



CHILDREN OF THE IMMACULATE HEART



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August 2021 Newsletter

Dear Friends in Christ,

I am working overnight at The Refuge, a shift which is generally very peaceful as the kids fall asleep at night. I just asked one of the girls what she would like me to share with our supporters about helping foster youth. She replied that having some freedom and independence to grow and not be controlled is important. This profound insight illuminates some of their negative life experiences they have faced.

We are all created with a free will and intended to hone self-mastery, making us responsible for our actions and the consequences we face. Parents' duty is to educate and rear their children to ultimately lead to their happiness. Unfortunately, many foster youths lack positive parental involvement to help educate them in virtue, which classical philosophy teaches us is its own reward. At The Refuge, we strive to teach virtue to the young ladies, through natural consequences, making and learning from our choices. Whether success or "failure" is perceived to be achieved in the moment – all perceived failure is only an opportunity to grow and to learn!

This desire for freedom that our resident expressed tonight could stem from experiences from traffickers, bad boyfriends, unhealthy family members, or people working in "the system" who may not have made themselves present to the youth's needs. I inspire our Refuge Staff to be mindful in avoiding duplicating these unhealthy relationships, which can trigger them. With the Refuge Staff being in a position of authority, this dynamic typically disadvantages us for building relationships on trust with the youth. When a youth is upset or does not feel heard by a staff member, it is common for them to accuse them of collecting a paycheck. We aim to overcome this perceived barrier by going above and beyond the call of duty to bring our girls the love of Christ, which does not count the cost and is freely given.

Being placed in a residential treatment program is difficult for a young lady – to extremely limit contact with friends is a torture most teenage girls would truly resent. I certainly would have when I was a teenager! While they are here, we desire to provide these girls with the requisite freedom within the boundaries of the program to help them grow, to discover what they love, and most importantly who they are, so they can make good choices for their happiness as they launch into young adulthood. Interested in joining us in this venture by working or volunteering? Please visit www.ciheart.org/careers or www.ciheart.org/volunteer to learn more!

Thank you for all you do to make this work possible!

Yours in Christ,



Grace Williams
Executive Director/ President

St. Bakhita's Adult Program Updates

As of this July, I am glad to announce that the adult program has started Group Therapy. In the past, we had a weekly group gathering we called "Women's Group", which was a form of group therapy facilitated by the adult program case manager. Now that we have found a reputable Catholic therapist, the adult program will officially have Group Therapy with a licensed therapist.

Group therapy is important because it supports the ladies in our program in developing the communication and social skills that are needed in everyday life. The clients also will benefit from learning how to express their personal struggles and accept criticism from others. In addition, they will grow in self-awareness by listening to others with problems that resemble their own. I look forward to sharing the successes of the ladies we serve as the year continues!



God bless,
Jenna Derham
St. Bakhita's Adult Program Manager



St. Bakhita's Survivors

Get to know the women in our
Adult Program!

Name: Jennifer*

What is your dream job?

To become a business owner.

Do you have any children?

Yes, I have four. My oldest has been learning how to cook with me and he loves it. My second oldest loves drawing and has a notebook full of art. My daughter, which is my third child, loves to be a princess, play dress up a lot, and says she wants to be like her mommy one day. My youngest loves dinosaurs and is learning new words daily.

What inspires you the most?

My kids and God.

How have you benefitted by being in the Adult Program?

I've learned to manage my life skills, such as knowing how to manage my bills & learning to manage my attitude as well.

How has Covid impacted you?

My kids felt stuck at home and we felt like things were never going to be back to normal. Since Covid, I've become a teacher, an essential worker, as well as trying to manage being a mother and make things feel normal for my kids.

Explain where you are right now.

Right now, I'm still working on myself. I am learning new ways on how to manage day to day life. A lot has been thrown at me, but one thing for sure is that I will not give up. With the help of CIH, I know I have great people by my side telling me everything will be okay.

*To protect the privacy of the survivor, her name has been changed.

Peace through Humility

It is a quiet Tuesday evening. The girls have eaten dinner and one of the staff is playing music while cleaning up the kitchen. A sheet of cookie dough is sitting on the counter waiting to go in the oven. I am with two of our girls sitting in the classroom. The lazy orange glare of the setting sun is streaming in the windows as it sets over the hills behind the house. Moments of external peace like this at The Refuge are precious, but in turbulent moments, peace is still possible.

I was recently flipping through the book *Searching for and Maintaining Peace* by Father Jacques Phillipe and this passage caught my eye: "The behavior that is most perfect is not that which corresponds to the image that we sometimes form for ourselves of perfection... Rather it is one where there is the most disinterested love of God and the least prideful pursuit of oneself. One who accepts to be weak, small and who fails often, who accepts to be nothing in his own eyes or in the eyes of others, but who, without being excessively preoccupied with his situation, because he is animated by great confidence in God and knows that his love is infinitely more important and counts ever so much more than his own imperfections and faults, this person loves more than one who pushes the preoccupation of his own perfection to the point of anxiety."

Success by any worldly standard is not what ultimately matters in the work of Children of the Immaculate Heart. In moments when difficulties threaten our peace, we may not be able to surmount them, but we can always descend below them. Such humility is simply the way of the Gospel.

In the Immaculate Heart of Mary,



Sarah Beveridge

Child Care Worker/

Volunteer Coordinator

Back-to-School Drive



The ladies in our adult program and their children are excited for the upcoming school year!

We are currently in need of:

- Composition books
- Flash cards
- Colored markers
- Large laminated dry erase calendar for wall
- 6 small 2021-2022 planners
- College ruled notebooks
- Mechanical pencils
- Mechanical pencil lead
- Wooden pencils
- Black pens
- Highlighters
- \$50-\$100 Walmart Gift Cards to purchase school clothing

If you are interested in donating, please email Jenna at jenna.derham@ciheart.org for any questions and to make delivery arrangements.

Targeted Donation Date- Early to Mid August

Current Job Openings

House Manager (FT)

Teacher's Assistant (FT)

Overnight/Daytime Childcare Worker (FT/PT)

Office Manager (FT)

For more details on current positions,
please visit www.ciheart.org/careers.

Volunteering

We invite you to participate in our ministry
through our newly relaunched Volunteer Program!

Unsure of how to use your talents?

Scan the QR code below to take our Volunteer Survey
or complete it online at www.ciheart.org/volunteer.



Scan to Complete Our
Volunteer Survey



2021 Weekend Silent Retreats

inspired by the Spiritual Exercises of St. Ignatius of Loyola

Oceanside, CA

For Women

August 20-22

For Men

August 27-29

December 10-12

Menlo Park, CA

For Women

October 15-17

Rancho Palos Verdes, CA

For Women

October 29-31

858-768-0872

www.mileschristi.org/spiritual-exercises

Dedicated to helping the lay faithful
GROW IN HOLINESS

Contact Information

Donations

www.ciheart.org/donate

Keep the Refuge Capital Campaign

www.ciheart.org/keeptherefuge

St. Bakhita's Adult Program

www.ciheart.org/adultprogramspecialappeal

Social Media

Instagram:

@childrenoftheimmaculateheart

Facebook:

Children of The Immaculate Heart

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