



Reflections of a new life for a mother & her two children - In her own words...

After seven years of mental and physical abuse I had enough. I was desperate for a way out. I had thought about leaving for six months prior to doing so. I was so sick of walking on eggshells, getting called "useless and worthless," pushed into corners for the contents of my wallet, etc. The final straw was when my abuser became "our abuser". My child tried to protect me and was grabbed around the throat and dropped onto the floor like a piece of trash. It took me four hours to decide to flee because I had no place for me and my children to go. I was given Family Renewal Shelter's number and called from work.

It's amazing how a friendly voice can be such a ray of hope in a dark and chaotic time. When the FRS staff member answered and said help is

available, I abandoned all of my pride and asked for their help. In a matter of a few hours, I was having a peaceful meal with my kids in a hotel room that they provided. The next day I met with my FRS case manager. I knew as soon as I met her that everything was going to be alright. About an hour after going to the office I was at the shelter. I wish I could accurately describe my feelings that day. I had a real sense of peace and security from the moment I entered the shelter. I was received with such love from every staff member. Being in this shelter was the best thing for me and my kids. Though it wasn't always easy—I had to fight depression and anxiety—by being there, in the garden amongst the flowers, *I had peace*. I reconnected with my kids. I could make decisions on my own. *I took my life back*.

I am now blessed so much by being in their transitional housing program. My children are happy and they play without walking on eggshells. I can look at myself in the mirror now, knowing I did the hardest thing I have ever done. Leaving that abusive relationship also became the best thing that ever happened to me.

All of my thanks and admiration go to the staff, volunteers and donors of FRS. There isn't one person that hasn't touched my heart in an amazing way. God bless those who support FRS financially and with donations because I, and more importantly, my kids, wouldn't be as happy or blessed without each and every one of you.

-Madeline

## ANOTHER YEAR OF GREAT OPPORTUNITY!

By Keith Galbraith, FRS Executive Director

### Dear friend of Family Renewal Shelter,

I'm very excited and optimistic as I write to you today. Like everyone we know FRS has faced some big hurdles in the last two years but with God's help and the love and support of our many friends, our shelter continues to have a very positive and life-saving affect on hundreds of people in crisis.

Our day-to-day work of helping domestic violence victims in extreme danger has increased and it seems that calls for help that we receive 24 hours a day never stop. The good news is that because of the great generosity of wonderful supporters (many of whom are struggling themselves) we have been able to meet the needs of our neighbors who have nowhere else to turn. Our shelters continue to be places of healing and hope.

In this newsletter we want to bring you up-to-date on some of our current plans and projects as well as recap some recent accomplishments and some great opportunities. Here's just a very short list:



*Host Dr. Nancy Murphy and Vietnam's Women's Congress Delegation*



*Sally Thio & Moh Suan from Singapore Anglican Community Services*

👤 A very generous local woman has donated her house (please see photo) which will be used as the first of five transitional shelters that we plan to open in the next several years. This increase in capacity will greatly expand our ability to help more families move from crisis to stability, self-sufficiency and wholeness. Through the generosity of a local congregation and a local family we've already provided transitional housing for the last seven years with incredible results.

👤 We continue to provide 24-hour emergency intervention to those leaving high risk domestic violence situations. That includes providing emergency shelter, transitional shelter, emergency motel housing and relocation services. We've helped many families leave our state while others have come to us as the safest alternative to their violent home in other states. To our knowledge none of our clients returned to or have been found by an abusive partner or entered another abusive relationship in 2008 or so far in 2009.

👤 We recently welcomed individual delegations from Vietnam and Singapore for training. I have been invited to travel to Singapore in 2010 to provide domestic-violence training at Singapore's largest social service agency, Anglican Community Services. Our partnerships with other shelters and organizations that are providing domestic violence services and interventions continued to grow locally, nationally and internationally.

*(Continued on page 5)*



*Tacoma First Baptist volunteers help prep Ingeborg's Inn Transitional Shelter for painting*



*Paint-scraping with a smile!*



*Hard-working members of the National Association of Women in Construction (NAWIC) who with the help of the Asphalt Patch Company created a remodeling masterpiece - a beautiful children's playhouse for the shelter - that NAWIC originally donated to FRS in 1994!*



# VOLUNTEERS IN ACTION!



We'd like to say  
**THANK YOU!**  
 to all our donors & volunteers for coming together & making a difference in the lives of those affected by domestic violence.

Left: Two of our young volunteers in the garden

Below: Beautiful 3-bedroom house recently donated & ready to be moved to our site!

Bottom: Members of Christ Lutheran Church volunteer at FRS during their church's Compassion Weekend 2009



## HOW YOU CAN HELP!

1. Return the enclosed envelope with your Gift.
2. Donate Online. Go to our website [www.domesticviolencehelp.org](http://www.domesticviolencehelp.org) then select "donate" and follow the directions - OR go to [www.networkforgood.org](http://www.networkforgood.org), type in FAMILY RENEWAL SHELTER, WA. and follow their instructions. [Networkforgood.org](http://Networkforgood.org) has a lot of good information about our shelter. Both options are secure.
3. Donate through United Way of Pierce County WA Donor voice program, FAMILY RENEWAL SHELTER #2420, or give through the WA State Employee Combined Fund Drive.
4. We also provide opportunities for major gifts, donations of land, vehicles, and other real estate property as well as bequests. Donations of houses are needed to open more transitional housing.



(Continued from page 2)

I was recently surprised with a national award from the Safeco Insurance Foundation presented in a ceremony by Safeco representative Kim McKendry, who had nominated me. The plaque reads, "The Safeco Insurance Foundation Congratulates Community Hero Award winner Keith Galbraith. In honor of your outstanding community service, the Safeco insurance Foundation has made a grant of \$15,000 to Family Renewal Shelter". We all share this great honor as we truly work together as one unified team. Thank you Kim and Safeco!

Our shelter has been successful in serving people's most important needs because we truly are a team made up of important and wonderful relief House managers, many dedicated, hard-working volunteers and extremely generous donors. Our small staff could never begin to meet the crushing needs of people without all of the hard work and support of others who so selflessly give of themselves.

Because of the economic and cultural crisis that our country is going through right now, we have been greatly challenged financially this year. We truly believe however, that we must not pull back but instead expand our services by opening new transitional shelters to meet that critical need.



We all hope that you had a wonderful Thanksgiving. In spite of the many challenges we have much to give thanks for.

May you and your loved ones enjoy a very peaceful and loving Christmas season. May we all remember God's greatest gift of His Son at this time.

Thankful for the present and even more excited about the future,

Keith Galbraith  
Executive Director, Family Renewal Shelter

PS: Any additional support that you could offer at this time so that we can continue to fulfill our mission would be very much appreciated. God bless you. (Please see the box on ways to help.)

To find out more online, go to:  
**FRS ONLINE**  
at [www.domesticviolencehelp.org](http://www.domesticviolencehelp.org)

- How Hard It Is To Walk Away
- Children's Art
- Juliana's Update
- Attorney General's Bill Targets Worst Offenders
- What Our Mission Means to Us
- More Stories of Hope
- KOMO NewsRadio Story Link
- 2010 Donation Schedule

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FRS is a 501 (c)(3) tax-exempt charity founded in 1986. Our federal tax identification number is 91-1347741, and we are registered with the state of Washington Charities Division. They can be contacted at 1-800-332-GIVE. We are funded by private contributions from businesses, private foundations, community service organizations, individuals, and churches. All of our services are free and no monies come from government funding.



*Some of our large organic garden's Fall bounty grown by residents, their children, volunteers and staff*

# FRS NEWS

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