

Spring Newsletter 2023

He's With Me In The Valley

By Heather, HJ Participant

Right after high school, I started dating someone. Things got serious fast. He started talking about marriage about four months into dating. It threw me for a loop! It was NOT what I had planned. He claimed to be a Believer and was a great guy, I figured God had different plans for my life, so we married and had a child.

There was a thick tension in the air whenever I came home from work. Degrading comments toward myself and our daughter became more frequent and personal. His behavior continued to escalate. For a long time, I attributed his behavior to "having a bad day at work." Whenever I talked with him about how his behavior affected us, though, he always had an excuse. It took me a long time to recognize that what was happening was more than a stressful day. Part of me wanted to deny that it was abuse, and the other part of me was pretty sure that it was.

It took someone outside of our family accidentally hearing about what was going on in our home and telling me, "this is abuse!" to confirm my worst fear. A few weeks later, I decided we needed a separation. During this time, he apologized for his behavior and committed to making changes, so I thought we were on track to be together again. Long story short, the four years following our separation were hell on earth. I had prayed for years for the Lord to show me what to do and how to be a godly wife. I was afraid of my husband's wrath if he found out I was looking for help.

God paved the way for me to move out and for it to go smoothly. Still, I doubted myself. Was I making too big of a deal out of this? Should I have given him one more chance? A friend had attended the Her Journey program several years prior and told me how much it helped her.
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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.abuserecovery.org/give.

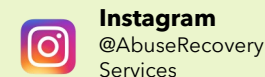
IMPORTANT UPDATE:

Amazon Smile
Closed as of
2/20/2023

&

ARMS is now using
goodshop.com

*Instructions
available on our website,
bottom of homepage.



ARMS-Summer Event 2023

Details coming soon.

Make sure to check our website for updates.

Just as you excel in everything-- in faith, in speech, in knowledge, in complete earnestness and in your love for us-- see that you also excel in this grace of giving.

2 Corinthians 8:7

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

He's With Me In The Valley Continued...

Desperate to figure out how to heal and move forward, I decided to try it out. I walked through that door for the first time with what I'd come to see on each new person's face as they walked in the door: a haunted, scared look.

I don't remember much about the lessons the first time I went through them. I was numb, hurting, and overwhelmed, but I made myself go even on the nights that I just wanted to stay home. As I've continued going through the program, God has used each lesson to help me along my journey of healing, and I have learned something new or felt encouraged.

He's reminded me that He's with me in the valley. I came to Her Journey in a deep dark space. I was depressed on multiple levels. I was facing a loss of a relationship. I was feeling guilty for not being able to protect my kids from their dad, for staying so long and giving so many chances. I felt God guiding, refreshing, and restoring me to the person He created me to be.

I came to Her Journey full of despair and guilt, but God has used this program to help me move forward. The despair is gone. He loves me deeply, and His love never ends. For that, I will be forever grateful. **-Heather**

YOUR SUPPORT SAVES LIVES

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 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 13-week Domestic Violence Advocacy Training is 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, organization, or other private space. The next training starts 04/26/23. **If you're interested, please visit our website at: <http://armsonline.org/leadershipinfo/>**

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 in the Portland Metro Area.

Position is paid. Groups are 1-2 evenings a week.

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

