



A Christian Women's Shelter & Ministry to Families Affected by Domestic Abuse

The Dwelling Place

*"My people will live in peaceful dwelling places,
in secure homes, in undisturbed places of rest."
— Isaiah 32:18*

Community Support Groups

M.A.S.H. (My Awesome Savior Heals) – An 8 week support and study group, exploring the many dimensions and dynamics of domestic violence and how that impacts our lives. Weekly topics include: The cycle and varieties of abuse, defense mechanisms, deliverance from shame and rejection, and forgiveness of others and self.

Boundaries - An 8 week video curriculum and discussion group using *The Boundaries* video curriculum from Henry Cloud and John Townsend. This group assists participants in recognizing legitimate boundaries in relationships, and how to set limits and still be a loving person. Some of the key topics ask the questions Is my life out of control? Do you have trouble saying no?

Safe People - A 12 week video curriculum and discussion group using the *Safe People* video curriculum by Henry Cloud and John Townsend. This group assists participants in developing insight into character discernment, knowing who is a safe and unsafe person, when to hold on to a relationship and when to let it go

Search for Significance – A 12 week study using video curriculum and discussion of Robert McGee's material *The Search For Significance*. Participants will identify harmful emotions, the performance trap, shame, the blame game and healing from the past with God's help.

Changes That Heal-Is a 12 week video curriculum and study group developed by Henry Cloud and John Townsend to assist individuals in their healing process. This group assists participants in learning how to understand their past to ensure a healthier future. Topics include: Bonding and separating from others, sorting out good and bad and becoming a mature adult.

Contact Information:

Shelter/Support Groups: 651-776-4805
Administrative Office: 651-221-0405
Email: dwellingp@thedwellingplaceshelter.org
www.thedwellingplaceshelter.org

The Dwelling Place
PO Box 17848
St. Paul, MN 55117



The Dwelling Place

Why does she stay in an abusive relationship? But doesn't God hate divorce?

This is the dilemma Christian women face as they are trying to sort through the pain and devastation of spousal abuse. In the depth of most women, they know when something is terribly wrong. Those committed to God are also concerned that they not "put asunder"

God's plan for marriage. We can help a woman to find the truth by helping her to know the character of God and what His Word says about marriage and abuse.

- ❖ She needs to know God loves both of them deeply and desires to heal their brokenness.

"He has sent me to bind up the brokenhearted." Isaiah 61:1

- ❖ She needs to know that her husband is commanded to love her in the same way that Christ loved the church, that is, to lay his own life down for her.

"Husbands, love your wives." Ephesians 5:22

- ❖ She needs to understand the Scriptures that indeed say God hates divorce as He "hates a man covering himself with a garment of violence" and that husbands are not to break the covenant to love and respect their wives. A man breaks covenant with his wife when he beats and ridicules her.

Malachi 2:16

- ❖ She needs to know that separation from oppression, strife, and defilement is a healthy step.

"Those who live according to the sinful nature have their mind set on what that nature desires but those who live in accordance with the Spirit have their mind set on what the Spirit desires."

Romans 8:5

- ❖ She needs to know that when she is in a downward spiral in the midst of continued abuse and defilement, she is not seeking divorce by getting help but seeking healing for her family.

There is no condemnation in Christ Jesus!

Romans 8:1

PO Box 17848
St. Paul, MN 55117
Phone: (651) 776-4805

Fax: (651) 776-0134
Email: dwellingsp@thedwellingplaceshelter.org
www.thedwellingplaceshelter.org

Rev. 11/01/05

The Statistics on Domestic Violence

As you read these startling statistics, please pray for the end of the destruction to families that abuse brings.



The Dwelling Place

*"My people will live in peaceful dwelling places,
in secure homes, in undisturbed places of rest."
—Isaiah 32:18*

- ❖ By the most conservative estimate, each year *1 million women* suffer nonfatal violence by an intimate.
- ❖ Nearly 1 in 3 *adult women* experience at least one physical assault by a partner during adulthood.
- ❖ Domestic violence is statistically consistent across *racial and ethnic* boundaries.
- ❖ *Women ages 19-29* reported more violence by intimates than any other age group.
- ❖ Much of female violence is committed in self-defense, and inflicts less injury than male violence.
- ❖ Male perpetrators are 4 times more likely to use lethal violence than females.
- ❖ *Immigrant women* may suffer higher rates of abuse than U.S. citizens because they come from cultures, which accept domestic violence, or because they have less access to legal and social services than U.S. citizens. In addition, immigrant batterers and victims may believe that the penalties and protections of the U.S. legal system do not apply to them.
- ❖ During the six months following an episode of domestic violence, 32% of battered women are victimized again.
- ❖ Each year, an estimated 3.3 million children are exposed to violence by family members against their mothers or female caretakers.
- ❖ *Children* are 1,500 times more likely to be abused. In homes where partner abuse occurs.
- ❖ Violence against women occurs in 20% of *dating couples*.
- ❖ 17% of those who visit emergency rooms for treatment are documented as having come as a result of being injured by an intimate.
- ❖ Only about one-seventh of all domestic assaults come to the attention of the police.
- ❖ Female victims of domestic violence are 6 times less likely to report crime to law enforcement as female victims of stranger violence.
- ❖ Female homicide victims are more than two times as likely to have been killed by an intimate partner as are male homicide victims.

Source: The Commission on Domestic Violence. "Statistics."
<http://www.abanet.org/domviol/stats.html>



SIGNS THAT ABUSE IN THE HOME MAY BE OCCURRING

The Dwelling Place

Since we know that domestic abuse is a pattern of behavior perpetrated by an abuser to maintain power and control over an intimate partner, it is important to remember that behavioral patterns may exist in the victim of the abuse as well. If you notice any of the following signs, you should not turn away. There is a high probability that abuse is occurring in the home if one or more of these behaviors is occurring.

- ❖ Cannot do anything without checking with her husband/boyfriend.
- ❖ Has become quiet or unusually withdrawn when formerly not so. Her personality may change in the presence of the abuser.
- ❖ Seldom has any cash and may make excuses about forgetting money. Must ask husband/boyfriend for money.
- ❖ Wears concealing clothing even in hot weather.
- ❖ Has a bruise, cut or scratch on different area of the body on a regular basis.
- ❖ Is suddenly “accident prone.”
- ❖ Calls in sick a lot to work.
- ❖ Stops coming or never attends family gatherings.
- ❖ Constantly looks fatigued or under a lot of stress, but tries to cover it.
- ❖ Cannot stay on the phone when you call.
- ❖ May snap at you in anger for no particular reason.
- ❖ Has stopped seeing close friends.
- ❖ Never invites anyone to her home.
- ❖ Suffers from depression.
- ❖ Suffers from anxiety.
- ❖ Seems to “walk on eggshells” around her husband or boyfriend.
- ❖ Loss of enthusiasm.
- ❖ Loss of self-confidence.

PO Box 17848
St. Paul, MN 55117
Phone: (651) 776-4805

Fax: (651) 221-0405
Email: dwellinp@thedwellingplaceshelter.org
www.thedwellingplaceshelter.org



*"My people will live in peaceful dwelling places, In secure homes, in undisturbed places of rest."
Isaiah 32:18*

Our Most Frequently Asked Questions:

1. Is your shelter full?

The shelter rooms are always full. We maintain an on-going waiting list. Hundreds are turned away each year on average.

2. How many people does the shelter hold?

We have a 12 person maximum occupancy within the shelter. The number of residents fluctuates depending on the number of family members.

3. How long do women stay at the shelter?

We ask each resident to make a commitment to stay for three to five months, to take time for healing and resting in Christ, as well as to begin to make long-term plans for their next steps.

4. Do we help them find housing or jobs?

We meet weekly with each woman to assist with life skills, practical needs, and planning for the future. We network with churches and organizations that help in specific areas of need.

5. Where do the women go after they leave the shelter?

Each woman's path is unique and God's provision for each has been miraculous. Women who have completed the program have, for example, lived with host families, found affordable housing, received grants for higher education, obtained legal help or restraining orders to make it safe to go home, or are back in the home in which the marriage is undergoing restoration.

6. Do we ever hear from the women when they leave? Do they stay connected?

Yes! We strive to build lasting relationships with the women and children God sends us. Women leaving the shelter continue in our prayer ministry and groups, and stay connected to our staff and mentoring volunteers for support and healthy community. The churches we partner with also play a significant role in providing ongoing discipleship and support for families.

7. What about men who are abused?

The Dwelling Place cares about the restoration of the whole family. We provide referral services for those men hurting from abuse or who are acknowledging abusive patterns in their own lives and want restoration. We believe men need a safe place to come forward with the pain in their lives. .

Shelter: 651-776-4805, Main Office: 651-221-0405, Fax: 651-776-0134
Email: dwellingp@thedwellingplaceshelter.org Web: www.thedwellingplaceshelter.org

Mailing Address:
P.O. Box 17848
St. Paul, MN 55117



The Dwelling Place

*"My people will live in peaceful dwelling places,
in secure homes, in undisturbed places of rest."
— Isaiah 32:18*

What is Domestic Abuse?

It is an ungodly, willful system of

Power

over another in an intimate relationship

that violates their God-given

spiritual, emotional and physical boundaries

in order to establish a pattern of

Control

over that person's

behaviors, feelings and thoughts.



The Dwelling Place

The Dwelling Place

A Christian Women's Shelter & Ministry to Families
Affected by Domestic Abuse

What is the need for our ministry?

A Vision for Compassion, Justice, Mercy, and Healing

Abuse statistics are rising in the United States. Domestic abuse or family violence is a devastating and tragic reality that affects families at the core of their being, that is, the security of their homes. The Bureau of Justice reports that 30% of all homes in the US have experienced domestic abuse at some time, while 50% of those families experience on-going severe physical and psychological abuse.

It is estimated that 95% of the victims of the most severe types of domestic abuse are women and children. Children who live in homes where their mother is being abused have a 75% risk factor of perpetrating violence against society and their families, or becoming victims themselves. In homes where spousal abuse is occurring, children are also abused in 70% of these cases. The emotional and spiritual damage to families is immeasurable.

The perpetration of domestic abuse is clearly learned generation ally and societal and, therefore, we believe, it is healable. Victims of domestic abuse face incredible barriers to becoming free from violence, including, first and foremost, fear, but also including poverty, isolation, depression, stigma, and the threat of losing their children, unhealed grief, loss of self-worth and loss of faith. Prisons are filled with adult childhood abuse victims. Others turn to alcohol and drugs for survival. Still others live in a deep darkened cloud of depression and mental illness.

There is a great need to minister to hurting men as well. Men who abuse or are abused are almost always the adult victims of childhood trauma and abuse. They are suffering as well. They need the love of Christ to become healthy fathers, husbands, grandfathers, and role models. Helping all members of the family that are hurting or who are hurting each other brings the hope of reconciliation between men and women that abuse brings rather than continue to widen the gulf between them.

The Dwelling Place believes that real and lasting healing from abuse and abusing can only come by the loving power of Jesus Christ. While other therapy and helps are significant, it is only when the truth and grace of Jesus is accepted into the heart through the Holy Spirit, that one becomes opened to the path of redemption and soul-level transformation.

Our vision is to bring the power, compassion, and healing love of Jesus Christ to those hurting from the effects of domestic abuse. We have been called to introduce Christ-centered shelters, prayer, and support groups that are specific to healing from abuse and to bring out into the light the root causes of abuse.

The ministry of The Dwelling Place is at its core one of compassion, justice, and mercy. Those who enter our doors may be suffering physically, emotionally, and spiritually. We will teach and model healthy boundaries, fellowship, interdependence towards others, economic self-sufficiency, and ultimate dependence on God for fulfilling every need.

Rev. 11/01/05

PO Box 17848
St. Paul, MN 55117
Phone: (651) 776-4805

Fax: (651) 776-0134
Email: dwellingp@thedwellingplaceshelter.org
www.thedwellingplaceshelter.org

For Women and Girls who are Dating

Is Your Relationship Hurting you?



The Dwelling Place

Check out these warning signs that signal on-going abuse. These signs usually don't get better but grow more and more hurtful. An abusive and controlling person needs to accept and seek out major help and healing **before** becoming involved in dating relationships. Even *one* of these signs can indicate deep immaturity and potential abusiveness.

If you have been accepting abusive patterns in your relationship, you will also need to seek out healing. Jesus really can heal these deep pains, but you must be willing to let go, and let Him show you the depth of His love for you. You are not alone!

CHECK IT OUT!! Does the person you are dating:

- ❖ Respect your no, and not try to change it?
- ❖ Seem jealous of any outside relationships with friends, family or say he wants you all to himself?
- ❖ Show respect for your interests, values and faith?
- ❖ Make mean comments or jokes about you? In front of you friends?
- ❖ Speak about and act disrespectfully towards women?
- ❖ Show respect for your parents and family?
- ❖ Monitor or try to control your whereabouts?
- ❖ Refuse to talk about the relationship and work on problem areas?
- ❖ Always blame his problems on someone or something else?
- ❖ Make excuses for or play down his own inappropriate choices?
- ❖ Seem like two different people, angry one moment, romantic the next?
- ❖ Pressure you to do or say sexual things you are not ready for or comfortable with?
- ❖ Stop you from expressing your values and feelings about commitment, sex and marriage?
- ❖ Try to change you for your own good?
- ❖ Put you down or call you hurtful names?
- ❖ Make decisions for you or tell you how you feel?
- ❖ Hurt you with comments about the opposite sex by putting them down or noticing them sexually?
- ❖ Think pornography is O.K.?
- ❖ Threaten to leave you if you don't measure up?
- ❖ Intimidate you or scare you to control you?
- ❖ Touch you or grab you so that it hurts or feels bad?
- ❖ Threaten to hurt you when he's angry?
- ❖ Minimize or deny his hurtful actions toward you?
- ❖ Spend money foolishly and then ask you for money?
- ❖ Lie to you? Cheat? Abuse drugs or Alcohol?

It is always healthy to seek out help and accountability with a Pastor or mature Christian. If any of these signs are present, are you willing to slow down, step back and seek God about your relationship? If your answer is no, why not?

The Dwelling Place 651-776-4805

A Christian Women's Shelter and Ministry to families affected by abuse

www.thedwellingplaceshelter.org email: dwellingp@thedwellingplaceshelter.org