

morning tears newsletter

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Editorial

Feeling guilty

It is Sunday morning. Today the 11 year-old Zhou Xin Lu does not go to school. Any other kid would enjoy the perspective of a whole day playing without having to listen to the teacher. Zhou Xin Lu does not. Nor does she particularly like going the school, but she knows that school keeps her mind busy and away from the feeling that always comes back: it was her fault. She was responsible for what happened.

Nearly all those whose parents are convicted to long prison sentences or death sentences have feelings have guilt. Most children have strange, made-up interpretations of traumatic events so that they feel it is their fault: " If I had not asked for money for candies then my parents would not have had to do that for money....", or " if I would have done my homework without complaining then my father would surely not have beaten anybody". Feelings of guilt are very damaging for the development of the child: the child develops a very negative self-image, becomes less resilient, considers him or herself unworthy, and sometimes searches for ways to punish her or himself. Adolescents with feelings of guilt tend to have serious depression and suicide becomes a real danger.

The unfortunate truth is that the social environment stimulates the feelings of guilt in the child. Often, the children are partly blamed for what happened.

Morning tears caregivers receive substantial training and coaching in recognizing feelings of guilt in children. They are aware that they should immediately stop the child and try to convince the child again and again that he or she is not guilty. But in some children feelings of guilt are very persistent.

Zhou Xin Lu will struggle through to Sunday, just like many of the other 44 million children globally who have a parent in prison. Morning tears does not only fight for food and clothes for the children, we also fight for a Sunday full of fun. We fight for children to grow in dignity.

Koen Sevenants

Founder of morning tears

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News

JUE Music & Art Festival 2012 with Morning Tears



JUE Music & Art is an annual citywide arts and music festival in Shanghai and Beijing, presented by Split Works. JUE is all about celebrating the best of the local creative communities in these two great cities and inviting artists from around the world to showcase their talents in China.

For the first time in 2011, and again in 2012, Morning tears had the pleasure to partner with Split Works at the festival. We had the great opportunity to represent morning tears at the events. What an amazing way to raise awareness! All the proceeds of this year's JUE CD-sell were donated to morning tears. A special thank you to Archie Hamilton, Nathaniel Davis and Abby Lavin from Split Works!

We are very much looking forward to the next JUE in 2013.

Ilona D. Volken
Office Manager, morning tears Shanghai



Little wooden house for donations is now a Work of Art

What to do when you are in need of a donation box? You know there is one in a box somewhere among many other boxes as the whole Shanghai morning tears office is in the process of relocating.

In that case it is good to have creative friends. German born artist Conny Linnhöfer helped re-paint a very dilapidated, wooden, house-shaped box, which was once used for collecting donations. She was only too happy to help and we were happy to receive her help. Her artwork is abstract and contemporary and her bright color concepts were the perfect fit for a house that should entice people to donate for our children. As Conny puts it, the geometric shapes and forms and the often very bright colors of her art reflect the differences you can find in daily life.

The box now looks like a house where our morning tears children for surely would love to live, as you can see in the pictures. This donation box will now travel to Germany and become the first donation in the soon-to-open office of morning tears Germany, hoping it will always be filled with money from kindhearted donors.

For more about the artist, you can visit her websites at www.connyart.org or www.artstudiocorlin.com.





“WORLD-CHILDREN-UNITY-DANCE” SUPPORTS THE CHILDREN OF MORNING TEARS!

World-Children-Unity-Dance is a young Belgian non-profit organization with a life changing vision.

“WCUD” means “We See You Dance”.

It's a dream about gathering, about unity, about dancing together, a dream about spreading love through dance, a dream of peace.

Up to now, we have 15 people who give **dance-workshops in Belgian schools**. They all work with dance, energetic body movements, yoga, meditations and visualizations, creativity, sound, music and instruments.

All our workshops are related to the “street children”, all our benefits go to these children.

Our goal is to get the Belgian children out of their head (thinking) into their body and heart (feeling, soul-connection) and make them aware that there are other children (street children) who live in difficult situations. We're all connected.

Our workshops also promote an awareness of a deep connection with nature and with mother earth.

Using this method, we can support the street children because the schools pay for the workshops, and this money supports our non-profit-organization. And more importantly, we make the children here become aware of their preferential life-situation and of the existence of street children.

Each year another Belgian organization that works to benefit street children is supported. For the 2011-2012 school year we chose to support morning tears.

We also launched a dance-competition...

For 2011-2012 we ask the participating schools to dance to “Imagine” by John Lennon. In return, **we ask all participants to do something to benefit street children**. These gifts go entirely to the organization we support that school year, for 2011-2012 the project morning tears was chosen!

All received **gifts, donations**, free gifts or money from the benefit workshops set up by WCU-Dance, will be sent to morning tears.

Let's make this world a better place. Let's dream big!

World-Children-Unity-Dance,

Gert & Maggie

www.wcud.be



Morning tears' strategy

Morning tears is often looking for volunteers. However, as in any organization, there are some rules or practices that need to be respected in order for all volunteers and employees alike to work together in good conditions. That's the reason why we've created the "Volunteer Guideline". Here are several key pieces of the guideline.

What do you need to be a good volunteer?

- **The most important thing is that you agree with our mission, strategy and principles outlined in the morning tears charter.**

Morning tears needs people who are:

- **Optimistic:** we all do this in our free time, so let's make it fun.
- **Problem-solvers:** for every problem we encounter we need to find solutions –we are all volunteers.
- **Pragmatic:** you depend in many cases on other volunteers who sometimes fail. However, we must move on.
- **Result-oriented:** at the end of the day, only our achievements are relevant for the children.

Encouraging and giving recognition to others is very helpful for morning tears. All of us sometimes need encouragement. We are all volunteers who sometimes need recognition!

A small warning

Unfortunately, at times, volunteers join with certain expectations that we are not able to fulfill. In most cases this happens when:

- **Thinking that volunteering is 'playing and working with children'**

However:

Morning tears leaves child care largely in the hands of local paid professional staff

Finding a translator is often rather expensive.

- **'Doing voluntary work is something I will do when I do not have other things to do'**

Yes, but a commitment to carry out a task on a voluntary basis should be binding. Taking up a responsibility for a task means that you are expected to finish the task. Be aware that if you volunteer for crucial tasks, you will have to pass up other opportunities, as is the case with any other job.

If you are sure that your engagement does not fall under these two frequently made misunderstandings then we are very happy to welcome you to our team!

For which tasks do we need volunteers?

- **Coordinators:** coordinators for production of newsletters, production of book(s) with therapeutic exercises, translation, events, external communication, and projects.
- **Creative people:** production of Puppet Theater (for therapeutic purposes), document lay-out and design, illustrators, and writers. We need a lot of child-friendly material around the theme 'resilience': music writers, poems, coming up with new ideas and drawings.
- **Technical experts:** psychology, production of training materials, child protection, accounting, law, and so on.
- **Translators:** people who can do translations
- **Administrators:** database administrators, child sponsorship administrators, and so on.
- **Fundraisers:** proposal writers (for subsidies and private companies), event organizers, designers of publicity campaigns, and so on.
Morning tears depends on donations and sponsorships. Fundraising can happen in different ways: organizing events, bazaars, through organizations or companies.



Morning tears receives the prestigious Non-Profit Award at the Rotary Club Leadership Awards 2012

The Rotary Club Leadership Awards 2012 were held the first weekend of April at the Hilton Hotel in Shanghai.

Morning tears received the first place Non-Profit Award, which is given to non-profit organizations whose programs or projects exemplify extraordinary managerial and innovative excellence, have a high commitment to socially responsible activities, and represent notable models that encourage other individuals and organizations to be active in the community.

For the past 10 years, morning tears has helped to set legislative standards to protect and care for children whose parents are in prison.

In China, morning tears currently operates a children's home in cooperation with the local government and provides support to two children villages. Morning tears uses high quality minimum standards for its care and protection of children and strives to convince other organizations and institutions to follow the same standards. Morning tears also builds partnerships with organizations around the world to protect children in the same situation, including Cambodia, Russia and Tanzania. Morning tears also fights against child prostitution in Cambodia.

The Rotary Club recognized the work of morning tears during the ceremony. Morning tears has created a method to protect and care for the children of convicts, who were until then absent from the political and public agenda. Morning tears also works directly in the field, in a transparent way.

The first place award doesn't represent a large amount of money, but it stands out for its prestige.

It is not the first time morning tears' work has been awarded. In April 2010, morning tears received the prestigious China Charity Award from the Chinese Government for more than 10 years of protecting and assisting children of convicts in China.



Morning tears' strategy (cont'd)

- **Representatives:** people who visit private companies and other organizations to provide information about morning tears.
- **Researchers:** 'country researchers' (they investigate the situation of children of convicts in certain countries via the internet, research questions and examples on request)
- **Teachers and education experts:** many schools in Europe ask us if we can provide 'lesson packages' and 'school projects'. We would love to offer it, but we are still looking for capable volunteers to develop these educational tools
- **Psychologists:** to do training for our programs
- **Communicators:** people who can write for our newsletter, blog, website, and so on.
- **Leaders:** people who can manage and motivate other volunteers, people who want to take responsibility for a substantial part in the morning tears program, and so on.



News from Coming Home-Project Henan

What happened during the last three months?

- We will take children to visit their parents in April.
- Each of the families has their own plan for going out in the holiday and weekend, because spring is coming now, and the weather is getting warmer and better.
- The children will take mid-term exams in April.
- The children will participate in sports competitions in school.
- The children will visit Huanghe River with their classmates. The activity is organized by their school.
- There have been visits to our project in April by individual donors, journalists, volunteers and trainers.
- We organized birthday parties for the children.

Relevant Actualities

The Danish Institute of Human Rights 'Work About the Children of Convicts

Important initiatives in securing the rights and needs for children of prisoners

"There are usually around 4,000 Danish children, whose fathers or mothers are in prison. Around 3 percent of all Danish children have experienced parental imprisonment. The effects on these children are often devastating. Nevertheless, their rights and challenges have remained forgotten for many years. "

Source: www.humanrights.dk/what+we+do/focus+areas/research/results/children+of+imprisoned+parents

Africa: Kenyan mothers suffer in prison with limited access to children

"(WNN) NAIROBI, Kenya, AFRICA: Thirty-three-year-old Christina Mumbi is a mother who has not seen her ten-year-old daughter for the last nine and a half years. She is currently serving a fifteen-year sentence for a conviction of robbery with violence. In another six years she will complete her prison term.

Mumbi is among several thousand women prisoners who do not get access to their children after they begin serving their prison terms. She is now serving out her prison term at Lang'ata Women's Prison in the outskirts of Nairobi. She has been told she could be released before her term ends for good behavior."

Source: womennewsnetwork.net/2012/01/09/africa-kenya-mothers-prison-children/

The work of the Children's Literacy Foundation (CLiF) for children of convicts:

"CLiF has designed a powerful program to serve children of prison inmates and their families by creating on-site libraries in prison visiting rooms, giving books for children to take home and keep, supporting prisons' Storybook Programs, and offering literacy seminars for prisoners to help them read with their children."

Source: www.clifonline.org/index.cfm?pg=Children_of_Prison_Inmates§ion=programs



Finances

They trust us!

We know how essential trust is between our donors and sponsors. Since its founding, morning tears has followed very strict international finance rules for its accounting. We've also always been transparent about our accounts and activities.

This is probably one of the reasons two great institutions in Beijing have decided to make us the beneficiary of their annual event:

The Danish Chamber of Commerce in China



Since 2002, the Danish Chamber of Commerce in China (DCCC) has been organizing a yearly Charity Gala Ball in Beijing. DCCC has been donating the entire proceeds of its annual Gala Ball in the past 10 years. This year, the DCCC has selected morning tears' Coming Home project as a beneficiary. The gala was held on February 25, and 380 000 RMB was raised for the Coming Home project.



Friends of Dulwich College Beijing



Morning tears has also been selected to be the beneficiary of the fifth Annual Fundraising Dinner Dance organized by the Friends of Dulwich College Beijing, the parent organization of the school. The event was held on March 10, 2012, with the theme "The Oscars!" About 262 000 RMB was raised to build a new house in the Coming Home project.



On behalf of the children of morning tears and their families, we deeply thank the DCCC and the Friends of Dulwich for their incredible support.



morning tears Belgium

BNP Paribas Fortis
 Account No: 001-4495454-65
 IBAN: BE 18001449545465
 BIC/SWIFT: GEBABEBB

morning tears Netherlands

ABN Amro
 Account No: 45.75.13.764
 Stichting Morning Tears Nederland
 IBAN: NL81ABNA0457513764
 BIC/SWIFT: ABNANL2A

morning tears Spain

La Caixa d'Estalvis i Pensions
 Account No: 2100.0233.99.0200332319
 IBAN: ES28 21000233990200332319
 BIC/SWIFT: CAIXAESBXXX

morning tears Denmark

Danske Bank
 Account No: 10490189 Reg. Nr. 1551
 IBAN: DK14 3000 0010 4901 89
 BIC/SWIFT: DABADKKK

morning tears in China

Bank of China, Beijing Xi Cui Lu Sub-Branch
 [中国银行北京西翠路支行]
 Account No: 4160-3000-1880-2623-90
 Beneficiary: Guo Zhi Hong (郭志弘)
 BIC/SWIFT: BKCHCNBJ110

morning tears rebuilds the world for children who have lost their own world.

morning tears rebuilds the world for children who have suffered or are suffering heavy emotional pain.

We focus particularly on:

- children whose parents are in prison;
- children whose parents have been sentenced to death;
- children who have been abused or neglected;
- orphans;
- children who haven't been registered at birth, and thus have no rights;
- street children.

morning tears has been operating since 1999 on an informal basis without legal structure. However, in March 2005 **morning tears** became a formal non-profit organization registered under Belgian Law. Currently, **morning tears** has offices in Belgium, Spain, The Netherlands, Denmark, France, Italy, the USA and China.

morning tears is run mainly by volunteers. These volunteers are mostly professionals from the social sector or development aid workers, although we also have journalists and engineers in our group.

The running costs of **morning tears** are kept very low, so that donations can go almost entirely to the children in need.