

THE STAFFORD HIGHLIGHTER

May 6, 2026



Rotary Club of Stafford **People of Action**

Club Calendar

May is Youth Service Month

May 6 – Micah Ministries

May 13 – Noon Meeting,
Program t.b.d.

May 20 – Noon Meeting,
Program - Stafford County
Sheriff's Department

June 13-17 - International
Rotary Convention, Taipei,
Taiwan.

June 24 - SRC Awards and
Installation Dinner

June 28 - District 7610
Awards and Installation at
The Piedmont Club,
Haymarket, VA.

July 12-14 - District 7610
goes to Evanston!

May 6 – Micah Ministries

Micah Ecumenical Ministries is a collaboration of churches following Christ to cultivate community and care for neighbors. By supporting people experiencing homelessness to find a home in the Fredericksburg region, Micah Ministries seeks a just, kind and humble community where all neighbors belong, participate, have mutual support and meaningful relationships.

Downtown Fredericksburg congregations have been involved with the community's homeless population since the late 1980s, when they opened their church buildings as shelter space and provided meals to those in need. As that original initiative evolved, however, many people who lived chronically on the street found themselves ineligible due to unmedicated mental illnesses, disabilities, criminal backgrounds and other barriers. With no other place to access shelter and support, they found themselves literally sleeping on the street and they turned to the local churches for help.

Congregations initially responded through the development of various ministries in their individual churches. But after a community effort to help the original shelter find a permanent location in 2005, the downtown churches coalesced around a new vision for assisting those whose needs were not met.

April 22 Meeting

President Kristy presided and made some brief announcements:

- ❖ Kristy discussed the Mother's Day Getaway fundraiser.
- ❖ Donna gave information about Relay for Life.

Program – Empowerhouse

Our speaker gave us an overview of Empowerhouse, a nonprofit, 501(C)3 Virginia accredited domestic violence program serving Fredericksburg, Caroline, King George, Spotsylvania, and Stafford. The organization was originally called the Rappahannock Council on Domestic Violence, providing services to the community for 37 years. Empowerhouse provides many helping and educational programs offered throughout the community. Our speaker briefly discussed each of these services.

Free and confidential services to victims and their children including:

- 24-hour Residential Shelter & Transitional Housing
- Emergency Shelter
- 24-hour Hotline
- Court Advocacy
- Crisis Intervention and Advocacy
- Risk Assessment and Safety Planning
- Cell Phones
- Support/Education Groups for Women
- Groups for Children called Forgotten Victims
- Groups for Teen Girls
- Spanish Language and Culturally Relevant Services

Intervention Services

- Certified Batterer Intervention Program: Fresh Start for Men and Fresh Start for Women (fee for service)
- Groups for Teen Guys (fee for service)

Awareness and Community Involvement

- Volunteer Program
- Community Education or Training
- Educational School Programs on Dating Violence Dangers
- Used Cell Phone Drive- a collection to distribute 911 phones to survivors
- Empty Bowl Fundraising Event (Held in January)
- Annual Golf Tournament (Held in October)
- Candlelight Vigil as part of October's Domestic Violence Awareness Month
- The Bathrooms Project- awareness posters in bathrooms with hotline number tear off cards
- The Clothesline Project- an exhibit of t-shirts telling personal stories of violence against women displayed on a clothesline. The t-shirts serve as an artist's canvas and are pieces of art created by survivors.

To help support Empowerhouse, you can get involved in the following ways:

[Make a Donation](#)

[Donate as a Shelter Keeper](#)

[Donate Goods and Services](#)

[Volunteer](#)

[Internship & Employment Opportunities](#)

During the Q&A session there was some discussion of volunteer opportunities and the fund-raising events held for Empowerhouse.

After the program there was a discussion of the three possibilities for a district grant proposal: a banner for Stafford R.I.S.E., assistance for Empowerhouse, or a project just for the benefit of Stafford High School instead of the entire school district.

Happy Cup:

Dale enjoyed attending a meeting of the Harmony Companion Club. They had two new members.

Jake commented that two of the Harmony Companion Club are former Rotarians. Dale reminded everyone that Rotary welcomes retirees.

Relay for Life



encircle the walking track. Every light honors a person either lost to or surviving cancer. The bags were weighted with cans of food which were donated to the food bank after the event.

Our team raised \$2,835. The entire event raised \$26, 509 for the American Cancer Society. This total may increase if donations sent via post are received. DGN Cheri was the winner of the quilt raffle.

Enough luminarias were donated to completely



A big thank you to Paige and the Girl Scouts for staffing the bead table.

May Is Youth Services Month



Every May, Rotary International celebrates Youth Service Month! While Rotary's young leaders are worth celebrating every month, May offers an exciting opportunity to highlight the leadership development and service impacts of the more than 350,000 young leaders who participate in Rotary International's youth programs each year.

Learn more about Rotary International's youth programs:

Interact clubs bring together young people ages 12-18 to develop leadership skills while discovering the power of Service Above Self. Interact clubs organize at least two service projects each year: one that supports their local school or community and one that promotes international understanding.

Rotary Youth Leadership Awards (RYLA) is an intensive leadership experience organized locally by Rotary clubs and districts for young people ages 14-30. During RYLA, participants develop leadership skills while having fun and forming lasting friendships.

Rotary Youth Exchange offers students ages 15-19 the opportunity to learn a new language, discover another culture, and build lasting friendships with young people from around the world! Exchanges are sponsored by Rotary clubs in more than 100 countries and range from short-term exchanges lasting several days to three months and long-term exchanges that last a full academic year.