

SHARED BLESSINGS

SPRING 2015 NEWS *from* SHELTERING WINGS

I do not understand what I do. For what I want to do I do not do, but what I hate I do... Thanks be to God, who delivers me through Jesus Christ our Lord!— ROMANS 7:15, 25

Directors Discussion *Cassie Martin, Executive Director*



Few things feel as frustrating and disheartening as the sense that we're caught in a vicious cycle. We hope for progress, and then discover we've ended up right where we started.

Victims of domestic abuse are typically caught in a cycle that is truly vicious—and deadly. It starts in a “tension-building” phase where something doesn't seem right and they're tiptoeing on eggshells to avoid arguments. Next comes the “explosion” phase, where their abuser threatens and attacks. It's inevitably followed by a “honeymoon” phase of apologies and promises that the bad things will never happen again, but after a short time, the tension is back.

We hear of this cycle again and again at Sheltering Wings. The type of abuse may differ,

from verbal, to physical, to sexual or other types, but the cycle is sadly predictable. The women want it to end, but lack the resources to escape. Some erroneously convince themselves that it's really their fault, or that he'll change. The reasons often vary, but the cycle rarely does.

So we help the victims find their voices. We help them develop the skills and resources they need to build stable and independent lives. We let them know they don't deserve to be abused, and show them that there is a way out. And we educate the community so people like you know what to do when a friend, relative, neighbor, or co-worker is trapped in the cycle.

We created this special edition of our newsletter as a resource we hope you'll keep. Perhaps you know someone who needs help. Perhaps that someone is you. In any case, don't let the cycle continue. **Find your voice. Be a listening ear. And contact us.**

Already a busy year

The year may be young, but since January 1, we housed **46** women and **61** children, and handled **113** crisis calls.

LETTER FROM A SURVIVOR

Our work must continue “You may be asking ‘Why didn't you just leave him?’ It is such a valid question and many people asked me that very thing. To answer bluntly, I was afraid to leave. Afraid of having a failed marriage, afraid of disappointing my family, afraid of financial uncertainty, afraid to be alone, afraid he would never leave me alone, afraid to start over, afraid to face dividing all the ‘stuff’ we owned, afraid of never being loved again.

“One month after our seven-year wedding anniversary was the real beginning of the end of this horrible nightmare. My husband and I were in our truck and he became enraged, screaming and threatening to kill both of us. I begged him to stop the truck and let me out but instead he went faster and faster until I knew we were both going to die.

“After praying silently, I placed my right hand on the door handle and my left hand on the shoulder belt release button. God placed a car in front of us on the road and another car coming toward us and my husband had to slow down. In one quick motion, I released the seat belt and opened the door—jumping from the truck. I spent four days in the hospital and upon my release, came straight to Sheltering Wings.

“My physical and emotional wounds took months to heal. I am forgiven, healed and serving Jesus with my whole heart. I forgave my abuser and am living a life free from abuse, bitterness and regret.” — “Claire”

There are many ways we can help

Whether physical, emotional, sexual, psychological, or financial, abuse normally gets worse over time. It affects one in four families, and no community or socioeconomic group is immune. You work, socialize, and attend church with domestic violence victims, and you may not realize it.

Nobody deserves to be abused. If you or someone you know is in immediate danger because of domestic violence, call 911 right now. The police will take the situation seriously, and will bring the victim and children to safety, if needed.

If the danger isn't immediate, or if you're just not sure there's a problem, call our **Crisis Line at (317) 745-1496, 24 hours a day, 365 days a year**. A trained professional will listen carefully, answer your questions, and help you find the right resources. Here are answers to common questions (you'll find more at shelteringwings.org):

What is domestic violence?

Domestic abuse, which is also called intimate partner violence or domestic abuse, is the use of controlling or hurtful actions in a couple or dating relationship. A domestic abuser, or batterer, uses physical or sexual violence, emotional hurt, and threats to gain control through fear.

Is domestic violence always physical?

It may include any combination of physical, sexual, psychological, emotional, and financial abuse and/or control. In some cases, the abuse never includes physical violence, but the effect on victims can be every bit as severe.

Are women the only victims?

No. While studies tell us that one in four women will be affected by abuse in their lifetimes, one in eleven men will also be affected. Male victims are far less likely to report or seek help for domestic violence than female victims. Sheltering Wings provides services and resources to male victims, and referrals to safe housing.

Why don't victims just leave?

Domestic violence victims stay with their abusers for any number of reasons. The abuser may promise that the abuse won't happen again. Victims may not have the financial and other resources to support themselves. Abusers often isolate victims from friends and family members -- and those friends and family members may not believe that abuse is occurring. Victims may worry about their ability to provide for their children if they leave, or they may feel guilty about "abandoning" an abuser who needs help. The single biggest reason is fear, and with good reason: a substantial percentage of female homicide victims were killed while trying to leave abusive relationships. But Sheltering Wings stands ready to help.

What happens if I call for help?

Your call will be taken by an individual who wants to help. She will ask questions to better understand your situation, and answer any questions you have. We use what is known as a Lethality Assessment to determine the degree of danger, so we can help you find the specific resources you need, which may include coming to our shelter.

Will I be safe at the shelter?

Very safe. You and your children will be protected by state-of-the-art security systems. Nobody can enter the shelter facility without permission from our staff. We never reveal who is (or who is not) residing with us. Plus, our local police department closely monitors the surrounding area.

Can I do anything for someone in need?

Encourage your friend, neighbor, or family member to develop a safety plan that will provide a way to leave home if necessary. Help that person identify places to go and people who can provide safe housing. Encourage them to consider how they may leave safely, perhaps by doing things that allow them to leave the house, such as walking a family pet or going to the store.

The most important thing is to remain available. Leaving an abuser must take place when your friend is ready. Even if that takes a while, be patient. Let them know that you are always available to listen and help.

I'm a frightened teen—what can I do?

Speak up, don't cover it up. If your dating relationship feels uncomfortable, tense, or frightening, trust your feelings and get out of it. To protect yourself, you can talk to someone you trust, avoid being alone with your boyfriend/girlfriend and always carry a cell phone. You can also use resources such as our **24-hour Crisis Line at (317) 745-1496, text "loveis" to 22522** to text with a peer advocate, or visit loveisrespect.org for a live chat with a peer advocate.

Is your teen in an abusive relationship?

If you suspect that your son or daughter may be in an abusive dating relationship, take action. Over time, abuse tends to escalate. If your son or daughter tells you about abuse, believe them and take them seriously. Don't brush off their concerns as "drama" or "puppy love." If you're supportive and non-judgmental, they'll feel they can trust you.

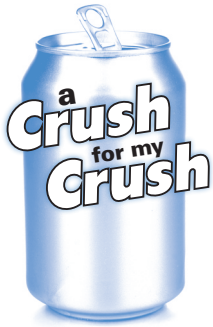
They may need your help to develop a safety plan, especially if they're trying to end the relationship, because that's when abuse can dramatically escalate.

We've expanded our website

We know that many people use our website as a resource for information on domestic violence. That's why we recently updated it, adding even more valuable information. Why not visit shelteringwings.org today and see what's new?

Teens that Talk to prevent violence

Our youth council, "**Teens that Talk,**" is a group of teens from schools throughout Hendricks County. Their mission is to raise awareness about and prevent teen dating violence by providing education, sharing resources, and encouraging others to speak up about abuse.



February was Teen Dating Violence Awareness Month and Teens that Talk sold cans of Crush for their Crush at Plainfield, Avon and Tri-West high schools. Each can of Crush included information about healthy dating relationships. They raised almost \$500 to support further education among their peers.

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

- **Mary Huguet** and **Michelle Payne** (our Christmas elves), **Olive Garden**, **Nelson Jewelers**, **Dave Blanford**, **Bob Leonard**, **The BeeHive**, **Danville Fire Department**, and **Fireman Troy Clements**, **Pike Township Fire Department** and everyone who made Christmas so special for our women and children
- **Karen Lucas** and **Kristi Kilgore** for holding a garage sale to benefit the Children's Program and reorganizing the shelter's upstairs storage and supplies.

- **Charbonos** management and staff and the **Avon Bob Evans** for making sure our women and children had a **bountiful Thanksgiving meal**.
- **Sally Shattuck** for providing the monthly massages for our women and our "Residential Employee of the Month."
- **Daniel Bendy** with **Boy Scout Troop #123** for preparing and organizing our new Lego Room.
- **Indianapolis Colts' Andy Stuebaker** for visiting with the kids! And the **Colts** for providing tickets for our staff and residents to go a Colts game.

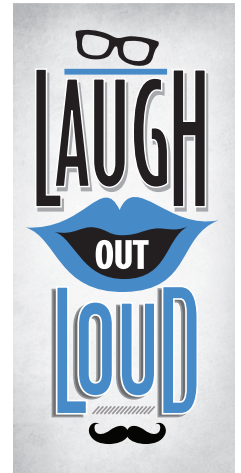


We really Laughed Out Loud

If you were at Metropolis on the evening of February 7, you probably heard an amazing amount of laughter roaring from the Duke Energy Event Center. That's because a huge crowd was enjoying the humor of James Gregory at "Laugh Out Loud," the 2015 edition of our annual premier fundraising event.

It was a fun evening that also included great food and a live and silent auction. There were serious moments, too, as supporters of Sheltering Wings heard stories from our women, our kids, and our volunteers about the life-changing moments that take place every day.

Best of all, the event raised nearly \$120,000 to support the shelter's operations! Thanks to everyone who joined us that evening, to all of our sponsors, and all of the behind-the-scenes people who worked so hard to make it a memorable and successful event!



THEY HELPED US LAUGH OUT LOUD

HEADLINER



SIDE SPLITTER

MHS
RE/MAX Centerstone
Serendipity

OPENER



CACKLE

Capstone Benefits Group
Kaplan University
L.M. Henderson & Company, LLP
Monarch Beverage Company, Inc.
Ray's Trash Service



GUT BUSTER



Support our work

Yes, I want to ensure that all victims have the resources they need. Please accept my tax-deductible donation of:

- \$25 \$50 \$100
 \$250 \$ Other _____

- Monthly One Time

To make an easy donation online, visit www.ShelteringWings.org and click **DONATE NOW!**

- I've enclosed my check # _____

- Please charge my credit card
\$ _____

- Visa MC Discover Amex

CARD NUMBER

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Exp. Date (MM/YY): □□/□□

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Name _____

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Phone _____

Email _____



TRIM OUT AND RETURN TO SHELTERING WINGS

Giving

Help us out

I'd like to volunteer.

I am interested in:

- Helping with administrative work in the office
- Providing child care at the Shelter
- Inviting a Shelter rep to my church or group to share an update
- Becoming a monthly prayer partner
- Organizing events
- Helping with the Shelter's domestic violence awareness campaign in October
- Serving on the Youth Council
- Sponsoring a room
- Learning more about planned giving (wills, bequests, donor advised funds)

Name _____

Address _____

Phone _____

Email _____

Look for us on



Facebook, Twitter,
Instagram and Pinterest!

Volunteer



SHELTERING WINGS

HAVEN • HOME • HOPE

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Please stay in touch

We make it easy to stay informed about domestic violence and what Sheltering Wings is doing:

- Like us on Facebook ([@ShelteringWings](#))
- Follow us on Twitter, Pinterest, and Instagram ([@ShelteringWings](#))
- Sign up for our monthly Insider Email, prayer list, and wish list at www.ShelteringWings.org/stay-connected



What's on our Wish List?

When people and groups donate items from our Wish List, we don't have to use our funds to purchase them. Those donations may not seem big, but they add up to tens of thousands of dollars every year! You'll find our current wish list at shelteringwings.org. Meanwhile, please consider helping us with these ongoing needs:

- Gas cards
- Postage stamps
- Large paper clips
- 39 gallon trash bags

- Gift cards (gas stations and Lowe's)
- Neosporin, Advil and Tylenol, Cold Medicine (adult and baby/children)
- Disinfectant spray and dryer sheets
- Copy paper
- Black Sharpies
- Ziploc bags (gallon)