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Spruce Run News (December 2004)

Spruce Run Staff

Spruce Run

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Repository Citation

Staff, Spruce Run, "Spruce Run News (December 2004)" (2004). *Maine Women's Publications - All*. 241. https://digitalcommons.library.umaine.edu/maine_women_pubs_all/241

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SPRUCE RUN Association

PO Box 653

Bangor, ME 04402-0653

December 9, 2004

Dear Friend of Spruce Run,

On the back of this letter is a gift for you: a poem written by participants in Spruce Run's Bridges to Empowerment education group. I think the last line—*"and do anything I set my mind to"*—is particularly poignant coming from women whose lives have been limited and regulated by abusive partners.

You, the members of our community, have been very generous over the past year, enabling us to sustain core services, expand our outreach efforts (such as the "Think About It" Program, which brought books about domestic violence and healthy relationships into libraries throughout Penobscot County), and increase the principal of our endowment trust by over 125 percent.*

Still, basic expenses continue to rise, and we are under ever greater pressure to do more with less. For example, three years ago we had a full-time staff of 18. We have since contracted to 15. During this time we doubled our transitional housing program, which now serves 14 families that might otherwise have had to return to unsafe homes.

As a member of Spruce Run, your annual financial assistance contributes to the provision of a wide range of services, including emergency shelter; a 24-hour hotline; advocacy within the justice, welfare, and child protective systems; support and education groups; prevention programs; school-based work; and much more, all at no cost to the people who need them. You also help fund the social change work that will ultimately lead to the eradication of domestic violence.

Your contributions have a profound and lasting impact on people affected by abuse. Thank you in advance for your gift in support of peace in all homes.

Sincerely,

Dorathy Chocensky

Spruce Run staff

* For more information on the Endowment Trust Campaign, please check the appropriate box on the attached membership form.

Self is a door....

by the members of the Spruce Run Bridges to Empowerment Group, September 2004

*When this group first began I thought it would be,
A good and new experience,
Like diamonds on leaves,
Crystal dew flowing from trees of new,
Exciting.*



*I really enjoyed when we solved a problem together,
Talked with each other
And climbed the wall.*

*This journey challenged me
Forcing me to face my fears
By being blindfolded and led by someone else.
To stay awake and aware
Keep my glasses on my face and my shoes on my feet.*

*Then I realized,
The purpose of our goals.
I could do it, after I tried it once
Darkness is not alone, voices echo in halls.
A wall is not the end; self is a door....*

*Now I know with certainty that I can
Have time to do other things
Climb a wall
Learn to be me
Get through another night because another dawn awaits
Just like after the rain, another rainbow
I can visualize the duality of me,
And do anything I set my mind to.*