

## Michelle's Story . . .

All my life I've experienced abuse. The most damaging abusive relationship has been the past 15 years of my life. It started out with mental/emotional abuse, and then it turned violent. A lot of those days I spent crying from being cheated on, lied to, manipulated, and taken advantage of financially. I would cry myself to sleep most nights and wake up angry, just to be mad all day. I was just existing and didn't care if I ended up dead.

I started praying to God every day, pleading and begging for a safe way out. God answered my prayers! My way came as a blessing in disguise when my children's father caught our kitchen on fire. I was able to pack minimal belongings without being questioned about it. Although the fire was chaotic, there was a calm the entire time. I swore I heard a voice say, "Do not be afraid." We went to a motel for the night and when their father left for work, I was able to contact the Sheepfold.

When we moved into the Sheepfold, it was hard coping with everything that had happened, plus following schedules and rules which were new to us. I prayed more and more for God to help me with courage, strength and patience. We started attending church regularly, and I was doing daily Bible studies with an open heart and mind. No matter the day, each Bible study felt like it was meant for me.

The power of un-forgiveness is imprisoning. I thought I had forgiven my abuser; but I still felt hurt and would still get angry when thinking of all I had been through. It wasn't until I learned to forgive myself that I was finally able to forgive him, because God had forgiven me already. I was able to let go of the anger. Amazed by all of God's wonders, I made the decision to dedicate my life to Him and was baptized.



We've been here at the Sheepfold for 5 months now, and we are just days away from moving into our own place. It's bittersweet. I didn't want to leave my healing place – the place where we found salvation. My kids and I really loved being a part of the Sheepfold. The Sheepfold has literally saved my life and kept me from going back to the life I knew and hated. I am humbled to have met a lot of amazing people and will forever cherish the friendships I have made along the way. I am no longer a slave to fear—for that I am a better me.

—Michelle, Sheepfold Graduate

# Thank You . . .

Thank you Jeff and Cindy Hovsepien for your generosity and inviting us moms and kids to the theater. We had a wonderful time!

Since we are a music loving group, it was amazing for us to see a live orchestra perform its magic.

Thank you for being there with us for this lovely experience.

—Moms & Kids, Sheepfold Residents



*"My heart, O God, is steadfast, my heart is steadfast,  
I will sing and make music . . ."*

—Psalm 57:7 NIV

## Hair Stylist Volunteers Needed

Our shelter moms and kiddos enjoy getting prettied up occasionally by volunteer stylists who come to the shelter. We would appreciate volunteers who could provide this service at any of our shelters in Orange County or Riverside County.

Please contact [Sarah@thesheepfold.org](mailto:Sarah@thesheepfold.org) if you would like to volunteer your talents.

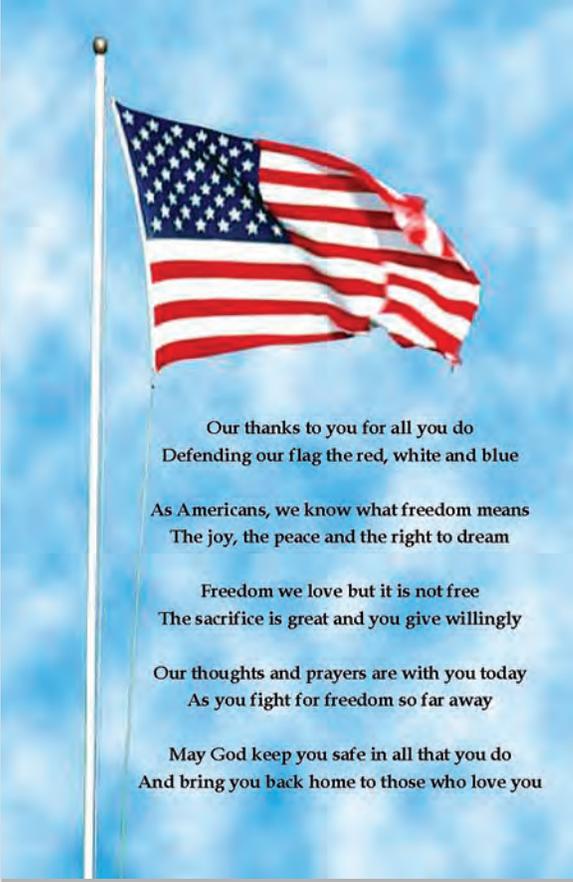


Shop or Donate New or Gently Used Goods at  
Sheepfold Boutique, 810 N Tustin Street, Orange CA 92867

# Serve Day Volunteers Spruce Up Shelters

Volunteer groups from churches, organizations and companies who come to do needed care at our shelters not only make the shelters look better and function well, they cheer up all the moms, kids and House Managers. Just like at your home, having things look nice and work efficiently are always an ongoing demand. Things need tending and when a volunteer group comes to help, as the old saying goes, "Many hands make light work."

Please contact Sarah@thesheepfold.org if you have a small group (15 or less) who would like to participate in a serve day.



Our thanks to you for all you do  
Defending our flag the red, white and blue  
As Americans, we know what freedom means  
The joy, the peace and the right to dream  
Freedom we love but it is not free  
The sacrifice is great and you give willingly  
Our thoughts and prayers are with you today  
As you fight for freedom so far away  
May God keep you safe in all that you do  
And bring you back home to those who love you



*"Righteousness goes  
before him  
and prepares the way  
for his steps."*

—Psalm 85:13 NIV

To make a donation, please use the enclosed envelope, visit [thesheepfold.org/donate](https://thesheepfold.org/donate)  
OR TEXT any amount to (714) 942-5560. Thank You for your generosity!!

The Sheepfold



P. O. Box 4487 • Orange, CA 92863  
(714) 237-1444 Orange County  
877-Sheepfold  
Fax (714) 237-1440  
email mail@thesheepfold.org

ADDRESS SERVICE REQUESTED

*"And you shall know  
the truth, and the truth  
shall make you free."*

—John 8:32 NKJV

NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
Buena Park, CA  
Permit No. 88

July 2019

## Shelter Pantry Needs



- Canned black beans
- Canned refried beans
- Canned pinto beans
- Canned kidney beans
- Canned fruit
- Canned corn
- Canned green beans
- Canned peas
- Canned diced tomatoes
- Canned mixed veggies
- Tomato paste
- Pasta Sauce (variety)
- Canned chili
- Canned jalapeños
- Canned green chilis
- Canned olives
- Coconut milk (non-perishable)
- Almond milk (non-perishable)
- Canned tuna
- Canned chicken
- Enchilada sauce
- Pasta
- Hamburger helper
- Boxed macaroni and cheese
- Seasoning mixes
- Cake/brownie mix

If you would like to donate items, please drop them off at  
the Sheepfold Boutique, 810 N Tustin Street, Orange, CA 92867 • Open Mon-Sat 10:00 a.m. - 5:30 pm.

LIKE US ON   
[www.facebook.com/thesheepfold](http://www.facebook.com/thesheepfold)

FOLLOW US ON  &   
[www.twitter.com/the\\_sheepfold](http://www.twitter.com/the_sheepfold) the\_sheepfold