

Summer Newsletter 2022



I Don't Know If You Can Help Me Or Not by Rachael, a HJ participant

This was my first conversation with the admin at the ARMS office. She assured me that this program was indeed perfect for me. My hands were shaking as I wrote the address down of where the class was being held in my area. Would this really help me? ...

I had seen a tear-off flier in my church's restroom stall. What caught my eye were the words 'abuse' and 'recovery' in the same sentence. I looked at it for a few seconds and pulled the tab but left it in my purse, hidden away for a long time. Months later I read it again. 'Abuse' and 'recovery' in the same sentence. I wondered if it was really possible that someone could truly understand, or worse yet, if I wanted to even talk about the abuse. I had been


suffering from insomnia and depression for over 25 years. I tossed the tab back in my purse but kept feeling the urge to get more information. That was when I got the courage to call ARMS.

As I prepared to go to the meeting, I felt overwhelming fear. I almost talked myself out of it. That first lesson couldn't have been more tailored made for me. It was all about depression. After that class, I felt relief for the first time since the abuse happened. Someone finally understood me. And most importantly, I didn't feel judged.

When I was 19, I started dating a guy who treated me really good, at least for the first 6 months. Then one day, out of the blue, after watching an action movie, he asked me how I liked it. I told him the male actor was amazing. The next thing I knew, he hit me in the face, giving me a bloody nose and a black eye.

Later he apologized and promised it would never happen again. I wanted to believe him and because it appeared he was making an effort to change. I agreed to marry him, but it only got worse. One day I bought Ivory soap. He became so angry he beat me up, telling me that's the kind of soap they have in jails, and he didn't ever want to see it again. **Continued on page 2...**

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Ministry Services
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non-profit beneficiary!

If you'd like to
help abuse
survivors,
please
consider a gift
or monthly
pledge to
ARMS today.

Mail in a check to:
Abuse Recovery
Ministry Services
P.O. Box 663
Hillsboro, OR 97123
Or visit
www.abuse
recovery.org/give



25th Anniversary
Banquet & Silent Auction

Saturday, October 1st

Embassy Suites, PDX

Silent Bidding begins 5:45 - Dinner begins at 6:30

To host a table or sponsor, email jerry@abuserecovery.org or call 503-846-9284



Contact ARMS

National Office
503-846-9284

National Toll-Free
866-262-9284

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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I Don't Know If You Can Help Me Or Not Continued...

Another time I folded the towels wrong, he beat me. Then he raped me. These are just a few of many times the abuse happened. He threatened to kill me if I left him, but I knew if I didn't, he would kill me anyway.

Even though I filed for divorce, he continued to harass me by kicking the door in to my home, once bringing in a bat and breaking my things. The cops came but all they did was remove me from the home. Eventually I gave up on the legal system for help. They couldn't keep him away from me. One night he stole my car and he drove to another State where he committed murder. He is in prison now.

I can't describe the loneliness and isolation I have felt over the years from the trauma I suffered from this man in my life, but I can tell you that when I walked through that door to that very first ARMS Her Journey meeting, I felt understood. The words of that lesson spoke straight to my heart and started my healing process. I began sleeping through the night, am off my depression medication, and my thoughts were no longer dominated by fear.

Because of ARMS, I now wake up in the morning and feel like I have a reason to live. ARMS has helped bring healing to my life that I could only dream of before. I pray it continues to help those who need it, especially the ones who are not even able to ask for help right for themselves.

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.



Additional opportunities for leadership may also open up in Uganda and Nigeria very soon. ARMS needs your help to continue to spread the word internationally.

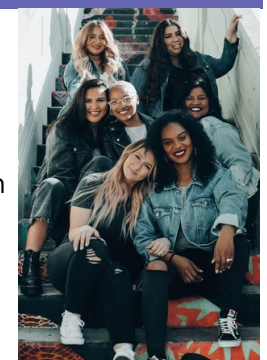


Please consider sponsoring training in these countries by donating online and select "International" in the drop down.

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. DVAT is our 13-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 8/31/2022.

If you're interested in this training, please email admin@abuserecovery.org



ARMS UPDATES



ARMS is currently looking to hire one man and one woman (very part-time, one or two evenings a week) to facilitate domestic violence intervention groups in Beaverton, Portland and Gresham, OR. Training provided.

Contact Stacey@abuserecovery.org for more information.