

Fall Newsletter 2022



I Wanted More

by Kristin a HJ participant

You don't know what I had to endure. Let's be honest, people don't want to know what lies beneath the surface of fun and laughter. You will never know what someone is going through unless you have walked in their shoes. Smiling, I would join along in others' laughter but on the other side, I was trying to figure out how my life was falling apart.

As a strong leader, intelligent, bold woman such as myself, how could I have ever been plagued by abuse and destruction? It slowly crept into my relationship until it ran so deep that I would ask myself, "Was I even present?"

One time my abuser head-butted the right side of my face causing it to smash up against the car window. I

slammed on my brakes in the middle of the road. Put the car in park, flung the door open, and jumped out as fast as I could. I ran into the dark parking lot across the street. I was crying uncontrollably when a person at the restaurant asked if I was okay and if I wanted to come inside. I dialed my brother's number but quickly hung up due to the embarrassment of being seen as the weakest sibling and a daughter with no backbone. What kind of strong independent woman allows herself to be treated this way? I couldn't leave my kids at home with him. I needed to stay a little longer. I didn't have enough money and anywhere I could go with the kids.

After the abuse, there was no guilt, no shame, no regret in the eyes of my abuser. Everything horrible thing that happened would quickly disappear into the night, never to resurface again. But I held onto the fear of judgment. The fear of the pain.

I hated my life but worried God would be displeased if I was divorced. I listened to every lie that kept me in bondage.

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A generous person will prosper; whoever refreshes others will be refreshed. Proverbs 11:25

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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.



Contact ARMS

National Office
503-846-9284

National Toll-Free
866-262-9284

www.abuserrecovery.org

I Wanted More Continued...

I finally came to the point in my life where I was wanting more. I wanted more for my children and myself. I began searching for opportunities for help. I filed a restraining order against my abuser. I was introduced to ARMS. I was so elated that there was somewhere I could go where other women understood what I'd experienced. It felt like a weight lifted and I was finally filled with hope.

I remember my first day in the Her Journey group. I learned I had experienced every type of abuse. I was shocked but it gave me a sense of understanding. I finally knew all the things I went through weren't my fault. I didn't have to carry the burden of being a failure.

ARMS gave me hope and provided a community of support when my family and friends didn't understand. Her Journey has allowed me to bring down my walls and start the process of healing and is one of the biggest reasons why I am so strong today.

ARMS Her Journey caused my faith to grow. The trauma I've experienced isn't who I am, but just part of my story. Again, you don't know what people have had to endure and the pain that gets hidden inside. Her Journey provided me with an amazing opportunity to have a fresh start with knowledge and support in a safe place.

I'm grateful.

Help support women like Kristin by giving a donation or making a monthly pledge at:
AbuseRecovery.org/give

YOUR SUPPORT SAVES LIVES



We have raised \$3,000 of our \$5,000 goal for ARMS-Kenya's first year as an official non-profit. The ARMS-Kenya team is working tirelessly to establish and grow the Her Journey program in this country.

This is a place where your dollars can go a lot further to a county where abuse is normal and usually bribed out of court.

Please consider supporting ARMS-Kenya by donating at www.abuserrecovery.org/give and select "International" in the drop down.

UPCOMING TRAINING OPPORTUNITIES

We want to invite you to take the next steps in helping women break the cycle of abuse for themselves and their children. Our 15-week Domestic Violence Advocacy Training for people who want to facilitate a Her Journey Group OR for people who desire to increase their knowledge of domestic violence. You can offer Her Journey in your center, church, or organization. The next training starts 10/26/2022. If you're interested in this training, please email: admin@abuserrecovery.org



PART-TIME EMPLOYMENT OPPORTUNITIES

Want to mix your gift of leadership and group facilitation with your faith? Already working a job but want to do something on the side that makes a difference? Retired but still have more to give? Mature in your faith, have healthy relationships, and a passion to help others? Then you may be just what we are looking for.

For more information call 503-846-9284 or email stacey@abuserrecovery.org