](mailto:alisah@cjmstlouis.org)

## CONTACT US

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# VOLUNTEER

## Self-care Tips

To say that these are crazy times would be such an understatement. However, one thing remains true and precious - YOU! There is only one of you and no matter how many hats you wear or throw off, you are irreplaceable and essential to many. We appreciate all the ways that you serve CJM and we want you to continue to be the best you in all your roles. We offer these self-care tips and our hearty thanks for all you do:



- **Sensory:** cozy blankets, furry animals, the sound of running water, scented candles, or the sun on your face.
- **Pleasure:** a meal out, good movies, playing with your dog, gardening, or a delicious hot beverage.
- **Mental:** a new activity, cleaning and organizing, a challenging crossword puzzle, or reading an interesting article.
- **Spiritual:** meditation, prayer, reading poetry, visiting nature, or attending church.
- **Emotional:** a good cry, writing in a journal, or laughing out loud.
- **Physical:** yoga, dancing, a good night's sleep or an afternoon nap, or going for a stroll.
- **Social:** calling a friend, joining a club or support group, or surrounding yourself with family.

*In short, you can take care of yourself by doing what you love, connecting to yourself, and living in the moment, even just for a moment! What that looks like for you is your choice.*

For the entire article, visit: <https://volunteeralberta.ab.ca/blog/put-oxygen-mask-importance-self-care/>