HAGAR'S SISTERS

Newsletter: September Reflections

Welcome to the Hagar's Sisters Newsletter

Whether you are a Sister, supporter, or someone quietly searching for hope, you are welcome here.

Every fall, the trees around us begin to let go. Leaves that were once green change color, loosen from their branches, and eventually fall.

As the trees begin to release their leaves, maybe there are things in your life that you're carrying as well. Things like hurt, fear, shame, expectations, or words someone has spoken over you that have stayed with you for far too long.

Perhaps some of these are things you're ready to release. Whether you are or not quite yet, there is also another part of the tree that we don't see:

Its roots.

Long after the leaves have fallen, the roots remain. They hold firmly beneath the surface, sustaining the tree through every changing season.

Whatever you're carrying, whatever you've lost, and whatever you may or may not be ready to release, **there are truths about you that remain.**

You are valuable. You are worthy of love and care. You are deeply loved by God. You were created with purpose. And **nothing another person has said or done can take those truths away.**

This month, we invite you to remember those truths as we:

- 📖**Dive into Scripture** that further affirms these truths and reminds us what it means to be rooted in God's love.

- 🙏**Invite you to share your prayer requests** and allow our community to come alongside you in whatever you're carrying.

- 💜**Look ahead to Domestic Violence Awareness Month**, when we'll share Sister Stories and explore a wide range of topics to bring greater awareness to the realities of intimate partner abuse, particularly for women of faith.

As the season changes around us, may we each hold close to what remains: the truth of who we are, the love of God, and the reminder that we never have to walk alone.

With care,

The Hagar's Sisters Team

“And I pray that you, being rooted and established in love, may have power… to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge.”

- Ephesians 3:17–19

Paul’s words in Ephesians give us a beautiful picture of what it means to be **“rooted and established in love.”** Think for a moment about what roots actually do. We rarely see them, but they hold a tree steady, nourish it, and keep it grounded through changing seasons. The leaves may look completely different from one month to the next, but the tree’s foundation remains beneath the surface.

In the same way, there are seasons when the things happening around us, or even within us, can make it difficult to remember what is true. We may carry words that have caused us to question ourselves, experiences that have changed how we see ourselves, or circumstances that look nothing like the life we once imagined. Yet Paul doesn't tell us to root ourselves in our circumstances or in what another person thinks of us. **He points us back to the love of Christ.**

And he doesn't describe that love as small or conditional. He prays that we would begin to understand just how wide, long, high, and deep it really is, while acknowledging that it ultimately surpasses what we can fully comprehend. There is something comforting in that. We don't have to perfectly understand God's love, earn it, or feel it every moment for it to remain true.

So perhaps this fall, as the leaves begin to change and eventually fall, we can allow the trees around us to serve as a simple reminder: **what is visible is not the whole story.** Whatever this season holds, whatever you are carrying, and whatever may have fallen away, your worth has not gone with it. You are still known. You are still deeply loved. And you can remain rooted in a love that is deeper than any season you will walk through.

October is Domestic Violence Awareness Month, and throughout the month, we'll be bringing greater awareness to the realities of intimate partner abuse, particularly the unique challenges experienced by women of faith.

At the heart of the month will be an opportunity to **listen and learn.** We'll share real experiences, explore topics that are often misunderstood, and help bring greater understanding to experiences that too often remain unseen.

Throughout October, we'll share:

Sister Stories sharing the voices and experiences of women who have walked through abuse.

Awareness & Education exploring realities of abuse that are often misunderstood or overlooked.

Faith & Abuse looking at some of the unique challenges women of faith may experience.

Conversations & Videos taking a closer look at important topics and questions surrounding abuse.

Voices From Our Community sharing why people choose to stand with Hagar's Sisters and the women we serve.

🤝 **Our Capacity Campaign** highlighting how your support helps Hagar's Sisters continue building the capacity to be there when a woman reaches out.

Because awareness is only part of the story. Abuse doesn't happen on a schedule, and when a woman reaches out for support, we want to be ready to meet her.

There will be a lot to share throughout October, and we hope you'll follow along, join the conversation, and help us bring greater awareness to the realities of abuse.

Together, we can help ensure that No Woman Should Have to Wait for Safety.
💜

If you're already part of our Sisterhood but haven't participated in one of our support groups yet, we'd especially love to welcome you to our weekly Seen Drop-In Support Group. Seen is a welcoming place to connect with other women

who understand, begin exploring the dynamics of abuse, and take your next steps at your own pace.

You should receive a weekly email with the subject line " 💜 **Looking for Support Next Week?"** with information about the upcoming Seen group and how to join. Because Seen meets every week, you don't have to wait for another support group session to begin—you can join when you feel ready.

Our other fall support groups, including Boundaries, Wellspring, and Beloved, are now underway, and we're so grateful for each Sister who is participating this season. Across all of our groups, women are finding opportunities to learn, connect, share their experiences, and be reminded that they do not have to walk this journey alone.

Not yet part of our Sisterhood? We would love to welcome you. Schedule a conversation with one of our Care Coordinators to get started. Once welcomed into the Sisterhood, you'll receive access to Seen along with additional resources and support available through Hagar's Sisters.

Whether you're taking your first step toward support or have been walking with us for some time, there is a place for you here. 💜

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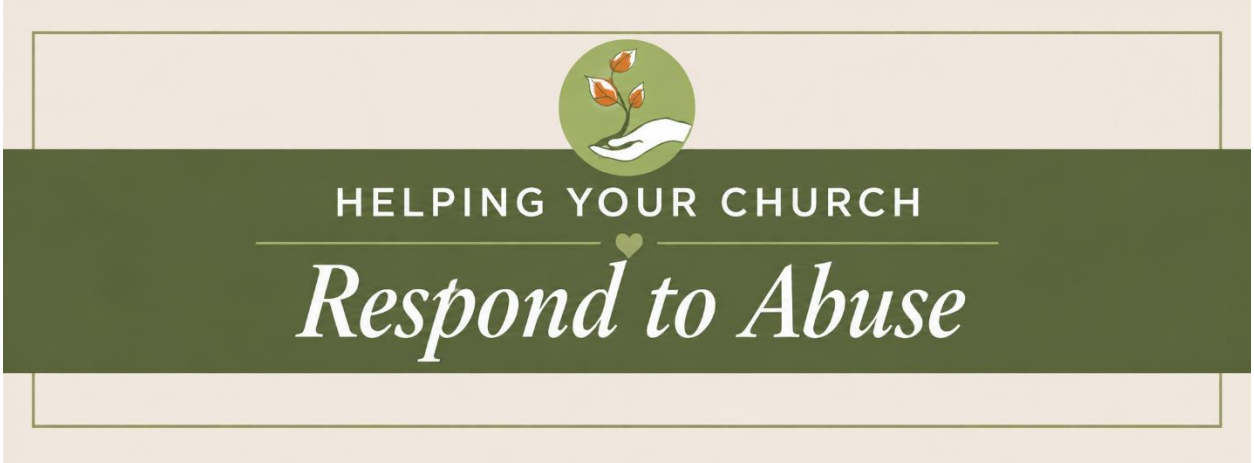

Many women who reach out to us share a common thread in their story: somewhere along the way, Scripture was misunderstood or misapplied in a way that seemed to justify harm.

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.

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

Click Here to Email Becky

GET IN TOUCH

If you would like to learn more about our services, you're warmly invited to schedule a call by clicking the button below.

For general information or quick questions, you can always email us at Care@HagarsSisters.org

Schedule a Call

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 by clicking the button below.

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Hagar's Sisters Tue, Sep 22, 2:02 PM

to me

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- 🙏**Invite you to join a support group** and connect with other women who understand, in a space where you can learn, share, and be reminded that you are not alone.

- 💜**Look ahead to Domestic Violence Awareness Month**, when we'll share Sister Stories and explore a wide range of topics to bring greater awareness to the realities of intimate partner abuse, particularly for women of faith.

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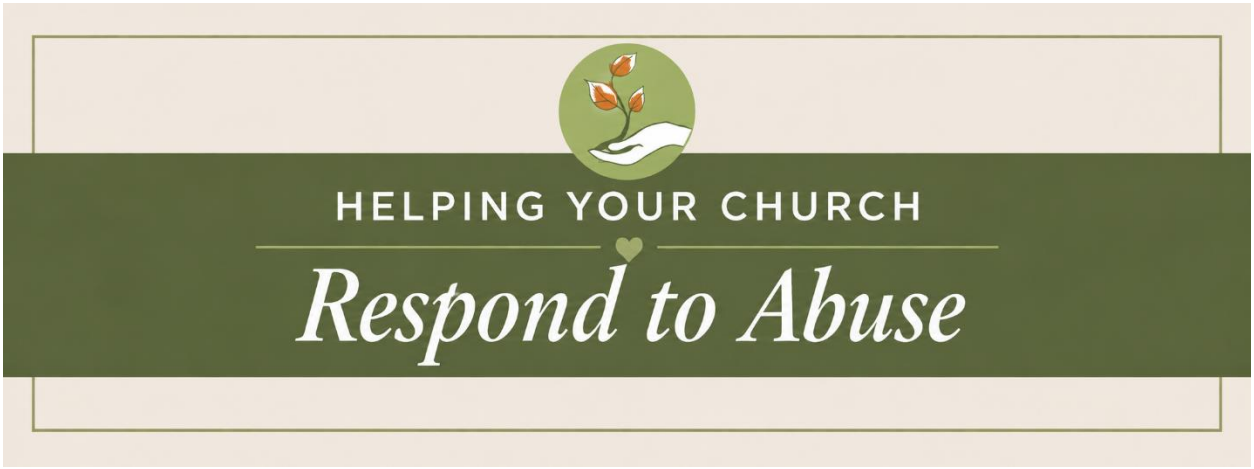

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