

“God has not called us to see through each other, but to see each other through.”

~Author Unknown

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Christos peline

THE AWARENESS FACTOR...

April is Sexual Assault Awareness month and Child Abuse Awareness. Every two minutes in the United States someone is sexually assaulted. 90% of sexual assaults are committed by someone the survivor knows. If this is shocking to you, it should be. A majority of these assaults on adults or children are never reported. Sexuality for many reasons can be difficult and sometimes confusing to talk about with adults, not to mention children. These are needed conversations to ensure personal safety and that perpetrators are convicted. We at Christos House understand these difficulties and we are here to help in any way that we can. With April soon approaching, Christos House will be hosting a training on Child Sexual Assault. The training will be given by Kids First and the material is provided by Darkness to Light, Stewards of Children. The training is scheduled for April 11th 2013 at 5:00 pm and will run about 3 hours. Please refer to the Christos House website and Facebook page for further information on the training and how to RSVP.

Also, in April there is an international movement known as Denim Day. This movement brings awareness and conversation to sexual assaults. Denim Day in Missouri is April 25th and we are asking you to join us as we bring awareness to our communities. We are asking everyone to wear Blue jeans (or Denim) on this day in support of the current victims and the survivors. We will be passing out pins and flyers to inform the community about Denim Day. As always, we thank you for your support.

Last, but not least, Child Abuse Awareness is a time to get the communities involved. It is an opportunity to play a part toward improving the emotional and physical well-being of all children and their families. Let us all take a stand to be seen and heard in the fight against child abuse! As an effort to raise awareness, we will be joining Howell County Emergency Services on May 11th at 9am at the National Guard Armory for Kid's Fest. Come join us as we celebrate our areas' children...

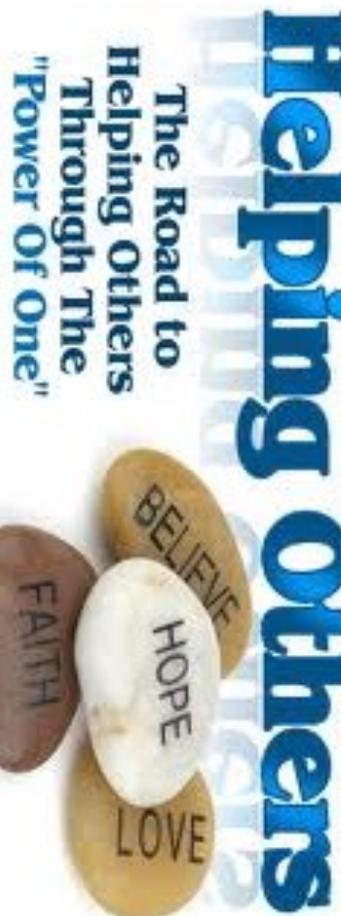
Melissa

Sexual Assault Advocate

£

Yeah

Child Advocate



INSIDE THIS ISSUE

Wish List	2
Upcoming Events.....	2
Call for Volunteers.....	2
Writing Contest Winning Entries.....	3
Teen Dating Violence.....	3
Writing Contest Winning Entries.....	4
Half the Sky.....	5
What's Happenin' Oregon County.....	5
Chocolate Festival Wrap-Up.....	6

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Wishing List



WHERE'S THAT WELL?

With our house being full around the clock, we sure could use a wishing well to be able to fulfill the needs we have. From newborn babies to teenagers, expectant mothers to grandmothers—we provide safety, shelter, and support to them all. With that being said, our house is similar to yours—bedrooms, bathrooms, kitchen, play area, living room, laundry rooms...

What we are asking of you is...can you help fulfill some of the needs we have? Maybe you have extra of something and want to find a use for it? Maybe you aren't going to use that something anymore and don't want to throw it away? Maybe you have a few extra dollars (something hard to come by) and would like to help someone in need? Below is our list of items that we always are in need of. If you can help, we thank you! Also, items donated may be eligible for tax write-offs (call for more information).

Personal Hygiene Items for boys, girls, & women (shampoo, conditioner, body wash, feminine products, etc.)

Mattresses	Box Springs	Furniture	Bath Towels	Non-violent Toys
Cleaning Supplies	Appliances	Toilet Paper	Paper Towels	Pillows
Yarn & Craft Products				

Dare to reach out your hand into the darkness, to pull another hand into the light"

—Norman B. Rice

UPCOMING EVENTS

We are proud to host the Darkness to Light: Stewards of Children Prevention and Response Program for Adults to protect children from sexual abuse training! Check for details on our website, on Facebook, in newspapers, and on the radio! CEUs are available for social workers and counselors! Training will be on April 11th from 5pm and last approximately 3 hours. Please RSVP by April 4th!

Our Oregon County Outreach office is working with Oregon County Family Services with a Run/Walk with the date TBA.

On Saturday, May 4th, it's time to tee up in a Benefit Golf Tournament at the Willow Springs Golf Course to benefit Christos House and the PBF Backpack Program. Tee times are 8am and 1p. Team entry fee is \$75 with more than a 50% payout. For more information, contact Jeff Conger at 417-547-3773.

If you would like to help with any activities or would like to learn more about volunteer opportunities, please contact Kelli Neel at 800-611-5853.

CALL FOR VOLUNTEERS

—KELLI NEEL, CRISIS COUNSELOR/VOLUNTEER COORDINATOR

The new year has been full of excitement and lots of activities!! We saw great success at our Chocolate Festival and now spring is around the corner!

With spring coming, new beginnings, new life, and new opportunities come to mind! It also brings to mind spring cleaning in combination with all that takes place daily in our endeavors to provide chances for new opportunities, new lives, and new beginnings for persons who are affected by domestic violence and sexual assault.

When I think of how these visions of spring appear, I notice the need for more volunteers!

It has been said that it takes a village to raise a child. Suffice it to say that it is also true that it takes communities to make a difference in the lives of others. No one person can do all things for all people. Even with the dedication of our staff members and our growing base of volunteers, we remain interested in retaining more volunteers. There is a need for persons who assist us in transporting ladies and their children to various appointments, to do light manual labor, and of course there are always clerical tasks that can be done. Additionally, we are interested in having persons who would like to work with specific staff members in prevention activities, helping with legal, child, and adult advocacy, and conducting life skills groups. Therefore, if you have a talent or giftedness that you believe others would benefit from and would like to donate your time to share that talent or gift we are interested in hearing from you and having you join our efforts to make a positive difference in the lives of others who seek our help and support.

So, as spring begins to show us all of the newness of a year that can be wonderfully positive and constructive, come join our team as we continue to build upon new beginnings, new lives, and new opportunities. Become a volunteer, share the Blessings of being the difference in the lives of others!!! We look forward to seeing a year of successfulness for all whom we are able to serve this year and know you all can be a dynamic part of all that we do!!!

“LOVE WHAT’S REAL” WRITING CONTEST WINNING ENTRIES

GRAND PRIZE WINNER: KAYLA BARSTOW,
ALTON HIGH SCHOOL
TITLE: ALL THE CLUES BUT NO SIGNS

She didn't want this to happen at all
All she wanted was the fall
Just a dream.
The knight in shining armor you couldn't see
through the gleam.
All she wanted was the rush from just a brush of
skin
She didn't stop to think to let him in.
Prince Charming with a mask
It was gone in a flash.
Yelling, screaming
Tears streaming.
At first it was just fighting
And then the apologies.
Then she started hiding
Lying. To her parents, friends, teachers, and her
boss
Putting on makeup to cover their loss.
Bruises where we couldn't see them. Then where
we could.
Building up. Overflowing.
Tired of none of us knowing.
But she wasn't telling.
Then just as quick as the beginning it was ending.
He could see she was about to break.
He vanished like a shadow in the dark.
He broke her bones, her soul, and her heart.
Just like her hope from her body leaving
Came from her wrists, bleeding.
Her life fading away
We didn't hear her say
She was sorry.
A lesson learned for us involved
All the clues and the crime could have been
solved.
Don't delude yourself to include yourself
In someone else's life.
Time brings the seal.
Wait to feel what is real.



FIRST PRIZE WINNER: LOGAN WAKE,
WILLOW SPRINGS HIGH SCHOOL
TITLE: REAL LOVE

You're such a man for hitting your girlfriend,
Oh yes, it will all come back to get you in the end.
I hope you feel strong for hitting a girl,
See how far that will get you in the real world.
Abuse can go either which way,
it can be physical or just the words people say.
That one special person may be sweet at first,
But when things don't go smooth is when you see the
worst.
Scared to tell anyone what really goes on,
Even though you aren't the one in the wrong.
Now it happens so often you can hardly feel,
All you ever wanted was to love something that was real.

THIRD PLACE WINNER: REBA HOPE CARSWELL, ALTON HIGH SCHOOL
TITLE: TRUE POWER

Bam. Pow. She needs to leave, but does not know how. Run. Fast. Away from the conflict, Away from their past.
Forgive. Forget. It will never happen again, For everything he does, it's one more regret. She continues to take,
Plays along with the fake. That everything is okay, Like there's nothing left for him to break.
He screams, She speaks. He flames, She's weak. She always takes, Never wavers or breaks. For she knows his
rage, Will soon cease to quake. She still feels his love, After every time they hit a wall. Always loves her again,
Soon after he makes her fall. Always picks her up, Brushes off the dirt. She's ready to forgive, No matter how much
the hurt.
You'd think she would leave him, And no one can see why. She sits and takes it, When he swats her like a fly.
Young and foolish, Fragile and meek. She's shaken and broken, So deathly afraid to speak. She's slipping,
Losing all control. Reaching, she's gripping, Begging for someone to come patrol. She's through with faking,
One more hit was all it took. With help now she's the queen, And finally he's the rook.
"It's over," she's told, This she does believe. She's safe and no longer alone, Embraced in her family's relief.
His false power depleted, In his cell, he's so weak. He realizes what he's taken for granted, And feels long deserved
defeat. Been given the needed tools, To put her own life back in the lead.
With their help, now she's free, From his rage and violent deeds. It could have ended much sooner, With less
heartache and pain. If only she had seen her true power, This was the strength she had left to gain.
No more bam. No more pow. It all had to come to an end, The only way she knew how.

teen dating violence awareness & prevention

february was teen dating violence
awareness and prevention month.
to raise awareness and recogni-
tion of this month, we hosted our
3rd annual writing contest for 9-12
grade students. the response was
outstanding and the entries were
overwhelming.

in fact, one in three adolescents in
the u.s. is a victim of physical,
sexual, emotional, or verbal abuse
from a dating partner—a figure
that far exceeds rates of other
types of youth violence. while
eighty-one percent of parents
either believe teen dating violence
is not an issue or admit they do
not know if it is an issue, nearly 1.5
million high school students na-
tionwide experience physical abuse
from a dating partner in a single
year (loveisrespect.org, 2013).

although it's gaining more atten-
tion and more schools are wel-
coming us in to speak with stu-
dents, we still have much work to
do!

Sunshine & Ember

SECOND PRIZE WINNER: TARA CLINTON, WILLOW SPRINGS HIGH SCHOOL
TITLE: BITTERSWEET NOTATIONS

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www.christoshouse.com

Love, one of the most powerful feelings. It's based upon a few factors, and sometimes it's not what you expected it to be. Vision, it's a blur, last time you promised no more. Maybe, I thought, because I trusted in you. Respect, is what you say it gives you. Neglect, is all I feel. Lift me off the ground, you're no king-you've got no crown. I may hit the floor and ask for no more but here you come again. These tears, they are my silent screams' only escape. I try to tell them you didn't mean it, because when you do it I try to seek refuge. I refuse to believe that it's not meant to be this way. Expressing, how I feel. Deep down you've shattered my heart, you say I'm not pretty, and I believed it. You say you're the only one who understands me. You've pushed me too far away from the world, I don't even know who I am anymore. Depressing, this is how I feel. When I walk down the sidewalk, my shadow is my only friend. When I look in the mirror, all I see is a face...that I don't recognize. I have no friends, they all left when I stuck with you. Probably got tired of trying to make me grin, asking me why I look so grim. Just, I got tired of acting okay, saying I'm fine, when I'm slowly dying inside. You always say you're going to change, and you do--but only for a little while. All I've ever wanted was a special bond, a friend, a best friend. I thought you were...I don't even feel safe coming home. I'd rather be away...I see a wilted flower...funny that's how I feel, dying, when I haven't even lived. Every time you do it, I wish you would finish me, so maybe you could see the monster you really are.

"there is always someone there for you, even if you don't realize that. someone, somewhere out there, knows how you feel, you're not alone..."

But, when we first met, you were everything you're not. I thought I felt alone before you...now I don't even feel alive. Back, before you, everything was fine...except one thing...Yeah, I felt like a nobody, but that wasn't it. My old life was ripped from me...but I was doing okay, but okay wasn't good enough. Yeah, I had friends. I could tell them anything, but I always felt distant, and alone...especially at home...always alone...no one ever home. Something was missing, and I thought it was love. Now I know better...all I wanted was a friend. To feel special, cared for...loved! Everybody at home had somebody, and was always away...I just wanted...a friend. Then you came along and turned my frown upside down...until you shattered my teeth. Everyone has something wrong in their life...but some have it worse than others. I've never felt important, or pretty, or even loved. And that's all I want. Maybe, someone to notice me when I walk down the hall. I've always been different...but even though I don't look or dress like you...do you ever wonder if I feel like you? Black clouds cloud my mind. They say what doesn't kill you makes you stronger...that's true if you can live through it...My body may be alive but the old me has died inside...I left her far behind the first time I let you crush me. Maybe someday she will get off the ground and onto her feet and find me...or maybe I need to find her...I just don't know if I can do it...without you...What would I be? Where would I be? WHO would I be? I just don't see any way out of this...I became obsessed with you, obsessed with the pain, obsessed with torture, obsessed with this madness you have brought upon and to me...the pain...it's too much to bear anymore...All this pain...all these tears...I'm drowning in my own sorrow...How much longer until I go mad? Am I still sane? Am I too close to the edge to grab a hold...won't anyone save me? Where is my savior? I thought you were him...only a fool would be where I am...but I'm worse than a fool...I guess I always have been...Maybe it's better this way...

Love, one of the most powerful feelings. It's based upon a few factors, and sometimes, it's not what you expected it to be. If it's not what you want it to be, or doesn't feel right, then it's not love. Love is supposed to be a cherished bond, and that bond is built with trust, equality, respect, understanding, and you should always, no matter what, always feel safe. And as it turns out in the end, there is always someone there for you, even if you don't realize that. Someone, somewhere out there, knows how you feel, you're not alone, but you can't always expect them to know something's wrong, especially if you're covering it up. You know you've got the one when they are always there for you...you both should have an equal trust in each other, but it takes awhile to build that trust. Respect each other's feelings, you should never put each other down...And always, no matter what, remind them how you feel. Love, one of the most powerful feelings. It's based upon a few factors, and sometimes it's not what you expected it to be...but sometimes it is, and that's what keeps us going.

HALF THE SKY—RITA FOSTER, OUTREACH ADVOCATE

Only in the last decade has the international community responded to the plight of women's rights. For instance, rape in times of conflict was only recognized as a crime against humanity in 1998. In October, 2000 the U N Security Council passed Resolution 1325 to greater ensure women's voices are heard during peace-building.

In other countries, simply being born female can mean automatic and systematic disadvantage. Women and girls are still fighting for the basic rights of control over their own bodies and their own lives. Women and girls face discrimination and violence at the hands of the state, the community and the family. In the early 1900's, March 8 was declared International Women's Day. The international theme for 2013 is *"The Gender Agenda: Gaining Momentum"*. Over time and distance, the equal rights of women have progressed. We celebrate the achievements of women while remaining vigilant and tenacious for further sustainable change. There is global momentum for championing women's equality.

In February, congress voted for an extension of Violence Against Women Act or VAWA supporting programs like Christos House across the country.

This month Christos House will be presenting a program at the Shelter for the residents and outreach clients to attend, honoring the equality status of women all over the world. The theme for the program is "Half the Sky" and will include the PBS presentation featuring women's struggles. This theme is taken from a Chinese proverb *"Women hold up half the sky."*

In 1995 at the UN Fourth World Conference on Women in Beijing, China, Hillary Clinton stated: *"As long as girls and women are valued less, fed less, fed last, overworked, underpaid, not schooled and subjected to violence in and out of their homes – the potential of the human family to create a peaceful, prosperous world will not be realized."*

Rita



" Just as slavery was the defining struggle of the nineteenth century and totalitarianism that of the twentieth, the fight to end the oppression of women and girls worldwide defines ours." ~Nicholas Kristof & Sheryl WuDunn

WHAT'S HAPPENIN' OREGON COUNTY?

—JAN SHIELDS, OUTREACH ADVOCATE

We are busy as ever and looking forward to spring! Let me tell you what's happening with us...

We are currently working with Oregon County Family Services with a Run/Walk so stay tuned as the date is TBA! This event is to help raise awareness for April as it is Sexual Assault Awareness month and Child Abuse and Neglect Awareness month. We hope you join us as we say NO MORE to sexual assault and say we will not stand for our children being abused and neglected. We will be holding a workshop for our area law enforcement of Oregon County in April as well.

Our resale shop will be having a summer sale of 75% off all coats so be sure to stop in and see what we have. Our Oregon County Outreach also has a food donation basket up through May for area need. Also, don't forget that Christos House is participating in the Feinstein Challenge through April 30th so any donations of cash, checks, or food items will help us receive a portion of the one million dollars up for grabs for hunger fighting agencies.

We look forward to seeing you and receiving your support! Without you all, we could not provide support for a change in the many lives we touch daily.

Jan



10TH ANNUAL CHOCOLATE FESTIVAL WRAP-UP

CHRISTOS HOUSE, INC.

Our mission is to provide a safe place for victims of domestic and sexual violence to escape the abuse and make positive change in a supportive atmosphere.

Christos House is a non-profit shelter for victims of domestic and sexual violence. It is located in Southwest Missouri and serves 8 counties including: Carter, Douglas, Howell, Oregon, Ozark, Shannon, Texas, and Wright. All services are confidential and provided at no cost.

Out of the strong...came forth chocolate! And a lot of it!! We had the biggest turnout at this year's event--attendance and contest entries--than ever before! First and foremost, THANK YOU to all who came, all who entered, and all who opened their hearts and wallets to help us raise funds to purchase a van for transporting the women and children we serve. THANK YOU to Terry Danahy and his auctioneer crew for your hard work and support!! THANK YOU to the West Plains National Guard Armory for allowing us to use your building for our event! THANK YOU to our sponsors and donators because we could not have done it without you!!

We raised \$11,000 this year! Amazing! Now, here are the winning entries:

GRAND PRIZE OVERALL & FIRST PLACE CAKES CATEGORY: Crystal Trujillo's Ooey Goey German Chocolate Cake

SECOND PLACE IN CAKES CATEGORY: Julie Hart's Candy Bar Cake

SUGAR FREE CATEGORY FIRST PLACE: Tom Nixon's Mocha Almond Truffles

SECOND PLACE: Betty Queen's Chocolate Dessert Bread

COOKIES/BROWNIES CATEGORY FIRST PLACE: Ursula Wiehe's "Katleyn's Oatmeal & Chocolate Chips Cookies w/ Walnuts"

SECOND PLACE: Shelby Moore's Sassy Bites

PARENT & CHILD CATEGORY FIRST PLACE: Jason Dunn & Son's Chocolate Cherry Cupcakes

SECOND PLACE: Melissa & Matthew Hatcher's Mini Dessert Burgers

WILDCARD CATEGORY FIRST PLACE: Joyce Barnes' Sugar Rumballs

SECOND PLACE: Jessica Bales' Reeseos

CANDIES CATEGORY FIRST PLACE: Oreo Truffles Candies

SECOND PLACE: Shirley & Paris Amend's Chocolate Covered Cherries

PIES CATEGORY FIRST PLACE: Bobbie Jones' French Silk Pie

SECOND PLACE: Kimberly House's American Pie

Thank you to all of you because this was truly only possible because of your support! We're already working on next year's 11th Annual Chocolate Festival, so bakers begin perfecting your recipes and our auction addicts can start pocketing some funds to bid on the items we will have to offer! If you are interested in sponsoring or donating anything for next year's event, please don't hesitate to contact us!

Christos House was founded in 1982 by a group of concerned citizens who recognized the need to provide services for victims of domestic violence. It is a 36-bed facility. The shelter is staffed 24 hours a day, seven days a week.

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Find us on Facebook!
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PLEASE
PLACE
STAMP
HERE

