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**Voices**  
(Your monthly encouragement from [www.GivingItaVoice.com](http://www.GivingItaVoice.com))

**Special Note from Chuck & Laraine Chamberlain-** We're excited about the new website we've created, and the launching of "Voices." We're especially grateful that Lisa Shepherd is willing to share her writing talents and take responsibility for this newsletter. We know you will appreciate her writing as much as we do. Make her aware of what you would like or need in this publication, and especially tell her of what you appreciate. Above all, help yourself or loved ones heal by sharing your insight and experiences on the website.



Thank you,  
Chuck & Laraine Chamberlain

**April 2008**

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**In this issue:**

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**Dear Chuck ,**

In connection with the exciting new website, [www.givingitavoice.com](http://www.givingitavoice.com), I'd like to introduce to you, "Voices." "Voices" is a monthly e-mail that, like the website, is dedicated to validation, hope, and healing for abuse sufferers. In these,

you will find inspirational thoughts, helpful information about dealing with abuse, and more. If you read this and decide you would prefer not to receive "Voices," please click "SafeUnsubscribe" (below). Otherwise, I hope you will enjoy receiving and reading it. Please let me know if there's anything you'd like to see in future e-mails. Feel free to pass "Voices" on to anyone you think might also enjoy it.

Thank you,  
Lisa Shepherd

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### The Power of Your Voice By Lisa W. Shepherd

On June 20, 1942, a young girl wrote, "It's an odd idea for someone like me to keep a diary; not only because I have never done so before, but because it seems to me that neither I-nor for that matter anyone else-will be interested in the unbosomings of a thirteen-year-old schoolgirl. Still, what does that matter? I want to write, but more than that, I want to bring out all kinds of things that lie buried deep in my heart."

That girl was Anne Frank. Like many of us, Anne Frank had the desire to share her experiences, and she did this through writing. It became healing for her: "I can shake off everything if I write; my sorrows disappear, my courage is reborn." While dealing with extreme difficulties, Anne found solace in her diary, in being able to express the emotions within her. Although she felt others would not likely benefit from her experiences, she continued to write for comfort and to express herself. She had no idea the impact her story would have upon millions who would later read her words.

Anne Frank serves as an example of courage to all of us. Many victims of abuse choose not to tell their stories because they are afraid no one will believe them or they're afraid that they're the only one going through it. You never know how your voice will affect someone else. Many victims don't tell until they've heard someone else tell. You can and will influence others with your experiences-that's why it is so important for us to let our voices be heard. We first need to get others to recognize that abuse happens, and second, we need to give comfort and guidance to each other so that we can heal. Last, and perhaps most important, we need to prevent further abuse.

Your voice can have a huge impact, if you let it be heard. **Please help us in letting the voices of abuse be heard, whether it's by sharing your own story, or by passing this along to others, or both. We need as many voices as possible.** Not only will it help you heal, you will help someone else and perhaps those in generations to come. Like Anne Frank, we often don't realize the power each of us has. "*Her voice was preserved,*" Ernst Schnabel wrote, *'out of the millions that were silenced, this voice no louder than a child's whisper. . . . It has outlasted the shouts of the murderers and has soared above the voices of time.'*

(Excerpts taken from *Anne Frank: The Diary of a Young Girl* translated by B.M. Mooyart, pp. 2, 177, 258, emphasis added.)

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### Your Song

**Lyrics by Jenny Phillips**

*He put a light inside you  
to remind you you're a part of His plan  
You may not see what He's shaped you to be  
by the power of His hands  
He has written beautiful things in your life  
You're a masterpiece in His eyes*

*There is a song inside you  
He wrote a melody only you can sing  
He's leading you by faith to find your voice  
So sing it strong  
He's seen it all along  
It's your song*

*You have His love to guide you  
You carry a purpose divine  
He draws you near and music that you hear  
whispers of your heavenly design  
He has blessed you and given you so many gifts  
You're an instrument for Him*

*There is a song inside you  
He wrote a melody only you can sing  
He's leading you by faith to find your voice  
So sing it strong  
He's seen it all along  
It's your song*

*So sing it strong  
He's seen it all along  
It's your song*

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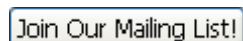
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**Contact Information**

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