

Winter Newsletter 2023

A New Beginning

by Kristin, a HJ participant

I used to look around at all the different people with executive titles, status, notoriety, money, and success. It always felt like there was this mask that everything was perfect, and I wasn't. Everything around me was far from perfect, although I hid it with a smile. I told myself I would be okay if I just kept pushing forward. I never thought for one second that my naïve, innocent, independent life would turn into turmoil. As an intelligent, bold woman, how could I have ever been plagued by abuse?

Abuse slowly crept into my relationship. Most of the abuse wasn't physical; it presented as blame, emotional distress, narcissism, abuse of alcohol and drugs, rage, and God-like ideation. I was in a fog of confusion, trying to survive. I had no financial authority, and it was demanded of me to do as I was told.

One day my abuser chased me down the hallway. He shoved me down. I landed on a sharp piece of plastic that jabbed my back. He stared down at me, not saying a word as he tried to grab my arms. I kicked my legs as hard as possible, but he found them. He gripped my ankles as hard as he could and yanked my body. I grabbed both door frames to try to stop him. I felt the carpet burn the skin off my arms, but I wouldn't dare scream. My kids were sleeping two doors down. I didn't want them to witness this. He dragged me by my feet from one end of the house to the other end, dropping me in the master bedroom. I crawled to the walk-in closet while sobbing. His large frame pushed the door open as he towered over me and said, "I wouldn't have done that if you talked to me." I sat silently with my arms protecting my head, overwhelmed by grief. Yet that wasn't the end.

There was never any remorse in the eyes of my abuser. Every horrendous event that happened would quickly disappear into the night, never to resurface again. I hated my life, but the spiritual abuse convinced me to stay with my abuser. I knew that I needed to stay with him until I could make clear, strategic decisions so I could escape with my children.



Joy in the Morning: Moving from Anxiety to Joy **Winter Luncheon, Jan. 28, 2023**

Speaker: Rick Ralston, MSW, will discuss anxiety, how it impacts our everyday lives and how God shows us a pathway to move from being overwhelmed by anxiety to a place of experiencing abundant joy. Come ready to leave with a heart full of joy God intends for you to have. **RSVP required.** Free but donations will be accepted.


Gateway Church, 13300 NE Rafael St, Portland, OR *12-2pm**

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Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you. Luke 6:38

A New Beginning Continued...

I was tired of going back, time and time again, only to find things were worse. I fled to safety and filed a restraining order.

I was introduced to ARMS. I was so relieved that there was somewhere I could go with other women that understood what I experienced. I felt a weight lifted, and hope rushed in. I remember my first day in a group learning about the types of abuse and how abuse works. I was shocked to discover that I had experienced every type of abuse, but this new understanding also brought me clarity. I finally understood that the abuse wasn't my fault. I didn't have to carry a burden of shame or feeling like a failure. ARMS gave me hope, with a community of women I can rely on for support. My faith grew exponentially. Her Journey has allowed me to bring down my walls and start the process of healing.

Without ARMS, I don't know where I would be today. The trauma I've experienced isn't who I am, but just part of my story. The Her Journey Program fostered leadership and strength when I felt weak and hopeless. At ARMS I was accepted as me and it nurtured my soul. I will continue to stand in faith over fear. ARMS provided me with an amazing opportunity to have a fresh start. I am forever thankful.

Help women like Kristin find the healing and hope they need. Your one time gift or monthly pledge will provide a way for women to attend our 15 week recovery program call "Her Journey." Join us in making a difference and donate today

The ARMS-Kenya team is working tirelessly to establish and grow the Her Journey program in this country. ARMS needs your help to continue to spread the word internationally.

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



UPCOMING TRAINING TUNITIES



We want to invite you to take the next steps in helping women break the cycle of abuse for themselves and their children. 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 03/01/23.

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

ARMS UPDATES



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**

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.



ARMS

Contact ARMS

National Office
503-846-9284

National Toll-Free
866-262-9284

www.abuserrecovery.org