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MESSENGER

Helping Families, Transforming Lives



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WINTER 2010

Three Single Moms' Lives Transformed in 2010

The fastest growing group of homeless people in the United States is comprised of single women with two or three children. Before the 1980s, the homeless population was mostly made up of men. Now, 62% of applicants at My Father's House are homeless mothers. On any given night in our community there are more than 3,000 homeless families. Most of the time, it's a case of economics (job loss or lack of skills). Sometimes it comes down to having neither family nor support resources, and other times it may be a result of a domestic dispute.

Meet three women served by MFH in 2010.



Misty

Misty says her poor choices and bad judgment led her to homelessness.

Misty and her daughter were desperate when they arrived at MFH. "I was miserable, pitiful, and mean when I got here," says Misty, 26, of herself and 9-year-old AJ. "We were in survival mode and not succeeding well at all." Misty says she was running from God and herself. "I was so exhausted from just trying to live."

Misty moved into the shelter and began a whole new way of life. "I loved going to the classes. I begin to feel like maybe someone did love me. All the knowledge and skill I was learning made me hopeful and encouraged. I didn't have to find a safe place to sleep every night. We had food and classes, and as I focused on parenting and finances and job search, I began to feel stronger. I now know a peace in God that I never knew existed!"

Now, a few months later, Misty has a job she loves as a cashier. She is working very hard on balancing her parenting, work, relationships, and spiritual life.

Misty has a huge grin as she says, "We have a great church and lots of friends. I have a great job. I'm very close to earning enough for an apartment of my own. I couldn't have done it without My Father's House."



Trina

A domestic violence situation sent Trina, an attractive, high-energy mom to tow-headed, two-year-old Wyatt, hurtling into homelessness. Trina aced a bottom level

job in a hospital, one that provided lots of training and potential for advancement. She stuck to long night shifts and worked through childcare and homework crises.

"All the classes at MFH were just right for me. I gained insights about myself. The counseling was free! The organization and activities are amazing! The parties and social events are so fun. How can they do so much? Even clothes for the kids and work clothes for the parents. Everyone knows that they're special!"

Trina is an enthusiastic supporter of MFH. "Wyatt loved the childcare and the attention he received from the staff. We knew we were important. During a very critical time in our lives, MFH was there for us. Our



family is not only intact, but is thriving because of the ministry of My Father's House. Thank you for all you do."

Stacy

Estranged from her husband, who is in a treatment center in another state, Stacy and her three "Moms" continues on page 2

Celebrating 10 Years

...of helping families and transforming lives!

Join us for our anniversary dinner

January 7, 2011

at Lloyd Center Doubletree

Hosts also still needed. If you would like to host or attend, please contact Cathe at 503-492-3046 x222 or email cathe@familyshelter.org.

"Moms," continued from page 1

children long to be reunited with her husband, the children's father. "It might not happen," sighs Stacy. "I have to trust God." She has had to face a lot of harsh realities these past few years. Stacy is currently packing to move from her studio apartment at MFH into her new two-bedroom apartment.

"You know what will stick with us?" Stacy asks. "The unconditional love. After that I'd say the Financial Peace class. I liked the networking for jobs and housing too. I could say I'd like more computer lab time."

Stacy talks about having a more positive attitude in life since she arrived. "I want my Family Mission Statement goal to be 'optimistic about life'. I learned that here!"

"I have no doubt God directed me to this shelter. I was supposed to be here and address my issues. The timing is so perfect for everything to come together: my finances, my children's progress, my apartment. God has blessed my children and me through being a part of MFH."

*Interviewed and submitted by Jacki Washington,
Women's Case Manager and Single Moms' Floor Manager*



from the
**Director's
Chair**

Welcome to the end of another decade! I am amazed that not only is it the end of a decade, but it also marks the 10 year anniversary of My Father's House. I am surprised at how far we have come over the past ten years and how many families we have helped along the way.

Of course, passing the 10 year mark is a huge, big deal to me, my staff and my board (and you, too!). So we're celebrating! On January 7, 2011, we will have an Anniversary Dinner at the Lloyd Center Double Tree Hotel.

Joining us that evening will be former and current residents (100+), former and current board members, and you! I will be a fun night of entertainment, laughter, hope and vision. I do hope you will join us. To ensure your reservation contact Cathe at 503-492-3046 x222 or by email Cathe@familyshelter.org. Hosts and Sponsors are still needed. Don't wait too long, space is limited.

~Cathe

Cathe Wiese, Executive Director

Our Winter Wish List



- * Pull-down wall screen
- * Video projector
- * DVD players (4)
- * Small digital camera
- * Vacuum cleaners (2)
- * Crockpots * Microwave
- * Carpet shampooer
- * Floor Buffer
- * Duplo Legos
- * And we need:
Toilet tissue, facial tissue,
and paper towels

More info: 503-492-3046

Classes Prove Beneficial to MFH Residents and Community Alike

All our residents take a class called "The Genesis Process" on Thursday evenings. One of the concepts from Genesis Process states: "It is important for your long term healthy recovery and growth that your life makes sense. Your life starts to make sense when you see your pain and struggles result in others' healing and change."

Here are a few things our residents do in their "Give-To-Grow" class assignment:

- Painted a disabled senior citizen's front porch
- Made hundreds of sandwiches and distributed them to the hungry in the community
- Volunteered at the local animal shelter
- Offered to babysit for a harried relative with five children
- Ushered at their church
- Cooked and served a BBQ for total strangers
- Helped the neighbor fix his car
- Three families took their children to the nursing home and passed out wildflowers and love notes to the elderly
- Passed out socks, gloves, and blankets to homeless people in downtown Portland
- Took his "band" members to Holiday Park and sang songs to the homeless there

Thank you, students, for improving our community while learning about your own strengths!



PROUD GRADUATES of "Rent Well", a rental readiness class, show off their diplomas.



The best of all gifts around any Christmas tree: the presence of a happy family all wrapped up in each other. ~ William E. Vaughan



Gift Wrapping

with donation to My Father's House every weekend in December, 10 a.m. - 7 p.m., at Gresham Station.

While you're there, purchase

RAFFLE TICKETS for a **CRUISE**

for two, courtesy of CP Trips!

\$10 each or 3 for \$25

(or call MFH: 503-492-3046 x224)

Make Your Quote Count!

Get an auto insurance quote from Eric Mahame by Dec. 31, 2010, and



will donate \$10 to My Father's House.

Contact Eric today at 503-675-7600 x58519 or

Eric.Mahame@libertymutual.com.

Purchase not required. One donation per household.



The Dealer With a Heart! will donate **10% of any service work** (oil change, repair work, parts and labor) or **\$100 from any car purchase** (new or used) to My Father's House at the customer's request.

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Free exam or adjustment

with donation to My Father's House
\$37 new patients
\$27 active patients

Gresham Town Fair Chiropractic

503-667-6744

www.greshamchiropractor.net

Call office for details. Offer good Dec. 13-17, 2010. May not be used in conjunction with insurance benefits.

Knapp Farms

Premium Quality Christmas Trees
Wholesale, U-Cut and Retail

With over 40 years of tree growing experience, Knapp Farms is the perfect place to find your Christmas trees and wreaths. You will like our convenient, easy to find location on US Highway 26 near Sandy, Oregon. Choose and Cut from more than 30,000 hand-trimmed Noble and Grand Fir Christmas Trees. Sizes range from 4' to 12'. Prices starting at \$10. Fresh wreaths always available.

Opening November 26, 2010
Friday, Saturday & Sunday
9:00 AM until Dark
Every week until Christmas
When you mention My Father's House
20% of your purchase will be
donated to My Father's House!

Come rain, sun, snow or sleet, you will be greeted by a hospitable helper on hand.
You can ride through the fields on a tractor pulled wagon, enjoy a hot beverage, and relax in a farm friendly atmosphere.
Hand saws are available or bring your own. Full service tree cutting is cheerfully provided for anyone with disabilities.

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For more information go to www.knappfarms.com
or visit our Facebook page at www.facebook.com/knappfarms
Directions to our farm: We are 3 mile east of Sandy, Oregon, on the south side of US Hwy 26. Look for signs marking our driveway.