

"BEING THERE"

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

September, 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.



Retired Upper Columbia Conference Administrators Visit Frieda's Healing Center (See page 2)



L to R: Jon Corder, Treasurer; Max Torkelson, President; Gordon Pifher, Executive Secretary

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On September 24, a special tour was given to the three administrators (pictured above) who were instrumental in purchasing Frieda's Healing Center. Max Torkelson, Gordon Pifher, and Jon Corder recognized the need to assist WHEN in its vision to provide a place where victims of domestic violence, sexual abuse and related abuses could find healing and empowerment.

WHEN is eternally grateful for the support and commitment of these dedicated, caring and compassionate church leaders who used their influence to demonstrate this practical and redemptive way to continue the mission of Christ when He said: "The Spirit of the LORD is upon Me, because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed." - Luke 4:18.

Frieda's Healing Center provides faith-based support groups, counseling, shelter, resources and referral services for women and their children in a warm, caring, and supportive environment.



The retired administrators from the Upper Columbia Conference were accompanied by their wives when they visited Frieda's Healing Center.

Pictured left to right:

Cheri and Jon Corder;

Linnea and Max Torkelson;

Marie and Gordon Pifher.

Also pictured are Mable and Colin Dunbar



Linnea Torkelson lovingly gazes at the picture of her grandmother, Frieda Cook. Frieda's trust fund helped to purchase Frieda's Healing Center.



Gordon Pifher enjoying a moment of fun and relaxation in the children's playroom. He is sitting under a tepee holding a favorite toy and reflecting on how safe children must feel as they reside at Frieda's Healing Center.

“Warning Signs of a Spiritually Abusive Church/Ministry.”

-Mable Dunbar

1. **Charismatic/Authoritative /Narcissistic Leadership Style:**
Don't talk, don't trust outsiders, don't think and don't question.
2. **Rigid Compulsive Rules and Roles:**
Emphasis is placed on uniformity rather than unity. There are prescribed rules and roles that everyone must follow and maintain in order to “belong” and be “accepted.”
3. **Isolationism:**
In the spiritually abusive church or ministry there is fragmentation. There is a feeling of isolation and a lack of protection.
4. **Feelings, Thoughts, Opinions are Suppressed or Ignored:**
There is a lack of tolerance for disagreement with leadership.
5. **Secrets.**
Secrecy is **always** a hallmark of a spiritually abusive church or ministry.
6. **Financial Coercion:**
Spiritually abusive church and/or ministries tend to guilt, force, shame, or threaten members into giving money with little or no accountability. They ignore what Paul says in 2 Corinthians 9:7 , NIV) *“Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.”*
7. **Selectivity/Elitism.**
People are selected to serve in the spiritually abusive church or ministry based upon their family name (connection), socio-economic background, gender, profession, race, culture, or social affiliation.
8. **Spiritual Superiority.**
This is an attitude among members that “we are superior to all other churches / ministries because of our understanding of the Bible.”
9. **Emphasizes Protecting the Image of the Church Rather than the Well-being of Victims.**
When abuse occurs rather than following the law and best practices (reporting it to local police and / or social services), a spiritually abusive church/ministry will want to keep the abuse quiet under the guise of handling it “biblically.” Victims and their families are mandated to remain silent about their pain and suffering in order to protect the image of the church.

**“GOD IS ABLE
AND CAPABLE
OF
PROTECTING
THE IMAGE OF
HIS CHURCH!”**

The greatest fallout of spiritual abuse is that it misrepresents
God's character and government.
God is not the source of spiritual abuse.
The source of spiritual abuse is Satan, the enemy of our souls,
and flawed, broken humanity.

Through prayer, counsel, transparency, confession,
surrender and forgiveness, healing can be realized
in a spiritually abusive Church,
religious institution, relationship or ministry.

How To Prevent Spiritual Abuse: Individual Response (Adapted from Source Unknown) (What You Can Do)

If you want to be a part of the solution to end spiritual abuse, you must help those who are abused or mistreated and those who can't even conceive that there is a problem with mistreatment or spiritual abuse. Understand that the cycle of spiritual abuse involves both perpetrators as well as victims. Anyone can be spiritually abused or abusive.

- If you do something unloving, admit your wrongdoing and make amends to those you wronged.
- You need to understand that abuse flourishes in spiritually abusive Christian/Religious organization because people who work for the church or ministry will not tell you about their abuse. If they did they would probably have to leave the church or ministry. Leaving isn't an easy option, especially to those with children, limited support or career options, or those who believe they are working for the Lord.
- If you are friends with, or loyal to someone accused of mistreating others, and you yourself have not been mistreated, look at the allegations objectively. **Do you love the truth more than your friend?**
- Do not condemn those who report mistreatment. What kind of church or ministry culture are we creating, when the mistreated or abused are ostracized for reporting it?
- Do not minimize or underestimate how hurtful and damaging spiritual abuse is to people and to a church or ministry. Those who have been mistreated or abused by individuals in positions of spiritual authority often suffer terrible damage and scars **that can stay with them for years, perhaps even for life.** They can experience a sense of loss, equivalent to bereavement; they can have feelings of disappointment with God and even a crisis of faith. They might not return to church; they might remain isolated from friends, members, social activities. They may even suffer from depression, trauma, psychosomatic illnesses, or have feelings of inadequacy, and rationalize that they have failed as a Christian and therefore give up hope of salvation.

Church/Ministry Leadership Response (adapted from Source Unknown)

1. Encourage Freedom of Expression, Thoughts and Opinions:

In every church and ministry there needs to be a willingness for leadership to genuinely listen to their members so that the members can feel safe to express their honest opinions and ideas in regard to their church/ministry

2. Insist on Accountability Measures, Policies and Guidelines:

A major part of preventing spiritual abuse from occurring in a church or ministry is to encourage systems of accountability in place for everyone in leadership positions. No leader (or elite group of leaders) should be allowed to have unquestioned power, authority and control over church/ministry decisions policies or finances.

3. Training and Education:

Church staff and lay leaders need to be regularly trained in spiritual abuse awareness, just as secular companies train employees about the dynamics of domestic violence, sexual harassment and discrimination.

4. Provide Safety and Protection for Those who Report:

It takes a great amount of courage for someone to bring matters of spiritual abuse to the leadership. These individuals need to be protected and validated for their courage while reports and/or allegations are being investigated. They need to be treated with dignity and respect, love and support; not condemned, criticized or ostracized.

5. Practice Confidentiality:

It is of the utmost importance that individuals who report spiritual abuse are able to trust that their concerns or private conversations will be kept confidential until appropriate investigation, policies and procedures are carried out.

6. Lovingly Confront:

Lovingly confront those who may appear to be sincere in their Christian faith, yet abusive. We must **not** call Christian love, when really in essence, is abuse. **How can we help to save others while we are hurting them?**

Those who are held up to represent God, "to bind up the broken, to proclaim liberty to the captives and set at liberty them that are bruised," -Isaiah 66:1 and Luke 4:18, should not be used by the enemy to do the opposite. They should be at the forefront combatting spiritual abuse on any and every level of church/ministry operations and government.



Hunger Facts, Spokane, WA

The U.S. has a huge problem with food; one in every nine Americans currently struggle with hunger, many of whom are children. Our country's safety net is also notoriously shallow, forcing some to choose between rent or groceries during rocky times. This doesn't mean that we don't have enough food – we waste 40% of all food produced. It means it's just not going to the right people.

Spokane County is no exception, with 14% of residents and 20% of children being food-insecure. Food insecurity, defined by Second Harvest, means that a person does not know where their next meal will come from. With the huge rise of unemployment from the pandemic, even more people are facing hunger alongside bills, healthcare costs, and growing anxieties from ongoing uncertainty.

<https://measurepnw.com/blog/fighting-spokanes-food-crisis>



CCFP Food Distribution Statistical Report for September, 2023

Clients Served:

Families.....663
 Individuals.....1,748
 New Clients.....43

Pounds of Food Distributed:

2nd Harvest, Grocery Outlet, Yokes, Walmart, etc.18,959

Organizations receiving food from CCFP.....9
 (Includes: 3 homeless camps, 3 churches, and a sober living facility)

During the month of August we received 3 new clients and a guest. The house is now full. The loft will remain available for emergency purposes. Everyone at the house are following the guidelines and have kept up with maintaining cleanliness and order in the center. We began our group session on August 29, with Mable.

We had our Network Labor Day Dinner on September 4th. Two of the new ladies were introduced to Donavan who manages Amazon donations, Rachelle as the Manager of Cleone's Closet Food Pantry and Colin, Property Manager for FHC. We had a great time getting to know each other and enjoyed the food very much.

This dinner provided a special transition for a new family and was a part of welcoming them to FHC. Even though September was a pretty hard month for the ladies they have felt, and expressed gratitude and much appreciation for being in a clean and safe environment. It has been a blessing to study "The Sheepfold" lessons as they relate to God's healing power. The ladies are able to identify their emotions and freely share their feelings of fear and anxiety.

Pictured below is Cheri Corder, a presenter at the Being There Conference on September 23. She volunteered to do an art class for the clients on September 24 before going back to her home in Michigan. She purchased all of the materials and left them for the ladies who gladly participated in the class and are drawing pictures to donate to WHEN's banquet in March, 2024. We would appreciate getting harvest decorating materials. We want to make FHC feel like Fall and have fun decorating. *-Maritza Oquendo, Manager, Frieda's Healing Center.*



On Sept 16th WHEN had the privilege to be part of the Liberty Lake Cop Cars & Cruisers benefitting Special Olympics car show. We were able to spread awareness of Domestic Abuse, and other abuses, distribute free items from WHEN Give-A-Way program, and make more friends and connections. Thank you Pharoah's Car Club of Spokane; Northwest Cars 4 Kids; John Bujosa and Crystal Reddinger for the opportunity to be a part of this amazing show! *-Rachelle McNelly, Manager, Cleone's Closet Food Pantry*

Liberty Lake Cops Cars & /Cruisers benefitting the Special Olympics was wonderful! I loved seeing all the clubs and meeting new ones. I loved walking around representing WHEN and seeing so many people smile as they were given gifts from WHEN. It was an amazing show and I am proud of all of the hard work that WHEN volunteers put in to make things like this happen. I love my Pharoah's. I love my family. Life is good!
-Danni Nelson, WHEN Volunteer



Members of Liberty Lake Cops Cars and Cruisers, Northwest Cars 4 Kids, and Pharoah's Car Club and attendees at the Special Olympics Event



Children who attended the Special Olympics Car Show received gifts from the WHEN Give-A-Way Program

WHEN Volunteers Report for September, 2023

Volunteers	34
Volunteer Hours.....	668



Because of the generosity of Amazon, WHEN was able to purchase needed items such as sleeping beds, a backpack, tent, etc. for a homeless couple who was living on the property of a friend when their tent was destroyed during the recent fire in Medical Lake. WHEN also donated clothing, and food. The woman, who received the donations, is pictured above and wants to remain anonymous.



Donations to be transported to a nearby city



Donations were given out to victims of the fire in Elk, WA

**WHEN Give-A-Way Program
Statistical Report for September, 2023**

Pallets received.....23
 Organizations receiving donations..... 11

WHEN GIVE-A-WAY PROGRAM

at
First Interstate Bank (FIB) Parking Lot
11917 W Sunset Hwy,
Airway Heights, WA 99001

Sunday, October 22, 2023
2:00 - 4:00 p.m.

Sponsored by



PO Box 9637
Spokane, WA
509.323.2123
www.whennetwork.com



Clothing, Food,
household items,
Amazon Products and much

ALL ARE WELCOME!

October

Oct. 22
Cleone's Closet Food Pantry (CCFP)/
WHEN Give-A-Way
2:00-4:00 p.m.
FIB Parking Lot, Airway Heights
(Clothing, Household Goods, and
WHEN Give-A-Way items)

Oct. 23-27
CCFP Closed for reorganization, stock-
taking and clean-up

Oct. 27
Trunk-or-Treat
Sunset Park, Airway Heights

Oct. 28
Pumpkin Lane,
Deer Park

November

Nov. 1-30
Christmas Toy/Food Drive
(w/Partner Businesses)

December

Dec. 14
Toy Distribution and
Pictures w/Santa
2:00 - 4:00 p.m.
CCFP, Airway Heights

Dec. 17
CCFP/WHEN Give-A-Way
1:00 - 3:00 p.m.
FIB, Parking Lot, Airway Heights
Clothing, Household Goods, and WHEN
Give-A-Way items

Dec 25 - Jan 5, 2024
CCFP will be closed for the
Holidays



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Contact us for more information about our programs and services

NOTICE

Our next newsletter will be published in January, 2024



Thank you for your support.
We wish for you and yours a Merry Christmas and a Happy and Prosperous New Year!



P.O. Box 9637

Spokane, WA

99209

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. Send Check or money order to: WHEN, PO Box 9637, Spokane, WA 99209
3. Volunteer
4. Sponsor a WHEN event
5. Any other ideas? _____

