



Dear Friends in Christ,

Blessed month of November and Thanksgiving to you all! In Greek, the word for “thanksgiving” is *eucharistia* which is where we get one of our names for Holy Mass or the Host itself. This is our greatest act of Thanksgiving to God, to offer the Eternal Son to the Father, as “sons in the Son!” As we reflect upon all the things we have to be grateful for, we wanted to share with you some words from one of our clients. We hope you are encouraged by her letter, knowing what your contributions to our apostolate make it possible for survivors of sex trafficking in San Diego.

Yours in Christ,

Grace Williams Lionello
CIH President & Executive Director

Client Corner

Since joining CIH, I've felt truly supported on my journey to independence. Working with Wannu [CIH Emergency Services Program Administrator] has been incredibly empowering, as she doesn't enable me or define me solely by my experience as a "survivor," which has often been the case in other nonprofit spaces. With her, I feel recognized for my wholeness. Wannu constantly reminds me that my dreams are achievable. Since participating in the CIH savings program Ric [CIH Finance Coach] also consistently reminds me my goals are achievable and has helped me accomplish something I've struggled with throughout my healing journey—creating a budget. As I've healed from past trauma related to money, my relationship with finances has transformed. I now feel empowered to take control of my financial future, get out of debt, and save for myself and my son's future.



Photo courtesy of Alex Graham

I'm so proud of how far I've come, and I owe much of that to people like Wannu and Ric, who continue to believe in me even on the days when my own light feels dim. I'll be graduating in May next year with a degree in International Business Development and a minor in Marketing. I've been able to save significantly toward a permanent home and am working on a plan to save for my son's college tuition. He's set to start college in 2030, and I know time will fly by! My son dreams of earning an engineering degree and loves coming with me to class to get a feel for university life. It's amazing to see him thinking about his future, especially at an age when I was focused solely on surviving. I am proud to be breaking the generational cycle and grateful for all the support I've received to make this possible.

With Gratitude,

[A client participant in CIH's programs]

*Want to make a difference?
Donate today!*





The Healing Power of Giving: Bringing Hope and Renewal

Renewing Hope Through Acts of Love

For survivors who have experienced great darkness, the kindness of others can be a powerful source of hope. It serves as a reminder that God's love is present in the world, expressed through the compassion of those who care.

Rebuilding Trust

Trust is broken for those who have endured exploitation. When people give freely and selflessly, it helps to rebuild that trust, showing survivors that there are good-hearted people who genuinely care, allowing them to feel supported not only by a caring community but also by our Father in heaven.

Affirming Dignity and God-Given Worth

Every person has God-given dignity and worth, but this can be difficult for survivors to feel. Acts of giving affirm their value and remind them that they are loved, deserving of care, respect, and a better life.

Creating a Sense of Belonging in a Faith-Based Community

Generosity reminds survivors that they are not alone and are embraced by a caring community that values Christ's compassion and mercy. Feeling supported by a larger community can bring comfort and encouragement, providing a much-needed sense of belonging.

Empowerment Through Compassionate Support

Receiving help can be empowering when a survivor knows that others, inspired by the Holy Spirit to love and serve, are willing to walk alongside them. This can give a survivor the courage to pursue their goals and dreams and to know that they are not defined by their past but can create a new future with the help of God's grace.

Encouraging a Positive Self-Identity

Experiencing kindness from others helps survivors begin to see themselves in a new light—not just as individuals who have suffered, but as resilient and strong people on a journey toward healing.

Alleviating Worry Through Faith in God's Providence

Practical support eases the burden of meeting everyday needs and thus allows survivors to focus on healing and spiritual growth. It can teach them that God's care is manifested through the loving actions of others and can bring relief from anxiety and pace.

This November, as we prepare for the Advent season, Children of the Immaculate Heart is honored to participate in Giving Tuesday, a Global Day of Generosity that falls on December 4. This opportunity invites us to reflect Christ's love by offering our gifts to the survivors of sex trafficking we serve. Through your faith-inspired contributions, we can continue our mission to restore dignity, hope, and healing to these resilient souls. Please join us in this powerful act of charity, trusting that God's mercy will shine through every offering we give.



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