

# "BEING THERE"

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

May, 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.



## AgWest at Frieda's Healing Center Wednesday, May 10



L-R: Shannay Dishneau, Nikki Miles, Dylan Oja, Kailyn Gady, Candy Casteal, Paul Hadley, Brandi Phipps, Erien Preus, Joe Moore, Sammie Dickerson, Ben Holling, Katie Peplinski, Anna Guay-Gray and Emma Johnson (Volunteer Coordinator for WHEN).

### Inside this issue:

Volunteers in Action	2
YADDA Scholarship Dinner	3
Article: "The Enemy's Agenda"	4
Cleone's Closet Food Pantry	5
Frieda's Healing Center	6
WHEN Give-A-Way Program	7
Neighborhood Barbecue	8
Being there Conference	9
How You Can Help/ Announcements	10

**We** are grateful to Candy Casteal, Head of Specialized Lending of AgWest, for organizing a community minded group of her co-workers to clean up the grounds and flower beds around Frieda's Healing Center. They prepared space for a playground and cleared a pathway for the children to access it. They also moved a play house to this new location. The AgWest volunteers are delightful to work with and showed great interest in continuing to support WHEN. Thirteen (13) volunteers from AgWest participated in this project. Through the years this group of volunteers have demonstrated their commitment to our community. We are blessed with their dedication and services to WHEN. (See pictorial highlights on page 2).

## AgWest Volunteers Participate Again in a Clean Up Day at Frieda's Healing Center (FHC), May 10, 2023



AgWest volunteers in action

New Playground Area at FHC

## Scholarship Winners and Contestants



L to R: Celestine Chao Mugho, Krysta Wolfe, Jacob Gendreau, Ashley Stirpe, Celina Richards (YADDA Coordinator) Olivia Waldenberg, Azalea Vlietstra, Ashley Moua, Myla Wong, Hannah Lind



Lorenda R. Edwards, When Board Vice-Chair



Ashley Stirpe, Grand Prize Winner



Jacob Gendreau, Winner



Chao Mugho, Winner



WHEN Staff, Volunteers, Parents and Guests



Olivia Waldenberg, Winner



Hannah Lind, Winner

## “The Enemy’s Agenda” - Mable C. Dunbar

### 1. To Destroy Children:

“I believe that there is a devil, and here’s Satan’s agenda. First, he doesn’t want anyone having kids. Secondly, if they do conceive, he wants them killed. If they’re not killed through abortion, he wants them neglected or abused physically, emotionally, sexually (and spiritually). One way or another, the legions of hell want to destroy children because children become the future adults and leaders. If they (legions) can warp or wound a child, he or she becomes a warped or wounded adult who passes on this affliction to the next generation.” -Terry Randall, TIME Magazine, October 21, 1991.

### 2. To Destroy Human Relationships:

“The reign of violence within many homes is evidence most basically of Satan’s kingdom at work destroying order, love and happiness in human relationships. And until we enter the arena of domestic violence willing to battle evil, our efforts to see violence stopped and families transformed will be ineffective at best. We cannot dismiss evil as some vague spiritual force that presides outside of human behavior. Evil is rooted in a superhuman personality: Satan. And when people are violent, hostile, argumentative, deceiving, accumulating, as it were, a treasure of evil goods within the economy of Satan - they gradually permit Satan to restructure their character and own them.

Whether using psychological or theological language, the truth remains that acts of evil are acts of sin. They are assaults on God’s moral laws. They separate the evildoer from God and from fellow human beings. The result is that evil acts throw the individual into an abyss of aloneness. The destruction of a marriage, that earthy image of spiritual union with Christ and the most intimate of all human relationships, must certainly be a desired prize in the dominion of Satan... Before Satan can be defeated, he must be identified. And, once identified, he must be fought on spiritual ground. The problem of wife abuse is not one of feminism, secular humanism, or a lack of headship in the home. It is the problem of evil - unseen and unopposed.” -James and Phyllis Alsdurf, Battered Into Submission. -(Illinois: Varsity Press, 1986) pp. 61-62.)

### 3. To Conceal Sin:

“One of the most shameful problems facing the vast majority of Christian church congregations is the epidemic of domestic violence that many of its families are suffering from. In the vast majority of cases it remains a carefully concealed sin.”  
-Dr. Frank Cosby, The Hidden Church Disease, -Yahoo Contributor Network.

It is imperative that we do all we can, individually and corporately, to assist victims, direct abusers to services, nurture children, and support the healthy functioning of families in our homes, schools, workplaces, and congregations. Many people have been turned off from religion because of the incongruities between a people who believe that Jesus came to set the captives free, and the continued subjugation of abuse victims. Women, men and children suffer whenever and wherever abuse shows its ugly face. We must speak out against it EVERYWHERE: in our private conversations, in our homes, in our schools, in our educational institutions, in our workplaces and in our churches while remembering that:

### Children Learn What They Live! - Dorothy Law Nolte

If a child lives with **criticism**, he or she learns to condemn. (CONDEMNATION)

If a child lives with **hostility**, he or she learns to fight. (VIOLENCE)

If a child lives with **ridicule**, he or she learns to be shy. (SHYNESS)

If a child lives with **shame**, he or she learns to feel guilty. (GUILT)

If a child lives with **tolerance**, he or she learns to be patient. (PATIENCE)

If a child lives with **encouragement**, he or she learns confidence. (CONFIDENCE)

If a child lives with **praise**, he or she learns to appreciate. (APPRECIATION FOR SELF AND OTHERS)

If a child lives with **fairness**, he or she learns justice. (JUSTICE FOR SELF AND OTHERS)

If a child learns with **security**, he or she learns to have faith. (FAITH)

If a child lives with **approval**, he or she learns to like himself/herself. (SELF-LOVE/APPRECIATION)

If a child lives with **acceptance and friendship**,

he or she learns to find love in the world. (ACCEPTANCE/FRIENDSHIP/LOVE FOR OTHERS)

**Children who grow up to be adults often pass on the affliction of domestic violence, sexual abuse and other forms of abuse to the next generation!**

## Mother's Day Tea Party



When a representative from Eastern Washington Catholic Charities "Food for All" program were planning to have a "teatime" for mothers at a local housing facility on Mother's day, she contacted CCFP for assistance. We were able to supply her with fruits, bread, and cucumbers for the occasion. As a result, she stated that she only needed to purchase one more ingredient to complete her menu.



## Growing Neighbors

On May 18, Staff members of CCFP met with Mary Croston and Johnny Edmondson, Founder and Executive Director of Growing Neighbors. They are interested in partnering with CCFP to establish a community garden in Airway Heights. Growing Neighbors is an initiative of Shadle Park Presbyterian Church and seeks to help neighbors grow and share healthy foods and relationships. At the heart of Growing Neighbors is establishing community gardens in family yards, schools or empty lots. They also seek to encourage people to help people through sharing knowledge, produce and love in local communities. Workshops on gardening, cooking, art and more are organized on a seasonal basis for all ages. A significant part of their program is to partner with local food banks/distributors to share food that is already in the neighborhood. We look forward to partnering with Growing Neighbors to set up the com-

### CCFP Food Distribution Statistical Report for May, 2023

**Clients Served:**

Families.....	1,189
Individuals.....	2,457
New Clients.....	26

**Pounds of Food Distributed:**

2nd Harvest, Grocery Outlet, Yokes, Walmart, etc. ....	25,598
--	--------



## New House Manger for Frieda's Healing Center

**M**aritza Oquendo is the new House Manager for FHC. She also works part time as the Administrative Assistant for Maasai Development Project, located in Spokane, WA. Maritza completed her Associate's Degree in Administrative Secretary from Spokane Community College and has experience in Website Design, Marketing and Bookkeeping.

During 2012 - 2016, Maritza and a group of 12, introduced worship to Latino mid-high security prisoners at the Airway Heights Department of Correction. Witnessing what life was like for them as they sought to believe in God again, she states, "One can be free in a cell just like one can be in a prison outside of a cell." In honor of those who walked with her through her journey of healing, she guides others to their own journey of independence while in recovery. Maritza is the mother of three adult children and has a 2 year old grandson.



## Upgrade for Frieda's Healing Center

**F**or the past 15 years Frieda's Healing Center has provided shelter, temporary housing, food, clothing, and other support services for victims of domestic violence and related abuse. We have done our best to accommodate women and children who reach out to us for help.

In order to make the facility more safe and secure we have decided to take a few weeks off from our regular programming to renovate, clean carpets, upgrade electrical system, stain decks, cut down dead trees, continue yard work, wash windows, redecorate bedrooms, etc., and take care of overdue maintenance needs.

We are in need of dressers, a microwave, towels, Vita-Mix, and a heavy duty carpet cleaner and playground equipment. Maybe your organization can "adopt-a-room" and provide and linens and miscellaneous furnishings for a client's bedroom.

We solicit your help and support during this time. If you are able to assist us in any way, please do not hesitate to contact us for further details.

During this time we will only accommodate clients on a short-term, emergency basis. In the meantime anyone in need of the programs offered by FHC should contact 911 for assistance.

One of our network volunteers connected us with Lisa Saddler, the Executive Director of the Ascenda Clean and Sober Living Facility. We gave them air fryers, food choppers, vases, guitars, small vacuums, and emulsion blenders. These are items that are useful to the residents during their stay at Ascenda. We plan building this relationship and donate items as needed.

We were able to fill WHEN Give-A-Way program needs for clients and Airway Heights community members with the following items donated by Amazon: air fryers, food choppers, cleaning products, paper products, guitars, small vacuums, decor items, pet food/supplies, bedding, shop lights, audio equipment, luggage, auto supplies, baby items, a pressure washer, office supplies, children's decor and toys, a countertop dishwasher, wall mount fans, Arctic Air Towers, storage containers, trash cans, off road hover boards and more.

We also donated air fryers, oxygen concentrators, pet food/supplies, guitars, lawn and yard care items, small vacuums, and food choppers to other organizations.



L to R: Joe Stanfill, Volunteer; Cherry Stanfill, Volunteer; Lisa Saddler, Ascenda Executive Director; Rachelle McNelly, CCFP Manager; Donovan McNelly, CCFP Manager; Charles Stephenson, Volunteer.



Residents of Ascenda receive donations from WHEN Give-A-Way Program



Pictured left is William N. William, his mom and sisters volunteer at the food pantry and participate in other WHEN events. At our last Volunteer Appreciation Dinner, William met a child of a client at Freida's Healing Center and they played together all night and became friends. One day when he and his mother were at the pantry, they brought in some donation boxes, one being a box of his own toys. His mom said that William knew his friend at FHC didn't have much and wanted him to have toys to play with.

William has a huge heart, is funny, and very helpful. We wanted to thank him for his kindness and surprised him with a Lego Ninjago City Gardens Playset 10th Anniversary edition set donated by Amazon and distributed through the WHEN Give-A-Way program. William enjoys coming to the food pantry and is always busy doing what he can to help out.



## ANNOUNCES

### *"A Neighborhood Barbecue"*

(In celebration of our partnership to give back to the community)

*Tuesday, July 18, 2023*

*6:00 - 8:00 p.m.*

at the

**The Heights Church (THE HUB)**

12703 W 14th Ave.

Airway Heights, WA 99001

*Come and enjoy:*

*Good Food*

*Games*

*Free Gifts and Much More...*

You will have a chance to talk with, and thank representatives of WHEN, Cleone's Closet Food Pantry and Amazon for donating to the community

For More Information: 509.321.7071

**ALL ARE WELCOME!**





*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 R. Edwards

- 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

Registration will be available online July 1  
at [www.whennetwork.com](http://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**

**WHEN**

P.O. Box 9637

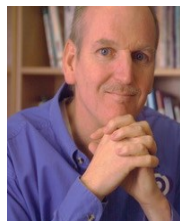
Spokane, WA 99209

E-mail: [whennetwork@gmail.com](mailto:whennetwork@gmail.com)

[www.whennetwork.com](http://www.whennetwork.com)



Ed Ashley



Paul Coneff



Colin A. Dunbar



Jon Mundall

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

\*Bios of presenters at [www.whennetwork.com](http://www.whennetwork.com)



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**

**July 1**

Annual Car Show  
-Garland Theater Parking Lot  
10:00 a.m.

**July 8**

WHEN Appreciation Dinner  
-Hillyard Baptist Church  
6:30 - 8:30 p.m.  
(for board members, staff, volunteers)

**July 18**

Neighborhood Barbecue  
(See Page 8)

**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? \_\_\_\_\_

## Announcements

**when** Annual **Car Show**  
Women's Healing & Empowerment Network

July 1, 2023



**\$20 To Enter Car Show**

☆ FREE DOOR PRIZES ☆

Show Starts At 10 AM

**FREE Admission For Spectators**

Located In The Parking Lot Behind Garland Theater



All Makes And Models Welcome!  
Benefitting Women's Healing And Empowerment Network

### WHEN Give-A-Way Program Takes the place of "WHEN Wish List"

The When Give-A-Way Program, replaces the "WHEN Wish List" program, and is designed to focus on those who are in need, and give other community members the opportunity to receive donations during our Give-A-Way events.

We will be posting Give-A-Way dates and venue on our Facebook, Website and Newsletter.

Please keep in mind that donations will be given out on a first come, first serve basis. Our next Give-A-Way event will be held on July 18 (see page 8).