

TRAINING - RESOURCES - SUPPORT

UPCOMING TRAINING

**PERSONAL SAFETY AND SELF DEFENSE
FOR WOMEN**

Presented by Randy Roper and Tuckie Shaver
(Boise City Police Department)
Monday, April 23rd, 7:00 to 9:30 p.m.
Cole Community Church, Fireside Room
No charge but space is limited.
Call or e-mail the SPM office to reserve a spot:
323-2169 or splace@micron.net

We're on the Web!
safeplaceministries.com

God of comfort, you are my refuge and strength, my help in times of trouble. Were it not for your faithfulness, I would hide from my pain. I would choose not to see my losses. I would not be able to face what has happened. Man of Sorrows, teach me to grieve. Give me the courage to mourn so that I can be comforted. Amen.
Dale & Juanita Ryan, *Rooted in God's Love*

2001 DIRECTORIES AVAILABLE

Updated versions of SPM directories are now available through the SPM office.

The *Ada County Resource Directory* provides resources by topic, resources by agency, and emergency numbers. Each entry contains information on services, eligibility, cost, and who to contact. Topics include: childcare, clothing, counseling, financial aid, food, housing, legal aid, healthcare, referrals, shelters, transportation, and victim witness coordinators.

Cost including binder is \$25.00. Refills are \$10.00.

The *Idaho Victim Services Directory* includes an overview of resources needed to respond specifically to domestic violence, sexual assault, and childhood sexual abuse. Resources are listed for each county throughout Idaho. The cost is \$10.00.



Safe
Place
Ministries

P. O. Box 4892
Boise, ID
83711
208-323-2169

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We want very much for SAFE PLACE NEWS to be a helpful resource for many people. With this in mind, permission to duplicate this newsletter for free distribution is granted. Any quotations or references to it should give proper credit to SAFE PLACE MINISTRIES. We encourage input and suggestions. Send correspondence to:
SPM, P. O. Box 4892, Boise, ID 83711, or call 208-323-2169.

An annual tax deductible gift of \$10.00 is welcome to help cover expenses.

SAFE PLACE NEWS

*Promoting safe places, consistent with the character of Christ,
for women and their families to heal and grow.*

Issue 13

March 2001

THE GOOD SAMARITAN

The man was on a journey from Jerusalem to Jericho when crisis struck. For seventeen dangerous miles, the road wound through terrain that allowed thieves to ambush travelers and disappear into one of the many caves in the surrounding hills. Not content just to rob him, this band of outlaws beat the man, stripped him, and left him to die beside the road.

In Jesus' story, three travelers saw the man who had been robbed, beaten, and left for dead. Only one stopped to help.

Jesus told this story after an expert in Jewish law had asked, "Who is my neighbor?" But after the story, Jesus asked, "Which of these three (the priest, Levite, or the

Samaritan) was a neighbor to the man who fell among thieves?" (emphasis mine) When the lawyer answered, "The one who showed mercy," Jesus rejoined, "Go and do likewise." Darrel Bock in the *NIV Application Commentary* states, "The point is obvious. The lawyer wants to know if he can be a neighbor to a select, elite few. Jesus tells him through the Samaritan's example, 'Let the neighbor be you.' The point is not 'Who is my neighbor? But how do I become a neighbor to those in need?'" What began as a theological challenge became a confrontation with real life issues.

Several things stand out in the Samaritan's response to this desperate need. First, he had a

heart to serve. He had eyes and ears to see the need. He let this man's condition touch his heart and move him to compassionate action. Laying aside his own schedule and safety, he cleansed and bandaged the wounds, treating the man with dignity and respect.

Secondly, he used what he had to provide immediate, practical care. Oil and wine. Bandages and clothing. Transportation and money. Time and energy. Reassuring words and kindness. Using what had been entrusted to him, he gave freely of his resources to meet the needs of the wounded.

(continued on page 2)

FIRST ANNUAL BENEFIT DESSERT A SUCCESS

Approximately 70 old-timers and newcomers gathered in the BSU Barnwell Room on February 9th to celebrate God's faithfulness, eat yummy desserts, and learn more about SPM. Highlights included special music by "Elvis" and our quilt raffle drawing! Congratulations to this year's winner of our quilt, Vickie McArthur of Salem, Oregon.

Toward the end of the evening, guests were invited to consider



Krista and Richard Roller
drawing our quilt raffle winner

**MANY THANKS TO
ALL WHO ATTENDED
OUR DESSERT!**

becoming part of the SPM team. Results of their responses are as follows:

- 15 people requested resource materials.
- 25 people volunteered.
- 11 people gave or pledged financial support.
- 15 new people joined the E-Team.
- 22 people wrote comments and words of encouragement for our staff and board.

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FROM THE DIRECTOR'S DESK

Hello and welcome to our new look. As you can see (unless this is your first issue), we have changed our design and format. We hope you find the changes attractive and inviting. Our goal for *Safe Place News* remains the same: 1) to inform, equip, and encourage each reader in a way that promotes safety, healing, and growth, and 2) to address issues of trauma and abuse from a biblical perspective and prompt responses consistent with the character of Christ. Next month (April) is "Victims of Crime" month, and so we are focusing in this newsletter on the story of *The Good Samaritan*. If you have not

already done so, I encourage you to read the passage in Luke 10:25-37. As always, the scriptures speak words of life related to the deep issues of both individuals and society as a whole. At SPM we believe in and are trying to imitate the response described in the story of *The Good Samaritan*. We believe in meeting the tangible, urgent needs of victims in the name of Jesus.

We have, in fact, recently added a new staff member to our team whose specific focus is to develop *The Good Samaritan* portion of our program. Jackie Thompson is our new Social Services Director. Jackie comes to us with a wealth of experience in the areas of social services, case management, and

program development. Her vision and job is to develop the part of SPM that will address the tangible and urgent needs of the clients we work with. Things such as safety, housing, medical care, food, clothing, transportation, legal aid, childcare, and advocacy. Jackie will be a great asset in helping SPM to care well for women and their families in the aftermath of trauma or abuse.

In all things our prayer is that we will become more and more like Jesus. It is our prayer for each one of you as well.

Nancy Edwards

WELCOME, JACKIE!

Jackie Thompson is our new *Social Services Director*. She has been in the Boise area for five years, having relocated here from Kentucky. She is a graduate of the University of Kentucky, where she also played four years of basketball. Jackie also works at the Region IV mental health crisis house in Boise while devoting two days each week to SPM.

Jackie is married to Jeff and has two children, Dustin and Sara. In her spare time (of which there is not much), she enjoys being involved with her children, reading, and athletics.



Elvis and Jackie (with husband, Jeff) at our Benefit Dessert

THE GOOD SAMARITAN (continued from page 1)

Then, he enlisted the help of others to do what he could not do. After spending the night with the man at an inn, the Samaritan entrusted him to the care of others whom he knew would continue caring until the crisis was past.

Crises are part of every life. Sometimes sudden, frightening events precipitate a crisis. At other times, a slow steady strain chips away at a person's emotional, physical, and spiritual reserves until they are depleted and they are beyond their normal ability to cope. Many women and their families face difficult crises as they try to make sense out of the abuse in their past or present. Compassionate intervention during a crisis can provide the foundation for healing and growth. Being willing to see as Jesus sees, do what we can, and enlist the help of others to do what we can't, allows those in crisis to see a glimpse of God's heart and find courage to trust in His goodness.

"Incarnate love seeks out the lost and says little, then gets the best room and board money can buy and tends to the care of the wounded. Shouldn't that be the redeemed heart's response to the sexually and physically abused, the raped, the battered, the homeless, the neglected? Sadly, in the twentieth century the Good Samaritans usually are not Christians..."

The Healing Path, pg. 198

CRISIS SURVIVAL STRATEGIES

Jane Crisp, a certified trauma specialist, has found that those victims who have demonstrated their ability to get beyond trauma and reconstruct their lives in a healthy way after a crisis use eight basic "survival strategies."

- [1] Identify and articulate the powerful emotions and reactions related to the event.
- [2] Get appropriate and responsible help when needed.
- [3] Learn as much as possible about the event, confront the reality of the crisis, and deal confidently with the effects of the crisis.
- [4] Reaffirm or develop personal and spiritual values, beliefs, and faith.
- [5] Release the anger and rage from controlling thoughts, feelings, and reactions.
- [6] Reduce isolation from friends, family, and helpers.
- [7] Stay physically fit by eating right and exercising regularly.
- [8] When emotionally ready, take action by helping others who have suffered similar crises.

Helping A Neighbor In Crisis, pg. 15

LOVING A NEIGHBOR IN CRISIS

The needs of people in crisis change as they move through the hours, days, and months following the initial events that led to the crisis. Many trauma counselors and researchers identify three distinct stages of crisis: *the impact, recoil, and reorganization stages*.

During *the impact stage*, the safety and security of the person is critical. *The recoil stage* provides an individual with an opportunity to express her emotions, talk about what has happened, and have her feelings validated by others. *The reorganization stage* gives her time to predict and prepare for the future. The lines between the stages, however, often blur as a person moves back and forth between stages.

The impact stage begins immediately after an event that is outside of our control threatens our sense of safety or security. It can last for minutes, days, or weeks, and is characterized by feelings of shock, numbness, disbelief, or feelings or fears of being out of control and vulnerable. During the impact stage, the person in crisis needs caregivers who understand crises responses, and can be present with her to listen, care, and "be with" her. She

may need food, transportation, shelter, clothing, medical care, or financial help. She may also need someone to love her children or make calls to relatives or friends. Caregivers will need to be sensitive to the needs and choices of the person, allowing her to make the decisions she can and gently offering to do the things she can't.

After the resolution of the immediate crisis, people in crisis often experience a time of confusion, anxiety, or emotional isolation as they try to make sense out of what has happened. During **the recoil stage**, the person may need to talk about what happened, going over the event again and again as she sorts through the event's impact and her emotional reactions. Caregivers can listen as she tells her story, ask questions that help her remember and clarify what happened, and validate her emotions. (Strong emotions are normal after a traumatic event.) Caregivers during the recoil stage can be alert to symptoms that indicate the person may need the help of a trauma counselor, physician, or pastor.

Recurrent and distressing flashbacks, exaggerated startle responses, isolation, loss of interest in activities she has

formerly enjoyed, sleep disturbances, or other stress symptoms that last longer than 90 days may indicate Post Traumatic Stress Disorder.

The reorganization stage is the time when the person in crisis reassesses or reaffirms who she is, what she believes, and what she values in life. This is a critical time for friends who can help the person face the challenges of the present and make wise choices for the future. Our word *crisis* comes from the Greek *krisis*, and means "decision point." Life-changing decisions are often made during the reorganization stage.

Being a neighbor in times of crisis can demonstrate Christ's tender mercy for those who are hurting. We may walk beside an individual for part or all of her journey. But as caregivers, it's important to honestly assess the crisis, decide what we can do given our resources, communicate clearly and honestly what we can do (listen, care for children, provide transportation, look for helpful resources, etc.), and help find others who can meet the needs we cannot.

Book Review: *HELPING A NEIGHBOR IN CRISIS*

Helping a Neighbor in Crisis is written from a Christian perspective, providing information and practical suggestions to help you assist people in crisis—whether that crisis is crime-related or not. This book is designed to be a reference guide for all those who care about family, friends, and neighbors experiencing crises. It has been written to provide a basic introduction to helping those in crisis. A more in-depth understanding of each crisis may be reached by taking advantage of the resources listed at the end of each chapter, through the study guide at the end of the book, and through exploring your own community's resources.

There are 34 crises listed in this book—seventeen of them are crime-related. Each crisis section provides important

information on the crisis with specific and practical suggestions on how to help. Each section contains a true-life story about or a quote from a person who experienced the crisis. Also included are encouraging scripture verses to share, suggested prayers to pray with or for a person in crisis, and a list of recommended books and information to further assist you in helping others. In addition, there are a few overview sections that provide information and a general understanding of key issues and concepts related to crisis. These include crisis, intervention, grief, and forgiveness.

Lisa Barnes Lampman, Editor
www.neighborswhocare.com

