

# Healing and Mending Ministry Newsletter

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## SPECIAL POINTS OF INTEREST:

- Domestic Abuse
- Prayer and Family
- Fundraisers
- Contact Info

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## DOMESTIC VIOLENCE DURING THE HOLIDAY SEASON

During November and December, stress runs high in most families. Finances are stretched to buy gifts or to travel to see family members. Seeing those family members we don't quite get along with or not being able to see relatives and friends can add even more stress to a relationship. Excessive alcohol consumption is usually an added factor at this time of year. Sometimes our expectations of what should happen compared to what actually happens can give us the holiday blues. Many of us try to out do ourselves during the holidays and arguments happen. But what about abuse during the sea-

son? How can it be prevented?



Thanksgiving and Christmas are prime times for abusers who use control over their victims. The abuser knows the victim wants to be with family and friends but many abusers use this to get a tighter grip on their victims

causing even more stress. One lady I spoke to about this said, "The look of satisfaction on his face as I cried on Christmas Day because he took the car keys from me so I couldn't go to my parents house made me sick to my stomach." Communication has to be on the top of everyone's list. Talking your feelings out in a calm manner is the most important thing to remember. If you feel a situation is going to get out of hand, try to excuse yourself from the other person to have a cool down session then agree to come back together when things are calm. Planning ahead can also help tremendously. Set a

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budget and stick to it. If you have kids, money is always tight. If you do find yourself in an abusive situation, it is critical that you stand up and get help. Go to a relative or friends house. Using the seasonal stress as an excuse to have to withstand a beating or verbal assault

is not right. Abuse is abuse no matter what time of year it happens. So many women will defend their abusers because "the holidays just get to him" as one of my friend's told me. There are many resources out there to help especially during the holidays. Churches, shelters,

and even you local police department are there to help.



## FROM THE DESK OF EVANGELIST FRANCELLO MCCOY

*Holy greeting and Happy New Year to each of you! As we embark upon another year that God has allowed us to enter, I pray that you will enjoy the favor of the Lord as well as of mankind. Needless to say, as we reflect on the past decade we can attest to the fact that we have witnessed many changes...some good and some not as good as others. Yet, through it all, the body of Christ has remained both hopeful and faithful to His call. Still, as I look around I am convinced that there is so much more that we can and should be doing due to His imminent return. Therefore, I am encouraging the saints of God, those who really love the Lord, to not only remain unwavering in your positions in Him*

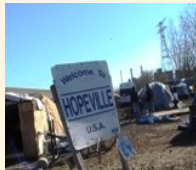
*but that you make a greater effort to chart new territory for the sake of Christ's kingdom and the betterment of society. Far too many "Christians" are falling prey to the enemies of the cross, and this is a grievous offense to the universal church. It is paramount, my sisters and brothers, that we continue to fast and pray..not just for ourselves, not just for our families..but for the world. Pray that God's kingdom will come and that His will is done on earth as in heaven. Pray for those in authority..for kings and queens..for our president and congressional delegation..that they will make wise decisions. Pray for the Supreme Court Justices, as they will rule on Constitutional laws that will not only influence*

*us in our lifetime but will also govern the lives of our progeny. I trust that you will always remember that to whom much is given, much will also be required. As Americans and Christians, we are so blessed, and with these blessings come sometimes seemingly huge responsibilities. Yet God is faithful to all who call upon His name out of a pure heart. He has said in His word that if His people who are called by His name will humble themselves and pray, then HE WOULD.... (2 Chronicles 7:14) May you always know and experience the love of God and the sweet communion of His Holy Spirit.*



*Blessings,  
Evangelist Francello McCoy*

## THANKSGIVING FOR HOPEVILLE



Hopeville



Reggie and Frankie McCoy (Real McCoy Grill & Catering Ministry) sponsored and served Thanksgiving Dinner on November 28 to this homeless community in downtown. St. Louis. Other family members and HM2 members served with the McCoy's. The humility and gratitude of the community of homeless people were all inspiring to the glory of

God. Volunteers also gave the residents clothing,, blankets and other personal items to aid in their comfort. This ministry serves Hopeville quite often.



McCoy Family



## ORGANIZATION SUMMARY AND HISTORY

HM2 was founded as a Missouriian base not for profit 501(c)3 organization. The Board of Trustees approved Francello McCoy to be the Executive Director. The nonprofit will serve female clients in need of transitional housing and life skills training. The goal of the organization is to provide interim housing and skill training so that clients become empowered and independent individuals. HM2 services

are unique in its female-only and children clientele, long-duration transitional housing, and comprehensive empowerment program. HM2 will make a significant impact on the St. Louis community, in both short-term relief and long-term skill development and empowerment.

In February, 2010, a nonprofit organization named Healing and Mending Ministry was formed. Through HM2's

building campaign, funds are pending to purchase our first location. Our vision is a dream that is about to become a reality.

In April of 2010, a group of concerned citizens, led by Francello McCoy-HM2, met for the first time to discuss the problem of domestic violence in the St. Louis community. Immediate goals were developed to provide



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education to the community about the issue of domestic violence. The long range goal was to establish a shelter facility where survivors of domestic violence could seek refuge. Women and children will have a safe haven when challenged with domestic violence..a breaking point that enables survivors of domestic violence to live a life free of violence.

**Mission Statement:** To provide outreach, advocacy, resources, life skill services, education, research and related activities to underserved populations of abused women, children and families such that

they may become empowered to live safe and secure lifestyles that contribute to longevity and overall well-being.

**Vision Statement:** To increase awareness to family resources, support services that directly impact decreased rates of domestic violence towards women, children and families.



TUESDAY, Dec. 14 (HealthDay News) -- Prayer can help victims of domestic violence deal with their situation and emotions by using coping methods such as venting, a small new study suggests. It included dozens of people in abusive relationships who were interviewed by Shane Sharp, a sociology graduate student at the University of Wisconsin, Madison. The racially diverse participants came from different regions of the United States, were mostly from Christian backgrounds and had varying levels of education. One finding was that prayer offers "a readily available listening ear" to people who were boiling with anger.

"If they vented their anger to their abuse partner, the result was likely to be more violence. But they could be angry at God while praying without fear of reprisal," Sharp said in a university news release. Prayer also offers domestic abuse victims an opportunity to see themselves as God views them. "During prayer, victims came to see themselves as they believed God saw them. Since these perceptions were mostly positive, it helped raise their senses of self-worth that counteracted their abuser's hurtful words," Sharp said. For some, folding their hands and focusing on what to say while praying provides a reprieve from the

anxiety of their situation. The experience is similar to having a conversation with a close friend or a parent.

But prayer isn't always beneficial. "For some, through prayer they told me they learned to forgive their abusive partners, to let go of their anger and resentment," Sharp said. "But that's a double-edged sword. It's good for those who are out of that violent relationship to let go of it to a certain extent. But if they're still in their violent relationship, it may postpone their decision to leave, and that can be bad." Many of the participants said they believe in God but don't belong to a specific church. The study appears in the current issue of the journal *Social Psychology Quarterly*.



Prayers

## H M 2 B R E A K F A S T &amp; S I L E N T A U C T I O N F U N D R A I S E R

On October 30<sup>th</sup>, HM2 hosted its first fundraiser of the year with a breakfast and silent auction. This dynamically spiritual event was held at the St. Louis Airport Holiday Inn. The food prepared for the breakfast was fabulous! Minister Madeline Long-Gill, keynote speaker and founder of Making a Difference 'MAD' Ministries and Every Step Counts

'EstepCo', delivered an exhilarating message. Other participants on program were: Pastor Tony Metcalfe and singers who 'brought the house down' with their melodic voices through songs of praise, Norkesia McGloster, Fernetta McCoy, Cornelius Meeks, and mistress of ceremony, Minister Madeline Coburn. Evangelist Francello McCoy, Founder and

CEO of HM2, spoke briefly about the Healing and Mending Ministry. The fundraiser was a great success and all were truly blessed to have been in attendance!



Reggie and Frankie



Portions of the magnificent breakfast served during the silent auction



## HM2



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**Francello McCoy**

Founder/CEO/ Executive  
Director



HM2 Members and Volunteers