

Women Healing the Wounds



**National Council of Catholic Women
Responds to Domestic
Violence Against Women**

national council of
catholic women
To support, empower, and educate all Catholic women

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Introduction

The National Council of Catholic Women acts through its members to support, empower and educate all Catholic women in spirituality, leadership and service. NCCW programs respond with Gospel values to the needs of the Church and society in the modern world.

NCCW Mission Statement

Domestic abuse has been an issue for families for a long time. We are grateful that the results of a national survey, presented in ***Behind Closed Doors*** (1980), provided the opening for public discussion about domestic violence in the United States. Today, extensive information is available on the topic including specific information on how to recognize, respond, and refer people experiencing domestic abuse to appropriate resources. This guide, **"Women Healing the Wounds"**, shares Catholic resources along with recommended secular resources.

Members of the **National Council of Catholic Women** are women of faith, striving to live the Word of God. Through our united efforts and prayers, our goal is to provide education and resources to make ending Domestic Violence a reality.

Help heal those relationships that are wounded or broken. As we work together, we also want to encourage support for good relationships, marriages and families. Help them to remain strong. Take the gift of LOVE that GOD has given to us and help to **END Domestic Violence** and promote peace in families.

NCCW Service Commission

Nancy Poll, Chair, Diocese of Nashville

Domestic Violence Subcommittee:

Sharon A. O'Brien, Archdiocese of Washington, D.C.

Judith Brose, Archdiocese of Kansas City in Kansas

Kathy Bonner, Diocese of Orlando, Florida

For questions or comments please contact the current NCCW Service Commission Chair as listed on the NCCW's website.

<http://nccw.org/>

Section 1: What is Domestic Abuse and Violence



Domestic abuse and violence is any kind of behavior that a person uses to control an intimate partner through fear and intimidation. It includes physical, sexual, psychological, verbal, and economic abuse. Some examples of domestic abuse include battering, name-calling and insults, threats to kill or harm one's partner or children, destruction of property, marital rape, and forced sterilization or abortion.

USCCB United States Conference of Catholic Bishop
"When I Call For Help"

Note: If you are in immediate need of assistance, call 911
The National Domestic Violence Hotline number is
1-800-799-SAFE (7233)

WHAT IS THE DIFFERENCE BETWEEN NORMAL CONFLICT AND DOMESTIC ABUSE/VIOLENCE?

- **Domestic Violence** is more than a disagreement. It is not just a case of the abuser having a bad day or drinking too much.
- **Domestic Violence** has no place in a relationship.
- **Domestic Violence** has two key elements: threat and control. It can take on various forms.

EXAMPLES OF ABUSE OR VIOLENCE:

Physical – Violent actions such as hitting, beating, pushing, and kicking. In many cases, physical abuse becomes more frequent and severe over time.

Psychological – Includes a wide range of behaviors such as intimidation, isolating the victim from friends and family, controlling where the victim goes, making the victim feel guilty or crazy, and making unreasonable demands.

Emotional – Undermining an individual's self-esteem, constant criticism, insults, put-downs, and name-calling.

Economic – Examples include limiting the victim's access to family income, preventing the victim from working or forcing the victim to work, destroying the victim's property, and making all the financial decisions.

Sexual – Includes any sexual acts that are forced on one partner by the other.

Centers for Disease Control and Prevention- www.cdc.gov

ARE THERE WARNING SIGNS IN A RELATIONSHIP

A relationship is not healthy when:

- Your value and your accomplishments are belittled;
- Your opinions count for nothing;
- You are called names that are embarrassing, hurtful and degrading;
- Your likes and dislikes are disregarded;
- You are intentionally kept away from family and friends;
- There is extreme possessiveness or jealousy;
- You are threatened;
- You, your family, your work, your church and your friends are disrespected;
- You are pushed, kicked or hurt;
- Your faith is ridiculed;
- Your every move is monitored;
- You are denied access to food, money or other family resources;
- You are blamed for all the problems.

Adapted from **Refuge from Abuse**

http://www.theraveproject.com/index.php/faqs/q3/are_there_warning_signs/

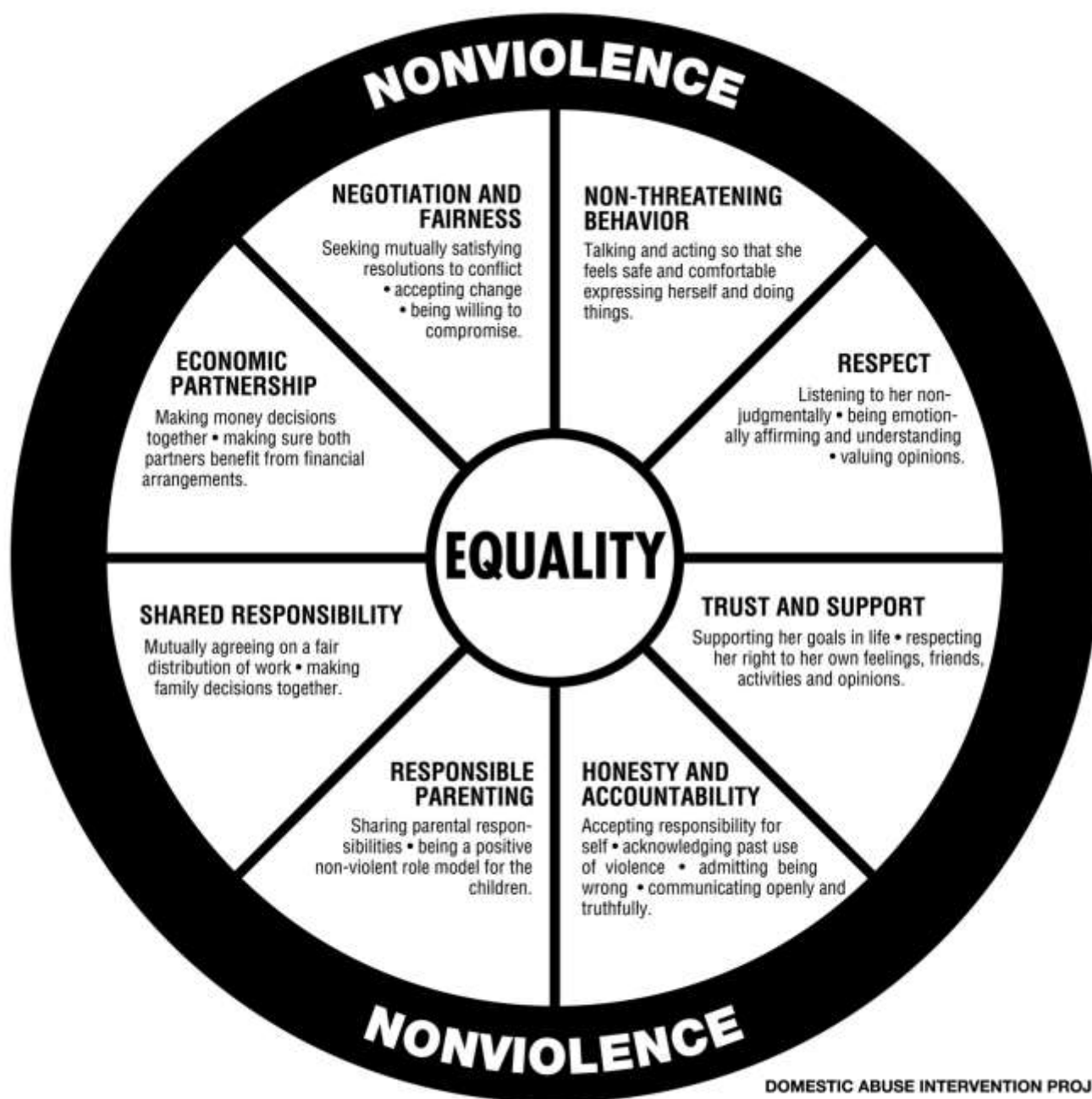
THE POWER WHEEL



DOMESTIC ABUSE INTERVENTION PROJECT

202 East Superior Street
Duluth, Minnesota 55802
218-722-2781
www.duluth-model.org

THE EQUALITY WHEEL



DOMESTIC ABUSE INTERVENTION PROJECT

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Duluth, Minnesota 55802
218-722-2781
www.duluth-model.org

WOMEN HEALING THE WOUNDS
THE NATIONAL COUNCIL OF CATHOLIC WOMEN
CARES ABOUT YOUR SAFETY



You are not alone, there is help for you.

Nearly 75% of men who abuse their partners also abuse their children. Many times they are forced to witness the abuse. Children who grow up in abusive households are 42% more likely to perpetuate the cycle of violence.

- ❖ Make a safety plan
- ❖ Contact a local shelter
- ❖ It is not **Your** Fault

1-800-799-SAFE (7233)

LOCAL SHELTER

[Phone]

LOCAL SHELTER

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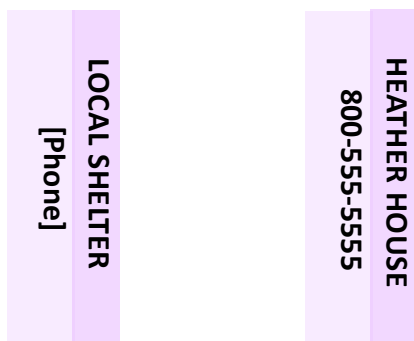
[Phone]

HOW TO CUSTOMIZE AND USE THE NCCW SAFETY FLYER

The flyer will be available at www.nccw.org and can be customized to contain the information of a local shelter or your CCW. Then the flyer can be placed in the one place that her abuser cannot be with her...the women's restrooms. The tear-off tabs are small enough that the information can easily be hidden. For example: in their shoe.

To customize the flyer with the name and phone number of your local shelter:

1. Download the WORD version from the web site.
2. Click on a tab on the bottom of the NCCW Flyer. This is a tear off section and you can type in the name and number of your local shelter.



3. If you have trouble, go to the **Word** program on your computer, chose
 - a. file, then,
 - b. new from templates,
 - c. flyers,
 - d. tear off flyer.
4. The pictures can be replaced with new photo or image, put in them place then click on previous picture and delete.
5. Place cursor over printed material and change to what you want, go to font color and change color of font, (on colored background you can do white but black usually shows up better.) always print a sample before finalizing your flyer.
6. To create the flyer in black and gray scale:
 - a. After designing your flyer go to the upper right corner to
 - **Themes** which is in the right corner there are 4 small colored squares with a drop down arrow.
 - Click on the arrow and several color choices will appear.
 - Go to the one that is grayscale. Then
 - Return to the document and follow the previous instructions, this color choice will make black and white copies clearer. Be sure to change the font to black.

If you will be printing the flyers in black and white then indicate that in your print options as black or grayscale.

Section 2: What is NCCW's Response to Domestic Abuse and Violence?



DOMESTIC VIOLENCE IS NOT JUST A WOMAN'S ISSUE

Domestic Violence is:

- An issue which affects our families
- A health care issue
- An issue which affects the workplace
- An issue which affects our courts and legal system

WHAT CAN WE DO AS CATHOLIC WOMEN?

We are women of faith, women who nurture. We are mothers, grandmothers, daughters, sisters, aunts, friends and participants in God's world.

We are the educators of our families. We are the living examples of future generations.

We realize it is up to us to be aware and educate ourselves and others in the many avenues available to us in our homes, churches and communities.

We are not called to 'fix' the situation; we are called to know the available resources to help the situation.

We know Faith can be shared and nurtured in many different ways.

We know the power of prayer.

- † **Pray** for all those touched today by domestic abuse and violence: victim survivors, the children who have witnessed and or experienced abuse and violence, the abuser, the extended family, the church family, and the greater community.
- † **Pray** that they may know that God is with them and that they can ask the Holy Spirit for guidance.
- † **Pray** that each person may experience God's message of love and hope through our interaction with them.
- † **Pray** for those already lost to domestic violence and their families.

The **National Council of Catholic Women** dedicated the **first Saturday of each month** as a monthly day of prayer for Women's Concerns. (*NCCW Resolutions updated 2010.*)

The first day of prayer was October 1, 1994 at the NCCW General Assembly in Cedar Rapids, Iowa.

NCCW encourages women all over the country to take a few minutes out of their busy schedule on the first Saturday of each month to pray alone, or with others, for women and their concerns, especially Domestic Violence.

LET US PRAY

Prayer to St. Germaine,

Patron Saint of Abused Children

O Saint Germaine,
look down from Heaven
and intercede for the many
abused children in our world.
Help them to sanctify these sufferings.
Strengthen children who suffer the effects
of living in broken families.
Protect those children
who have been abandoned by their parents
and live in the streets.
Beg God's mercy on the parents
who abuse their children.
Intercede for handicapped children
and their parents.

Saint Germaine,
you who suffered neglect and abuse so
patiently,
pray for us.
Amen.

A Prayer

Listen, God, to my prayer;
do not hide from my pleading;
hear me and give answer.
If an enemy had reviled me,
that I could bear;
If my foe had viewed me with contempt,
from that I could hide.
But it was you, my other self,
my comrade and friend,
You, whose company I enjoyed,
at whose side I walked
in procession in the house of God.
But I will call upon God,
and the LORD will save me.
At dusk, dawn, and noon
I will grieve and complain,
and my prayer will be heard.

(Psalms 55: 2-3, 13-15, 17-18)

Prayer to St Rita of Cascia

Patron Saint of Impossible Cases, Abuse Victims,
and Difficult Marriages

Saint Rita, messenger of peace
and herald of reconciliation.
Despite hardship and suffering,
you lived the Gospel message
of compassion and forgiveness,
and showed the power of love
to conquer hatred, and to establish harmony.
Help us to follow your example,
and to be instruments of Christ's peace.
Pray that our hearts may be always open,
and our arms extended to pardon
those who do wrong, and even to embrace
with mercy those who inflict injury.
Pray that God may use our humble gestures
to touch hearts and to sow peace.
Amen!

Prayer For Women's Concerns

O God, our world at times is divided and hostile.
Some people consider themselves dominant
over others based on gender, race, color, class
or status. Through your Son's cross our world
can be reconciled; the walls of hostility can be
broken. We pray for all women who experience
the pain and suffering of violence, that they
may feel your healing touch and be at peace in
your loving embrace. We pray for those who
victimize and abuse others, that they may see
the errors of their sins and seek repentance.
Through the intercession of Our Lady of Good
Counsel, may we understand and support those
who may come to us for help. We ask these
things through your Son, Jesus Christ.
Amen.

(Ephesians 2, 14-22)

WHY SHOULD CCW MEMBERS BE AWARE OF DOMESTIC ABUSE AND VIOLENCE?

- It can happen in any family, within any parish or community.
- Knowledge of the signs will help you identify if it is happening within your own family.
- Knowing the signs of potential, early or advanced stages of Domestic Violence can save lives.
- If you realize a family member or friend is involved, the information in this resource will give you the tools to know how to react and/or respond.

HOW WILL AWARENESS OF THIS ISSUE HELP OTHERS?

This resource is provided to assist you in whatever way you are called to help END domestic abuse and violence.

- Council members can initiate educational sessions at their parish, or other level, meetings.
- Council members can utilize this resource to educate themselves and others.
- Use the NCCW website under the Service Commission, *10 Ways to Prevent Domestic Violence*.
- Order the *NCCW Women Healing the Wounds* (WHTW) brochure for your group and conventions. Space is included for local Domestic Violence Shelters contact information.
- Utilize the NCCW (WHTW) companion “*What We Can Do*” sheet to access opportunities to help, in small ways individually, as a group, on a one time basis or long-term involvement. (included in this resource.)
- The A/DCCW levels of Council can be encouraged to include educational information/speakers as part of their conventions.
- Councils can compile a speaker’s list of local experts and material that can be accessed by members.
- Be a catalyst to encourage your parish and diocese to be fully educated on the issue and how they should be first responders; not to resolve but to know the best way to connect with those trained in Domestic Violence.
- More information is included in this resource.

HOW DO I RESPOND AS A CATHOLIC WOMAN?

WHAT NOT TO SAY

- Don’t re-victimize the person by saying, “Why don’t you just leave?” There are many extenuating circumstances involved with Domestic Abuse.
- Don’t misuse the Bible to justify Domestic Violence.
- “If you just pray and try a little harder, it will all work”.
- “He is the man of the house.”

COMMENTS YOU CAN SAY

- It is not your fault.
- You are not alone. I shall keep you in my prayers.
- You cannot change (the abusers) behavior.
- Apologies and promises are a form of manipulation and control.

WHAT SHOULD YOU DO IF YOU KNOW SOMEONE IS IN AN ABUSIVE VIOLENT SITUATION?

PRAY FOR GUIDANCE

Listen with Love – **BELIEVE**

Ask about safety

Refer to the **National Domestic Violence Hotline** (1-800-799-SAFE 7233) which can connect the caller to the nearest domestic violence response agency.

Encourage the victim to have a safety plan in place before trying to leave unless there is immediate danger.

Be aware that **Domestic Violence** can occur anywhere since it cuts across all ethnic and economic backgrounds.

Be aware that abusers can be “*nice*” in public.

Use the information on the NCCW’s website: Service Commission

Educate others by distributing the *NCCW’s Women Healing the Wounds* brochure

Use the companion piece, *NCCW What We Can Do* resource if you want to:

Be aware of the issue

Be involved on a one time basis

Become involved more often

Donate goods or financial help

Assist and educate as an organization

If abused persons have family pets, they may be worried about leaving the living situation for fear that the abuser will hurt the animal(s).

Most shelters do not take animals. **Either offer to keep them or check out** the information below that lists some of the resources to locate assistance.

- **The Humane Society** of The United States maintains a directory of the **Safe Havens for Animals** programs.
- **Sheltering Animals & Families Together** (SAF-T) maintains a directory of shelters equipped to accept families of domestic violence, along with their pets.
- **Red Rover Relief** program offers financial assistance for victims of domestic violence and their pets. (For safety reasons, a caseworker or domestic violence shelter representative must submit applications.

(These resource organizations are provided for information only. NCCW is not associated with or endorses these groups.)

Women Healing The Wounds

NCCW Responds to Domestic Violence Against Women

WHAT WE CAN DO

Companion Piece to the *Women Healing The Wounds* Brochure

EDUCATE

1. DISTRIBUTE INFORMATION

Brochures

- NCCW's *Women Healing the Wounds*. Informational brochure designed to bring awareness on the issue of domestic violence. Space is available to include local resources on the back of the brochure. Use in conjunction with this information sheet. The brochure can be ordered from NCCW. (To order, use address at the end of this document.)

How/Where

- Handouts at your conventions/meetings.
- Check with all parish/diocesan ministries for other avenues of distribution:
 - their conventions/meetings
 - new parish member packets
 - home visits (this must be done carefully, with guidance)
- Check with other denominations:
 - their women's organizations
 - parish ministries
- Seek permission to leave in the back of church
- Post Safety Flyer in women's restrooms

2. SPEAKERS

- Shelters (local)
- State Domestic Violence Organization
- Clergy that have been fully trained about the issue

3. RESOURCE MATERIAL

- USCCB Website: Type domestic violence in the search bar. The resources for *When I Call for Help* will be there along with other helpful information including an excellent PowerPoint available to download. To order USCCB Office of Publishing 877-978-0757 (ISBN 9781574555097) Also, available in Spanish.)
- *When You Preach Remember Me*, from USCCB. View a short version on YouTube
 - Have available at your convention or meeting for a breakout session for clergy
 - Ask your own parish priests if they have seen the video/DVD

HOST/SPONSOR

- A prayer breakfast with a panel:
 - Victim: adult and/or child survivors
 - Resource person(s): law enforcement, clergy, shelter
- A workshop at your convention
 - speaker, panel, or video
- A day-long seminar with workshops for your group or the community-could be a collaborative effort with a local shelter, domestic violence organization and/or the diocesan offices of Respect Life, Family Life, Social Justice, or Catholic Charities.

PROVIDE

- Essential items:
 - Toiletries and a few items to cheer them up (nonviolent videos for kids)
- Transportation: physical or funding
 - Appointments (doctor, lawyer, counseling and court dates)
 - Funding for ticket to a safe place (bus, train, plane)
 - Support for transitional housing, especially for those who don't easily adapt to shelters, e.g. elderly, immigrants, those with addiction issues, those in rural settings

ADVOCATE

- Ask if your state has a gender bias committee/commission which addresses if/how the law is biased against women/children
- Insist on laws that hold the abusers/batterers accountable. Does your state mandate or just suggest that judges impose batterer's treatment programs? Hold judges accountable.
- Does your area have a 'Family Violence Court'? What is its relationship with local shelters?
- Be a voice for public policy, legislation, and services that address domestic violence (state and federal levels).
- Encourage training (awareness) for all parish personnel (could be with other parishes or diocesan wide).

SUPPORT

- Sponsor a luncheon or event for the employees and volunteers of abuse shelters to help counteract the high level of stress and burnout associated with their positions.
- Sponsor a Day of Faith for women in the shelter.
- Keep informed of any efforts by groups (e.g., the American Medical Association) in the area of domestic violence. Let them know you appreciate the direction they have taken or encourage another direction.
- Efforts to provide 'emotionally safe' communities:
 - stop using violent words in everyday language
 - hold batterers accountable
 - eliminate sexism

Note: This information is provided so you can be aware of this issue and informed of the many different ways to get involved; either on a one time basis, part time or full time. All of us can pray!

Domestic violence is not just a woman's issue. It is:

- An issue which affects our families
 - A health care issue
 - An issue which affects the workplace
 - An issue which affects our courts and legal system
-

National Council of Catholic Women
200 North Glebe Road, Suite 725, Arlington, VA 22203
703-224-0990 nccw01@nccw.org



NCCW CALL TO ACTION



- Use the **NCCW's 'What We Can Do'** sheet (copy and circulate them)
- Use the resources provided.
- Familiarize and make use of the **NCCW Website Service Commission Section** including the ***"Ten Ways to Prevent Domestic Violence"***
- Pray for:
 - Victims
 - Abusers that they will seek help to change
 - The families of both
 - Those that will be called upon to help: law enforcement, clergy, doctors, counselors, judges and the staff of the abuse shelters
- Become familiar with the USCCB's ***"When I Call for Help"***.
 - ***A Pastoral Response to Domestic Violence Against Women.***
- Read and make use of the additional resources listed under the articles and books in **Section 3 "What is the Church's Response to Domestic Abuse"** and other resources throughout the document.
- **Promote** praying, learning, and acting to **END** domestic abuse and violence.
- **Read and implement** the **NCCW Resolutions** (included in this resource) addressing Domestic Abuse and Violence. NCCW has a long history of awareness: in 1993 and 2010 resolutions were passed and the membership resolved to put these into practice. The need is just as strong today.
- **Observe Domestic Violence Awareness Month in October** with programs and education. Continue this effort as together we can be a stronger voice against violence.

A CCW CALL TO ACTION PROJECT

RECYCLE TO SAVE LIVES



Old technology can be a new lifeline for those
in Domestic Violent circumstances

Sponsor a one time or on-going event called:

HOPELINE

<http://www.verizonwireless.com/aboutus/hopeline/>

HOPELINE, a program sponsored by Verizon, offers refurbished phones to victims of domestic violence. Recycled phones are provided to local domestic violence agencies or local government and law enforcement agencies for use with their domestic violence clients. The phones are equipped with 3,000 anytime minutes of airtime and texting capabilities and can be programmed to dial 911.

- Your **CCW** can designate a convenient location and collect the phones.
- It is easy.... Information for posters, flyers, etc. for organizing a collection drive is available on the Verizon website.
<http://www.verizonwireless.com/aboutus/hopeline/>
- You can donate your no-longer-used wireless phones, batteries and accessories in **any condition**, from **any service provider**.
- Your **CCW** can sponsor a **HOPELINE** collection project to save lives. Cell Phones can be dropped off at any participating Verizon store.

FYI: Important

- Be sure to erase your private information before donating. The link provided gives detailed information. <http://www.consumer.ftc.gov/articles/0200-disposing-your-mobile-device>
- Be sure to also donate the cell phone **chargers**.

NCCW RESOLUTIONS ON DOMESTIC VIOLENCE

FORTY-SIXTH NATIONAL CONVENTION, 1993

RESOLUTIONS - 1993

**International Year Of The Family**

Whereas the United Nations General Assembly, in its resolution 44/82 of December 8, 1989, proclaimed 1994 as the International Year of the Family with the theme, "Family: Resources and Responsibilities in a Changing World," and

Whereas the National Council of Catholic Women recognizes that although many changes in society have altered their forms and functions, families still provide a vital nurturing framework for the support and well being of their members, play an important role in formal and informal education and are active agents for transmitting human values and cultural identity as well as preserving intergenerational links, and

Whereas the National Council of Catholic Women is particularly aware of being open to the challenges of today, and the "signs of the times" spoken of repeatedly at Vatican II, and

Whereas the National Council of Catholic Women is committed to families of all ages and compositions and is concerned about the spiritual, emotional, physical and financial well-being of families, particularly in these stressful times, and

Whereas the National Council of Catholic Women has begun its MOM (Mothers Outreach to Mothers) program in an effort to strengthen families through interventions that support and educate at-risk pregnant women and families with newborns, resulting in families that become healthier and more self sufficient,

Be it resolved: That the National Council of Catholic Women reaffirm and renew its commitment to the 1983 NCCW Resolution in support of *Familiaris Consortio* and that NCCW take leadership in serving archdiocesan and diocesan councils of Catholic women to work with their local offices of Family Life Ministry in support of the Christian family as established by Christ, and

Be it further resolved: That the National Council of Catholic Women endorses the International Year of the Family as an opportunity to focus on the numerous family issues, in particular, on vulnerable families, in its 1994 publications and meetings,

Be it resolved: That the National Council of Catholic Women will promote and support the Catholic Campaign for Children

and Families, a collaborative effort of the United States Catholic Conference and many Catholic agencies and organizations including NCCW, which was generated by the U.S. Catholic bishops' statement, "Putting Children and Families First," and

Be it further resolved: That the National Council of Catholic Women, in an effort to support women and families, will continue efforts aimed at the development and implementation of the MOM program.

Domestic Violence

Whereas the National Council of Catholic Women believes that each individual is a valuable human being who is entitled to a healthy physical, social and psychological development, and

Whereas domestic violence is a sin against the human person and a major societal problem which cuts across all racial, religious, ethnic and socio-economic boundaries and, in most cases, is an abuse of women and children, and

Whereas the National Conference of Catholic Bishops, in an attempt to educate, has issued "When I Call For Help," a pastoral response to domestic violence against women,

Be it resolved: The National Council of Catholic Women will promote the bishops' response, "When I Call For Help," in Council affiliates, churches and communities,

Be it resolved: The National Council of Catholic Women, in collaboration with other diocesan offices and ministries, will continue to educate both men and women on the issue of domestic violence,

Be it resolved: The National Council of Catholic Women will address this issue by offering support in word and action to women and families who have suffered abuse and will encourage various ministerial leaders to address this in homilies and at other appropriate times, and

Be it further resolved: The National Council of Catholic Women will advocate for legislation that addresses the issue of domestic violence through such measures as assistance to battered women and children, making funding of shelters and educational programs a federal priority.

Building A Sacred Bridge Of Reconciliation

Whereas the National Council of Catholic Women through its affiliated members participated in many of the dialogues in

1993-219



Domestic Violence Resolution

Updated at the Annual Convention in Washington, DC, November 2010

Whereas 85% of reported domestic violence victims are women; and

Whereas domestic violence not only permanently scar the immediate victims involved, it also deeply affects the entire family, community, and world in a severely negative manner; and

Whereas the act of domestic violence is spurred by anger and hate, but the command of Jesus is to love,

Be it resolved that NCCW members will use resources to educate women about the dangers of domestic violence, and support victims by having information for assistance available in public places; and

Be it resolved that NCCW members will pray diligently to the Holy Spirit to remove this violence from our society; and

Be it resolved that NCCW members will support groups that assist domestic violence victims, and advocate programs to NCCW affiliations that help victims (NCCW's Women Healing the Wounds Program), and support legislation that aid victims.

The National Council of Catholic Women has designated the first Saturday of each month as a monthly Day of Prayer for Women's Concerns. The first Day of Prayer was October 1, 1994, at the NCCW General Assembly in Cedar Rapids, Iowa. The entire month of October is dedicated to Domestic Violence Awareness.

NCCW urges women all over the country to take a few minutes out of their busy schedules on the first Saturday of each month and pray, alone or with others, for women and their concerns.

*Listen, God, to my prayer;
Do not hide from my pleading;
Hear me and give answer.
If an enemy had reviled me,
That I could bear;
If my foe had viewed me with contempt,
From that I could hide.
But it was you, my other self,
My comrade and friend,
You, whose company I enjoyed,
At whose side I walked
In procession in the house of God,
But I will call upon God,
And the Lord will save me.
At dusk, dawn, and noon
I will grieve and complain
And my prayer will be heard.
(Psalms 55: 2-3, 13-15, 17-1)*

200 North Glebe Road, Suite 725, Arlington VA 22203 · Phone (703) 224-0990 · Fax (703) 224-0991 · nccw01@nccw.org

Notes:

Section 3: What is the Church's Response to Domestic Abuse?



A correct reading of Scripture leads to an understanding of the equal dignity of men and women and to relationships based on mutuality and love.

Husbands should love their wives as they love their own body, as Christ loves the Church.

Forgiveness does not mean forgetting the abuse or pretending it did not happen. Forgiveness is not permission to repeat the abuse.

An abused women's suffering is not punishment from God. This image of a harsh, cruel God runs contrary to the biblical image of a kind, merciful, loving God.

No person is expected to stay in an abusive marriage. We encourage abused persons who have divorced to investigate the possibility of seeking an annulment

<http://www.usccb.org/issues-and-action/marriage-and-family/marriage/domestic-violence/when-i-call-for-help.cfm>

The **Church** teaches that **domestic abuse is wrong** and if married, the person seeking to end the abuse is **not** violating their marriage covenant.

The Catholic Bishops of the United States affirmed their stance against domestic violence and their support for victims of domestic violence in their 2002 statement: ***"When I Call for Help, A Pastoral Response to Domestic Violence against Women"***.

<http://www.usccb.org/issues-and-action/marriage-and-family/marriage/domestic-violence/index.cfm>

WHEN I CALL FOR HELP: A PASTORAL RESPONSE TO DOMESTIC VIOLENCE AGAINST WOMEN

(Excerpts: 2002 Update of the 1992 document)

In the beginning, I was young . . . he was handsome. He said I was beautiful, smart, worthy of love . . . made me feel that way. And so we were married, walking joyfully together down a church aisle, our union blessed by God.

Then came the angry words . . . the verbal tearing apart. . . Now I was made to feel ugly, unintelligent, unworthy of any love, God's or man's.

Next came the beatings . . . unrelenting violence . . . unceasing pain. I shouldn't stay, but this is my husband . . . promised forever. He says I deserve it . . . maybe I do . . . if I could just be good. I feel so alone . . . doesn't God hear me when I cry out silently as I lie in bed each night?

Finally came the release, the realization. It's not me . . . it's him. . . I am worthy of love, God's and man's. One spring morning, my heart was filled with hope and with fear now only of starting over on my own. And so again I walked . . . down the hallway of our apartment building . . . never again to be silent . . . never again to live with that kind of violence, to suffer that kind of pain.

—A battered wife

Introduction

As pastors of the Catholic Church in the United States, we state as clearly and strongly as we can that violence against women, inside or outside the home, is never justified. Violence in any form—"physical, sexual, psychological, or verbal"—is sinful; often, it is a crime as well. We have called for a moral revolution to replace a culture of violence. We acknowledge that violence has many forms, many causes, and many victims—men as well as women.²

The Catholic Church teaches that violence against another person in any form fails to treat that person as someone worthy of love. Instead, it treats the person as an object to be used. When violence occurs within a sacramental marriage, the abused spouse may question, "How do these violent acts relate to my promise to take my spouse for better or for worse?" The person being assaulted needs to know that acting to end the abuse does not violate the marriage promises. While violence can be directed towards men, it tends to harm women and children more.

In 1992 we spoke out against domestic violence. We called on the Christian community to work vigorously against it. Since then, many dioceses, parishes, and organizations have made domestic violence a priority issue. We commend and encourage these efforts.

In this update of our 1992 statement, we again express our desire to offer the Church's resources to both the women who are abused and the men who abuse. Both groups need Jesus' strength and healing.³

The Church Responds to Domestic Violence

Scripture and Church Teachings

Religion can be either a resource or a roadblock for battered women. As a resource, it encourages women to resist mistreatment. As a roadblock, its misinterpretation can contribute to the victim's self-blame and suffering and to the abuser's rationalizations.

Abused women often say, "I can't leave this relationship. The Bible says it would be wrong." Abusive men often say, "The Bible says my wife should be submissive to me." They take the biblical text and distort it to support their right to batter.

As bishops, we condemn the use of the Bible to support abusive behavior in any form. A correct reading of Scripture leads people to an understanding of the equal dignity of men and women and to relationships based on mutuality and love. Beginning with Genesis, Scripture teaches that women and men are created in God's image. Jesus himself always respected the human dignity of women. Pope John Paul II reminds us that "Christ's way of acting, the Gospel of his words and deeds, is a consistent protest against whatever offends the dignity of women."¹¹

Men who abuse often use Ephesians 5:22, taken out of context, to justify their behavior, but the passage (v. 21-33) refers to the mutual submission of husband and wife out of love for Christ. Husbands should love their wives as they love their own body, as Christ loves the Church.

Men who batter also cite Scripture to insist that their victims forgive them (see, for example, Mt 6:9-15). A victim then feels guilty if she cannot do so. Forgiveness, however, does not mean forgetting the abuse or pretending that it did not happen. Neither is possible. **Forgiveness is not permission to repeat the abuse.** Rather, forgiveness means that the victim decides to let go of the experience and move on with greater insight and conviction not to tolerate abuse of any kind again.

An abused woman may see her suffering as just punishment for a past deed for which she feels guilty. She may try to explain suffering by saying that it is "God's will" or "part of God's plan for my life" or "God's way of teaching me a lesson." This image of a harsh, cruel God runs contrary to the biblical image of a kind, merciful, and loving God. Jesus went out of his way to help suffering women. Think of the woman with the hemorrhage (Mk 5:25-34) or the woman caught in adultery (Jn 8:1-11). God promises to be present to us in our suffering, even when it is unjust.

Finally, we emphasize that no person is expected to stay in an abusive marriage. Some abused women believe that church teaching on the permanence of marriage requires them to stay in an abusive relationship. They may hesitate to seek a separation or divorce. They may fear that they cannot re-marry in the Church. Violence and abuse, not divorce, break up a marriage. We encourage abused persons who have divorced to investigate the possibility of seeking an annulment. An annulment, which determines that the marriage bond is not valid, can frequently open the door to healing.

For full document: <http://usccb.org/issues-and-action/marriage-and-family/marriage/domestic-violence/when-i-call-for-help.cfm>

“DOMESTIC VIOLENCE INCREASINGLY ON THE VATICAN’S RADAR”

Catholic News Agency

A Catholic psychologist who recently met with the Pontifical Council for the Laity says violence between partners is still a massive problem globally – and it's gaining more attention from the Vatican.

“Domestic violence, currently called intimate partner violence (IPV) in professional literature to distinguish partner violence from child abuse, is still a very common problem in the U.S.,” Dr. Christauria Welland, Psy.D. told CNA Nov. 7. “This is so despite more than 30 years of intensive awareness and intervention on the part of federal and state lawmakers, law enforcement, victim advocates, therapists for victims, perpetrators and children exposed to IPV, the media and educators of every kind.

Archbishop Laffitte in Rome expressed his interest in **giving the topic a specific focus at next year's World Meeting of Families in Philadelphia**, she said. The topic of IPV was also on the “**instrumentum laboris**” – working document – of this year’s extraordinary synod of bishops on the family, and will also be discussed during next year’s ordinary synod, which is set to take place right after the Philadelphia encounter.

The entire article can be found at www.catholicnewsagency.com/

Rome, Italy, November 13, 2014, www.catholicnewsagency.com/

LETTER OF POPE JOHN PAUL II TO WOMEN

The Church for her part to contribute to upholding the dignity, role and rights of women, . . . thanks the Lord for his mysterious plan regarding the vocations and mission of women in the world is at the same time a concrete and direct word of thanks to women, to every woman, for all that they represent in the life of humanity...

Excerpt from Letter of Pope Paul II , June 29, 1995

http://www.vatican.va/holy_father/john_paul_ii/letters/documents/hf_jp-ii LET_29061995_women_en.html



CARDINAL DONALD WUERL, ARCHBISHOP OF WASHINGTON D.C.

States in his Web Blog:



The **Catholic Church** in the United States participates in the observance of October as **Domestic Violence Awareness Month** because we know that it touches individuals and families in all sectors of society, including families who are members of our parishes and whose children are enrolled in our schools and programs. The Church is here to help all those who are affected – **victims as well as perpetrators**. **God’s** merciful love can reach into the darkest places of relationships and family life.

In the Archdiocese of Washington, through a partnership with Catholic Charities and the Archdiocese of Baltimore, we have begun an initiative called “**Catholics for Family Peace**” that will provide training and pastoral resources for parish staffs so that parishes can respond

effectively to any call for help. **We hope all of our parish staff members can act as first responders** by doing the following: listening and believing victims’ stories, assessing the level of danger to the victim and the children and offering appropriate advice, services and counseling. To learn more about this initiative, please contact the **archdiocesan Office for Family Life (301-853-4546)**.

For Catholics it is important to understand the Church’s teaching on the indissolubility of marriage in the context of the reality of families living in dangerous situations. **We would never want someone to refrain from seeking help thinking that the Church would not allow spouses to separate.** The Church teaches that “the marriage bond has been established by God himself in such a way that a marriage concluded and consummated between baptized persons can never be dissolved” (Catechism of the Catholic Church 1640). Spouses ordinarily have the duty to live married life together, but a legitimate cause excuses them from doing so.

“If either of the spouses causes grave mental or physical danger to the other spouse or to the offspring or otherwise renders common life too difficult, that spouse gives the other a legitimate cause for leaving, either by decree of the local ordinary or even on his or her own authority if there is danger in delay” (Code of Canon Law 1153). In other words, if a spouse is abusive to the other spouse and the children and staying means there is danger of harm, they are encouraged to leave and separate themselves.

To view the entire blog go to:

Cardinal Donald Wuerl’s Blog: (10/8/14)

<http://cardinalsblog.adw.org/2014/10/domestic-violence-awareness-month>

ARCHBISHOP WILLIAM E. LORI - "OUR ROLE IN ENDING DOMESTIC VIOLENCE"

Article in Catholic Review

October is Domestic Violence Awareness Month, a time each year when that very question of Domestic Violence is discussed in hopes of providing the education and awareness that are critical to preventing the violence that befalls **one in four women and one in seven men** in their lifetime. This was also the goal of the U.S. bishops' 1992 statement, *"When I Call for Help,"* which unequivocally rejected domestic violence.

"As pastors of the Catholic Church in the United States, we state as clearly and strongly as we can that violence against women, inside or outside the home, is never justified," the statement said. **"Violence in any form – physical, sexual, psychological, verbal – is sinful; often it is a crime as well. We have called for a moral revolution to replace a culture of violence. We acknowledge that violence has many forms, many causes, and many victims – men as well as women."**

The incident involving the Rices underscores the reality that domestic abuse is **occurring in virtually every community**. Because it involves the treatment of the victim as an object and not a person to be loved and because people's lives are often at stake, domestic violence needs to be a lasting priority of the church. **Catholics can help prevent domestic violence by creating awareness that abuse, whether physical or psychological, is never acceptable.** They need to know specific ways to help.

To that end, last September I approved plans for a coordinated education and resource initiative to educate first responders (clergy, pastoral ministers and parish front office staff) and others to assist an abuse victim with immediate needs and to educate families on ways to prevent domestic abuse and promote family peace. The archdiocese's **Family Life Office can provide information**, resources and awareness training for staff and parishioners.

All Catholics need to know three basic things about domestic violence. They need to:

- **RECOGNIZE** the signs of domestic violence in themselves and others, which can be both physical and psychological;
- **RESPOND** appropriately by being supportive, sympathetic and non-judgmental (without acting as a counselor or rescuer, which should be left to the professionals); and
- **REFER** them to someone qualified to help them act safely and appropriately. The **National Domestic Violence Hotline, 1-800-799-SAFE (7233)**, is available 24 hours a day, seven days a week. It has access to resources for both the survivor and for the abuser, and it can connect people directly to a local resource.

Much more information about this issue can be found on our website,

<http://www.archbalt.org/>, in the **Family Life** section.

<http://www.catholicreview.org/article/commentary/archbishop-lori/our-role-in-ending-domestic-violence>

USCCB RESOURCES

The United States Conference of Catholic Bishops (USCCB) provides many resources on their Web Site:
<http://www.usccb.org/issues-and-action/marriage-and-family/marriage/domestic-violence/>

This USCCB web site has the following links to resources related to “Domestic Violence”:

- Full Text of [When I Call for Help: A Pastoral Response to Domestic Violence](#)
- Full Text in Spanish: [Cuando Pido Ayuda: Una Respuesta Pastoral A La Violencia Domestica Contra La Mujer](#)
- <http://www.usccb.org/issues-and-action/marriage-and-family/marriage/domestic-violence/upload/HELPPP.ppt> “When I Call for Help” (USCCB Statement) Power Point Presentation.
- **When I Call for Help Resource Cards:** These cards, in **English and Spanish**, list signs of an abusive relationship and include the number of the National Domestic Violence Hotline. They are ideal for parish pamphlet racks and as a resource to raise a congregation's awareness about domestic abuse.
- Overcoming Obstacles: Domestic Violence on the For Your Marriage website

Links to Resources for Priests, Deacons, and Pastoral Staff on the USCCB Web Site:

- Suggestions for preaching about family violence
- Addressing domestic violence in the sacrament of reconciliation
- Batters and the sacrament of reconciliation
- What do you say?
- Life Matters: Domestic Violence

CATHOLIC LINKS WITH HELPFUL INFORMATION:

- <http://www.youtube.com/watch?v=v3R3PCOkEf8> “When You Preach, Remember Me”, a short video produced by USCCB. Experts in the field of domestic violence, priests who have preached about it and women who have experienced it talk about violence against women in the home, its root causes, and its disastrous effects.
- <http://www.catholicsforfamilypeace.org/> **Catholics For Family Peace** is an alliance committed to creating a coordinated Catholic response to preventing domestic abuse and promoting interpersonal and family peace.
- <http://cardinalsblog.adw.org/2014/10/domestic-violence-awareness-month> Domestic Violence Awareness Month.
- <http://www.catholicreview.org/article/commentary/archbishop-lori/our-role-in-ending-domestic-violence> Archbishop William E. Lori’s article in *Catholic Review*: “Our role in ending domestic violence”.
- http://www.cedar.uk.net/church_statements.htm For church documents, relevant canon law, and other useful information see the website developed by the **Catholic Bishops’ Conference of England and Wales**, entitled *Catholics Experiencing Domestic Abuse Resources*.

Notes:

Section 4: What are Some Domestic Violence Awareness Prevention Resources?



LIFE MATTERS: DOMESTIC VIOLENCE

By Frank J Moncher, PhD

Licensed Psychologist of the Catholic Diocese of Arlington (VA) and Managing Director of Integration and Training, Catholic Charities Diocese of Arlington

“Persons experiencing domestic violence are often termed “victim,” or if the situation has resolved, “survivors,” but it is most important to recall they are children of God, with inherent dignity and deserving our love and respect.”

<http://www.usccb.org/about/pro-life-activities/respect-life-program/2013/upload/2013-Life-Matters-Domestic-Violence-secured.pdf>

“THIS IS OUR TRUTH”

Shannon Dietz

Article May/June 2013 Catholic Woman Magazine

I didn’t speak. A victim of childhood sexual abuse (by my grandfather) I was forced to remain quiet. I went through the most delicate years of my emotional and physical formation silent on what mattered, vocal on everything else in an effort to get attention. **Two weeks before my 17th birthday when I was violently attacked and raped by a fellow classmate who barked, “Shut up”** as I pleaded for him to stop, my voice left for good. It is why I continued to allow the violence against me to perpetuate from relationship to relationship until I was raped again three years later when I was 19 years old.

Now, married to a wonderful and godly Catholic man for 17 years, he still has to go on physical cues to know if what I’m experiencing is good or a “trigger.” This is one lasting side effect of sexual and physical violence against women: They lose the confidence that their voice matters.

Not all victims of sexual and physical assault have a history of childhood abuse but the reaction to violence remains the same for all ages...it strips the victim of dignity, worth, and esteem.

*Caitlyn, a young survivor recounts: “I remember that night like it was yesterday, it was a dark cold night in the city, nothing too out of the ordinary. I had just graduated high school. It was time to celebrate and get ready for college. I was finally about to be on my own and I felt free. So much change was happening all around me. I wanted to try something different; get out of my comfort zone, so I went with a friend to somewhere I have never been before. It was that night that I was assaulted. **One minute I felt as free as a bird, and the next minute my innocence was torn apart. I thought my world was over.***

Everything around me just fell to pieces. My mind was always racing constantly with horrible thoughts, thinking that it was my fault that I shouldn’t have even left the house that night. It turned my world upside down. I became distant with friends. I had frequent mood swings. I stopped eating and never slept. I became depressed and isolated myself from the rest of the world. No one knew what was going on. I was a scared, broken little girl desperately pleading for help. I felt alone, lost and more scared than I’ve ever been in my entire life.”

Common questions asked of survivors are “Why didn’t you fight back?” Why do you stay (in the relationship)? “Why didn’t you tell (or report)?

It is important to understand that when a woman is a victim of assault (either sexual, physical or both) it is most likely done by a spouse, boyfriend, family member or friend. The supposed “normal” reaction to fight or flight is replaced by confusion and despair. Instead of reacting rationally to their own survival victims are confused by the betrayal and no longer trust their own emotions and instincts.

Rachel shares the toll the assault took on her:

"At 15 I ended up in violent relationship for two years with constant physical, verbal, emotional, and psychological abuse and control by my boyfriend. I finally broke up after he screamed at me for attending my Grandfather's funeral instead of being at his school sports match.

I had no boundaries, no self-worth, or self-confidence. I was an angry teenager who turned the anger inward. I ate to cope which turned into binge eating and became overweight. I cut my own hair and self-harmed in other ways (pulling out eyelashes, picking of my nails or scabs until I bled, digging my nails into my arms until I bled). I dressed in baggy clothes, withdrew from friends and activities, and went through the motions of my Catholic faith but did not feel an emotional connection to God. I blamed God.

My saving grace was a man and woman who became like second parents. We bonded and I became a part of the family. Life improved and I felt God bring me out of the pit of Hell."

The fact is this is our truth. Every woman mentioned, including myself, is a faithful, Catholic woman. We reach every age and every class demographic. **We are the statistics and we have a story that needs to be told.** One way to prevent the statistics from increasing and reaching your family and friends is to allow survivors to know they have a voice; a voice that deserves to be heard.

Survivors need to tell their story, release what has been done to them and receive the support from loved ones and the counseling that will help them expose the shame, fear and guilt and learn to live normal, healthy lives. The more a survivor can talk the more she will heal. And the more stories that are heard gives more opportunity for women of all ages to recall the stories and respond in kind for the preservation of their worth and dignity.

Hopeful Hearts Ministry

Hopeful Hearts Ministry is devoted to restoring the lives of those who have suffered abuse. Through the distribution of books, videos, and other materials and symbols of strength plus delivering personal testimony the ministry helps to restore the self-worth of a survivor and give them a voice.

Hopeful Hearts also funds presentations to groups that otherwise wouldn't be able to afford the resources; such as women's penitentiaries, women's shelters, women's clinics, teens shelters, safe homes, and the like.

Shannon M. Deitz, author of the award-winning book, **"Exposed: Inexcusable Me"** has served as a team speaker for the Franciscan University Steubenville Youth Conferences and has been a speaker at the World Youth Day Conferences.

To learn more visit www.hopefulheartsministry.com
<https://www.youtube.com/watch?v=EKZePusa3JU>

Reprinted with Permission May/June 2013 Catholic Woman Magazine

"WHEN VIOLENCE TOUCHES HOME"

Laura Dodson

Article: Summer 2014 -- Catholic Woman Magazine

When Violence Touches Home

by Laura Dodson

With a focus on reinforcing and upholding the sanctity of marriage and family, the antithesis—domestic violence—must also be addressed. October is designated as National Domestic Violence Awareness Month and for good reason: in the United States, one in four women will experience domestic violence in her lifetime and every day three women lose their lives to it. This is Maria's story as told by her sister Rose.



"Maria's struggle is not unique," Rose said. "Things have gotten better as women have gotten better educated and have more earning power but the issues have not gone away. Women and children are still victims of domestic violence. Women don't know what to do to resolve the situation. They are not all knowledgeable about how to seek out help."

"I'm hoping that Maria's story will encourage women to reach out to someone. There are so many of us who care. Women need to get out of abusive situations not only for their own sake but for their children."

Our United States Conference of Catholic Bishops (USCCB) has been addressing the issue for decades. Their brochure, *When I Call for Help*, states: "Violence against women, inside or outside the home, is never justified. Violence in any form—physical, sexual, psychological, or verbal is sinful; often, it is a crime as well."

Rose shared many details and memories of her sister's early life. They were a close-knit family that included a brother and they grew up happy.

"Maria was 19 when she said, 'I want to get married,'" Rose recalled. "Within one month she was married and moved to Texas where her husband was stationed as an Army paratrooper. On Christmas Day, 1976, she gave birth to their son and I saw him the day he was born."

"When her husband got out of the service, they moved to Chicago, but he couldn't find a job—what job could he do as a paratrooper?"

He did body work in a shop behind the house, drinking beer at 10 a.m."

Maria started work as a bank teller and within the year she was promoted to head teller.

"Mom thought her husband was too rough," Rose continued, "Maria would wear sunglasses or long sleeves to hide the bruises."

"Her husband was called 'Happy'—but he was also abusive. His father was an abuser—of his mother who died of cancer and then after she died of his girlfriend. After his mother died, he was sent to live with an aunt. There was a lot of emotional baggage."

"What possesses people to hurt another human being this way? Happy would disconnect from the bad he did. He would hurt my sister and then buy her three dozen roses or would wash the apartment walls—he would go from one end of the spectrum to the other."

Rose shared that she didn't call Maria when her husband was home because he would become irate when she was on the phone with her. Once, Maria and the kids arrived at Rose's house without shoes. Her husband called, spoke to Maria—yelling—and they went back.

"He had a gun on the shelf—he would take it out and threaten her," Rose said. "He had threatened to kill the kids, but those things didn't come out until it was too late."

"My sister died December 2, 1983. It was called a crime of passion. Her husband put a gun to her forehead and pulled the trigger. Their son who was almost seven years old was the only witness; their daughter was in bed. The son had stopped his father a couple of times in the past; sadly, he considered this to be his fault."

"Domestic violence tears families apart and children suffer the scars forever. My mother died of a heart attack December 26th that year—it was just too much for her."

Rose shared that many wonderful people helped their family on a daily basis—the phone calls of those praying for them; the parish and teachers who surrounded the kids with love and helped Rose and her husband adjust from a family of one child to three.

(Continued on page 19)



It was called a crime of passion. Her husband put a gun to her forehead and pulled the trigger.

When Violence Touches Home

"I joined CCW in 1978," Rose continued, "attended my first national convention in 1983 and my sister died just after. I was so blessed to have CCW with me—it's what helped me and the kids make it through."

"I think that if she could, Maria would be out there trying to give other women confidence and support—her sisters in Christ. In her day, you didn't divorce the way you can today—you didn't leave—it's not something you talked about and women still don't feel comfortable talking about it today. But she would say, 'seek help to get out of the situation—there is so much more help available today and don't hesitate—don't let it happen to you.'"

Maria has two grandchildren; her son has a daughter, 6, and her daughter has a son, 3; both children are completely doted upon by their parents.

"I think that the women of CCW can be there for women to reach out to," Rose concluded, "because we believe in supporting, empowering and encouraging each other. The speaking out and the struggle of not speaking out – why is the problem still here? I'm seeing the abuse of others. Why do people abuse other people? Often when I tell the story, others have opened up and told their own stories, or tell of a friend or relative who dealt with abuse. Life can go on and you can make it good."



Editor's Note: October is Domestic Violence Month. To help raise awareness of this issue and to help victims and abusers, NCCW has a Domestic Violence kit available for purchase. Please call the office toll-free at 800.506.9407. "For Your Marriage," an initiative of the USCCB, interviewed NCCW member Sharon O'Brien, Ph.D. Read her interview at <http://www.foryourmarriage.org/interview-3-catholics-working-to-end-domestic-violence/>.

Prayer to St. Germaine, Patron Saint of Abused Children

O Saint Germaine,
 look down from Heaven
 and intercede for the many
 abused children in our world.
 Help them to sanctify these sufferings.
 Strengthen children who suffer the effects
 of living in broken families.
 Protect those children
 who have been abandoned by their parents
 and live in the streets.
 Beg God's mercy on the parents
 who abuse their children.
 Intercede for handicapped children
 and their parents.

Saint Germaine,
 you who suffered neglect and abuse so
 patiently,
 pray for us.
 Amen.



NCCW ATTENDS FIRST NATIONAL COALITION TO END SEXUAL EXPLOITATION SUMMIT

By Karen Painter, NCCW Service Commission

NCCW Attends First National Coalition To End Sexual Exploitation Summit

by Karen Painter, NCCW Service Commission

The first national coalition to end sexual exploitation summit, held this Spring in Washington, D.C., brought together world-renowned scholars and researchers, faith-leaders, health professionals, and activists to confront the scourge of pornography, trafficking, violence against women, and child sex abuse. The National Council of Catholic Women was also represented at the Summit, advocating an end to this "public health crisis" that is affecting every family in the country.

The speakers at the summit proved the connection between pornography, sex trafficking, and violence against women and children during their presentations. The porn industry is fueling the demand for trafficked women and children. We, the National Council of Catholic Women, must educate ourselves and help in any way we can, to eradicate the epidemic problem of pornography.

"If we do not take this seriously, we hand our children over to the media. The media have become our sexual educators," said internationally renowned sociologist and president of Stop Porn Culture, Gail Dines, Ph.D. "By the time they are in high school, America's porn-fed youth have amassed an encyclopedia of smut," Dines said. Unlike the comparatively mild magazines of years past,

today's standard porn—viewed within a mere fifteen seconds of a mouse-click—is hard-core and violent, with "abusive sex act after abusive sex act."

Individuals who watch pornography exhibit similar sexual behaviors and attitudes, said Jennifer Johnson, Ph.D. A recent study found that men who use porn become "infected" with the desire to act out what they see, and are 74% more likely to visit a prostituted woman.

Attorney Laura Lederer founded and directed The Protection Project, a legal research and human rights institute at Harvard University. Mrs. Lederer's research is based on interviews with actual sex trafficking victims some as young as age 14. She emphasized that, far from being a "victimless crime," pornography *is* sex-trafficking. Other speakers focused on the highly addictive nature of pornography, including psychotherapist Mary Anne Layden, Ph. D. ; Donald Hilton, M.D. , a neurosurgeon at the University of Texas; and psychologist Douglas Weiss, Ph.D., President of the American Association for Sex Addiction Therapy.



FAMILY VIOLENCE

By Eunice Washa, Service Commission Chair



What is family violence? Family violence is classified as a criminal act of assault with regard to married couples or members of the same family. Family violence can take place in a variety of forms but typically requires the presence of abuse sustained by one individual member of a romantic couple at the hands of the other member of the couple. Family violence can manifest itself in physical, emotional, sexual, or psychological forms.

Family violence can also be grouped with child abuse or acts of violence administered to children in a family setting. Regardless of the classification, all acts of family violence, whether delivered in an emotional, physical or psychological medium, are considered debilitating and in most cases illegal. If this is the case, contact a family lawyer to find legal protection.

Types of Family Violence

Family violence in a physical form constitutes abuse or assault sustained by one or all members of a family group. In most instances, acts of physical family violence can provide law enforcement with noticeable signs of bodily injury, which may prompt the authorities to take necessary actions including displacement of children or a formal prosecution of the aggressive party.

Emotional and psychological family violence are characterized by verbal abuse or assault sustained by several family members. This can include name-calling, threats, and emotional abuse. In most cases, the signs of this type of family violence are far more difficult to identify initially than their physical counterparts.

Family violence in a sexual form constitutes sexual abuse sustained by one or both members of a romantic partnership or family group. Family violence, when delivered in a sexual nature, can include spousal rape, family rape, and sexual abuse.

If You Are A Victim of Family Violence

If you or a loved one has been made aware of an ongoing act of family violence, you are encouraged to contact your local law enforcement department in order to report the details of the offense.

If you know someone in need, please call the National Family Violence Hotline's 24-hour telephone number: 800-799-7233.

National Domestic Violence Hotline online: www.the-hotline.org/

Individual members working together, with a community group, or with members of an affiliate may want to review the May NCCW Connect for information about how to participate in HopeLine* from Verizon, a domestic violence prevention program.

Plan ahead. October is Domestic Violence Prevention Month. ■

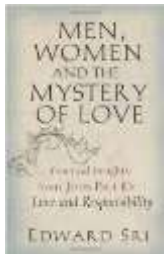
CATHOLIC RESOURCES:

The following can be found on

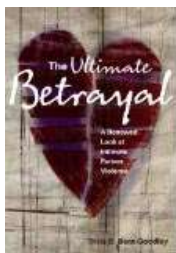
<http://www.amazon.com/>



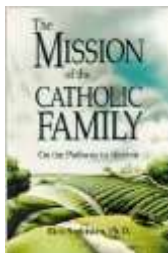
Real Questions by Real People - Catholic Q and - All You Want to Know about Catholicism by Father John J. Dietzen



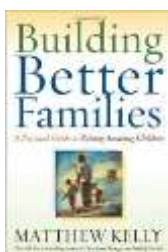
Men, Women and the Mystery of Love: Practical Insights from John Paul II's Love and Responsibility by Edward Sri, (2007, Servant Books)



The Ultimate Betrayal: A Renewed Look at Intimate Partner Violence by Tricia B. Bent-Goodley (2011, NASW Press).



The Mission of the Catholic Family: On the Pathway to Heaven by Rick Sarkisian (1999, Basilica Press)



Building Better Families: A Practical Guide to Raising Amazing Children by Matthew Kelly (2008, Ballantine Books).

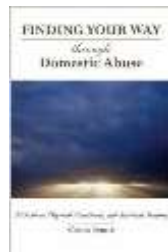
WRITTEN BY CATHOLICS THAT HAVE EXPERIENCED ABUSE:



Exposed by Shannon Dietz (2012 Hopeful Hearts Ministries)



Shattered Dreams by Charlotte Fedders and Laura Elliott (1987, Harper and Row)



Finding your Way through Domestic Abuse: A Guide to Physical, Emotional, and Spiritual Healing by Connie Foure (2006, Ava Maria Press).

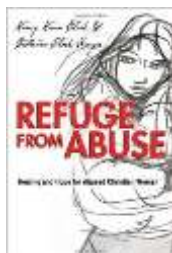


My Peace I Give You: Healing Sexual Wounds with the Help of the Saints by Dawn Eden (2012, Ava Maria Press).

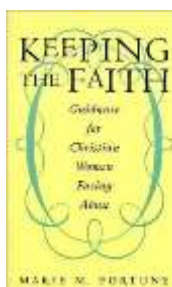
INTERFAITH RESOURCES

Faith Trust Institute is a national, multi-faith, multicultural training and education organization with global reach working to end sexual and domestic violence.

The following can be found on <http://www.faithtrustinstitute.org/> or <http://www.amazon.com>



Refuge from Abuse by Nancy Nason-Clark and Catherine Clark Kroeger



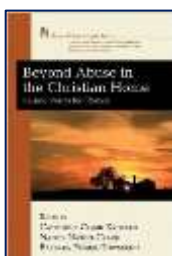
Keeping the Faith: Guidance for Christian Women Facing Abuse by Marie M. Fortune (This would be worth keeping supplied in your Church)



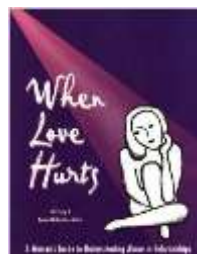
Women, Abuse and the Bible: How Scripture Can Be Used to Hurt or Heal by Catherine Clark Kroger and James R. Beck, editors. (1996, Baker Books)



No Place for Abuse: Biblical and Practical Resources to Counteract Domestic Violence by Catherine Clark-Kroeger and Nancy Nason-Clark. (2001, Intervarsity Press Books)



Beyond Abuse in the Christian Home: Raising Voices for Change by Catherine Clark Kroeger, Nancy Nason-Clark, and Barbara Fisher-Townsend (2008, Wipf and Stock Publishers)



When Love Hurts: A Woman's Guide to Understanding Abuse in Relationships by Jill Cory and Karen McAndless-Davis (2008, Womankind Press)

The following items can be found on <http://www.faithtrustinstitute.org/store>



Broken Vows: Multi Faith Religious Perspectives on Domestic Violence includes a Catholic woman's story Two part training DVD includes a Study Guide. (Spanish and English)



Wings Like a Dove: Healing for the Abused Christian Woman (video and DVD).

Circles of Healing: Study Guide: a three-session support group curriculum for abused Christian women. Designed to

complement the DVD program, **Wings Like a Dove: Healing for the Abused Christian Woman**. Each session includes worship materials, scripture reflections, discussion questions, and closing prayers. Related content **Wings Like a Dove**. *"This is an excellent pastoral ministry resource."* Sheila Garcia, Secretariat for Family, Laity, Women and Youth, U.S. Conference of Catholic Bishops.

SECULAR RESOURCES

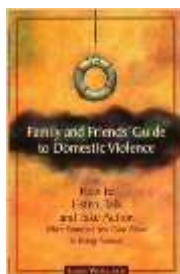
The following can be found on:

<http://www.amazon.com/>

Elaine Weiss's two books:

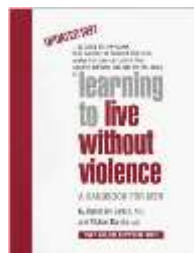


Surviving Domestic Violence: Voices of Women who Broke Free (2000, Volcano Press)



Family and Friends Guide to Domestic Violence: How to Listen, Talk, and Take Action When Someone You Care About is Being Abused (2004, Volcano Press).

RESOURCE FOR THOSE WHO ABUSE



Learning to Live without violence: A Handbook for Men
by Daniel Jay Sonkin and Michael Durphy (1997, Volcano Press)

Disclaimer: Please note that (other than designated NCCW material/website) the websites, groups, and authors are not affiliated with the **National Council of Catholic Women**. We provide this information solely for your information. We are not responsible for, nor do we endorse, their policies, the views they express, the products and services they offer, or the content of their materials or websites. Agencies, nonprofits and other institutions can and do change their mission and their websites. Please consider this as you review these resources. The **National Council of Catholic Women** makes no representations concerning the quality of medical care or level of professional skills of any specific counselor or healthcare provider that may be mentioned in these resources. Each person is encouraged to make his/her own investigation prior to consulting for treatment. Any decision to use a professional from these resources is the sole responsibility of the user.

If you should notice anything offensive to Catholic teaching in the above resources, please contact: The NCCW Office at 200 N Glebe Road, Suite 725 Arlington, VA 22203
nccw01@nccw.org

WEB MINISTRIES AND RESOURCES

- <http://www.catholicsforfamilypeace.org/> **Catholics For Family Peace** is an alliance committed to creating a coordinated Catholic response to preventing domestic abuse and promoting interpersonal and family peace.
- <http://www.saintritamistry.org> The St. Rita Ministry (Domestic Violence Resource Ministry) at Holy Family Catholic Church serves to be a resource for support and referrals while providing education, outreach and awareness to the issues of domestic violence.
- <http://saintritamistry.catholicweb.com/index.cfm/NewsItem?ID=177249&From=Home> Signs to look for in an Abusive Personality
- <http://saintritamistry.catholicweb.com/index.cfm/NewsItem?ID=177377&From=Home> Downloadable Documents & Fact Sheets
- <http://www.harborhousefl.com/> Harbor House of Central Florida
- <http://www.faithtrustinstitute.org/> Faith Trust Institute
- <http://www.theraveproject.org/> Religion and Violence E-learning. Excellent site with resources and video.
- <http://www.interfaithpartners.org/> Interfaith Partnership Against Domestic Violence (Safe Havens)
- <http://mnadv.org/faith/> Maryland Network Against Domestic Violence: A Spiritual Response to Domestic Violence Guide. This guide has a specific section on Catholic responses, co-developed by Sharon A. O'Brien, Province Director NCCW (2013-2015)
- <https://www.healthymarriageandfamilies.org/> National Resource Center of Healthy Marriages and Families. A service of the Office of Family Assistance, Administration for Children and Families, U.S. Department of Health and Human Services.

The **National Resource Center for Healthy Marriage and Families** promotes the value of healthy marriage and relationship education skills and encourages their integration into safety-net service systems as a holistic approach to strengthening families.

- <http://www.ndvh.org/> National Domestic Violence Hotline (1-800-799-SAFE (7233)
- <http://www.nrcdv.org/> National Domestic Violence Resource Center
- <http://www.cdc.gov/> Centers for Disease Control

Notes:

Section 5. What Do We Need to Know About Teen Dating Abuse and Violence?



Young people are the future of our church and country. Let us help them find a better way and enter their adulthood without the burden of violence but full of peace, self-confidence and living their faith.

- Teen dating violence has escalated in the last few years and the victims are younger and younger
- National Dating Abuse Helpline: 1-866-331-9474
- Teen Dating Violence Awareness Month: February



NCCW Call to Action:

Make yourself aware of this issue and encourage your CCW to become involved.

- It could be your child, grandchild, family member, neighbor, or church community member.
- Plan an event for February, Teen Dating Violence Awareness month
- Encourage your church youth group to utilize the resources available.
- Sponsor speakers: for your youth group or parish at large
- Create or sponsor programs that are positive, uplifting and promote self-esteem.
- Educate parents about the lyrics of popular music and the message it sends to teens.
- Most of all PRAY for the youth of today...they are the future.

Teen Domestic Violence Awareness Month National Crime Prevention Council

http://ncpc.typepad.com/prevention_works_blog/2012/02/teen-domestic-violence-month.html

On February 14th, of course, we celebrate Valentine's Day, a day set aside to celebrate and acknowledge those we love. Congress designated each February as Teen Domestic Violence Month.

Teens who are in abusive relationships almost never (two out of three) tell anyone, and according to the research, victims of teen dating violence are more likely to abuse drugs, tobacco, or alcohol, have eating disorders, or even commit suicide.

See more at: http://ncpc.typepad.com/prevention_works_blog/2012/02/teen-domestic-violence-month.html

TIPS FOR PARENTS

Dating violence is a vicious cycle that not only affects adults but also affects teens. **One in five teens today say that they have been the victim of, or know a friend who has been the victim of, dating violence.** Dating violence consists of verbal, emotional, physical, or sexual abuse. This pattern of abusive behavior is used to exert power and control over a dating partner. Typically, by the time physical abuse is present, a pattern of verbal and emotional abuse has already been established.

Dating violence has to be taken seriously. If not confronted, it can ultimately affect the rest of a young person's life by introducing a cycle of unhealthy relationships with violent or abusive partners. Teens that stay in a violent relationship often become confused about what makes a healthy relationship and can begin to mistake abuse for love. As parents, talk to your child about dating violence and discuss the warning signs. Abusive behaviors are usually learned behaviors; therefore, it is important to be a good role model by setting positive examples through your own relationships.

AS A PARENT WHAT CAN I DO?

- Set an example. Displaying positive and healthy relationships will model appropriate relationships for your child.
- Talk to your child. Explain to your children what constitutes a healthy and respectful relationship. Assure your child that if he or she ever finds him or herself in a violent relationship that he or she is not to blame. Assure them that they can talk to you and that you are there to help them establish and navigate healthy relationships.

WHAT ARE THE WARNING SIGNS?

- Makes excuses and apologizes for his or her partner's behaviors
- Often has unexplained injuries, such as bruises or body pain
- Isolates him or herself from family and friends and only deals with his or her partner
- Has a dating partner who constantly texts or calls and demands to know where and with whom he or she has been
- Changes his or her behavior in order not to anger or upset his or her partner
- Changes the way he or she dresses in order to please his or her partner
- Has a dating partner who puts him or her down and calls him or her names in front of others
- Has a partner who acts extremely jealous when others pay attention to him or her
- Is frequently upset or depressed and seems withdrawn but won't explain why

TEN TIPS TO HELP YOUR TEEN

1. **Educate yourself** on teen dating violence and access resources that will help you begin the discussion with your teen. **Articles and brochures can help you approach your teen in an effective manner.**
2. **Talk to your teen** about dating violence early. If your teen seems already to be in a dangerous relationship, assure him or her that he or she is not to blame for his or her partner's behavior and that you are there to help.
3. **Listen to your teen** when he or she approaches you about dating abuse. Explain that you are going to help him or her get out of the situation.
4. **Emphasize that when he or she wants help**, it is available. Let your child know that domestic violence tends to get worse, becomes more frequent with time, and rarely goes away on its own.
5. **Work with your teen** to identify resources that will help him or her take care of his or herself, provide emotional support, and build self-esteem.
6. **Look for opportunities** to increase your child's self-esteem. Children who believe in themselves and their own worth are better able to choose good partners.
7. **Be realistic** when talking to your teen. Teenagers often have a false picture of romantic relationships. Explain that abuse is not love.
8. **Share your standards.** Talk to your teen about the way he or she should treat and respect others. Explain how you feel he or she should be treated in return.
9. **Create an open environment.** Be open to all of the questions that your child asks. Don't criticize, judge, or jump to conclusions when he or she asks about relationships.
10. **Try not to criticize** or "put down" the abusive partner when talking to your teen. Maintaining a neutral position may help your teen to open up about his or her situation, rather than feeling that you're bashing his or her partner. <http://www.ncpc.org>

WAYS TO GET INVOLVED

- **Contact your child's school** and ask about introducing programs that teach children about dating violence and relationships.
- **Work with the art teacher** or students to create a visual statement against dating abuse. Consider a poster contest or other projects that can be displayed at the school.
- **Encourage the school** to obtain free materials and resources that discuss dating violence. The material should display a local hotline number for anyone in need of help. ([ncpc.org](http://www.ncpc.org))

DATER'S BILL OF RIGHTS



1. Teens, remember that you are in control of your own behavior, and that you have the right and responsibility to keep yourself safe.

Daters' Bill of Rights

- I have the right to refuse a date without feeling guilty.
- I can ask for a date without feeling rejected or inadequate if the answer is no.
- I do not have to act macho.
- I may choose not to act seductively.
- If I don't want physical closeness, I have the right to say so.
- I have the right to start a relationship slowly, to say, "I want to know you better before I become involved."
- I have the right to be myself without changing to suit others.
- I have the right to change a relationship when my feelings change. I can say, "We used to be close, but I want something else now."
- If I am told a relationship is changing, I have the right not to blame or change myself to keep it going.
- I have the right to an equal relationship with my partner.
- I have the right not to dominate or be dominated.
- I have the right to act one way with one person and a different way with someone else.
- I have the right to change my goals whenever I want to.

2. There are many early warning signs of dating violence. Ask yourself:

- Is your partner jealous or possessive?
- Does your partner dislike your parents or friends?
- Does your partner have traditional ideas of male and female roles?
- Do you get a lot of negative teasing from your partner, even in front of friends?
- Does your partner have a quick temper?
- Does your partner “playfully” slap you and shove you?
- Does your partner’s behavior change because he or she drinks or uses drugs?
- Do you feel it is your responsibility to make the relationship work?
- Are you expected to change your behavior to suit your partner?
- Are you afraid of what your partner might do when angry, whether with you or someone else?
- Are you afraid to express feelings of your own or make decisions about what to wear, where to go, or whom to like?
- Does your partner demand to know where you are at all times?
- Does your partner make you afraid to say no to sex?
- Are you afraid to end the relationship?

3. What can you do if you are a victim of dating violence? Here are some measures you can take to protect yourself.

- Speak with a parent, teacher, counselor, law enforcement officer, or adult you trust and get help immediately. Although abusers may sometimes be loving people, dating violence consists of hostile and abusive acts.
- Create a “safety plan” to prevent a violent attack. Take precautions; let parents and friends know where you are and with whom.
- Obtain a court order against the abuser.
- Keep a written record of the abusive incidents.
- File a police report.

NCPC <http://www.ncpc.org/programs/teens-crime-and-the-community/monthly-article/dating-violence/searchterm=datingviolence>

DATING MATTERS®-- THREE MINUTE VIDEO**A comprehensive approach to prevent teen dating Violence**

Dating Matters® : Strategies to Promote Healthy Teen Relationships is the Centers for Disease Control and Prevention's **teen dating violence** prevention initiative. CDC developed Dating Matters®, a comprehensive teen dating violence prevention initiative based on the current evidence about what works in prevention

- Overview: **What is Dating Matters® based on?**
http://www.cdc.gov/violenceprevention/pdf/dm_overview-a.pdf
- A free CD-ROM **Dating Matters®** on line training is available.
<http://www.cdc.gov/violenceprevention/datingmatters/>

The CDC based Dating Matters® : Strategies to Promote Healthy Teen Relationships is on three important facts:

1. **Dating violence has important negative effects** on the mental and physical health of youth, as well as on their school performance.
2. **Violence in an adolescent relationship sets the stage** for problems in future relationships, including intimate partner violence and sexual violence perpetration and/or victimization throughout life. Therefore, early intervention is needed to stop violence in youth relationships before it begins and keep it from continuing into adult relationships.
3. Although evidence suggests **dating violence is a significant problem in economically disadvantaged urban communities**, where often times due to environmental factors an accumulation of risk factors for violence exists, there have been few attempts to adapt the developing evidence base for prevention of dating violence within these communities.

Healthy Teen Relationships:
http://www.cdc.gov/violenceprevention/pdf/promote-healthy-teen-relationships_2014.pdf

RESOURCES FOR PREVENTING DATING VIOLENCE

- **Break the Cycle** <http://www.breakthecycle.org/> is the leading national voice in the education and prevention of dating violence among young people. Empowering Youth to end domestic violence.
- **National Crime Prevention Council's** web site <http://www.ncpc.org> has many resources for both parents and teens on preventing dating violence and abusive relationships.
 - **Dating Violence** Dating Violence may be something you think only happens to other people. In reality one in four teens are victims. Not sure if you are in an abusive relationship?
<http://www.ncpc.org/resources/files/pdf/training/Dating%20Violence%202012.pdf>
 - **A study guide to Recognize and Prevent Dating Violence**
<http://www.ncpc.org/resources/clusters/dating/violence/Session%2014%20Dating%20Violence.pdf>
 - **Abusive Behaviors in Teen Dating Relationships**
<http://www.ncpc.org/resources/files/pdf/violent-crime/abusive-behaviors-in-teen-dating-relationships.pdf>
 - If you believe your friend is being physically or sexually abused, tell an adult you trust or call **800-FYI-CALL** for help.
 - Reproducible brochure for teens about abusive relationships
http://www.ncpc.org/resources/files/pdf/violent-crime/teen_dating_violence.pdf
- **Love is Respect website** also has quizzes the teens can take on Healthy Relationships, Am I a good boyfriend/girlfriend? Do abusers change?, How would you help? And much more including information on what is dating violence. <http://www.loveisrespect.org/>
- **Information on many of the issues including uses of technology in relationships.**
<http://lovewhatsreal.com/abusive-behaviors/>
- **8 Tips to Stay Safe as you Head to Campus this Fall** <https://rainn.org/news-room/back-to-school-safety-tips-2013>
- Information Links regarding **Sexual Assault** from the Rape Abuse & Incest National Network:
<https://rainn.org/get-information>

Acknowledgements

Section 1: What is Domestic Abuse and Violence?

When I Call for Help	United States Conference of Catholic Bishops 1992
Warning Signs in a Relationship	<i>Refuge from Abuse</i> http://www.theraveproject.com/index.php/faqs/q3/are_there_warning_signs/
The Power and Control Wheel	Domestic Abuse Intervention Project, Duluth, Minnesota
The Equality Wheel	Domestic Abuse Intervention Project, Duluth, Minnesota

Section 2: What is the NCCW's Response to Domestic Abuse and Violence?

Women Healing the Wounds	NCCW, Arlington, VA
A CCW Call to Action Project	Verizon Wireless
NCCW Resolutions on Domestic Violence	NCCW Arlington, VA, 1993, 2010

Section 3: What is the Church's Response to Domestic Abuse and Violence?

Domestic Violence Increasingly on the Vatican's Radar	Catholic News Agency , Nov. 13, 2014
Cardinal Donald Wuerl	Cardinal Donald Wuerl Blog
Our Role in Ending Domestic Violence	Archbishop William E. Lori, Catholic Review

Section 4: What Are Some Domestic Violence Awareness and Prevention Resources?

"This is Our Truth"	Shannon Dietz, Catholic Woman Magazine May/June 2013
"When Violence Touches Home	Laura Dodson, Catholic Woman Magazine , Summer 2014
"NCCW Attends First National Coalition to End Sexual Exploitation Summit	Karen Painter, NCCW Service Commission, Catholic Woman Magazine , Summer 2014
"Family Violence"	Eunice Washa, Service Commission Chair, Catholic Woman Magazine , May/June 2013

Section 5: What Do We Need to Know About Teen Dating Abuse and Violence?

Teen Domestic Violence Awareness Month

National Crime Prevention Council

Ten Tips to Help your Teen

NCPC, <http://www.ncpc.org>

Daters' Bill of Rights

Adapted from NCPC

<http://www.ncpc.org/programs/teens-crime-and-the-community/monthly-article/dating-violence/searchterm=datingviolence>

Dating Matters®-- Three Minute Video

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NCCW 2014 Service Commission

Nancy Poll, Chair

Domestic Violence Subcommittee

Sharon A. O'Brien, Archdiocese of Washington, D.C.

Judith Brose, Archdiocese of Kansas City in Kansas

Kathy Bonner, Diocese of Orlando, Florida

With additional help from Jeanie Illian, Archdiocese of Chicago, Illinois

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