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HAGAR'S  SISTERS  
*Newsletter*   
February Reflections

***Welcome to the Hagar's Sisters Newsletter***

*This is a space for updates, encouragement, and learning about the intersection of faith and intimate partner abuse. Whether you are a Sister, supporter, or someone quietly searching for hope, you are welcome here.*

February is often wrapped in messages about love, roses, romance, and celebration. **But for many women experiencing or recovering from abuse, those messages can feel at odds with what they've endured.** What the world presents as joyful and celebratory can instead stir grief, confusion, fear, or a quiet longing for something different.

At Hagar's Sisters, we hold space for that reality. We do not dismiss those feelings or rush past them. Instead, we gently turn toward a deeper truth that love, real love, was never meant to control, diminish, silence, or harm.

If this season feels complicated, we want you to hear this clearly:

***You are deeply loved by God, and you deserve that love.***

This month, we are leaning into that truth in these meaningful ways:

♥ **Featured Blog:**

In our latest blog, Laurie, a survivor and Hagar's Sisters group leader, shares a heartfelt reflection on how cultural messages about romance can feel especially heavy for women experiencing or healing from abuse. With

compassion and clarity, Laurie points us back to a steadier truth: God's love does not wound, control, or diminish; it restores, protects, and calls you worthy.

 **Scripture Reflection:**

In the blog, we're reminded of this beautiful promise from Zephaniah 3:17: *"The Lord your God is with you... He will take great delight in you; in His love He will no longer rebuke you, but will rejoice over you with singing."*

This is the love we're pointing to, a love that stays, delights, and rejoices over you. A love that does not shame or silence, but restores and surrounds you with tenderness.

 **Community Night Update:**

Our first Community Night quickly reached capacity, a beautiful reminder of the deep desire for connection. While registration is currently full, you'll find more details below about upcoming gatherings. We are committed to creating more space so that no Sister walks alone.

As we move through February and enter March, our prayer is not that you feel pressured to celebrate love in a certain way, but that you encounter love that is steady, safe, and restoring.

And whether you are taking your first step or your hundredth, we are here to walk with you.

With care,

The Hagar's Sisters Team 



*Hagar's Sisters Blog*

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## *You Are Loved*

### **Reflect Further in this Month's Blog**

*In our latest blog, Laurie, a survivor and Hagar's Sisters group leader, shares a heartfelt reflection on how cultural messages about romance can feel especially heavy for women experiencing or healing from abuse. Laurie gently points us back to a steadier truth: God's love does not wound, control, or diminish, it restores, protects, and calls you worthy.*

### **♥ A Reflection from Laurie**

As Valentine's Day draws near, it makes me think about how many years I searched for someone to make me feel loved, safe, and secure. I grew up in a home where I felt abandoned and alone and did not feel love from my parents. I spent most of my adult life searching for someone to love me. No matter how hard I tried, I always felt love eluded me and that I was not lovable.

When I got help after an abusive marriage, my therapist told me that my mother was not capable of giving me the love I was looking for from her, and I needed to learn how to love myself. I did not know where to start loving myself. A friend of mine told me to learn to love myself the way God loved me. I did not know how to do that. I grew up going to church, but love for me came with conditions

and resulted in pain and suffering. The truth is, I felt abandoned by God, my parents, and the men I had been in relationships with.

Click [[HERE](#)] to finish reading the full blog post on our website.

*The Lord your God is with  
you... He will take great  
delight in you; in His love  
He will no longer rebuke  
you, but will rejoice over  
you with singing.*

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*Zephaniah 3:17*



### **Monthly Scripture**

**📖 This month, we turn to Zephaniah 3:17:**

“The Lord your God is with you... He will take great delight in you; in His love He will no longer rebuke you, but will rejoice over you with singing.”

This verse gives us a remarkable picture of God’s heart. God is not distant. God is with you. You are not merely tolerated; you are delighted in. The language is intimate and intentional. God rejoices. God sings. God's love is not restrained or reluctant, but active and full of joy.

Notice what the verse does not say. It does not say that God stands over you in criticism or keeps a record of your shortcomings. It does not say God's presence depends on your clarity, strength, or healing progress. Instead, it tells us that God's love quiets fear and replaces accusation with rejoicing.

Even in seasons marked by uncertainty or slow healing, this promise holds steady. God's posture toward you is not disappointment but delight. God's love is not something you must strive to earn; it is something you are invited to receive.

If this Scripture resonates with you or raises questions, you do not have to walk through that on your own. At Hagar's Sisters, our Care Coordinators are here to listen and walk with you, without pressure and at your own pace. **If you would like to speak with a Care Coordinator, you may schedule a call [\[HERE\]](#).** Support is available whenever you're ready.

## *Hagar's Sisters Community Night Update*

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**We are so encouraged by the response to Community Night.** Our March gathering has reached its planned capacity, and we are regrettably unable to add additional attendees at this time.

If you were not able to secure a spot, please know you are still very much included in what God is doing in this space. 💜 We will be sharing a recording of the Sister panel once it is available, and the link will be sent directly to you so

you can watch and reflect in your own time, wherever you feel most comfortable.

We are already looking ahead to our April Community Night. RSVP details will be shared in March, and we hope you will join us then. Whether you attend live or watch later, your presence in this community matters. We are deeply grateful for you.

Community Nights are offered to Sisters enrolled in our programs. If you have not yet connected one-on-one with a Care Coordinator or received your credentials, we invite you to schedule a conversation [[HERE](#)].



*Partnering with  
Churches for  
Truth & Healing*

**Many women who reach out to us share a common thread in their story:** somewhere along the way, Scripture was misunderstood or misapplied in a way that seemed to justify harm.

We believe deeply that God does not condone abuse. God's Word was never meant to control, silence, or diminish. It was given to bring life, dignity, and freedom.

Because of this, we are committed to supporting and resourcing church leaders. If your pastor, ministry leader, or church staff would benefit from a conversation about the intersection of faith and domestic abuse and how they can help rather than harm, our Executive Director, Becky Manseau Barnett, would be honored to connect personally. She can be reached directly at [beckymb@hagarssisters.org](mailto:beckymb@hagarssisters.org).

We would be so glad to come alongside your church in this way, helping to equip leaders to respond with both truth and compassion.

## HAGAR'S NEWS

*March and April will bring several new support groups, and we are looking forward to opening registration soon. We will be in touch with more details as each group becomes available.*

If you are interested in joining a group, please note that connecting with a Care Coordinator is a required first step. If you haven't scheduled that call yet, we invite you to do so by clicking [[HERE](#)].

We are also preparing for our very first Community Night on March 2nd and look forward to sharing more about what's ahead, including additional April announcements.

## GET IN TOUCH

*If you would like to learn more about our services, you're warmly invited to schedule a call [[HERE](#)].*

For general information or quick questions, you can always email us at [Care@HagarsSisters.org](mailto:Care@HagarsSisters.org)

DONATE

♥ The work of Hagar's Sisters is made possible through the generosity of those who choose to give. If you would like to support this ministry, we invite you to do so [\[HERE\]](#).

