



November 2009



## **I am so Blessed!**

Several weeks ago we received a client request. When the FreeStore Greeter called the woman to set up a warehouse appointment, she said she was recovering from the broken back her husband had given her, and that because of her cancer, healing was going very slowly. She didn't think she could make it to the FreeStore. The greeter said, "Why don't we go through your list over the phone and I'll describe the items we have and you can pick things out from my descriptions." And they did. The

greeter and movers gathered the items, loaded up the truck, and took the selected items to the woman's apartment.

When they got there, they found the woman sitting on a hospital bed - that was all the furniture she had. They moved in the items and went that extra mile: they hung pictures and curtains, arranged the furniture, and filled cabinets with dishes and kitchenware. When they were through everything was neat and nice.

The hospice visitor came in with

groceries for the woman and everyone visited. The woman was so pleased. She had furnishings, visitors, snacks - what a wonderful day!

Then she shared with her new friends that the doctor had called earlier in the day with the good news that her cancer was in remission and that now she had several more months to live.

She looked around and with a wonderful smile, she said simply, "I am so blessed! I am so blessed!"

**NEW FREESTORE  
PHONE NUMBER**

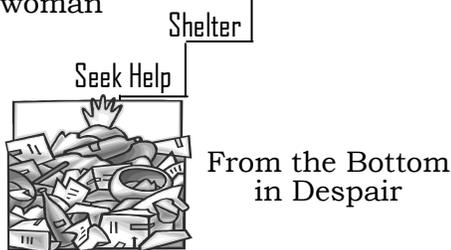
**282-3733**

# From Despair to Hope

## The Journey from Victim to Self-reliance

The journey from a life of enduring abuse to a life of self-confidence and hope is a long and perilous one. For an abused woman it's an up hill battle of steep steps, perhaps with a child in each arm and no rail.

You can see from the graphic, there are many steps to climb as a woman



To a new life with Hope



Special Needs  
Project Clean Start  
FreeStore  
Housing  
Special Needs  
Counseling  
Job  
Legal  
Shelter

moves from an oppressive environment to a safe one. Often scattered through this journey are steps that are necessary to fill special needs. They cover a range from new to special projects but they are always on a step upward toward Hope.

We know that the FreeStore is just one more step in this long trip from despair to

hope. We at the FreeStore are lucky because we meet these victims near the end of their journey, after CFI DVS has helped them along many of the previous steps. We feel very honored to be considered in partnership with others dedicated to easing the pain of domestic violence.

We also know we are blessed to have so many of you as part of this partnership. We have all heard that it takes a whole village to raise a child. Those fighting domestic abuse know it takes many agencies and support groups to help a woman up from despair to hope for a better life.

**Hope will prevail!**

## Project Clean Start

The FreeStore volunteers work hard to meet the needs of the women and families who come to us for help. In the beginning all we could do was gather donations and make them available to our clients. Then, as we acquired our trucks and increased our volunteer numbers we were able to help clients move.

As we've grown we've found that people starting anew need more than just household items; they need some basic things we all take for granted. These things include the items that allow them to keep themselves and their households clean.

To that end we've launched Project Clean Start. We hope to give each client one or more

of the following:

- a bucket filled with cleaning supplies
- a laundry basket filled with laundry supplies.
- a vacuum cleaner. (Over the years we've only gotten 155 vacuum cleaners to give out.) We now have a source where we can buy refurbished vacuum cleaners so we hope to be able to give one to whoever needs one.
- a small but new set of pots and pans. (Many of the used pans we receive are scratched Teflon-clad and cannot be recycled.)

We'd love it if you can help with this worth-while project! Perhaps you belong to a women's group or men's group who would like to make

### **Items We ALWAYS Need**

Pots and Pans  
Bed Frames  
Small Kitchen Tables & Chairs  
Bunk Beds,  
Single, Full, &  
Queen Mattresses  
Dressers  
Vacuum Cleaners  
Call 282-3733  
for times to schedule  
a pickup or drop off  
(Check with your neighbors,  
they may have donations, too.  
Maybe we can schedule a  
neighborhood pickup!)

up several buckets of cleaning supplies (\$13) or baskets of laundry supplies (\$12) or some of you might fund some refurbished vacuum cleaners (\$25) or some pan sets (\$30).

And, as always,  
thanks for your help.