

"BEING THERE"

Official Newsletter of Women's Healing and Empowerment Network

February, 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 and the community.



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Airway Heights City Manager and Police Chief tour Cleone's Closet Food Pantry and Frieda's Healing Center



L-R: Albert Tripp, Airway Heights City Manager; Lorenda Rae Edwards, radio host of SHINE 104.9 and WHEN Vice-Chair; Ashley Heird, WHEN Treasurer and Manager of First Interstate Bank in Airway Heights; Mable Dunbar, CEO of WHEN; Donavan and Rachelle McNelly, CCFP Managers; Brad Richmond, Airway Heights Police Chief.

On February 9th it was an exciting opportunity for us to give a tour of Cleone's Closet Food Pantry to two outstanding leaders of the Airway Heights community: Mr. Albert Tripp, City Manager; and Mr. Brad Richmond, Police Chief. They are grateful for the work that is being accomplished through the food pantry and the difference it is making in the lives of community members.

As a result of their interest, they toured Frieda's Healing Center (FHC) on February 16th. FHC is a safe, temporary facility and transitional home for female victims of domestic violence and abuse, and their children. It is located on 5 acres in the country, in a confidential location.



Spokane Hyundai Blesses WHEN

On February 4, WHEN was presented with a check of \$7,500 by Craig and Amber Fruin, owners of Spokane Hyundai to help with operations.

Pictured L-R: Rachele McNelly, Cleone's Closet Food Pantry Manager; Mable Dunbar, WHEN CEO; Amber and Craig Fruin, Spokane Hyundai owners.

Testimony

Dear Supporters, Volunteers, and Board Members:

Thank you so very much for your part in WHEN. You have been a part of healing for countless lives. I am certain, because one of which is mine. I can't express the gratitude I feel as I leave to start a new life of my own.

I am leaving a very different woman than the woman I was when I arrived here. Almost 2,000 miles from home, I did not have much hope, and very little faith that things would ever be any different for me than they had always been. God used this network to literally save my life, and I also believe saved my soul.

The people I met who are involved in this network have blessed and enriched my life immensely. They have all played a role in showing me Jesus' love and pointing me back to God. To those of you that I haven't met, please know that your impact has been just as great. Whether it's support, donations, prayers, or time that you give, you have all played a part in my journey of healing. THANK YOU!

May God richly bless each and everyone of you for your sacrifice to continue this ministry!

Sincerely,
Esther Jenks



Ashley Heird (left), Bank Manager and one of her staff members from First Interstate Bank in Airway Heights volunteer at the food pantry each week.

We Are Growing!

God is good! Cleone's Closet Food Pantry, opened on Mondays and Fridays 12:00 Noon-2:00 p.m. is growing. We are getting more clients and God is providing! Food is being donated and volunteers are increasing. We have been included in the interviews about WHEN with Cheney Free Press, KHQ, and SHINE104.9. We are working on a community social to be held in May, and partnering with local businesses. There will be food, activities, toy distribution for kids, and more! We want to show appreciation to, and help support our neighbors to that we can be a resource to our community and empower each other. We are having our first giveaway, organized by Sue Fisher on March 15th, 12 Noon-3pm along with giving out Project Beauty Share items, organized by Cynthia Ethington. The free giveaway event will be the 3rd Wednesday of each month. We are working with the Airway Heights Grocery Outlet owners, Tony and Kaylie Greene, to do a fundraising event. We appreciate all those who are doing their part to support CCFP and WHEN.

-Rachelle and Donavan McNelley

CCFP Food Distribution Report for January/February 2023

Clients Served:

Families.....	970
Individuals.....	3,100
New Clients.....	39

Grocery Rescue: (2nd Harvest lbs. of food)

Grocery Outlet, Yokes, Walmart.....	21,395
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Other: Lbs. of food donated by other organizations.....	3,204
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Seated: Colin and Mable Dunbar. Standing L-R: Geri and Wayne Hicks, Joe and Cherry Stanfill, Donovan and Rachelle McNelley. Not pictured, BillyJoe Brayman and Charity Rotinski-Brayman



“Communication: Key to a Healthy Relationship”

Five couples attended a seminar on communication in order to help improve their relationship which ended on February 18.

The couples listened to lectures and engaged in group discussions and exercises.

Topics included:

“The Importance of Communication;” “The Process of Communication;” “Verbal and Non-Verbal Barriers to Communication;” “Steps to Handle Conflict in Communication;” “The Effects of Poor Communication;” “Conditions Necessary to Enhance Meaningful Communication;” “Styles of Communication;” “Principles of Communication;” “Good Communication Skills from the Bible” and much more!

As we concluded the seminar, Wayne and Jeri Hicks presented special gifts to each couple. Those of us who participated in this seminar were blessed to learn different and productive ways of communicating with our significant other.

The seminar was facilitated by Colin and Mable Dunbar.

INCCC update for WHEN Wish List

On February 27, 2023 BillyJoe and Charity attended the “Show No Shine”, the Inland Northwest Car Club Councils (INCCC) yearly event. Due to an abundance of donated items to the WHEN Wishlist program we were able to donate door prizes to this event, each door prize had an informational packet about WHEN attached to it. During the event the INCCC’s Co-Chair gave a brief informational statement and thank you to WHEN.

The INCCC’s Chair discussed the importance of giving back and sharing blessings with others. As a result of this function people are gaining gaining awareness of WHEN and volunteers. We have had one person after another approach us from the car community asking how they can help. These people have also shared about non-profits that are close to their own hearts. This is helping the Wishlist program form possible new partnerships.

I will be looking forward to a write up in the INCCC’s newsletter about WHEN in the very near future. Since the “Show no Shine” event we have picked up 14 pallets from Amazon, we scheduled a long workday in March that included several of our new volunteers. –*Charity Rotinski*



Volunteers who assist in picking up, sorting and packing WHEN Wish List donations.



**WHEN Wish List Distribution
Report for January/February 2023**

Pallets received.....	34
Individuals receiving donations.....	335
Organizations receiving donations.....	22

Economic Abuse: Is There Such A Thing?

Mable C. Dunbar

Traditionally, a man (father) was considered the “bread winner” for his family. He was the financial manager for the home as well as in business affairs. His role was to make sure that his family received the best he could offer with his income. However, today a working woman can have responsibility for her financial affairs and enjoy a comfortable or affluent lifestyle whether or not she is married or single.

In mutual relationships, a couple seek to support each other and work together to create financial stability for their family. In abusive relationships, one partner sometimes seeks to control or minimize the ability for the other partner to become economically stable and/or independent. This is economic abuse. Economic abuse rarely happens in isolation and usually occurs alongside other forms of abuse, including physical, sexual, religious, verbal and psychological abuse. “Ninety-Five percent (95%) of cases of domestic abuse involve economic abuse.” (-survivingeconomicabuse.org/what-is-economic-abuse.) Some ways in which economic abuse is accomplished:

- Keeping a spouse/partner from getting or keeping a job
- Taking spouse’s/partner’s money
- Preventing spouse/partner from having a say as to how the money can be spent
- Making spouse/partner beg for money, or setting up conditions for him/her to receive money
- Preventing spouse/partner from continuing his/her education
- Not providing adequately for the family
- Controlling spending, bank accounts, bills and borrowing
- Controlling access to and use of things like transportation and technology, which allows spouse/partner to work and stay connected with others
- Controlling spouse’s/partner’s personal property and daily essentials like food and clothing
- Destroying items and refusing to contribute to household costs



Stereotypical beliefs contribute to economic abuse in subtle ways. For instance, an abusive man might feel intimidated by his wife’s ability to earn more than he is able. So he undermines her skills by making her feel guilty if she has a job outside the home. Declarations such as “what kind of woman would not want to stay home with her children?” or “a woman’s place is in the home” tend to define a woman’s role and limit her potential.

It is important for a woman to become educated so that she can be economically independent as necessary. We need to keep in mind the broad principles when we consider what economic abuse really is. It is not necessarily the act of keeping a tight budget, or being frugal about spending. It is the motivation behind the act: the deliberate attempt to keep someone so dependent that he/she is unable to make decisions regarding money, continue his/her education, or seek and keep employment.

Women as well as men in healthy, non-abusive relationships nurture and support each other. They encourage each other to accomplish that which will help build each other’s economic power so that they can maintain a comfortable home environment for all family members. There should be continuing dialogue on ways to earn, spend, and invest their money. As trust is felt between the couple, there will be the freedom for each to feel safe and confident in one another. When two people enter a marriage/partnership contract, their lives come together. They share. They work together. They build together. They plan together. They reap the rewards of their labor, together.

It is God’s intent that we flourish and prosper. “Beloved, I wish above all that thou mayest prosper and be in health.” 3 John 2. When Christ is abiding in the heart it does not matter who makes the most money, who has the most prestigious job, or who has the highest degree/qualifications. What matters most is that each treats the other with respect, dignity, and forbearance, while giving each other the freedom to grow and expand as they explore the potential God has given them.

Whatever God has blessed you with, use it to glorify Him, and bless others.

MY PAST:

As a child I had a very happy childhood and always knew that my parents always did the best they could for me. I was brought up in the church, my home did not lack any material thing. It was warm. I was cared for in a proper way and also disciplined when necessary – even though I did not think it was necessary at the time! I always got on with my 5 siblings, we had the occasional squabble from time to time, but on a whole we all got along quite well. As I began to get older, in my mid teens, the family unit was still there and I still got on quite well with my friends at church.

The years rolled on, and then I began to realize that as a person I was not outspoken as some people and I felt that others were too outspoken. I felt uncomfortable with this as I always thought that there is a time and place to say something. Just because a person was stronger and able to express themselves quicker and easier it did not give them the right to abuse those who did not speak up all the time.

I began to get closer to certain individuals by default and began to develop an even closer relationship with a particular person. It came to a point after a certain time that I began to notice certain things happening and comments being made. I thought nothing of it at the time but as the years went on, I became uncomfortable with it. I had feelings of inadequacy, felt possessed and emotionally manipulation. I recognized that 'I' was not happy. 'I' should not have to accept this treatment as 'life.'

MY PRESENT:

It has taken me many years to recognize the damage that has been done to me, such as having lack of confidence, fearful of standing up for what I want and feeling that I do not have right to say 'no'. But through many years of healing, attending the seminar, and with the power of the Almighty One I am able to overcome and be who I am and where I am today.

The relationship I am in now is much better, stronger and spiritual than that of my younger years, and it is because of my youthful experience I am able to encourage, advise and talk to people so they too can recognize the signs of an unhealthy relationship. God's mercy to me through my journey has allowed me to want to help people whether they be men, women or children in whichever way I can so that they can understand and know that they are also a child of God. It was only through my experience that I have the passion to want to help people today.

MY FUTURE:

My passion/desire is to set up a home/center so that hurting people can get spiritual help as well as physical help. In time to come they too will have a 'story' to tell. I want to help hurting people – there are too many out there who are suffering silently. Like the Biblical Naomi, because I am empowered through Christ I will believe the Lord has saved the best in my life till last. I choose to believe that I have potential.

I must endure and not give in. God has more in store for me than I know. Life must go full circle. God's plan must be worked out in God's time. Older women are jewels in the crown of heaven. Older women can offer gifts that no one else can. God is not finished with me yet!

*Naomi attended an educational program conducted by WHEN and sent me this testimony. (MD)



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Contact us for more information about our programs and services

Dates to Remember

March 15

Cleone's Closet Food Pantry Give-A-Way
 12:00 Noon - 3:00 p.m.

March 19

Purple Ribbon Banquet at
 -Center Place Regional Event Center

April 19

Cleone's Closet Food Pantry Give-A-Way
 12:00 Noon - 3:00 p.m.

May 21

YADDA Scholarship Awards Banquet
 -Hillyard Baptist Church

July 1

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

How You Can Help

We rely on supporters and donors like you to help us continue our mission To **H**elp **E**mpower **A**bused **L**ives.

Please consider assisting us if you are able:

- () \$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 for transportation expenses
- () \$500 to help with utilities/telephone expenses
- () \$1,000 to support a client at Frieda's Healing Center for 2 months
- () \$1,500 to support a client with children at Freida's Healing Center for two months
- () \$_____ 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

Do not hesitate to contact us if you have any questions or if we can be of help to you or someone you know.

Announcement

**The Journey of Healing and Empowerment Support Group for Women
 Beginning Tuesday, March 14, 10:00 a.m.**

Goal

To provide support, education, and personal skills training for women who are seeking recovery from controlling behaviors, abuse issues, and dysfunctional patterns of thinking, feeling and doing, as they continue their journey of healing and empowerment,

Objectives

To help participants:

- Understand the dynamics of domestic violence; and how to end the inter-generational cycle of abuse.
- Explore the impact of their family of origin, interpersonal relationships, and societal expectations, etc., that have contributed to their victimization and/or abusive tendencies and how to overcome co-dependency through assertiveness skills and boundary setting.
- Identify new thought processes and methods to help them recover from past feelings of pain, hurt, anger, bitterness, guilt, shame, blame, etc., and how to make positive choices for self and family.
- Practice what they learn in the group experience and apply it to everyday situations, so that they can have control over their lives, build and maintain healthy relationships.
- Become more proficient and effective in communication, goal setting, stress management, and self-care.



Support groups are held in confidential locations. Please contact us for more information