

# SHARED BLESSINGS

FALL 2013 NEWS *from* SHELTERING WINGS

*You hear, O LORD, the desire of the afflicted; you encourage them, and you listen to their cry, defending the fatherless and the oppressed...* PSALMS 10:17-18

## Directors Discussion



*photo credit, Danielle Edwards*

has on making life safer for women and their families.

This is also a good time to remind ourselves that domestic violence knows no boundaries. It crosses barriers of income, race, religion, and age. When you stop and remember that it affects one in every four families, it means that you know people whose lives are being impacted. When you're in church on Sunday morning or in a Meet Your Teacher night at your children's school, look around the room. Some of the women you see contend with some form of abuse every single day.

What would you do if one of those women asked you for help? Because you know about Sheltering Wings, I hope that you would encourage her to contact us. We are a resource for the community, and we're ready to make a difference in troubled lives. That's true during Domestic Violence Awareness Month, and it's true all year long!

The coming month is a busy one for us. It's the one time each year when attention shifts to the problems of domestic violence. We use the month to educate the community about what domestic violence is and how to respond, we provide intervention strategies to individuals and organizations, and we take a closer look at the impact Sheltering Wings

### OCTOBER MEANS:

## Domestic Violence Awareness

- 10/1** Celebration of lives saved and lives remembered
- 10/8** Friends and Family Night -DV 101
- 10/15** Church Leadership training (breakfast training)
- 10/22** Teen dating violence info workshop
- 10/29** How DV affects the work place

Contact Melissa at (317) 386-5061 or visit our web site at [www.shelteringwings.org](http://www.shelteringwings.org) for details and registration.

The need is great

We are receiving between 70 and 90 crisis calls every month and we typically house 25 women and as many as 35 children everyday.

LETTER FROM A RESIDENT

## Lives are changing

Sheltering Wings opened its doors and the staff opened their hearts up to me and my son. I instantly fell in love. The staff that dedicate so much of their time here have been such an inspiration to me. They lifted me back up spiritually and emotionally and gave me the strength and motivation I needed not only to work towards my dreams but to also keep a smile on my face.

I've went from being a "ward of the court" to a battered mother and now I am a woman of God, a mother, a survivor ... a college student! I wouldn't have ever made it this far had it not been for Sheltering Wings and the overflowing love that is in this place. When I walked into Sheltering Wings, for the first time in a long time, I felt God's presence. I saw His face on the staff that helped me to my room, that hugged me, encouraged me, laughed with me, cried with me and I saw a little piece of Him in every woman and child that walked through this place. I knew in my heart that this is where He wanted me to be. I've never felt so much peace anywhere in my life—and for the first time ever, I have a place that I can call home. I have people that love me and that are there for me no matter what! God brought me here and gave me the family I had been missing my whole life.

You may all think that I am a success—but honestly, I believe that Sheltering Wings is not only a success but it's a miraculous place. I believe that once you walk through those doors, no matter what your life has been like in the past—Sheltering Wings gives you everything you need to transform something ugly into something beautiful. God simply lives in these walls and with Him anything is possible—it doesn't matter where you came from, what your past looks like—He's here, ready to breathe love and life back into all of us.

—Sara

*"I believe that once you walk through those doors, no matter what your life has been like in the past —Sheltering*

*Wings gives you everything you need to transform something ugly into something beautiful."*

SARA



## Why does she stay?

One thing about domestic violence that puzzles many people is why so many women stay with their abusers. It's not a lack of awareness or personal character, and there is no single reason. Among the reasons we hear:

*"I love him and I hope he'll change"*

*"The kids need a father"*

*"If I were a better wife, he wouldn't get so angry"*

*"I don't want people think I'm a failure"*

*"He's very nice most of the time"*

*"I'm committed to making our relationship work"*

*"How could I make it on my own?"*

*"He said he'd kill himself if I left"*

*"I don't want to lose my house"*

*"Divorce isn't acceptable in my family"*

*"I need his income to feed my kids"*

*"He'll hurt me if I try to leave"*

*"Who else would want me?"*

## We appreciate those who have helped us in special ways, including:

**The volunteers who have given more than 2,000 hours of help this year.**

- **Cornerstone Christian Church** for hosting a golf tournament benefiting the women and kids at Sheltering Wings.
- **The United Way**, for hosting the Wings of Golf that helps all agencies who serve Hendricks County residents, and for their special Day of Caring.
- **The Realtor Foundation**, for hosting another fantastic golf outing that helps support our women and children.

- **Bill Estes Ford**, for their special giving program during the month of August.
- **Chateau Thomas**, for hosting the fun-race.
- **Church on the Rock**, for sending their youth to help with service projects.
- **Our Shepherd Lutheran**, for cleaning the shelter!
- **Trimedex**, for bringing a group to help restock the pantry.
- **Brownsburg High School**, for inviting us to teach Teen Dating Violence programs.

- **Avon Junior Miss**, now called **Distinguished Young Women** for inviting us to share with the Teen girls.
- **Maplehurst Bakeries**, for including us in their Maplehurst Cares Day.
- The volunteers who helped cover the booth at the 4-H fair.
- **The Hendricks County Flyer**, for printing stories.
- **First Baptist Church of Amo** for the clothing drive.
- **Beauty Brands** for their End Abuse campaign.

a Special  
thanks



*"Just because you don't have bruises doesn't mean you are not abused. It took me 31 years to learn that."*

PAULA

## Ways you can help those around you

### How to help an Employee

- Be aware of unusual absences, behavior, bruises or emotional distress.
- Contact the human resources manager to discuss concerns, resources and ways to support the employee.
- Be familiar with community resources and referrals.
- Maintain confidentiality; these are often life-threatening situations.
- Make sure safety managers and other personnel are aware of anyone who should not be able to contact her.
- Assist her in documenting any incidents that occur in the workplace.
- Provide financial/in-kind support to local domestic violence programs and encourage employees to volunteer.

Stay in touch  
with us on



Facebook, Twitter & Instagram!

- If you witness an incident at work, contact your safety manager or law enforcement immediately. Make sure that the incident is documented.

### How to help a church member

- Make your church a safe place where victims can come for help. Educate the congregation about domestic violence.
- Believe what she tells you. Her description may only be a tip of the iceberg.
- Encourage her to develop a safety plan and seek information.
- Don't recommend couples' counseling or approach the abuser for "his side of the story." These actions may endanger her.
- Protect her confidentiality. Don't reveal her location if she decides to move to a safe place.
- Pray with her and for her. Ask God to give her strength and courage.

### How to help a co-worker

Do not directly confront her, because it's important that she self-disclose for her own safety and well-being.

- Express concern and a willingness to listen and be supportive if needed. Offer support by listening and assisting. When she's ready, she'll confide.
- If she confides in you, encourage communication with the human resources manager and her supervisor.

## Our work continues: Sexual Violence

Rape is a horrible form of sexual abuse, and it's far more common than most of us realize. The American Statistical Association recently reported that 18.3 percent of women over age 18 say they have been sexually assaulted. To put it in perspective, only 17.4 percent of women over 18 say they smoke.

Sheltering Wings also acts as a rape crisis center, providing support to victims of sexual violence free of charge. Our 24-hour crisis hotline is available 365 days a year, and once we get to know a victim of sexual assault, rape or attempted rape, we can provide advocacy, case management, help with victim compensation claims, and therapy designed to meet their specific needs. We have a special sexual assault support group, too. Assistance and/or training for these efforts comes from the Indiana Coalition Against Sexual Assault, the Indiana Criminal Justice Institute, and IU West Hospital.

Just as important, we use our community outreach program to build awareness of sexual violence among our community's young people. Knowledge means that fewer young women will become victims, and programs like Coaching Boys Into Men help young men learn about negative social norms so they can have healthy relationships with the women in their lives.



SHELTERING WINGS



HAVEN • HOME • HOPE

31

Days of prayer



TRIM OUT AND POST FOR REFERENCE

# 31

## Days of prayer

As we observe Domestic Violence Awareness Month, we ask for your prayerful support. To help, we've created this handy list of suggested daily reasons for prayers. Please join us in praying for:

1. The women living at Sheltering Wings.
2. The fatherless children in our community.
3. First responders like church leadership, police and hospitals.
4. Someone you know who is dealing with domestic violence.
5. Community agencies who provide resources.
6. Lawmakers who advocate for our families.
7. Our Board of Directors and leaders.
8. Encouragement and hope for our women.
9. The children who are silent victims.
10. Yourself, to know how to be involved.
11. For teens who are exploring what safe dating is.
12. Your family's own safety.
13. Encouragement for mothers here.
14. Our residential staff who answer crisis calls.
15. God's provision for Sheltering Wings.
16. Women who live in fear every day.
17. Youth group leaders to be equipped to help teens.
18. For those who are abusive to receive help.
19. Friends of those affected by domestic violence.
20. Extended families of our women and children.
21. For us to increase in the number of partnerships.
22. Health for our women and children.
23. Staff who help the women learn life skills.
24. For our events to educate the public and reach those in need.
25. One woman or child suffering from abuse.
26. For our building to be a safe haven.
27. Those who can support us financially will be blessed.
28. That we will be a light to a hurting world.
29. Our generous and dedicated volunteers.
30. The organizations who support us would be blessed.
31. Thanks for answered prayers.



TRIM OUT AND POST FOR REFERENCE



West Hospital

**INCASA** Thank you to **INCASA** and **IU West** for sponsoring our newsletter.

## MEET OUR NEW

## Outreach & Education Coordinator

*Melissa*

We are pleased to welcome our new Outreach and Education Coordinator, Melissa Echerd. Melissa, her husband and three children are residents of Avon, where Melissa has been an active civic volunteer and member of Kingsway Christian Church. Melissa is an experienced teacher who is passionate about educating our community. Melissa has already been in Brownsburg and Avon High Schools teaching about teen dating violence prevention. Melissa will be leading our outreach and education efforts related to domestic violence and sexual assault awareness and prevention. **If you would like someone to come speak to your work place, youth group, or church, please call Melissa at (317) 386-5061.**

## The top 10 ways to be involved

- #10:** Join us in our 31 days of prayer.
- #9:** Help with administrative work in our office.
- #8:** Provide child care or be trained as an advocate.
- #7:** Invite us to share an update with your church or group.
- #6:** Help us organize events.
- #5:** Participate in our domestic violence awareness campaign.
- #4:** Serve on our Teen Council.
- #3:** Sponsor a room for a resident.
- #2:** Give on a monthly basis.

**And #1: Leave a lasting legacy through your estate plan.**

**Call us at (317) 745-1496 to get involved!**

## Capital campaign update

We're close to our goal, but we still need **\$199,000** to reach our goal and complete our new rooms. Please call April at (317) 718-5050 for giving opportunities.