

Summer Newsletter 2021



Broadcasting the Truth

by Allison G, a HJ participant

"I escaped from the house nearly three years ago: unannounced, without permission, and without a plan. I had caught my husband laying on top of our teenage daughter, on her bed, four days prior. I knew I had to leave to protect my daughter and myself. The decades of verbal, psychological and sexual abuse were morphing into physical abuse. I wasn't going to let that happen again.

I was miserable from very early on. In the months we dated prior to getting married, we took walks in the evenings, holding hands and talking. In the first few months of our marriage, he set the rules: I was not to walk away from him if we were having an argument, I was not to tell him what I wanted

him to do to help around the house. I told him if he hit me, I'd be gone without any second chances. It would have been much easier if he had hit me.

My cooking was never good enough. He called me "gorgeous" when in public, but made it clear to me in private that I was too fat, didn't dress the way he wanted, didn't wear my hair the right length or the right color, and generally that I was a burden who didn't deserve his attention. He always had a sexual agenda for giving me his time, attention, or gifts. There was no category in his mind for simply enjoying my company or appreciating me as my own person.

We had three children in five years. I stayed home with them and loved caring for them. He refused to help me discipline them but was happy to blame me whenever they misbehaved.

I stayed because I believed that I couldn't respect myself if I were to break my marriage vow. I stayed because although I knew God would always love me no matter what, I would be guilty of divorcing my husband, which in my former church circle was seen as worse than adultery. I stayed because I had no degree and no income of my own. I stayed because I was too exhausted to see how miserable I was and how much of myself I had abandoned to survive.

A friend told me about ARMS a few days after I got free. Their checklist of signs of possible domestic violence was the first confirmation I had that I wasn't imagining all these patterns after all. The "Her Journey" curriculum offered by ARMS has been a God-send in my life. ARMS is broadcasting the truth; I deserve respectful treatment at all times, and I am not responsible for someone's choice to abuse me. I have the power to make choices toward healing."

To join a Her Journey group, call the ARMS office (M-F, 8-5 PM PST) at 503-846-9284.



Contact ARMS

National Office
503-846-9284

National Toll-Free
866-262-9284

www.abuserecovery.org



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ARMS

About ARMS

ARMS exists to bring healing and transformation, from a faith perspective, to those impacted by domestic violence and controlling relationships.

Our Programs

♦ Her Journey

Free, 15-week class to help women in their recovery from domestic abuse.

♦ ManKind

Classes for men who are abusive and controlling that provide the opportunity to learn how to have healthy relationships.

♦ Virtue

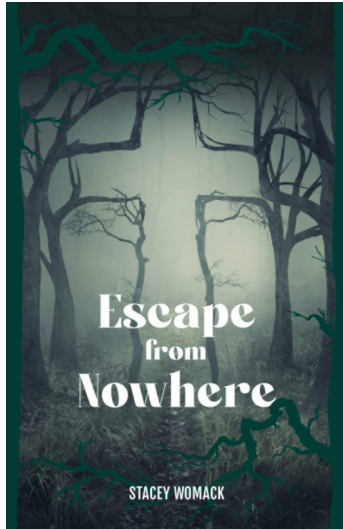
Classes for women who have used abusive/controlling behaviors, who may also be victims.

♦ Community Outreach

Trainings and support to the community around domestic abuse.

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Support ARMS and purchase Stacey Womack's new book:



Escape From Nowhere

A portion of the proceeds go towards providing healing programs for abuse victims. Available at your favorite online bookstore or contact ARMS for a signed copy.

Unseen influences wreak havoc on Timorous' life for years, but a chance encounter with an unusual man changes the course of her life. It's rumored he might be from Bliss, a place forbidden to even speak about. Prince Peccadillo isn't happy. Timorous is now on the run, and considered highly infected. The only way for her to survive is to leave Nowhere and travel through Obscurity, the space between, a place where no one survives . . . or so she's been told.

If you have ever felt called to help more, there is no better time to train for group facilitation! We have openings for Her Journey leaders (in all areas) and also ManKind and Virtue facilitators (limited areas). The next training begins 7/7/21. Call us at 503-846-9284, 866-262-9284 or email info@abuserecovery.org for more information.



Are you a survivor who lives near Washington County, Oregon? The Survivor Voices Committee could use a few new members! We exist to keep the Beaverton Family Justice Center survivor-focused and also to raise community awareness regarding domestic abuse. We meet the third Wednesday of each month at 6pm in Beaverton. We provide dinner and a \$25 stipend. Contact julie@abuserecovery.org for more information.

Thank you to our 2021 Stomp Out Abuse Sponsors!

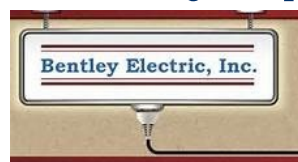
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