

## Homemade quilt captures plight of victims

The Domestic Violence/Rape Crisis program quilt was crafted in 2003 by survivors of *The DV/RC quilt has been displayed throughout the county on different occasions to increase awareness of the subject of domestic violence. For a closer look at the quilt, click on any square.*

Domestic Violence, as well as program advocates. Each participant designed their own square which represented some aspect of that individual's experiences. By designing a square, each participant was able to reflect on where they have been and where they want their life to go. The making of the quilt helped in the healing process and serves as a reminder of the daily crisis of violence against women. The quilt also serves as a powerful tool for prevention and education and has been displayed in various locations throughout the county. Through projects like the quilt, Opportunities' Domestic Violence and Rape Crisis Department continues to raise awareness regarding the subject of domestic violence and is committed to advocating for victims' rights to live in their community and home without the fear of violence.



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FEEL ASHAMED  
 DOMESTIC VIOLENCE  
 affects everyone AND ALL emotions!  
 BRUISES  
 BLOOD  
 BROKEN BONES  
 THROWING THINGS AT YOU  
 COERCING  
 GET OUT NOW-THERE IS HELP  
 HITTING  
 CRY  
 DEPRESSION  
 VIOLENT TEMPER  
 FEAR  
 HURT  
 SCREAMING  
 SUPPORT GROUPS

"Can we be like drops of water falling on  
 the stone...  
 Splashing  
 breaking  
 dispersing in air  
 weaker than the stone by far but be aware that  
 as time goes by the rock will wear away  
 and the water comes again..."

Deciding to heal was a  
 choice. The first one we ever  
 clearly made. We didn't decide.  
 The alternatives just became  
 too painful. We cried once but  
 it went on for years...  
 We reclaimed our bodies, inch by  
 precious inch. We tried out  
 trust, like experimenting with  
 drugs. We learned to sleep. We  
 spoke the truth. We were  
 hungry for all we missed.  
 We made a cup of tea  
 in our own kitchen and  
 drank it at a blue table on  
 which we'd set a small  
 bouquet of flowers.





Letter from a Survivor

I went for a walk a few weeks ago and I heard a neighbor yell/swear at his wife. I just started shaking and wanted to walk up the driveway and tell him "you can't do that, it's called verbal and emotional abuse." It's funny; the 15 years I was living with that, I just accepted it and thought nothing of it. Now that it's been over a year since we left and I don't hear that on a daily basis, I can see it is abusive. No one deserves to

be talked to or treated that way. My goal is to still get healthier and to help other women get out of their abusive situations.

There are some people who live in a fantasy world, and there are some who face reality.



And then there are those who turn one into the other."

MAGIC

Dare to Believe in Your Dreams



" Staying does not mean that I'm not  
 also in the process of leaving. Staying  
 means I am conserving my energy.  
 Staying means I am using my few  
 Clearheaded moments to plan my exit.  
 Staying means I am figuring out how  
 to remain alive for the long haul. Staying  
 is an amazing feat of drowning.  
 Surviving the moment takes every speck  
 of intellect and will I can gather.  
 But it's a temporary condition.  
I will break the surface.

Excerpt from "When Katie Walker"




As a society we make excuses for the abuser  
 and revictimize the victim.  
 you have to stand for something  
 or you'll fall for anything!  
 Justice will be served, if not in this lifetime  
 then the next.

