ARISE & THRIVE

MONTHLY NEWSLETTER

NOVEMBER 2026 | THE GRATITUDE ISSUE

HOPE | HEALING | RESTORATION

A Season of Gratitude & Hope

This issue shares survivor voices, local events, and ways to stand with neighbors as we make room for hope and healing.

KNOW THE SIGNS

Repeated accusations, monitoring, restrictions on school or work, and denied privacy can signal abuse, even without visible injuries.

DOMESTIC VIOLENCE & HOUSING

ABOUT 1 IN 5 Women experiencing homelessness in California report domestic violence as a key cause.

Source: California ICH HELP Act dashboard, citing UCSF CASPEH (2023).

FOOD DISTRIBUTION SUPPORT

CATHOLIC CHARITIES PANTRY

149 N Fulton St, Fresno, CA 93701
Mon-Fri, 8:30 AM-3:45 PM; lunch 12:15-1:00 PM
Call 559-237-0851.

THANKSGIVING MEAL BOXES

Wednesday, November 25 at 8:00 AM, at the same address. Distribution is first come, first served. It is not drive-through service, and lines form early.

Immediate danger: call 911. Confidential support: call 800-799-SAFE (7233) or text START to 88788.

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SURVIVOR SPOTLIGHT | NOVEMBER 2026

Meet Lupe

A survivor's testimony of courage, faith, and healing



My name is Lupe, and I am a survivor of domestic violence. As far back as I can remember, I witnessed women being beaten by their spouses. I always said I would never allow myself to be in an abusive relationship, but that is exactly what happened with the father of my children.

Many red flags went unrecognized. The abuse was more verbal and emotional than physical. He constantly accused me of cheating, especially when I was in school. I would return to school, only to drop out again. I was not allowed to close the bathroom door while I showered. He called me nonstop while I attended funeral services and kept calling until I came home. Most nights, he lay next to me holding a knife. I never knew whether I would wake up the next day. To be honest, with all the chaos at home, I did not want to be awake.

After a while, I began hitting back, too, but I refused to do it in front of my children. It was not until he was arrested and sent to prison that I moved away. But real freedom came when I found Jesus. He helped me realize that I deserved better, and God is now helping me thrive.

I became a member of Bethel CC, returned to school, and began co-leading Celebrate Recovery. I have shared my testimony at different Celebrate Recovery meetings and street outreaches. I made it out of that abusive relationship, and I pray that every woman and man experiencing domestic violence gets help to leave safely and receives freedom and healing through the Lord.

SURVIVOR SPOTLIGHT | NOVEMBER 2026

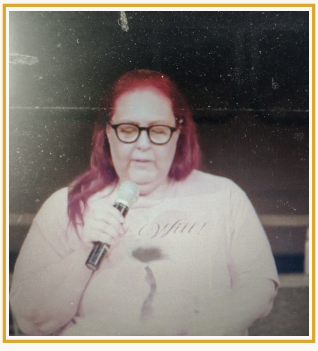
Lupe's Story, Continued

Her words of freedom, healing, and encouragement

Looking back, I wish I had known he was stalking me even before we became a couple. After we had children, he confronted me about who he had seen me with and who he had seen walking into my apartment.

Returning to school gave me a sense of freedom. Knowing I can go and better my life without someone making accusations has empowered me. Celebrate Recovery has given me tools to understand that it is okay to forgive myself for not walking away sooner and to forgive my abusers without ever staying in another abusive relationship. It has also helped me know that I am not alone.

I want people to know they should never feel ashamed or embarrassed, because they are not alone. The worst thing they can do is stay silent. The best thing they can do is get help to walk away. I know the thought of leaving can hurt. But staying can cost you your life. Please seek help.



A GENTLE REMINDER

Explore options at your own pace. A confidential advocate can help you plan for support.

Call 800-799-SAFE (7233) or text START to 88788.

FAITH & COMMUNITY

SCRIPTURE FOR THE SEASON | PSALM 91:4 (KJV)

"He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler."

COMMUNITY EVENT

Under the Shadows of His Wings

Saturday, November 14 at 10:30 AM.
Luvz Church
1241 N Blackstone Ave
Fresno, CA 93703
Guest speaker: Apostle Vansia Tapia.
The event includes testimony, raffles, and fellowship. Please wear blue and white.



SAFETY, SUPPORT & OUTREACH

SELF-DEFENSE CLASS



ARISE EMPOWERED

Women's Safety, Self-Defense & Survivor Empowerment Program
Saturday, November 28, 2026 at 10:00 AM
Classes are held monthly.
4974 N Clinton Way, Suite C, Fresno, CA
Registered participants receive travel-size mace.
$35 donation; register in advance.
Register at AriseWomensFoundation.com under Menu > Events.

SHARE YOUR STORY

Visit arisewomensfoundation.com. Choose Spotlight in the menu and follow the prompts to share your story.

ARISE THANKSGIVING OUTREACH

Saturday, November 21, 2026

Arise will provide a hot meal to neighbors facing housing instability. The time and location will be announced. For volunteer updates, visit AriseWomensFoundation.com.

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