

HAGAR'S  SISTERS
Newsletter 
March Reflections

Welcome to the Hagar's Sisters Newsletter

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

Today is the first day of spring, a quiet reminder that new life is possible. In this month's newsletter, we explore how hope can begin to take root, even when it feels distant.

For many women experiencing or recovering from abuse, that hope may feel out of reach. You may still be in a place of uncertainty, waiting, or simply trying to make it through each day.

And yet, even here, something can begin to grow. Sometimes, that growth is quiet at first, but over time it becomes unmistakable. You'll find an example of that very growth in Robbie's story below, along with a Scripture for encouragement and an update on our next Community Night.

This month's newsletter includes:

 **A Sister Experience: *God Let Me Try It My Way***

In this powerful story, Robbie shares how she believed staying in a toxic and debilitating relationship was honoring God, and how, over time, she began to see the difference between her will and God's.

 **Scripture Reflection**

A reminder from Jeremiah 29:11 that God's plans are never to harm you, but to give you hope and a future, even when your current circumstances feel

uncertain or unclear.

 **Strengthening Support Behind the Scenes**

As our groups continue to grow, we're grateful to welcome Jenny as our new Support Groups Manager. As a survivor, she brings a depth of care that strengthens every group we offer.

 **Community Night Update: April 8**

Join us for our next Community Night, a space to connect with other women, be encouraged, and be reminded that you are not alone as you take your next steps forward.

As we step into this new season, our prayer is not that you feel pressure to be in a certain place, but that you experience God meeting you right where you are.

Whether hope feels near or far, we are here to walk with you and remind you that new life is possible.

With care,

The Hagar's Sisters Team 



A Sister Experience

*God Let Me
Try It My Way*

Meet Robbie

In this Sister Experience, the theme of new life is front and center. We invite you to meet Robbie, a Sister, whose story is a powerful reflection on seeking God's will in the midst of abuse, the pain she endured, and how the response of a faith leader prolonged that suffering before ultimately opening the door to truth, healing, and new life.

♥ Robbie's Journey: God Let Me Try It My Way

"For years I believed staying in my abusive marriage honored God. It took time before I understood the difference between my will and His...

...Looking back now, I understand something I didn't understand then: sometimes God allows us to pursue what we think we want so we can eventually learn the difference between our will and His.

That lesson took me years to fully understand..."

Click [[HERE](#)] to finish reading Robbie's experience.



*For I know the plans I have for you,
declares the Lord, 'plans to prosper
you and not to harm you, plans to
give you hope and a future.'*

Jeremiah 29:11

Monthly Scripture

 **This month, we turn to Jeremiah 29:11:**

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

This verse speaks directly into seasons where the future feels uncertain or unclear. For many women experiencing or recovering from abuse, it can be difficult to imagine what lies ahead, or to believe that something good could still be possible.

But this promise reminds us of something steady and unchanging: **God’s plans are not for harm.**

Even when circumstances have been painful, confusing, or deeply unjust, God’s heart toward you has not shifted. God’s plans are rooted in care, in restoration, and in a future that is not defined by what you have endured.

This does not mean the path is immediate or easy. Healing often unfolds slowly, and clarity may come in time. But even in the waiting, this truth remains: **your story is not over, and what lies ahead is not without hope.**

As we step into a new season, this verse gently reminds us that though there are often important choices for us to make along the way, new life is not something we have to force. It is something God is already working toward, even when we cannot yet fully see it.

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.



Strengthening Support

*A Survivor Walking
with Sisters*

We are so glad to introduce our Support Groups Manager, Jenny. As our support groups continue to grow, this role helps ensure that both our leaders and the women they serve are cared for with consistency, understanding, and compassion.

What makes Jenny's role especially meaningful is that she is not only a leader, she is also a survivor. Having walked through her own experience, she understands firsthand both the difficulty of sharing your story and the courage it takes to grow.

In this role, Jenny provides steady, thoughtful support to those leading our groups. Her presence helps ensure that every group remains a place where women feel seen, safe, and truly understood.

Jenny has served as a support group facilitator with Hagar's Sisters since 2017 and stepped into the role of Support Groups Manager in 2026. As a survivor, she carries a deep commitment to the organization's mission and model of care, shaped not only by training but by lived experience.



Community Night

*Registration
Now Open*

We look forward to gathering again for our next Community Night on Wednesday, April 8 at 6:45 PM (ET).

This evening will include a Sister sharing her story, along with a special guest conversation focused on self-care and healing. Together, it will be a space to reflect, be encouraged, and reminded that you are not alone.

If you are a Sister, you should have already received your RSVP invitation. Please check your email for details.

If you are not currently a Sister, we warmly welcome you to join our Sisterhood. You can begin by scheduling a conversation with a Care Coordinator [[HERE](#)]. *If none of the available times work for you, please email care@hagarssisters.org with a time that fits your schedule and a secure contact number, and we will do our best to reach out.*

Community Nights are offered to women enrolled in our programs, and each gathering is designed to create a safe, supportive space for connection and growth.

*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, Rev. Becky Manseau Barnett, would be honored to connect personally. She can be reached directly at 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.

