



offering a hand up

not a hand out

Breaking the Cycle

By Katherin Mead



I was born April 13th, 1990 in Amarillo to Susie Katherine Mead and Steven Douglas Brown. I am one of four girls on my father's side and one of six children on my mother's side.

I have lived in more places than I am years old. I stopped counting after the 35th move. Although I did not choose this life of wonderlust for myself, being an agoraphobic, I believe that I have made the best of my situation. As circumstances have allowed, being the only one of my half siblings to achieve at least a basic education by obtaining my GED at Utah Valley University.

Schools, churches and libraries, having been available in every town, have always been a stabilizing factor in my life. No matter what was going on at home, when we had one, I could at least go to the library and learn something. No matter what is left behind in a move, knowledge can never be taken away

from you and knowledge is power.

The more you know, the more power you have. While born into great dysfunction, I learned that I had the power to obtain everything essential to living a better, productive life by avoiding potentially troubling addictions that had crippled other members of my immediate family, and instead focus my efforts on obtaining valuable resources, such as social, political and financial capital.

While others, including my own family members, could not understand this mindset, believing that they were somehow fated to continue in such dysfunction, I held firm to my belief that if I did what I was supposed to in order to obtain the social, political and financial capital necessary to alter my circumstances, rather than continue to engage in their dysfunction, that I could create a better future for myself and the children I hope to raise.

I understand that in order to have a family of my own and to make certain that they would not have to suffer as I have, that it was necessary to break the cycle of mental, physical, and emotional abuse, once and for all, by any means necessary. In my case, this meant leaving behind everything I had, everything I had known and especially cutting off contact with my abusive family. It has been the hardest, scariest thing I have ever had to do and it has been more than worth it.

I now have the power to control the circumstances in my life, rather than feeling helpless and powerless to change them.

With this new power of mine, I am taking care of myself, as I cannot care for others if I cannot take care of myself. To this end, I have made and kept essential appointments to take care of my mental, physical and emotional health. I have come to associate with respected members of the community who value me and what I am able to contribute to a more productive, stable and healthy society. It was important to see others who I could inform of my struggles and my goals and to receive proper guidance, encouragement and support from others who have respect for me and my best interest at heart. This was also difficult, as I initially struggled to trust that others could genuinely care, as my own family had not. My faith that the Lord takes care of his sheep helped me to overcome this hurdle. After all, something is more probable than nothing but if you do not take a chance, nothing will change.

This new chapter of my life is without a doubt the most important, as it will make or break my ultimate, achievable goal of being able to break the cycle of abuse, so that I can raise a family of my own and so that I will be able to provide them with a stable and firm foundation upon which they may choose their dreams. To meet this challenge, I must continue to improve myself by achieving a greater education than anyone in my family has ever done by going back to college. This will give me the educational capital I need to obtain the financial capital essential to supporting myself, as well as a family in the fashion I envision.

I must also rise to the challenge of learning to drive, which is becoming easier and less scary as I continue to take lessons.

While my disadvantages and struggles have seemed to overwhelm me at times, I look further back to my ancestors and what they were able to overcome. Surely, if they survived the starving time, Indian raids, wars, epidemics and so on, without so much as the aids of indoor plumbing and a corner store, that I am made of tough enough stuff to achieve so humble a goal as to overcome a history of suffering with a dysfunctional family.

What has passed, I cannot change but the future is my story to write and I intend to make it a good one!

Upcoming Events



Tunes & Trucks

Friday, July 21st, At The Venue, 7200 Canyon Drive.

Our friends over at The Venue located at 7200 Canyon Drive are holding a community event called “Tunes & Trucks @ 7200” on Friday, July 21. The family friendly event will feature live music by Mason Jar & The Shine Brothers, food trucks by Cowboy Gelato Smokehouse, Urbana Coffee Works, and Radical Ice Snowcones. There will be lots of fun for the whole family! Adult admission is \$10, and children ages 2 to 12 are \$5. **A portion of the proceeds will be donated to Martha's Home!**

Wonderful Women Brunch & Fashion Show



Saturday, September 30, 2017, 10:00am-Noon

Mark your calendars for a unique event to celebrate the wonderful women in your life by supporting the women at Martha’s Home! Join us at The Venue on Saturday September 30th from 10:00am-Noon for the **‘Wonderful Women Brunch & Fashion Show’!**

More details are coming soon so keep an eye on our [Facebook](#) page!

Martha's Home is currently looking for volunteers and sponsors to partner on this special morning. **Please contact Sarah Silva at 806-433-5577 if you are ready to help Martha's Home put on this wonderful fundraiser.**

Thank You!



Thank you to the High Plains Thunderbirds and all of the amazing sponsors that put on the Day of Thunder Car Show last month! Proceeds benefited Martha's Home. We could not be more appreciative of all their hard work and those who came out to support!

Martha's Home Staff and Board Members are blown away by the community's response to the house dedication of the 'Myrna Raffkind Family Home' last month. Thank you to everyone that shared the news and came out to honor Myrna with us.



Thank you to Rebath of Amarillo and AmaTectel for sponsoring the 'Women Move the City' event to honor and celebrate the newly elected city officials that are helping to move the city forward- Ginger Nelson, Freda Powell and Elaine Hays! Martha's Home was proud to be involved and benefit.

Special thanks to all the MH ladies that volunteered their time and culinary efforts to help serve the food- you all did a fantastic job!



We have been blessed by so many wonderful supporters and could not provide the homes and resources for our residents without each and every one of you.

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