

# **Sara Didn't Want To Die ...**

## **But She Knew She Would If She Went Home**

Sara grew up in a respectable family. She was popular in high school, and excited to go to college to reach her dream of being a kindergarten teacher.

She met Preston during her junior year at college and fell in love. Preston was an accounting major and already working at a large firm. His future was bright, and he asked her to be a part of it.

When they married, Sara's dreams changed — she looked forward to being a stay-at-home mom. She quit school and they began their family.

Her friends were jealous because she had everything. A nice house ... brand new cars ... expensive clothes ...

But they couldn't see past her doors or under her silk blouses. Sara hid behind her smile and was relaxed all day long — until Preston came home.

The first time he hit her, he cried and said he was sorry, it was the stress from work. The second time, he cried and said he had too much to drink. The third time, he had no excuse.

And he's never had an excuse since.

Even though the boys were very young, Sara saw the toll the violence was taking on them. The day after Preston broke her arm, she packed her bags and told him she and the children were leaving. He threatened to kill her ... and the kids.

Sara didn't want to go to the police — she didn't want to go to her parents — and she didn't want to go to her friends.

Luckily, she knew about New Beginnings.

When she came in, I saw defeat in her face. She told me her story, and like most women, she tried to blame herself: if only she'd been a better cook ... if only she'd kept the house cleaner ... if only she'd been a better wife ... if only, if only, if only.

We put her and the boys up in our shelter and filed for a restraining order. They participated in our group and individual counseling. We helped Sara find a job in a pre-school. Now they have their own apartment.

You see, New Beginnings was created for women just like Sara — women who need to get back on their feet after fleeing an abusive situation.

Unfortunately, some women go back to their abuser, and we can only hope and pray for the best. But Sara is one of our success stories.

She benefited from our services and boosted her self-esteem. She knows she didn't deserve to be hit and it wasn't her fault. And she knows she is one of the lucky ones.

I want to thank you for helping us help Sara and her children. Your generous donations made it possible for Sara to leave a dangerous situation and get her life back.

We would like to have more success stories, so please consider a donation today to help ensure women will have a place to seek refuge. No amount is too small — \$10 will help us feed the women and children we shelter.

Thank you for making the decision to save a life.

With warm regards,

Emilie Martinson  
Executive Director

P.S. Sara is back in college. She will graduate soon with a degree in counseling so she can help other women get out of abusive relationships.