

Winter 2011

Eliminating domestic violence one family at a time

BETHANY HOUSE GAZETTE

of Northern Virginia, Inc.



Photo Illustrations

MOVING FORWARD

Appearances can be revealing

Often we are told appearances can be deceiving, but for one former Bethany House client, Ruth, appearances are revealing.

The first time Ruth stepped foot in a Bethany House shelter, the appearance of the shelter brought relief.

“It’s important for people in the first minute to feel comfortable,” said Ruth as she reflected upon coming to Bethany House. “If you look around and it looks bad, your heart starts beating fast and you get scared. Clients go into a shelter and think beds will be next to each other and it’ll be a cafeteria for food.”

However, Bethany House isn’t a typical shelter. Each family receives their own room.

“Bethany House is a home, not a shelter,” Ruth said. “It gives you more independence because it’s your place, even the shared kitchen. Even when I was living with a friend it was different – none of the rooms are really yours.”

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MOVING FORWARD: Appearances revealing

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Ruth appreciated how in the kitchen, every family had their own place for food that other families were not allowed to use.

"I wasn't looking for classes when I came to Bethany House," Ruth said. "I started to plan because Bethany House was giving me so many services."

The support Ruth received while at Bethany House was meaningful not only to her, but her children.

"Places like Bethany House are helping

women like me move forward," Ruth said. "The children of abused women are the future. They are helping mothers out of depression and into the future. They are making good generations to come after."

One big step forward for Ruth was getting a car.

"It has made a huge difference in my life," Ruth said with a smile. "I can go to whatever place I want without relying on others. I can go somewhere for fun or for an appointment. I love it!"

During Ruth's time at Bethany House, she took steps toward achieving her own goals. However, she realized the value of the case management.

The case management was always there," Ruth said. "They would stay after 6pm because a family needs something. The emotional support was the most important. They helped me do what I really wanted."

One of Ruth's favorite memories from her time at Bethany House was a day of pampering.

"It was an indirect message that we're still women and we should live our life normally," Ruth said. "The day of pampering was a special day. We should take care of ourselves like we used to."

Making a friendship at Bethany House was encouraging to Ruth.

"We were from the same country and had been through

the same experience," Ruth said. "We didn't know anything about America and didn't know what to do. We had no friends or family."

The connection between Ruth and the other client has been lasting. The two women have been able to encourage the other as they each took positive steps toward their futures.

"The most important place to help people is where they help victims of domestic violence," Ruth said. "I recommend shelters like Bethany House because they're doing a great job helping us move forward."

Today Ruth is working toward finishing a degree and ascertaining which career path will best fit her and provide for her children.

Her stride is strong, her smile is calm, and her eyes are focused on a future overflowing with hope and opportunities.

"I recommend shelters like Bethany House because they're doing a great job helping us move forward."

- Ruth, Former Bethany House Client

WORDS FROM EXECUTIVE DIRECTOR: ADDING SHELTER SPACE

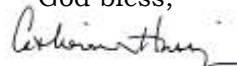
Demand for services to victims of domestic violence continue to rise. Last year, calls into our Helpline increased by 94%. Our shelters were consistently at greater than 100% capacity. We pulled temporary beds out of our storage rooms to accommodate the need.

In response to this unfortunate trend, the BHNV Board of Directors approved an addition to one of our shelters to provide safe housing to more families in crisis. Thus, we are initiating our first-ever Capital Campaign to raise much-needed building funds!

We will need your support to make this addition possible. In the coming months, I will be in touch with you to let you know how our plans are progressing. Be assured that BHNV will do everything possible to keep our expenses down. Working with HomeAid, a local non-profit housing provider (www.homeaid.org), BHNV will contract with local builders and suppliers to receive services at a discounted rate.

Housing is a fundamental need, and *safe* housing is critical to our families as they seek to rebuild lives shattered by violence. Please consider donating toward the addition to our shelter so that we can reach out to more women and children in crisis.

God bless,



Catherine Hassinger,
BHNV Executive Director

Discovering the true image within

By: Becky Beane, Counselor in Residence

Several years ago, as I was thinking about what it means to be the beloved bride of Christ, I decided I needed a more tangible experience. I had never been married; an engagement a few years earlier had ended badly. At the time I had felt like a piece of chocolate that had been bitten into and spat out because the partaker did not like what he found inside. I had been chosen and then discarded.

The idea of being chosen by Christ, of His waiting in joyful anticipation, of *my* waiting in joyful and secure anticipation of the great marriage to come was beyond my intellectual and emotional reach.

So I enlisted a close friend to go with me to look at wedding gowns. We found ourselves at a local bridal shop, surrounded by thousands of gowns and a lot of fresh-faced shoppers much younger than me. I picked out a few gowns and headed for the dressing room.

The first couple of dresses did nothing for me. My friend got a call on her cell phone just as I was donning the third gown, so I was alone as I stepped out onto the platform in front of the wall-to-wall mirror. I literally gasped. An employee slipped a veil on my head, and as I stood there, for one very brief moment I actually felt beautiful . . . chosen. And in that moment I sensed the voice of Jesus saying to me, "Becky, this is how I see you *all* the time. My beautiful, precious bride."

That memory rushed to the forefront of my mind a few months ago when I was offered the position of counselor in residence with Bethany House of Northern Virginia. Two years before, while a graduate student, I had done a counseling internship at Bethany House. Some of the women I worked with then had been brutally beaten down—physically, emotionally, spiritually—by people they had trusted to protect and care for them. Many felt worthless, weak, defective, ugly.

I remembered them, and I remembered my moment in front of the mirror, and I asked myself: "What women most need to know of their true beauty, worth, and preciousness—which are indelibly bestowed upon them by God, who has created them in His image? Is it not women such as these, who have taken upon themselves the judgment of their abusers rather than their Maker? Can I help them see themselves for who they really are?"

That is why I joined the staff of Bethany House in August—to help the women we serve recognize the beauty, the worth, and the strength within them that has been crusted over by fear and doubt. The women come from varying faith backgrounds, and I certainly respect that. At the same time, in my counseling sessions I seek to reflect through my behavior toward them the care and compassion of Jesus. I want to see them through His eyes. And I hope that in the mirror of my care, acceptance, and belief in them, they will begin to see their true image.



Photo Illustration



joseph's coat
a resale shop

Invites you to the 2010 Christmas Party

on December 9th from 5-7pm

10% off all purchases during Christmas Party

Snacks and beverages will be served

Come celebrate this holiday season with us!

3022 Annandale Road Falls Church, VA 22042 Phone 703-538-6289



Photo Illustration

Recognizing importance of partnerships with community

As Bethany House of Northern Virginia, Inc. (BHNV) reflects upon this past year of services, it is evident that without the partnerships of the local community BHNV could not be making the impact it does.

“We know that many nonprofits have had a very difficult year. For most, contributions are flat or down, and the decrease or loss of foundation and government funding has created significant budgetary challenges,” said Barbara Harman, President and Editor of the *Catalogue for Philanthropy: Greater Washington*.

“Individual donors can make a real difference this year, keeping great organizations afloat during these tough times.”

BHNV was among 68 non-profits selected to be part of the *2010-2011 Catalogue for Philanthropy: Greater Washington*. Almost 250 organizations applied—less than a third were selected.

This award is shared with everyone who invests time, energy, and money into BHNV.

Thank you for your support! BHNV looks forward to continuing to work together to reach out families in need throughout Northern Virginia and the DC Metro area.

Reaching beyond the holidays

By: Keith Kroell, Grant Consultant

As the holiday season is upon us, some interesting opportunities exist to partner with Bethany House of Northern Virginia (BHNV) that you may have not considered. The opportunities will make a lasting impact beyond this holiday season.

Planned gifts are a way you can partner with BHNV to provide support. Planned gifts can provide many benefits to individuals wanting to leave a legacy and continue their lifelong commitment to the future of vulnerable women and children of Northern Virginia.

Two very simple options may be of interest:

Gifts of insurance

Many individuals buy insurance policies early in life and forget them when their value is paid in full. Where such policies designate beneficiaries who no longer need or want the policies, BHNV can be designated as the beneficiary easily and quickly.

Remembering BHNV in a will

One of the easiest ways to provide a legacy of support to BHNV is including the ministry in one’s Last Will and Testament. Such gifts can be designated to support our work generally, or to support a specific BHNV initiative. Gifts can take the form of stocks, real estate, or any other appreciated asset. They can be planned with great flexibility and can provide significant tax benefits to the donor and the estate for years to come.

Many attorneys who work with wills and testaments ask individuals about final beneficiaries as these documents are being drafted. Most congratulate their clients for having this level of forethought and planning – particularly when they realize that most families face confusion, indecision and uncertainty when family members go through times of sorrow and grief.

BHNV can provide additional information on giving options you may want to consider as you think about your estate. Whenever you alter a will or estate, we urge you to work with knowledgeable legal counsel who can ensure that your wishes will be clearly stated and that the interests of your family are protected under every circumstance.

If you wish to include a gift to BHNV, you can be assured that the gift will have a lasting impact on the lives of many women and children for years to come.

Please contact the development staff at 703-658-9500 for more information.

Other options for planned gifts also exist which will be featured in future articles on legacy gifts.

CFC Code #89017 United Way & CVC Code #8268

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