



CHAMPIONS CHAT

Your Champions Circle Newsletter

A few words from Virginia...

As F2F's new team leader I have enjoyed meeting a number of our Champions. You are an inspiring bunch! Thank you for all you do to further the mission of Fear 2 Freedom. That mission is close to my heart. Many of you know I am a "Rosemary groupie." Years ago Rosemary invested hope in my life and now I feel privileged to share that hope with other survivors. It's not easy moving from fear to freedom. To me a Champion is not so much unafraid of something as willing to face fear and do something about it. Courage required!

In our Champions Chats I would like to start sharing Courageous Moments with you.



Courageous Moment

In August the F2F team turned out for CNU's Be The Change orientation event. After Rosemary Tribble shared her fear-to-freedom story, watching 1,050 freshman students take the pledge is a courageous moment. *"I pledge to help end sexual violence. I will stand firm to protect people in my surrounding community. I pledge to Be The Change."*

Here's to all of us doing what we can where we can to Be The Change!

-- Virginia



October is National Domestic Violence Awareness Month!



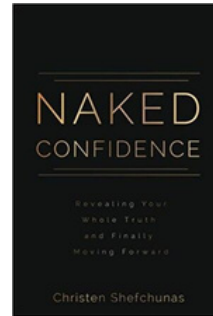
Please do what you can to be informed and support survivors of Intimate Partner Violence (IPV) and awareness initiatives. I recently had the opportunity to interview Annie Forrest, Director of Program Growth at One Love Foundation. Please check out the One Love button below to watch and learn more about how we can love better and prevent IPV.

#DVAM2021 #WeAreResilient

Champion Inspiration

“You deserve amazing, but it’s your responsibility to choose amazing.” Coach Christen Shefchunas, from her book *“Naked Confidence.”*

If you visit our website shop, you can purchase copies of Coach Christen’s powerful book & her confidence bracelets.



Ways you can support F2F!

Oozlefinch Beer! Yes, you can help F2F and at the same time enjoy a refreshing beer. As part of the Brave Noise movement (see button below) Oozlefinch Brewery in Hampton made a special Brave Noise brew for F2F. 100% of the sales go to us. During the launch event they hosted an Hour2Empower complete with iCare Kit packing.

Don't miss out on this delicious pale ale that is both oat forward and hoppy with a bitter and dry finish. Click the Oozlefinch button below to purchase your hoppy goodness today:



Williamsburg Winery. Yes, you can also drink wine and support F2F. The Williamsburg Winery has bottled their special Rose wine for F2F. Picking us as their cause this year, \$15 of every \$25 bottle will support our work. Our F2F wine will be available for purchase through the WW Website and in their shop.



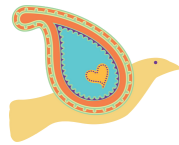
FEAR 2 FREEDOM
Champions Circle

I am a Champion because...

fear2freedom.org

Social Media! We would like to ask our Champions to help us out on Instagram. We have designed this for you to print out, fill out, take a selfie after answering this question: "I am a F2F Champion because..."

Remember to share F2F's hashtag so we can see you! (@Fear2Freedom & #fear2freedom) We will raffle off a Champions bracelet to a lucky social media savvy Champion!



Connect with Us

We can't wait to hear your suggestions, inspirations and mission moments!

Facebook: @Fear2Freedom
Instagram: @fear_2_freedom
fear2freedom.org
getinvolved@fear2freedom.org

Upcoming Dates

- **October 22 @ 5:30 pm:** Williamsburg Winery Event
- **October 27 @ 3:00 pm:** F2F Instagram Live
- **December 1 @ 5:30 pm:** Coastal Fermentory Brew for Good, Newport News
- **March 19, 2022:** F2F 10th Anniversary Gala at the Ferguson Center