

"BEING THERE"

Official Newsletter of Women's Healing and Empowerment Network (WHEN)
August, 2023

WHEN is a non-profit organization founded in 2008. WHEN focuses on education for the long-term recovery from abuse. Our team of educators, counselors, clergy, and other professionals conduct seminars, consult with various organizations and participate in programs, services, and activities designed to facilitate healing and empowering initiatives for individuals, homes, schools, churches, other organizations and the community.



Amazon's Management Delivery Team



On Thursday, August 24, the new Management Delivery Team from Amazon volunteered to help organize the storage containers used by WHEN to store items donated by Amazon. Some team members relocated to Airway Heights from Oregon, Michigan, Alabama, Washington D.C, and California to work at the Amazon facility located in Airway Heights.

Their specific job is to coordinate the trucks that deliver packages to various locations. This means that they get and organize the orders from the Amazon Fulfillment Center, sort the boxes and then determine when, and where the truck will deliver the orders.

We are excited to have this group of dedicated individuals show their support for WHEN. Team members are pictured above with Rachele McNelly, CCFP Manager and Donovan McNelly, Coordinator for the WHEN Give-A-Way Program.

You can see more pictures of the Amazon Management Team in action on page 7.

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“Some Dynamics of Spiritual Abuse”

-Mable Dunbar

“But the wisdom that is from above is first pure, then peaceable, gentle, and easy to be entreated, full of mercy and good fruits, without partiality, and without hypocrisy.”

-James 3:17

“Spiritual abuse is not limited to a certain religion or denomination. Any person, of any belief system, is capable of perpetrating spiritual abuse, just as anyone can be the victim of it.” -www.thehotline.org.

DEFINITION

Spiritual abuse or Religious Abuse is similar to other types of abuse and occurs under the banner of spirituality and/or religiosity. It can be anything from unquestioned pastoral authority to practices of shaming, blaming, harassing, judging or humiliating members into fulfilling religious expectations. It includes misuse of religion for selfish ends in order to maintain a position, power or control over a church/ministry or family members. Spiritual abuse is the mistreatment of a person who needs or seeks help, support or spiritual empowerment.

WHAT SPIRITUAL ABUSE CAN DO

Spiritual abuse allows someone to use their power, within a framework of spiritual belief or practice, to satisfy their need for power and control at the expense of others. Spiritual abuse can “leave an individual so spiritually discouraged and emotionally cut off from experiencing God’s love and healing power that their spiritual experience is weakened, undermined or eventually destroyed.”

CHALLENGES IN IDENTIFYING / ADDRESSING SPIRITUAL ABUSE

1. **Spiritual abuse is not a widely discussed topic.** The first apparent book about the topic was written in 1991 by David Johnson and Jeff VanVonderen titled *The Subtle Power of Spiritual Abuse*. Then In 1993 the book, *Healing Spiritual Abuse* by Ken Blue appeared. The phenomenon of spiritual abuse may be thought to be associated commonly with cults. However, it has been argued that spiritually abusive practices are present in some mainstream religious churches and groups. The fact that people are in ignorance of it, or fail to acknowledge its existence, makes it very problematic for individuals who have experienced spiritual abuse first hand, because they are unable to share their experiences with any degree of acceptance or understanding. For this reason it can be extremely difficult to identify spiritually abusive practices.

2. **Oftentimes spiritual abuse is committed by those who believe that they sincerely love God, and want to serve Him faithfully.** They believe that the Bible is the Word of God. They desire to be saved. They believe that they are obeying God by sharing Christ with others, utilizing any means possible. They are “black and white” in their beliefs and have a difficult time noticing the wounds they inflict on others in the name of God and religion. They believe that they are doing God’s will and being led by the Holy Spirit. They do not identify their abusive treatment of others as having power and control over them. Rather, they view their behavior as loving and caring for the flock. Therefore spiritual or religious abuse can occur in homes, churches, and ministries that teach sound Bible doctrines. **There is an obsession with performance, results and size:** Today more pastors and church leaders are running their churches and ministries like business executives. They are watching what makes corporate America successful and applying the same principles to the church. According to -Henry and Richard Blackby, *Spiritual Leadership: Moving People On to God’s Agenda*, Kindle Edition (Nashville, TN: B&H Books, 2011) “Pastors are expected to act more like CEOs than shepherds...”

-Continued in next issue, “Warning Signs of a spiritually abusive church/ministry.”

Any attempt to exert power and control over someone using religion, faith, or beliefs can be spiritual abuse. Spiritual abuse can happen within a religious organization or a personal relationship. Spiritual abuse is not limited to one religion, denomination, or group of people. It can happen in any religious group, as an element of child abuse, elder abuse, or domestic violence. **Use the following checklist to circle Yes or No** for any statement that might be applicable to your experience.

1. My church's/ministry's influence is of little effect in our community, and we do not make connections with other churches and community members except to try and get them to join our congregation.	Yes	No
2. There are expectations that we must follow in order to be accepted and validated in our church/ministry. Some of the expectations are stated, others are simply expected.	Yes	No
3. I do not share my thoughts or feelings, especially if they differ from church/ministry leadership.	Yes	No
4. There is a climate of shame in our congregation if someone behaves outside "the norm." Therefore they feel isolated from other members.	Yes	No
5. Church/ministry leadership tends to be defensive if they are questioned about their teachings or practices.	Yes	No
6. There is a reluctance and avoidance from church/ministry leadership to answer questions pertaining to church operations and financial management of funds.	Yes	No
7. My pastor states that he/she is especially called of God and given insights into Biblical truth that should not be questioned.	Yes	No
8. It appears that certain members are rewarded for compliance with church Rules and Roles, or for how much money/service they contribute to the church.	Yes	No
9. It seems a heavy burden trying to be a good Christian and some times I feel that no matter what I do in the church and for the church it is never good enough.	Yes	No
10. Each time I interact with church leadership I doubt my ability to make good, sound, Christian decisions therefore I depend on them to interpret Bible truths.	Yes	No
11. There is great emphasis on how much money I should give to the church/ministry in contrast to how much I should help and support others.	Yes	No
12. I leave church each week after worship fearful that I have little hope of being saved.	Yes	No
13. In my personal relationship Bible verses are used to make me feel guilty for having an opinion that differs from my spouse/partner.	Yes	No
14. My spouse/partner wants me to believe that I will make God angry and He will not bless me if I leave the relationship	Yes	No
15. I am shamed, made fun of, and ridiculed for my religious beliefs or practices.	Yes	No
16. My beliefs are used to manipulate and bully me.	Yes	No
17. My spouse/partner demands that my/our children be raised with/without a certain religion	Yes	No
18. My spouse/partner uses religious texts or beliefs to justify other kinds of abuse (physical, sexual, financial, etc.)	Yes	No
19. My spouse/partner prevents me from practicing my religion in the way I would like.	Yes	No
20. People tell me that I should not leave the abusive relationship because it would reflect badly on the image of God, the church and religion.	Yes	No
21. People tell me that if I would be a better Christian I would not be abused.	Yes	No
22. People tell me that if I am a good Christian I will suffer for Christ's sake, and be willing to endure hardship as a good soldier even if it could cost me my life.	Yes	No
<p>If you circled "yes" to just a few of these statements, You might need to share your concerns with someone who is trustworthy and unbiased.</p>		



Each Friday we pick up packaged sandwiches and desserts, courtesy of HM Hosts.

Hunger Facts, Spokane, WA

A total of 354 Spokane County residents responded to the WAFOOD 2 survey comprising 10% of the 3,511 statewide respondents. This brief provides a snapshot of Spokane County participant responses, including continued high rates of food insecurity, particularly in lower income households (58%) and in households with high school education or less (55%). Use of food assistance rose from 32% before COVID-19 to 41% in December 2020/January 2021.
 —<https://nutr.uw.edu/resource/wafood-brief-10-food-security-and-food-access-amid-covid-19-in-spokane-county-households>



One of the unique aspects of our service is that individuals, with the help of our volunteers are allowed to shop for their items. This concept has been well received because shoppers are able to choose the food items that they want and/or need. Therefore less food is wasted. Our intent is to help our shoppers feel empowered to make food choices that will benefit themselves and their families.

CCFP Food Distribution Statistical Report for August, 2023

Clients Served:

Families.....	811
Individuals.....	1,534
New Clients.....	32

Pounds of Food Distributed:

2nd Harvest, Grocery Outlet, Yokes, Walmart, etc.	20,278
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WHEN was invited to have a booth at SHINEFEST 2023, August 4, a free concert in Riverfront Park hosted by SHINE104.9. Joe, Cherry, Emma, Donovan, and Rachelle were able to connect with the community and spread awareness about domestic violence and WHEN Thousands were in attendance listening to worship music and praising God. A very blessed evening!



On August 5 IEMC - Inland Empire Mustang Club of Spokane WA hosted their annual Hot Wheels Car Show. There was a food drive to benefit Cleone's Closet Food Pantry and WHEN was invited to have a booth. Joe, Cherry, Emma, Donovan, Rachelle, Danie, Charles, Wayne and Jeri, and other volunteers were able to spread awareness about domestic violence and help collect food. WHEN-Give-Away program also provided prizes for spectators and Northwest Cars 4 Kids Club. The Mustang Club also donated \$500 to WHEN.



On August 18th - Medical Lake suffered a horrible fire that destroyed 200+ homes, one the houses was of one our own. Joe and Cherry Stanfill. They lost everything in the fire. Aug 27th, they were able to start cleaning up their property. A few family members, Donovan, Rachelle, Brian and his dad helped by starting to clear out the debris to make way for their next home and adventure. They are in our daily prayers. The pictures at the right show the home before and after the fire. Joe and Cherry are grateful for the outpouring of support and solicit your continued prayers as they rebuild.



On August 22 - Staff and volunteers participated in a presentation to the corporation committee of the Upper Columbia Conference. This organization has supported WHEN for the past 15 years by allowing us to use their facility (Frieda's Healing Center) rent free to provide shelter, programs and services for victims of domestic violence. We were able to give them a report as to the progress of WHEN and its impact in the community.

L-R: Mable Dunbar, Wayne Hicks, Jeri Hicks, Colin Dunbar, Maritza Oquendo, Donovan McNelly, and Rachelle McNelly.



August was a very challenging month due to the various renovations that were done at FHC. As a result we were able to accommodate only one client. We are grateful that the fire that devastated many homes in Medical Lake did not affect FHC, although we experienced much smoke and had to leave the home for a night because of safety issues. Now that most of the renovations are complete, we welcome 3 new clients. These new ladies expressed their gratitude and appreciation for being able to be in the home and participate in the program.

Frieda's Healing Center is now full. Everyone has been very cooperative in abiding by the house guidelines and are doing an excellent job completing their daily chores. We had our first group session on August 29, 2023. Seven ladies are in attendance. In addition to the psycho-educations groups conducted by Mable, it has been a blessing to study "The Sheepfold" lessons each evening as they relate to God's healing. We are grateful for the many prayers and support from the community. Thank you!



A husband and wife team volunteered to help with renovations at FHC by power washing the upper and lower decks at FHC.

Amazon's Management Delivery Team in Action



WHEN Volunteers Report for August, 2023

Volunteers	45
Volunteer Hours.....	1,050



Pastor Jacob Powers of the HUB in Airway Heights with a



Power chain saws were given to workers at First Interstate Bank. L-R: Michelle McNelly, Ashley Heird, Bank Manager, and Mable Dunbar



Donation for August Give-A-Way Raffle at Cleone's Closet Food Pantry



Health supplies were given to a local doctor's Office. Two of the medical assistants are pictured above with Rachelle.

WHEN Give-A-Way Program Statistical Report for August, 2023

Pallets received.....	50
Organizations receiving donations.....	13



Presents

Being There Conference

(A Healing and Empowering Christian Forum for Women, Men of Compassion, and Youth Against Dating and Domestic Abuse, with open discussions toward an abuse-free community)

"Unveiling Spiritual / Religious Abuse: Its Dynamics and Subtle Power"

Saturday, September 23, 2023

8:00 am - 5:30 pm

Hillyard Baptist Church, 2121 East Wabash Ave.

Spokane, WA 99207

PRESENTERS*

SPECIAL FEATURES



Terri Cooper



Cheri Corder



Mable Dunbar



Lorenda Rae

- Healing Testimonies
- Presentations / Group Discussion and Activities
- Nutritious, Delicious Meal
- Resources (Free Handouts and Materials)
- Gifts and Door Prizes
- Networking Opportunities
- And more...



Jan Latsha



Rachelle McNelly



Tamara Schreven



Ed Ashley

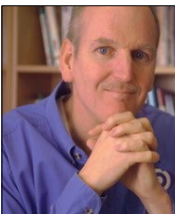
Registration will be available online July 1

at www.whennetwork.com

Deadline: September 18, 2023

For more information: 509.323.2123

**Registration is FREE! (An offering will be taken)
You MUST Register to receive meal ticket and packet**



Paul Coneff



Colin A. Dunbar



Wayne Hicks



Jon Mundall

WHEN

P.O. Box 9637

Spokane, WA 99209

E-mail: whennetwork@gmail.com

www.whennetwork.com

*Bios of presenters at www.whennetwork.com

"Thanks to **Shine 104.9 FM** for supporting this event"





P.O. Box 9637

Spokane, WA 99209

Phone: 509-323-2123

Toll Free: 1-877-276-5597

E-mail: whenetwork@gmail.com

Website: www.whenetwork.com

Instagram: WHEN_Network

Twitter: @NetworkWhen

Contact us for more information about our programs and services

Dates to Remember

September 17

Liberty Lake Cops and Special Olympics

September 23

Being There Conference
-Hillyard Baptist Church
8:30 a.m. - 5:30 p.m.
(See page 9)

How You Can Help

We rely on supporters and donors like you to help us continue our mission to **Help Empower Abused Lives (HEAL)**

- () \$10 monthly to purchase writing materials
- () \$25 monthly to purchase educational materials
- () \$50 monthly to help purchase cleaning/maintenance supplies
- () \$100 monthly to help with personal items for clients
- () \$200 monthly to help with support group expenses
- () \$300 monthly for transportation expenses
- () \$500 monthly to help with utilities/telephone expenses
- () \$1,000 to support a client's stay at FHC for 1 month
- () \$1,500 to support a client's stay with her children at FHC for 1 month
- () \$_____ online gift at www.whenetwork.com for _____
- () One time gift of \$_____ for _____
- () I am unable to give a donation at this time but will PRAY for WHEN
- () I would like more information about volunteer opportunities

Ways to Support:

1. Donate online at www.whenetwork.com
2. Check or money order to: WHEN, PO Box 9637, Spokane, WA 99209
3. Volunteer
4. Sponsor a WHEN event
5. Any other ideas? _____



P.O. Box 9637

Spokane, WA

99209

