

FLOWERS ARE ALL AROUND



The Beginning of a new life

...

This mother's letter was received shortly after she relocated with her children.

To all those who help women with broken rotator cuffs, internal and external bruises: Thank you to those who help women who are broken, who have no self-esteem, the women that second-guess every decision that they make because they have been told they aren't good enough, no one will ever love them, etc. Thank you to those who help women leaving domestic violence.

I'm not sure if everyone knows about FRS but I feel that it's my job to take time and let you all know how this place changed my life. I have three boys who are my life. I was faced with protecting myself and my children or allowing my husband to continue to ruin our lives. CPS came to my home and within an hour of their departure I came to know

FRS. I spoke to a crisis line advocate. At first she was just a person, but at the end of my stay, she and everyone who involves themselves with this profound cause became my friend.

The advocate met me and my boys in a Starbuck's parking lot. She took my bags, my stroller and us to a safe confidential place where my life would change. I was scared of how I would feed my children, how I would clothe them, how I would get something important I may have forgotten. I was scared I wouldn't be able to make my doctor appointments for the tumor I had... I was just scared!

When we arrived there were two women setting up my room, making our beds, being sure we had towels, we had everything to bathe with, etc. Then, right after that, they wanted to feed us.

I think the first thing I said when I arrived was that this place is like what you see on the Learning Channel. There is a play ground that is inviting to all age groups, a vegetable garden, a flower garden, chickens, dogs and much love!

I could go on for days about how wonderful the people were and still are to my family, but this letter is for all the people that I have never met. My family had food, clothes, personal hygiene items, and more. I was able to make my very necessary appointments. In the end I had a brand new phone given to me. I was able to pick out makeup, do my laundry and when I left the shelter I was given blankets for the bus ride. My boys were given socks, shoes and coats. All of this was possible because of people like you, who just want to do some good. I want to thank you. I want to say that everything that I needed was provided. Things I didn't need were provided and again I want to say thank you!

I have had a long 30 plus years and I was taught that if a man provides food, shelter, clothes and an income, you shut up and endure the pain. But what I learned at Family Renewal Shelter was that I could expect so much more from life and when I left the shelter, I didn't leave with bruises. I left stronger. So, thank you from me and all of the other women and children you help.

20 years at Family Renewal Shelter -- Looking Back and Looking Forward

by Keith Galbraith

Executive Director

...

DEAR PARTNERS AND FRIENDS OF FAMILY RENEWAL SHELTER,

Thanks for helping us to accomplish so much in 2010!

Recently our therapy dog Jack and I went to pick up a family outside a local convenience store. They were surrounded by their hurriedly packed belongings having just fled a very violent situation. They were being pursued and needed a safe place immediately. When I drove up and introduced myself the anxious look on this mother's face was replaced by one of relief. Two of her three children smiled and said hello. The youngest daughter however was very nervous and standoffish. When I told her I had a dog in the car and pointed to Jack she looked and when she saw him it was like a light switch had turned on her beautiful smile. She couldn't wait to get in the car and sit by Jack. This year this brave mom and her children will celebrate Christmas in peace. You helped make this happen!

I had just turned 40 in 1990 when I became director of Family Renewal Shelter. What an exciting adventure it has been. During the past several weeks I have looked at scores of pictures, read countless testimonies, reviewed our newsletters, talked to old friends and supporters, given thanks for the victories and challenges and most of all rejoiced. My cup overflows!

In these pages you can see a glimpse of what we experience on a daily basis and we hope that this small window view will fill your heart with joy and satisfaction. The thing I regret most when we communicate with you is that we can't show you the photos of the girls and boys and women and men whose lives have been changed because they found peace and hope at our refuge. We can't publish these photos of course because of security concerns and confidentiality. I would love to show you many *thousand word pictures*

but we hope that our words will suffice as you paint those pictures in your imagination.

2010 has been by far our busiest in at least the last decade. Since 2007 we have met more needs and helped more families every year. This year we provided more services by November 30 than during all of 2009. We are also purchasing new transitional shelter property which we hope to open in the first quarter of 2011. We see the next five years as a time of major growth by meeting the rising needs of those trapped in the hopelessness and despair that domestic violence creates.

We are looking ahead with hope and optimism. We're thrilled to announce that we recently were blessed with the largest grant award so far in our history. We are exceptionally grateful to the M. J. Murdock Charitable Trust who recently awarded a substantial three-year grant that was specifically given to add long overdue critical staff. This will help us not only to keep up with greater needs but also expand our program elements and the number of families we serve!

We have received other important grants this year for which we are very grateful as individual donations have dropped considerably. Thankfully the Murdock grant has a matching provision that will allow for matches of \$37,000 that will be applied in years two and three of this grant. **These matched funds can be made now so your donations will go much further at this time. This is a great opportunity and one that is very important to our mission.**

As so many great things are happening now, we look forward to creating a future where we know people will find life, healing, safety, freedom, fulfillment, liberation and peace with God and others. We see an exciting road ahead and we also see you, our concerned partners and friends who care about others traveling this road with us. I was asked years ago if I believed that what we do makes a real difference and I can

say without doubt or hesitation YES. In our history this ministry has produced thousands of positively changed lives. Those who support Family Renewal Shelter through volunteering, giving and praying can know that we have all made a positive impact in our community by working together.

As you navigate this newsletter, I hope you will be inspired and encouraged. As you take time to look back and look forward may you be blessed, knowing that you have and will continue to help change the individual futures of those in crisis. As you celebrate Christmas may the words of seven-year-old Bobby remind you what is really important, "Love is what's in the room with you at Christmas if you stop opening presents and listen".

Have a wonderful Christmas and blessed New Year.

Thankful for my Lord, my family, these last 20 years, the years ahead and you.

May this Christmas be your best ever!

With love,

Keith

**"For unto us a Child is born,
unto us a Son is given, and
the government shall be
upon His shoulders, and His
name shall be called
Wonderful Counselor,
Mighty God, Everlasting
Father, Prince of Peace."
Isaiah 9:6**

**"And Mary brought forth
her firstborn son and
wrapped Him in swaddling
clothes and laid Him in a
manger: because there was
no room for him in the inn."
Luke 2:7**

VOLUNTEERS IN ACTION



1



2



3



4

1
Winers Club Fundraiser for FRS

2
Christ Lutheran Compassion
Weekend Volunteers

3
Community Connection Chili
Cook-Off Fundraiser

4
Painters and Decorators
Association members after
completing a beautiful professional
interior repaint

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.

Visiting and teaching in Singapore and Hanoi, Vietnam

In May I used my vacation time to take an incredible missions trip. It was funded by the shelter programs I visited, my wife and me. I was honored to be invited to Singapore to provide training to members of Singapore Anglican Community Services, Christian leaders and mental health professionals. Dr. Sally Thio, who had visited us in 2009 in preparation of opening the first domestic violence shelter in their country, arranged the trip. That Sunday I preached at Westside Anglican Church on the subject of Overcoming Evil with Good.

The following week I traveled to Hanoi, Vietnam to provide training to the staffs of the two new shelters they have opened. Both are called Peace House. One serves domestic violence victims and the other human trafficking victims. The leaders who invited me had also visited us in 2009.

These two countries are profoundly different but the reception I received in both was amazingly warm and open. I had an opportunity to teach but I feel I also learned a lot in both countries from dedicated people who share a passion for ending domestic violence.

The Vietnam Women's Union (Vietnam's largest women's organization) who sponsored my stay in Hanoi has a plan to open domestic violence shelters throughout Vietnam. The two Peace House shelters in Hanoi are currently the only such shelters in their country. Our hope is to build on the friendships we developed and be of further help in their goal of expanding their work.



After preaching at Westside Anglican Church, Singapore with Pastor Timothy Chow, Dr. Sally Thio, skit members and dancers.



After training with staff at Peace House Hanoi, Vietnam



A Child's Wonder



Lost in thought in our garden



Child's impression of our therapy pets

To find out more online, go to:

FRS ONLINE @

www.domesticviolencehelp.org

or email [staff @dvhelp.org](mailto:staff@dvhelp.org)

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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.



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FRS therapy dogs Meekah and Jack with new friend Sara Cummins at Tacoma city employees Community Connection Chili Cook-off fundraiser

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