

A CALL TO PROTECT

► “As pastors of the Catholic church in the United States, we state clearly and as strongly as we can that violence against women inside or outside of the home is NEVER justified.

Violence in any form—physical, sexual, psychological, or verbal IS SINFUL. Often, it is a crime as well.

We have called for a moral revolution to replace the culture of violence.

We acknowledge that violence has many forms, many causes, and many victims—men as well as women.”

~United States Conference of Catholic Bishops

“For I am convinced that neither death, nor life, nor angels, nor rulers, nor things to come, nor powers, nor heights, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.” ~ Romans 8:38-39

Domestic Abuse Hotline
Statewide toll free 24 hour
866-223-1111

National Domestic Violence Hotline
1-800-799-SAFE
www.ndvh.org

MN Coalition for Battered Women
24 hour phone line 866-223-1111

Crisis Connection
866-379-6363

Minneapolis Crisis Nursery
763-591-0100

**St. Paul and Minneapolis Archdiocesan
Council of Catholic Women**

777 Forest Street
Saint Paul, MN 55106



Phone: 651-291-4545
E-mail: accw@archspm.org
Website: www.accwarchspm.org

DOMESTIC VIOLENCE IS REAL
but know

THIS FAITH COMMUNITY IS HERE
FOR YOU

You are not alone

There can be
Peace and Hope for You
or someone you love

Peace Love Hope

A call to stop
the violence

AM I IN AN ABUSIVE RELATIONSHIP?

ABUSE IS:

- Yelling, swearing, name-calling, shoving, slapping, choking or hitting.
- Threats to do bodily harm.
- Controlling another adult's choices, activities, social life, work life or money.
- Preventing another from working, seeing family or attending school.
- One person making all the decisions; controlling all the money for clothing, food, recreation or essentials.
- Belittling comments; telling someone they are a bad parent or threatening to take away or hurt their children.
- Acting like the abuse is no big deal; it's another's fault, or even denying the abuse entirely.
- Denial of basic needs such as food, clothing, shelter or healthcare.
- Intimidation with guns, knives or other weapons.
- Threats to do bodily damage.
- Threats to kill another.

BELIEVE YOU ARE NOT ALONE:

- God loves you and is there for you.
- You are a good person and this is NOT your fault.
- You deserve to be cherished.
- There is help and hope.
- Your faith community cares about you, prays for you and wants to help.
- God does not want you to suffer or be afraid.
- God is not punishing you.
- God loves you and wants you to be safe.

EVERYONE HAS THE RIGHT TO:

- Be treated with respect
- Express feeling and opinions
- Be listened to and taken seriously
- Say "NO" and not feel guilty
- Make mistakes
- Change and Grow
- Terminate conversations with people who put you down or humiliate you
- Set their own priorities
- Ask for information
- A life not motivated by fear but rooted in love

There is a faith

community out there for you. Let them help you.

IT IS WRONG TO:

- Inflict bodily harm on anyone.
- Use words to abuse or harm any person.
- Physically harm a child in punishment.
- Use a weapon to force or threaten any person.
- Force or coerce anyone to have sex.
- Accept or excuse violence while the perpetrator is under the influence of drugs or alcohol.
- Allow or approve of any household or family member to inflict physical or emotional harm on other household members.
- Believe that knowledge of family violence or sexual abuse should be kept secret and not reported to the authorities.
- Encourage anyone to accept emotional, physical or sexual abuse.
- Use the Bible or other religious teachings and documents to justify acts of violence and abuse.