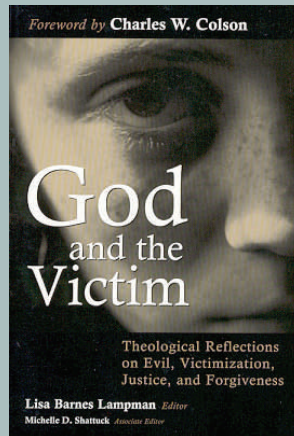


UPCOMING TRAINING - RESOURCES - SUPPORT



A collection of theological reflections on evil, victimization, justice, and forgiveness compiled by
Neighbors Who Care
(A Prison Fellowship Ministry).

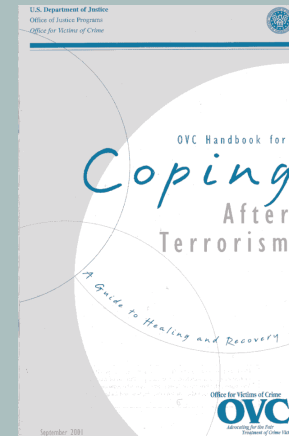
GROUP INFORMATION NIGHT

"THE RELATIONAL NEEDS OF WOMEN"

Wednesday, February 6, 2002, at 7:30 p.m.
Safe Place Ministries Office,
2645 N. Cole Road, Suite H

Come find out more about this eight-week educational/support group that addresses relational needs and relational health, as well as unhealthy and abusive relationships. Call or e-mail SPM for more information or to sign up. There is no set fee—a donation is requested.

323-2169 or splace@micron.net



A ten-page booklet on reactions to trauma and practical coping ideas. Available free from the
Office for Victims of Crime
1-800-627-6872.

UPDATED ADA COUNTY

RESOURCE DIRECTORIES AVAILABLE JANUARY 4, 2002

Cost including binder and tabs is \$25.00. Refills are \$10.00. Call or e-mail the SPM office for your copy.

323-2169 or splace@micron.net



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 15

December 2001

9/11: HOW HAS IT CHANGED YOU?

How did you feel and what did you think when you first heard about or saw the events of September 11th? How have you changed as a result of that day? What do you believe about your world—about good and evil, safety, freedom, justice, forgiveness, and God? Will you ever get on a plane, open the mail, see the New York skyline, or hear the phrase, "Let's roll!" again without being reminded of 9/11 and how you have been affected by the events and images of that day?

Three months ago every individual in this country shared in a profound common experience. Never before has an event involving such shock and terror been experienced by so many of us at the same time. As terrible and life changing as Pearl Harbor was, we did not watch it unfold before our very eyes. As confusing as Vietnam

was, it happened "over there." As shocking as were the assassinations of the sixties, their victims were not ordinary citizens going about their usual routines. But on September 11, 2001, we watched the unthinkable: over 3,000 innocent people murdered in an attack on the American mainland. We saw the images, we heard the stories, we identified as never before with the victims, and for days we were drawn over and over again to the unfolding of the events in a desperate attempt to make some sense out of the unexplainable.

This is the stuff that makes for terror and trauma. These are the kinds of events and experiences that overwhelm us mentally, emotionally, physically, and sometimes spiritually. Trauma leaves us feeling, for the moment or for the rest of our lives, afraid, confused, and powerless.

Trauma creates a sense of disequilibrium and anxiety that compels us to choose and to change. What have you chosen and how have you changed since 9/11 or in the aftermath of some other personal trauma?

I have long believed that those of us who live in this country have what I describe as a spiritual handicap: we have a hard time recognizing, trusting,



and enjoying spiritual realities. Like the Israelites after they entered the promised land, we have forgotten God in the midst of His many blessings. We live in a wonderful country that most of us appreciate now more than ever. We have

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MARK YOUR CALENDARS

The SPM Annual Benefit Dessert is coming up. This year's dessert will be at the Owyhee Plaza, downtown Boise, and will feature tasty desserts, special music, a silent auction, and our quilt raffle drawing. If you have not yet seen our quilt or purchased a raffle ticket this year, you may view the quilt on our Web site at



www.safeplaceministries.com, and you can purchase tickets through the SPM office. This year's dessert will be on Friday, February 8, 2002, from 7:30 to 9:15 p.m. Admission is free but tickets are required and will be available at the office beginning January 1st.

Hope to see you there!



FROM THE DIRECTOR'S DESK: EVERYDAY

One of the changes that seems to have been generated by 9/11 is our image of who a hero is. Actors, musicians, and professional athletes are saying they are not the real American heroes: rather it is now fire fighters, police officers, rescue workers, and everyday citizens. Do you wonder what you would have done had you been present when the World Trade Center crumbled or when the plane crashed into the Pentagon? Would you have risked your own personal safety to help someone else? Would you have been willing to enter into such a catastrophic mess with no clear solutions? I don't suppose any of us know the answers to questions like

these until it happens to us. But do you at least believe the heroes of 9/11 did the right thing and admire them for it? On September 11, 2001, over 3,000 people died as a result of a terrorist attack. On that same day and every day in this country, approximately 4,000 women are physically abused by an intimate partner, and as many as 2,700 women are sexually assaulted. You may not have been at the World Trade Center Towers the day they were attacked, but you have been in the midst of other victims of terror and trauma—they are all around you. Maybe now as never before you can identify with the experiences of those who have suffered trauma in the form of abuse. Perhaps now, more than before, you can choose to look at, go after, and help a victim of

“terrorism.” Perhaps you will become a HERO—someone who risks their own sense of self and safety to come alongside a survivor.

Everyday at SPM we spend time with survivors helping them in whatever way we can. It's messy and it's risky, but we believe it's the right thing to do. You can help by learning more about how to minister effectively to victims of trauma. You can help by supporting this ministry through your prayers, gifts, and by volunteering. Let us know if you are interested in joining the team and becoming an EVERYDAY HERO.

Nancy

(Continued from page 1)

enjoyed freedom, security, justice, and wealth as no other nation on earth. We have also come to believe that we are entitled, that we are in control, and that we are self-sufficient. Perhaps 9/11 has changed that some. Perhaps even though the terrorists intended only to destroy us, God can and is bringing new life to us as individuals and as a nation.

Although terrorism and trauma begin with the destruction of our world as we have known it, with God's help the final results can be renewed clarity, strength, and faith. Trauma changes people. Either we tend to become more fearful, angry, self-protective, and controlling, or we begin to trust God and eternal spiritual realities in a way that makes us solid people—people who are grounded, focused, courageous, and self-sacrificing. These changes in us do not make the pain of evil go away, nor do they necessarily help us to understand what has happened. At some level though, we begin to realize that the world we trusted in before was not as real as we once thought it was, but the life defined and offered to us by God is real and good and eternally safe.

IS THIS NORMAL?

Four thousand gathered for midday prayer in a downtown cathedral. A New York City church filled and emptied six times last Tuesday. The owner of a Manhattan tennis shoe store threw open his doors, and gave running shoes to those fleeing the towers. People stood in lines to give blood, in hospitals to treat the sick, in sanctuaries to pray for the wounded.

America was different this week. We wept for people we did not know. We sent money to families we've never seen. Talk-show hosts read Scriptures; journalists printed prayers. Our focus shifted from fashion hemlines and box scores, to orphans and widows and the future of the world.

We're not as self-centered as we were.
We're not as self-reliant as we were.
Hands are out.
Knees are bent.
This is not normal.
And I have to ask the question:
Do we want to go back to normal?

Are we being given a glimpse of a

new way of life?

Are we, as a nation, being reminded that the enemy is not each other and the power is not in ourselves and the future is not in our bank accounts?

Unselfish prayerfulness is the way God intended for us to live all along. Maybe this, in His eyes, is the way we are called to live our entire lives. And perhaps the best response to this tragedy is to refuse to go back to normal.

Perhaps the best response is to follow the example of Tom Burnett. He was a passenger of Flight 93. Minutes before the plane crashed in the fields of Pennsylvania, he reached his wife by cell phone. “We’re all going to die,” he told her, “But there are three of us who are going to do something about it.”

We can do something about it as well.
We can resolve to care more.
We can resolve to pray more.
And we can resolve that, with God being our helper, we’ll never go back to normal again.

Excerpted from Max Lucado as aired on 89.5 FM, KTSY

IN BRIEF

Welcome to our new volunteer coordinator, **Arlene Linderer**. Arlene will be maintaining our volunteer data base, organizing volunteers, and showing them how much we appreciate them.

Congratulations to our first group of SPM walkers in the **Women's Celebration Walk** this last September. It was a beautiful day and we all had a great time. Walkers raised \$600.00 in sponsorships.

PRACTICAL COPING IDEAS FOR VICTIMS OF TRAUMA

➤ Remember to breathe. Sometimes when people are afraid or very upset, they stop breathing. When you are scared or upset, close your eyes and take deep, slow breaths until you calm down. Taking a walk or talking to a close friend can also help.

➤ Whenever possible, delay making any major decisions. You may think a big change will make you feel better, but it will not necessarily ease the pain. Give yourself time to get through the most hectic times and to adjust before making decisions that will affect the rest of your life.

➤ Simplify your life for a while. Make a list of the things you are responsible for, such as taking care of the kids, buying groceries, teaching Sunday school, or going to work. Then, look at your list and see which things are absolutely necessary. Is there anything you can put aside for a while? Are there things you can let go of completely?

➤ Take care of your mind and body. Eat healthy food. Exercise regularly, even if it is only a long walk every day. Exercise will help lift depression and help you sleep better, too. Massages can also help release tension and comfort you.

➤ Avoid using alcohol and other drugs. These substances may temporarily block the pain, but they will keep you from healing. You have to experience your feelings and look clearly at your life to recover from tragedy.

➤ Keep the phone number of a good friend nearby to call when you feel

Thanks to **Albertsons Food Stores** for including us in their Community Partners Program. You can help by using one of our Community Partner cards whenever you shop at Albertsons. It costs you nothing and SPM receives a quarterly donation from Albertsons based on the purchases made by SPM card holders. Call the SPM office for a free card.



overwhelmed or have a panic attack.

➤ Talk to a counselor, clergy member, friend, family member, or other survivors about what happened. It is common to want to share your experience over and over again—and it can be helpful for you to do so.

➤ Begin to restore order in your world by reestablishing old routines at work, home, or school as much as possible. Stay busy with work that occupies your mind, but do not throw yourself into frantic activity.

➤ Talk to your children, who are often the invisible victims, and make sure they are part of your reactions, activities, and plans. Involve them in funerals and memorials if they want to be involved.

➤ Avoid doing upsetting things right before bed if you are having trouble sleeping. Designate 30 minutes sometime earlier in the day as your “worry time.” Do not go to bed before you are tired. Write down your fears and nightmares. Put on quiet music or relaxation tapes. If you still cannot sleep, do not get mad at yourself and worry about not getting sleep. You can still rest by lying quietly and listening to relaxing music or by reading a good book. If your sleeping problems

SPM has begun to produce a series of education handouts called **Quick Looks**. Each **Quick Look** concisely addresses an issue that SPM clients may face. Our first six **Quick Looks** cover the following topics: *How Much Should A Woman Take?* (Ropers); *Physical Danger in Abusive Relationships*; *Domestic Violence Safety Planning*; *Civil Protection Orders*; *Stalking: What Is It?*; and *Stalking Safety Planning*. **Quick Looks** are free and are available through the SPM office.

continue, you may want to see your doctor.

➤ Find small ways to help others, as it will help ease your own suffering.

➤ Think about the things that give you hope. Make a list of these things and turn to them on bad days.

Who's At Risk for Post-Traumatic Stress Disorder?

PTSD rates associated with different experiences:

◆ Rape	49%
◆ Oklahoma bombing	34%
◆ Severe assault	32%
◆ Vietnam combat	30%
◆ Mass shooting	29%
◆ Gulf War combat	8%
◆ Natural disaster	4%

Newsweek, October 1, 2001, pg. 51

It is important to remember that emotional pain is not endless. It does have limits. The pain will eventually ease, and the joys of life will return. There will be an ebb and flow to your grief. When it is there, let yourself feel it. When it is gone, let it go. You are not responsible or obligated to keep the pain alive. Smiles, laughter, and the ability to feel joy

in the good things of life will return in time.

Victims are forever changed by the experience of terrorism. They realize that although things will never be the same, they can face life with new understanding and new meaning. Many things have been lost, but many things remain. Overcoming even the greatest tragedies is possible and can help bring about change and hope for others.

Excerpted from Coping After Terrorism OVC Handbook, pgs. 6-7