

SEPT
2026

The Postpost

THE NEWSLETTER OF SHEPHERD'S GATE

Finding Safety... and Hope

*After years of living in fear, Nancy found safety,
healing and renewed hope at Shepherd's Gate
because of friends like you.*

INSIDE:

- Behind Closed Doors
- Brave and Beautiful
- You are Part of God's Plan



Shepherd's
Gate

Finding Safety... and Hope

FOR FOUR YEARS, Nancy* lived in fear. After her husband lost his job, he began drinking constantly and his anger grew into abuse.

Home was no longer safe for Nancy or her children. Her teenage daughters moved in with an aunt to escape the violence. Then one day, Nancy came home and found her husband abusing their son.

That was the moment Nancy knew she had to leave.

At first, Nancy stayed with her sister, but her husband knew where she was and repeatedly came to the house, pounding on the door and demanding that she come outside. Hoping to protect her family, Nancy moved into a cheap motel. When she returned one day to find all of her belongings had been stolen, she was devastated. Depression soon settled in, making it difficult to face each day.

Nancy found Shepherd's Gate during her search for help. It took her 24 hours to gather

the courage to make the call. But she made the call. And we had a place for her.

She arrived with only the clothes she was wearing.

The staff welcomed her with compassion, showing her to a bedroom, providing fresh towels and clothing and giving her a safe place to shower. That evening, she joined the other women for dinner.

She shared that she *"felt love right away by strangers that cared about her."*

That was only the beginning of Nancy's healing journey.

Since arriving, she has worked with a therapist, attended support and financial classes, addressed health concerns, participated in grief recovery and grown through the Keys to Freedom program. As she has processed both childhood and adult trauma, she has also experienced a renewed relationship with God.

Today, in thinking about God, she says she's *"running towards Him and hungry to know Him more."*

Her children have watched that transformation unfold. Recently, they joined her at church to celebrate an especially meaningful milestone — Nancy's baptism. It was a joyful day for their family and a reminder of the new life God is building in her.

Nancy still has several months remaining in Shepherd's Gate's program as she develops employment skills and continues rebuilding relationships with her children. Her journey isn't finished, but today she is moving forward with hope instead of fear.

Because of caring friends like you, women escaping domestic violence find more than a safe place to stay.

Women find compassionate people who walk beside them as they heal, rebuild their lives and discover the hope God has for their future.

Behind Closed Doors

Domestic violence and abuse reaches far beyond what many people see:

- ➔ **1 in 3 women** have experienced physical violence, such as pushing, slapping or shoving. Of those, 1 in 4 women have been victims of severe physical violence, such as beating or strangling.
- ➔ **50%** of people have experienced emotional abuse.
- ➔ **72%** of all murder-suicides involve an intimate partner.
- ➔ **1 in 3 children** who witness domestic violence are also victims of child abuse.

Your Prayers Make a Difference

Every day, we see the difference prayer makes in the lives of the women and children at Shepherd's Gate. Will you join us in prayer for these requests?

- Pray for moms to become strong enough to focus on their healing
- Pray for children to open up about their feelings so they can begin healing
- Pray for housing needs after graduation
- Pray for the women as they learn new skills to gain employment
- Pray for the children who have stopped talking because of trauma they have witnessed
- Pray for women to discover and trust the Lord
- Pray for those children who are not reunited with their moms yet

* Name and image changed for privacy

The Gatepost

From My Heart

You are Part of God's Plan

God truly had a plan over 42 years ago when He developed Shepherd's Gate with Alice Ann Cantelow, our founder. Domestic violence and homelessness were just as critical for women and children back then as they are today.

But now the violence associated with domestic abuse has become more life-threatening for the whole family.

Women often wait too long to escape or seek help. When they arrive at Shepherd's Gate, the whole family is broken and scared that their abuser will find them. It takes time to heal and trust God every step of the way. But, oh how sweet it is to see a family transformed before graduating from our long-term program and live independently, safe away from harm.

We are blessed to know that God built this refuge for women and children called Shepherd's Gate. And you are a part of God's plan here.

I'm delighted God placed this ministry on your heart.

With a grateful heart,



Carol Patterson
Chief Executive Officer



Hope Corner

Brave and Beautiful

Choosing to leave a dangerous situation is incredibly difficult, demanding bravery, courage and ultimately faith to step into the unknown.

When a woman makes that courageous choice and enters our program, our immediate goal is to surround her with safety and unconditional love. Our staff walks alongside each resident from day one, offering constant encouragement and the essential tools needed to begin a lifelong journey of healing and transformation.

Within our community at Shepherd's Gate, women find daily opportunities to rebuild their lives, learn self-love and discover their true worth and identity in Christ. This healing process takes time, but investing in the future of these women and their children is worth every single minute.

As a team, we lean into God for strength, praying for Him to break our hearts for what breaks His. We feel the heavy weight of these heartbreaking stories, yet bearing that burden allows us to witness the ultimate reward of seeing broken hearts beautifully mended.

With hope,

A handwritten signature in black ink that reads "Stephanie". The script is fluid and cursive, with a large, stylized 'S' at the beginning.

Stephanie Fischer
Executive Director





Every \$42.89 you give provides a full day of safe shelter, nourishing meals, recovery programs and Christ-centered care for a woman escaping abuse.

Give Her a Day to Begin Again

For every woman who finds safety at Shepherd's Gate, there are hundreds who are still living in fear.

They're waiting for the moment they can escape. Longing for a safe place where they can rest without fear, begin healing from trauma and discover they don't have to face the future alone.

Will you help them by sending a gift today?

Every \$42.89 you give provides a full day of Christ-centered care, including safe shelter, nourishing meals, support for addiction recovery, professional counseling, budgeting and debt reduction training and practical support that helps women rebuild their lives.

Your gift provides the care and support someone like Nancy needs to begin healing from the trauma of abuse.

Because of friends like you, more women can find the hope of a new beginning.

Provide Safety, Hope and Healing Today

Yes, Carol! I want to help provide healing, safety and hope for women and children at Shepherd's Gate. I'm sending a gift of:

☐ \$ _____

From:
A Caring Friend


Shepherd's Gate



NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES

Please write your prayer request on the back of this form. **See back for credit card gifts.**
Please enclose this form with your gift in the envelope provided. To give securely online, please go to shepherdsgate.org/give. Thank you.

How to Help Someone Facing Abuse

If someone you know is experiencing abuse, you may not know how to help. One of the most important things you can do is listen without judgment and remind them they are not alone.

You can also learn more about domestic violence through Shepherd's Gate or the National Domestic Violence Hotline.

When it is safe to do so, you may be able to help by storing important documents or an emergency "go bag," or by connecting your friend with resources that can help them plan a safe escape.

For information and support, visit www.thehotline.org or contact Shepherd's Gate's intake line for assistance.

Shepherd's  Gate

The Gatepost

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Brentwood, CA 94513
925.308.7507

Livermore:

1660 Portola Ave.
Livermore, CA 94551
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shepherdsgate.org



For more than 40 years, Shepherd's Gate has served women and children trapped in abuse, addiction and homelessness. Our mission is to provide safe refuge, restore hope and dignity and rebuild lives through the transforming power of Jesus Christ.

You can also give securely online at:
shepherdsgate.org/give