



## JANINE'S REFLECTIONS

### AN UPDATE FROM OUR CEO

*"The irony is that we attempt to disown our difficult stories to appear more whole or more acceptable. But our wholeness, even our wholeheartedness actually depends on the integration of ALL our experiences, including the falls."*  
– Dr. Brené Brown.

One of the most debilitating things about experiencing trauma in childhood is that we grow up filled with shame. Life-controlling issues like addictions etc. are the way that people numb from emotions that are just too painful to feel. 'Guilt' tells me I've done something bad or wrong. 'Shame' tells me I am bad or there is something wrong with me and it is universal to those who have experienced childhood trauma. Shame unravels connection, causing a person to fear being vulnerable or connected to others because they don't believe they are truly worthy of love and belonging. Too many then grow to adulthood believing they have to hide huge chunks of their stories, which actually then means people live crippled by self-doubt, low self-esteem, and longing for belonging that they avoid at all costs. Vulnerability is often seen synonymously with weakness. However, allowing ourselves to be vulnerable, seen as we really are, believing we are enough and loving with our whole hearts takes so much courage. At Destiny Haven, we seek to help women learn how to live wholeheartedly, with a sense of strong love and belonging. Wholehearted people have a sense of courage (they tell their stories with their whole hearts), they have compassion to be kind to themselves and others, and they have genuine connection as a result of making a choice for authenticity. Wholehearted

people also have in common fully embracing vulnerability, believing it makes them beautiful; knowing that vulnerability is necessary and courageous, yet being willing to take risks in love, investing in relationships that may or may not work out. To believe that we are enough because God created us uniquely and marvellously individual is a gift that will change our lives.



Dear friends, we cannot thank you enough for your continued encouragement and support; for those of you who give up their time to volunteer and for those who pray and sow into our organisation financially. Destiny Haven could not exist without you and we are ever grateful for you all. Please remember to think of supporting us by purchasing your Christmas gifts online or in person at our on-site shop. We have something for everyone – from our handmade Belgian chocolates, gourmet preserves and Christmas puddings to our exquisite range of Jewellery and hand-crafted bags. We have beautifully presented hampers starting from as little as \$25.00.

With love and gratitude,  
**Janine Epere**  
Co-Founder and CEO of Destiny Haven



# LATEST NEWS

---



## FROM BROKENNESS TO BRILLIANCE

At Destiny Haven, our dream and mission is seeing broken lives transformed to their true potential. In July we honoured Casey's completion of the program with a Celebration of Wellness dinner. Casey arrived at Destiny Haven with her face constantly covered with a "hoodie", barely speaking and never making eye contact. Today she is a bubbly and spirited young woman who smiles with her eyes and brings energy to every room. You can read Casey's inspiring testimony below.

In June, after speaking at a women's event, Janine was approached by the vivacious and inspiring Ana Saiao from Colour Palette Studios in Newcastle. Ana was touched by the story of Destiny Haven and wanted to help. She offered a scholarship for a woman in the program that Janine felt could benefit from the double diploma her business offers. Casey is the proud recipient of this scholarship. As an intern at Destiny, Casey is also well on her way to an incredible future as she continues to grow personally and develop her skills and talents. The double scholarship will give Casey skills in leadership and management and the capacity to start her own business should she desire. Ana also decided to sponsor a second scholarship and Tarese Klemens (a former graduate) has also begun studying with Ana. Thank you Colour Palette Studios, and well done Casey and Tarese!

## THE GARDEN PROJECT

Destiny Haven would like to thank Birdies Garden Products for the generous donation of 10 raised garden beds towards our total overhaul of the Destiny garden. We would also like to acknowledge Netpro Canopies for a substantial discount on 300m Vege Net Roll and Fruit Fly Netting. These much-needed donations are helping to develop our substantial social enterprise garden as we work to improve the output for our jams, relishes and honey varieties. These are sold to raise funds to support Destiny Haven's services, providing our women with life-skills and employment training opportunities.



To this end, Brett Cooper of Limestone Permaculture has worked closely with us to develop a unique garden plan. Brett donated time to help us plan a garden that will yield the most and be self-sustaining into the future. Brett brought his drone and took some incredible aerial shots of our beautiful property using the pictures to draw up the plan we are implementing with exclusion tunnels that are 14 metres long, filled with the hottest varieties of chillies and a range of tomatoes.

There are so many that have contributed to this project. Jim is a valued volunteer who donates his time weekly to repair all things broken. Jim's church came for three days to help us with our garden expansion project. The C3 Victory church bring a team to Destiny every year to undergo a sizeable project to help us as we venture forward. In September they brought a large team for three days to begin building the exclusion tunnels with raised garden beds (as per Brett's plan). What an incredible help this will be for us. The tunnels will ensure that the worst of the UV rays won't penetrate to destroy our crops during the worst heat in summer. The project was bigger than we first anticipated and to this end, the guys from Caterpillar Machinery brought a team of 8 to continue the tunnel project. To date we have three tunnels complete and Caterpillar will be back in November to complete the fourth and hopefully erect the fifth. We can't thank all of these teams enough for giving up their time to help us.

Further to this project, the Lower Barrington Baptist Church in Tasmania has raised \$8600 to help us irrigate our whole property efficiently. The existing irrigation is totally inefficient and has been failing for many years because the existing piping is not adequate to handle the new pump. Friends from the Lower Barrington raised the funds for us to be able to install the correct system to properly irrigate our garden and the rest of our property. We are so incredibly thankful to Des and Diane Brown, our long-time friends for bringing our need to their church's attention. We are so grateful for the invitation to attend the church and share our vision with them in August. We cannot thank them enough for their generosity and willingness to partner with us.



# LATEST NEWS



## ♥ GIVING THANKS

- \* We are so thankful for the arrival of Marilyn Nelson to join our team. Marilyn is a wonderful addition and brings many years of being a missionary in multiple places. She speaks five languages and is inspirational as a sixties something triathlete! She rides up to 70 kms three-four times a week on her trusty pushbike and Janine is loving having her play flute with her during our morning sing-a-longs. Marilyn brings experience, servanthood and a wealth of knowledge to Destiny Haven and we cannot thank God enough for bringing her to us.
- \* We are ever thankful for the many who financially support Destiny through the 20/27 campaign. Just \$27 a month helps to support the women who choose to stay on after completing the program to undergo internship and those who are on the team who went through the program. We are also thankful for those who give money to support the ongoing needs of our facility.

# DIAMOND DIARIES

---

## CASEY'S STORY

Before coming to Destiny Haven, I wouldn't have classified my existence as living. I had created a very isolated life for myself. In and out of hospital for years with some admissions lasting months at a time, I would be scheduled and held against my will for my own safety. In the months prior to coming to Destiny Haven my self-harm had spun out of control to the point where I was cutting to the bone and required surgeries to put my arm back together. I was no longer getting any relief from the self-harm, despite cutting so deep. I didn't know what to do and Doctors held little hope for my future. I decided if this was life, I didn't want to be a part of it.



When I came to Destiny I really struggled with emotions: knowing what they were and allowing myself to feel them. I struggled with the way I saw myself and had zero confidence; I had no voice, believing anything I said to be unimportant. Learning to process my thoughts made a massive difference in my life. I began to learn the different emotions, how to process them and work out what was happening in my body. I also learned to be mindful and remain curious in every moment. Another thing that was completely life-changing was the relationship with God that I now have that I never believed possible. It is in God that I find my identity and the truth of who I am.

Destiny Haven is so different from any other rehabilitation centre I've ever known. It feels more like a family than a rehab. Destiny is the first time I have ever felt a sense of belonging. You know you are loved and wanted here. Life for me since completing the program is completely different to the one I had before I walked through the doors in July, 2017. I'm a whole new person. I talk to people, I actually have a life, it is incredible. I even have dreams now - big dreams! I am doing Internship at Destiny Haven for the next year. I am doing a diploma in Youth Work and also a double diploma at Colour Palette Studios with Ana Saiao, learning Colour Consulting and Styling with Leadership and Management. I was also recently given the opportunity to travel to Melbourne with one of the Diamonds to complete level 1 Chocolatier at Savour Chocolate School. I can't thank Gary Willis (Janine's brother) of F. Mayer Imports and Kirsten Tibbles of Savour Chocolate School for making this opportunity possible for me and Beth.

Being an Intern at Destiny Haven is such a blessing and I am still learning so much. I want to become the person God intended me to be, I want to be the best version of me possible! I would like to say a massive thank you to Janine and Lewis and the team at Destiny Haven for all they have done and are continuing to do in my life. Without each of them and God, this life wouldn't be possible.

## SPOTLIGHT ON BELINDA

### Start date and current position with Destiny Haven:

I began working at Destiny Haven in March this year. I am privileged to be therapist to all the diamonds.

### What I like best about being a part of Destiny Haven:

The love that is shown in the community and I love the time of singing in the morning because of the way it pulls everyone together.

### Personal motto:

Count your blessings; they always outweigh the struggles.

### I'm proudest of:

My friends! Ok, Janine, achieving my Master of

Counselling.

### The Top 3 Highlights of my Life:

Travelling to Europe

Graduating - the second time!

Moving out of home when I went to Sydney

### People would be surprised to know:

That I really love cross-stitch





# OUT & ABOUT

## CHOCTASTIC EVENTS

The last four months have been jam-packed with excitement in terms of major events to prepare for. As our social enterprise range, The Diamond Collection, is sponsored by F. Mayer Imports and Callebaut Belgian Chocolate, we were given a stall in the Chocolate Pavillion at the Hunter Valley Chocolate Festival and another at the Smooth Festival of Chocolate in Sydney. Both events gave us incredible opportunity to showcase our amazing chocolates and we were incredibly proud to see how far we have come from humble beginnings in 2008 when we made our first Rocky Road! Today our range rivals the many amazing companies that we call competition and our stalls were consistently filled with many interested buyers. Both events netted us close to \$10,000 and we were so proud to be part of these amazing events thanks to Janine's brother Gary Willis and his ongoing support of our organisation.



## A VISIT FROM FORM 1

We are always humbled by the generosity of those who see the value in Destiny Haven's work and choose to support our mission. With the smoke alarms in the women's home aged and needing replacement, our team reached out to fire protection specialist service, Form 1, for a quote. We were to be blown away by their generosity, when we were informed, after they heard about Destiny Haven and the lives we impact, that not only had the donation of a specialised alarm system been secured by Ampac Technologies, but a team from Form 1 would be visiting our facility for a day, volunteering their time to install the system. While here, they tested our exit lighting system, replacing faulty items with fittings donated by TLE Electrical Wholesalers and Legrand.



Our diamonds and team thoroughly enjoyed the company of the Form 1 team, as they shared meals with us and visited our Diamond Collection shop. Thank you Form 1 for your generous support of Destiny Haven. We are so grateful knowing the home we provide our diamonds is now much safer as they bravely invest this time in changing their lives for the better.



## OUR WISH LIST

- \* 2 x Industrial/commercial ovens
- \* Plants for the garden (flowers/veggies)
- \* Commercial toaster
- \* Larger bus
- \* Pool cover for winter
- \* Music equipments (leads, cords & stand)
- \* Garden equipment (tools, wheelbarrows, spades, shovels, weeding hand tools, hoses)
- \* Commercial vacuum cleaner
- \* Commercial dishwasher
- \* New pillows for the women





# AROUND THE HAVEN

## VALLEY VIEW

Valley View Luxury Retreat continues to book very well on weekends, but our mid-week occupancy is not as busy. We are offering our supporters a special deal on mid-week rates. Usually two nights for six adults is \$1240. Valley View is perfect for a ladies' get-away or a corporate team building get-away as it has four large bedrooms and can sleep up to 12 people easily. With its own dedicated games room complete with full-size billiard table, and a huge curved 65 inch TV in the lounge room, you can be entertained by a movie or simply sit and enjoy the stunning floor to ceiling views and our resident colony of wallabies, kangaroos and wild birdlife. Check out our website for pictures ([www.valleyviewluxuryretreat.com.au](http://www.valleyviewluxuryretreat.com.au)) and call Destiny Haven to make a booking. The mid-week deal we are offering applies for up to six guests for \$790 for two nights (saving \$450 on our usual rate). Extra adults will incur a small fee. You won't be disappointed by the luxury that awaits. Price includes a bottle of bubbly, Carrs water crackers and Brie cheese as well as a hamper of our gourmet products.

## THE DIAMOND COLLECTION

Why not consider making up a chocolate box by picking your own selection from our stunning handmade range. Caramel lovers box is probably my favourite filled with a selection of gorgeous caramel varieties from a chewy caramel pecan (filled with caramelised pecans), or a liquid caramel or even the stunning passionfruit or vanilla caramel! They make a beautiful gift and are presented in our stunning white box for \$22. Our Christmas special this year includes a box of nine chocolates and our beautiful glossy cookbook filled with Destiny Favourites (usually \$30 for the book). Both items come gift-wrapped for \$40 (saving \$12). Or you could get a dressed pudding and a box of chocolates for \$40 (saving of \$7).

## ARTISTIC CREATIONS



I have come to the completion of my first art therapy module. I feel free, light, energised & excited. I have reconnected to myself & my body & my emotions & I feel better than I have in a very long time.

I have learnt it is safe & ok to be me. I can live freely &

however I choose. I am discovering who I truly am. It was very uncomfortable & confronting in the beginning but has become a very uplifting & empowering experience. It has been worth every tear!! I have found new hope & inspiration for my future.

I am now willing & ready to step forward & continue my healing path. I stand firmly planted in my new found faith in God & sense a real peace within myself. Now that I am reconnected with my body, heart & soul I feel more prepared & armed with the tools I need for any battle. I stand confident, secure & free to be me in the good times to come.

Love, peace & Blessings, Leanne





# HAVEN FAVES

## CARAMEL PASSION



Our new Caramel passion is a smooth liquid caramel infused with fresh passionfruit juice. The Callebaut® chocolate shell is airbrushed with purple, yellow and white swirls with a delicate gold splatter. Comes in white, milk or dark.

## CARAMEL BARK



Our caramel Bark is a firm favourite with all our customers as well as the diamonds. A thin 'bark' in Callebaut caramel chocolate is then filled with crunchy honeycomb bits and topped with toasted shaved coconut.

## CHILLI RAZZ



The Chilli Razz has a double layered filling – a raspberry jelly made with fresh raspberries topped with a smooth dark chocolate ganache infused with chilli. Not too hot to be a turn off, this handmade is delicious. The shell is airbrushed with red and white cocoa-butter.



## PLEASE PRAY

- \* Please pray for our diamonds as they prepare to vacate our facility for the Christmas break. It is always a difficult time for them but a necessary break for the team who live full time on site at Destiny Haven. We use this time to regroup, consider the year that has past and prepare for the new year with clarified vision and purpose.
- \* Pray also for the full-time team at Destiny. We are so grateful for every person that makes up our faithful team and we appreciate your love and your prayers for us all.

### DONATIONS

ACCOUNT NAME: Destiny Haven  
BSB: 646 000  
ACCOUNT NO.: 1000 43573  
REFERENCE: Your Surname  
Donations over \$2.00 are tax deductible

### CONTACT US

P.O. Box 106 Clarence Town,  
NSW, 2321 | PH: (02) 4996 5558  
enquiries@destinyhaven.org.au  
www.destinyhaven.org.au



**DESTINY HAVEN**  
EMPOWERING WOMEN TO SHINE