

Empowered Healing

OFFICIAL NEWSLETTER OF
ABUSE RECOVERY MINISTRY & SERVICES
Spring 2021 Edition

Four Years Out

How Sally found hope after suffering



I was in the psychiatric ward because I was suicidal. With four young kids, I told myself I was suffering from postpartum depression. But while I was in the hospital, the doctors told me I was there because of my “domestic partner” and only about 5% postpartum. They obviously didn’t know what a “Christian marriage” looked like.

I was assigned to a counselor, after seeing her twice she told me I needed to go to ARMS. Nine months later, my abusive husband lost his job and my life became even more of a living hell. I was NEVER allowed to be alone. I could not go grocery shopping without him and all four kids. He even followed me to the mailbox.

I signed the divorce papers but didn’t have the strength to file them yet. I was convinced he would try to kill me if I left. I don’t even remember how I ended up at my first Her Journey class, but that night it was just me and the leader. When it was over I felt like I had just met an angel.

She knew exactly what I was feeling and going through with my abusive husband. When I got into my car I sobbed and sobbed. God was watching over me.

I learned so much from ARMS. The most important thing was that I was not alone, and it’s not my fault. I realized that my best would have never been enough for my abuser. He wanted me to fail and depend only on him.

I learned how much God loves ME, and how precious I truly am. That the only things I could control were MY attitude and actions, not his! And that I am capable of making choices to keep myself and my four kids safe.

I attended the Her Journey program three full times before I finally filed for divorce. Each time I attended a group God revealed more and more to me. I’m now four years out of the abuse and my life is full of possibilities. My kids are thriving and happy, not just surviving. I am now a leader for the Her Journey program.

Thank you so much for supporting ARMS. I am so touched by people’s willingness to give so that women like me can find the healing and support they need. I couldn’t have afforded it on my own.

A gift today of \$75 covers the cost for one woman like Sally to attend Her Journey and receive healing. Visit www.abusercovery.org/give

Check out www.abusercovery.org/blog for more survivor stories!




Contact ARMS

National Office
503-846-9284

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866-262-9284

www.abusercovery.org

 /AbuseRecovery

 @AbuseRecovery Services

 @AbuseServices

Join us for Stomp Out Abuse 2021!

ARMS' annual 5/10k event will be held virtually to welcome supporters from all over the country



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.

Trainings

◊ *Community Outreach*
Trainings and support to the community around domestic abuse.



**FREEBIES, GIVEAWAYS,
AND FUN...
OH MY!**



When?

Complete your run anytime between May 22nd-31st, 2021!

Where?

EVERYWHERE! The options are endless with a virtual event.

Who?

Everyone of all ages are welcome to join!

Put the "FUN" in FUNDRAISING...

Run for a cause!

Fundraise through Facebook



After you register and choose your team, share your fundraiser on Facebook and tell your friends & family why this cause is important to you!

Go the distance

Ask your group of supporters to donate based on how many miles you run whether you complete a 5k or 10k!

“We ran in this event to help victims regain the power and control that has been stripped away from them, and we joined countless other supporters by putting our feet on the ground to help Stomp Out Abuse.”

- Roots Dental, 2019

**FOLLOW OUR FACEBOOK PAGE FOR
REGISTRATION UPDATES!
[HTTPS://FACEBOOK.COM/STOMPOUTABUSE/](https://facebook.com/stompoutabuse/)**

Victims and survivors continue to receive hope and healing from the abuse they've suffered. Offenders are educated on their use of abuse and the impact to others. It's our honor to walk alongside people in their process of change.

We are excited to partner with BrightCourse to offer training modules for both advocates and clients working with pregnancy centers nationally. Our hope is to inform incoming mothers and fathers who may be caught in cycles of abuse as they start their new family. We hope to reach more women in need of Her Journey as well as bring potential HJ leaders to pregnancy centers.

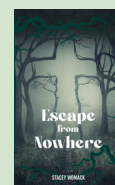
While we all still have our challenges, God is still moving, still healing, still setting people free.



- Stacey Womack
ARMS Founder &
Executive Director

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amazonsmile
You shop. Amazon gives.



Support ARMS and purchase Stacey Womack's new book, **Escape from Nowhere**, now available on Amazon!