

"BEING THERE"

Official Newsletter of Women's Healing and Empowerment Network

February, 2024

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.



Inside This Issue:

New Partnership.....	2
Purple Ribbon Banquet.....	3
Testimony.....	4
Cleone's Closet Food Pantry/ Resource Center.....	5
Article.....	6
Give-A-Way Program.....	7
Support Groups.....	8
Statistical Report.....	9
Dates to Remember.....	10
How You Can Help.....	10

Barnhart Cares Donation

On February 15, WHEN received a grant of \$2,000 from Barnhart Craig and Rigging, located in Posts Falls, ID.



L-R. Rachele McNelly, Manger for Cleone's Closet Food Pantry; Kylie Burnett, Office Manger for Barnhart; Mable Dunbar, CEO of WHEN.

Barnhart was founded in 1969 in Memphis, Tennessee, as a small, family-owned business. Barnhart has grown to be one of the largest heavy lift and heavy transport organizations in the United States with more than 50 locations across the country (with one being local to the Post Falls, ID area) and a nationwide reputation for solving problems.

Barnhart provides world-class service through a local presence. Operated crane rental, rigging services, outage planning, specialized solutions for component replacement, industrial storage and national project cargo logistics all combine to ensure Barnhart's customers receive the lowest total project cost. Barnhart also boasts one of the largest engineering teams in the industry — including a full R&D department — driving innovation across all services. The purpose of Barnhart is to glorify God by developing people and encouraging them to use their skills and gifts in His service through constructive work, personal witness, and ministry funding.

Each year, Barnhart gives back 50% of their annual profits to nonprofit charities in the local community of each branch. They empower each individual branch to reach out to local nonprofits and bless them with grant checks and or volunteer manpower. Barnhart not only gives to local charities, but also to overseas ministries and missions where Christ would not exist.



Be a **LIGHT** in the fight.

www.cancercant.com.



L-R: Mable Dunbar, Mandi Nixon, Stacey Durland, Jodi Axtell, Rachelle McNelly, Emily Grankowski, Victoria Van Inwegen.

Staff members and volunteers from Cancer Can't toured Cleone's Closet Food pantry on February 15. We were excited to connect with them and begin our partnership and collaboration to mutually benefit our organizations.

Cancer Can't is a nonprofit 501c3 providing support for the daily needs of adult cancer patients and their families. In July of 2014, Cancer Can't Founder, Jonathan Van Keulen, was diagnosed with a form of bone cancer called osteosarcoma. He and his wife, Becky, decided that they would fight back with everything they had. During their battle, they found much pleasure in focusing their energy in doing good for others. They discovered that there was no non-profit in the Spokane area focusing strictly on adult oncology. So they started a non profit, Cancer Can't, from a hospital room.

Jonathan has since passed away, but Becky continues to work with Cancer Can't making sure Jonathan's vision of helping other patients comes to fruition.



Jacob Powers and his wife Kym are co-pastors for the Heights Church (The Hub) located in Airway Heights, WA



Cordially Invites You to Attend the Annual

Annual Purple Ribbon Banquet

“Flying With Broken Wings”

Sunday, March 10, 2024
5:00 pm

Keynote Presenter: Jacob Powers

Testimonies: Charles Stephenson and Tricia Theophile

Center Place Regional Event Center
2426 N Discovery Pl,
Spokane Valley, WA 99216

Free Admission and Door Prizes

Registration Deadline: March 5, 2024

Sponsoring Information and Registration available at
www.whennetwork.com



Jacob Powers is a husband, father, pastor, wrestling coach, church-planting coach, and chaplain. He and his wife Kym planted The Heights Church ten years ago in Airway Heights. They have been married for 17 years and have two boys, two dogs, and a cat. Jacob's life changed directions at age 25 when he encountered Jesus. His favorite quote is from Jeremiah 29:7: "If we seek the peace and prosperity of our city, we will see peace and prosperity in our lives."

For Jacob, that meant seeing his community through different lens: caring about what Jesus cares about. That path led him to start The Heights and coach others in the church planting process. He also has the privilege to be the hands and feet of Jesus in the community as the current Airway Heights Park Board president, a member of Kiwanis and serving as a police chaplain for the Airway Heights Police Department. One of Jacob's favorite passions is wrestling. He has been coaching at Westwood Middle School for the last 10 years. He helped launch a new Little Guy wrestling program (Kingdom Wrestling) to reach youth in Airway Heights, now entering its third year.

Jacob was instrumental in securing a facility to re-open Cleone's Closet, Food Pantry and Resource Center when it was forced to closed when the building that previously housed the closet and pantry was sold. Jacob's mission is, and will continue to be, helping people follow Jesus.

Testimony

Tears the Day Before Thinking I Was Worse Off and Failing in Life Post-Divorce. But then my perspective changed as I realized...

-Anonymous

In marriage, I had my basic expenses covered. But I couldn't necessarily buy anything else--not even the clothes or shoes I needed, a jacket, or food, etc.

Now, I have my basic expenses covered. AND I can buy whatever else I need: clothes; any food I want; shoes; and more, such as finally being able to buy much needed towels and a nightstand I had been forbidden to buy (that cost me \$10), and food storage containers, but now I have my pantry organized, and although my income has been low, I have even been able to get a few extras and wants, like a camera, that has given me and my children much joy.

In marriage, I had my kids all the time.

Now, I miss my kids. BUT when I do have them, it is generally happy, peaceful, and joyous without him there to ruin almost every occasion with his yelling, criticism, awfulness, or making up senseless rules to try to control everyone.

In marriage I was lonely.

Now I am lonely. However, now I can go out to lunch with a friend (not allowed previously) or walk with a friend, or plan something, go somewhere, take a trip, etc. I do not always make a plan, but I have the freedom to. I can do something about my loneliness rather than remain alone and isolated in my home with a husband who would stonewall or cover his ears while he shouted because he refused to listen to even the most mundane things that I wanted to share about the kids.

Now, I get to go where I want, when I want, eat what I want, buy what I want, talk to who I want. I no longer have to face an hour or more of being chased around the house and yelled at for spending 20 cents "too much" on a food item. The kids get to have a hot tub and trampoline (and more), items that have brought countless hours of fun and bonding that we/they never would have had during marriage according to him. We get an atmosphere of peace and joy rather than misery.

In marriage I was cold and had to go hungry at times (including when I was pregnant and breastfeeding).

Now I am warm and get to eat what I want, as much as I want, and when I want. I also get to dress how I want and keep the house and vehicle warm.

In marriage I did not feel safe.

Now I can live without constant fear.

In marriage no one cared for me when I was sick (generally).

Since being single, I have had care when I needed it. I also feared leaving because who would care for me when I needed help or got sick? But again, he did not usually care for me when I was sick or in need, yet people assumed I had help when I did not, so it was worse than being alone. Since single, when I have been sick or in need, my church has rallied together and helped me at times. I am better off.

There are trade-offs for sure. Neither course is easy. In leaving him I did lose some things, but I believe I gained so much more. These are only a few examples of a much longer list I could share. I am eternally grateful for those who helped me get out of an abusive relationship and supported me along the way!

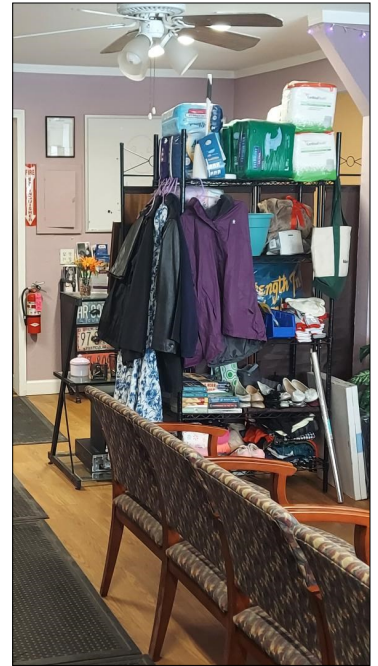


The New Year began with us doing what we do, give-away! We are blessed with food, household items, Project Beauty Share products, clothing, etc.

We had our first giveaway event on February 25 which ended in a huge success, thank you First Interstate Bank for hosting the event Our 20+ volunteers served over 30 families. We also contributed to a clothing drive of a local high school!

We have started a giveaway shelf at Cleone's Closet Food Pantry that is stocked each day we're open, Mon and Fri 12-2 p.m. Many more events are coming up, so be sure to follow us on Facebook, and our website at www.whennetwork.com.

We are very grateful for our volunteers who help to keep the pantry accessible to our community members. They are absolutely amazing.
-Rachelle McNelly



I Corinthians 13 from a Victim's Perspective "I Am a Powerful One"

-by Belle D.

Even though I may speak eloquently and influence a large audience to respond to the love of God, if I do not have His love in my heart, I am only full of noise. And if people are drawn to me because of my charming and winsome personality, they will soon turn their backs on God.

Even if I have the ability to predict things, and I am very intuitive, and able to understand those things that seem mysterious; have several degrees and expertise in many areas; and believe that I can accomplish anything I put my mind to, like moving a mountain, without love, my accomplishments are worthless.

Even though I give all of my money, clothes, and food to the poor and needy and sacrifice myself by working hard and go through fire, floods, hurricanes, earthquakes and volunteer at many organizations, if I don't love, my motives are wrong, and I am nothing.

My love for others should not end because they get sick, grow old, lose a job, or don't live up to my expectations. True love is kind. It is not jealous and possessive. It does not seek to have power and control over others. Rather, it encourages me to love others as Christ loves me, and give of myself to help others as He gives of Himself to be there for me.

Love does not do that which is improper, making me feel ashamed, guilty or uncomfortable. Love is not self-centered. It is not rude or disrespectful. It will encourage me to respect the dignity and integrity of others. It will not dwell on other's mistakes and keep a journal of their failures. Love will not be accusing. It will motivate me to think the best of others. It will act in ways that will allow me to use my potential for God's glory, while I allow others to do the same.

Love will not perpetuate evil. It will not cause me to look at evil, talk of evil, or practice evil. It will speak the truth. Love will not knowingly allow me to cause anyone else pain. For a disposition to cause pain is evil. Love will not permit me to keep secrets that are detrimental to others. It will hold me accountable for my actions, while inviting me to find grace through Jesus Christ.

Love will help me believe that I change, and others can change. It will hope for the best and it will stand the test of time. It will give me and others the opportunity to live in safe environments. Love will not fail in times of poverty or discouragement. Love will not allow me to disregard others or talk badly of them. One day my predictions will cease. One day my ability to speak in many languages will end. Many things that I am learning now will not be of any value, for they will pass away. Even the vast knowledge that I might have regarding technology and science will end. What I can think I can predict only gives me a cloudy and limited vision of the future.

When time is ended, more of God's knowledge will be imparted to me. I will fully understand why I had to go through experiences that caused me grief and pain. But whatever I do not fully understand before this will not matter, because He will take away my sorrow. He will wipe away my tears when He comes, because pain will be gone forever.

When I was young, I spoke like children do. My understanding was very childish. As I grew up I realized that my immature thinking and actions were keeping me from becoming an adult. Some of them I put away. Some of them I did not. Some things are still not clear to me. I don't understand why I suffer so much, why life is so hard. I don't understand why I carry so much anger, bitterness, resentment, guilt and shame. I don't understand why people are victimized or perpetuate crime. But love motivates me to get help if I am in need of recovery, so that I can truly support others.

I must do the best I can to foster non-violent relationships and rest assured that when Jesus comes, He will answer all of my questions. For it is only then that I will truly understand. For now, He only reveals to me what He wants me to know. Until then, I need to be patient and trust Him to take care of me whether I have family, friends or I am alone.

There are three very important gifts that God has given me: Faith, Hope, and Love. But the greatest of these is Love: Love for myself and love for others. Because of His gift of Love to me, I am a Powerful One.



One of the recipients of a toy donation



On Sunday, February 25 WHEN held its second Give-A-Way event for the year at the First Interstate Bank in Airway Heights. It was cold and windy, but NO rain came as was predicted. Approximately 36 households were represented which accounted for 104 family members including adults and children being benefitted from the event.

We are grateful to our volunteers who continue to demonstrate their passion and commitment to WHEN. Over 20 of them came and participated.

THANK YOU VOLUNTEERS!



OUTLINE

Introduction/Overview/Goals

- Session 1:** Dynamics of Domestic Violence
- Session 2:** Coping With Grief and Loss
- Session 3:** Family of Origin Issues
- Session 4:** Codependency and Setting Boundaries
- Session 5:** Self-Esteem/Empowerment
- Session 6:** Dealing With Anger/
Conflict Management
- Session 7:** Assertiveness Training Skills
- Session 8:** Forgiveness/Reconciliation/Restitution
- Session 9:** Emotional Abuse and Messages
- Session 10:** Building and Maintaining Healthy Relationships
- Session 11:** Study on Temperaments
- Session 12:** Stress Management/Goal Setting/
Reality Testing

Celebration

OVERARCHING GOAL

To provide support, education, and personal skills training for individuals who are seeking recovery from abuse issues, dysfunctional patterns of thinking, feeling and doing; and desire to be empowered for life.

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 how to overcome co-dependency through assertiveness skills and setting boundaries.
- Identify new thought processes and methods to help them recover from past feelings of pain, hurt, anger, bitterness, guilt, shame, blame, etc., and make positive choices for self and family.
- Practice what they learn in the group experience and apply to everyday situations so that they can have control over their lives, build and maintain healthy relationships.

ANTICIPATED OUTCOMES

YOU CAN:

CHALLENGE

Negative messages, beliefs, and assumptions about your right to live in an abuse free environment.

CONFRONT

Your own fears about who you are and what you can think, feel and do.

CHANGE

Negative behaviors and patterns of relating to self and others.

CHOOSE

Positive, functional and empowering experiences, relationships

CELEBRATE

Your Healing and Empowerment



Journey of Healing

(A Support Group for Survivors of Abuse and Unhealthy Family Systems)

Date/Time/Location:

Contact **WHEN**
for more information

CCFP Food Distribution

Clients Served:	
Families.....	317
Individuals.....	921
New Clients.....	37
Pounds of Food Distributed:	
2nd Harvest, Grocery Outlet, Yokes, Walmart, etc.	11,056

Groups/Activities

Support Groups (Men/Women).....	2
Celebration Recovery Forum.....	3
WHEN Fellowship.....	4
Consultation.....	12

WHEN Give-A-Way Program

Pallets received.....	22
Organizations receiving food from CCFP.....	30
(Includes: homeless camps, churches, schools, etc.)	
Give-A Way Events.....	2

“Giving is not just about making a donation,
It is about making a difference.”

-Kathy Calvin, CEO & President of United Nations Foundation



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Contact us for more information
 about our programs and services

2024 Important Dates to Remember

March 10
Purple Ribbon Banquet
 -Center Place Regional Event Center

July 18
Annual Neighborhood Barbecue
WHEN Give-A-Way
 -The Hub in Airway Heights

September 28
Being There Conference
 -Hillyard Baptist Church

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
- () \$750 to supplement food 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
4. Pray for WHEN



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