



# Prairie Faith Parish Nurse News~~October 2023

*Mind*

*Body*

*Spirit*

**Domestic violence** is defined as a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner. Domestic violence can be physical, sexual, emotional, economic, or psychological actions or threats of actions that influence another person. This includes any behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, or wound someone.



**Physical Abuse:** Hitting, slapping, shoving, grabbing, pinching, biting, hair pulling, etc. are types of physical abuse. This type of abuse also includes denying a partner medical care or forcing alcohol and/or drug use upon him or her.

**Sexual Abuse:** Coercing or attempting to coerce any sexual contact or behavior without consent. Sexual abuse includes, but is certainly not limited to, marital rape, attacks on sexual parts of the body, forcing sex after physical violence has occurred, or treating one in a sexually demeaning manner.

**Emotional Abuse:** Undermining an individual's sense of self-worth and/or self-esteem is abusive. This may include, but is not limited to constant criticism, diminishing one's abilities, name-calling, or damaging one's relationship with his or her children.

**Economic Abuse:** Is defined as making or attempting to make an individual financially dependent by maintaining total control over financial resources, withholding one's access to money, or forbidding one's attendance at school or employment.

**Psychological Abuse:** Elements of psychological abuse include, but are not limited to, causing fear by intimidation; threatening physical harm to self, partner, children, or partner's family or friends; destruction of pets and property; and forcing isolation from family, friends, or school and/or work.

Domestic violence can happen to anyone regardless of race, age, sexual orientation, religion, or gender. **Domestic violence affects people of all socioeconomic backgrounds and education levels.** Domestic violence occurs in both opposite-sex and same-sex relationships and can happen to intimate partners who are married, living together, or dating. There are so many different statistics available about the incidence of domestic abuse—what's important to know is that it is very likely you know someone who has been involved in an abusive relationship, even if they never talk about it. **It does happen in every community, in your community.** Find out more about statistics here: <https://ncadv.org/statistics>

Domestic violence not only affects those who are abused, but also has a substantial effect on family members, friends, co-workers, other witnesses, and the community at large. Children, who grow up witnessing domestic violence, are among those seriously affected by this crime. Frequent exposure to violence in the home not only predisposes children to numerous social and physical problems, but also teaches them that violence is a normal way of life - therefore, increasing their risk of becoming society's next generation of victims and abusers.

## Things You Can Do to Help A Friend

**Educate Yourself.** Gather all the information you can to learn about domestic violence. Sometimes your own feelings about violence may make it difficult for you to confront the situation.

**Lend a Sympathetic Ear.** Let your friend know that you care and are willing to listen. Don't force the issue, but allow your friend to come to you to talk when your friend is ready to confide in you. Keep your mind open and really listen to what your friend tells you.

**Be non-judgmental.** Never blame, criticize, or guilt your friend for what's happening or underestimate your friend's fear of potential danger. Remember that your friend must make their own decisions about their life. Focus on supporting your friend's right to make their own choices and decisions.

**Guide Your Friend to Community Services.** Let your friend know that they're not alone, and caring people are available to help, such as **Options Domestic and Sexual Violence Services** which serves northwest Kansas. They could also contact the **National Domestic Violence Hotline** at 800-799-7233 or text START to 88788.

(Source: The National Coalition Against Domestic Violence and National Domestic Violence Hotline/Project Opal)

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## Community Resources

Area community resources will continue to be highlighted in the **Prairie Faith Parish Nurse News** over the next few months. Perhaps you personally are not in need of some of these resources and services, but you may be able to share the information with someone you know who could benefit! This month's focus is on **Options Domestic & Sexual Violence Services**.



**Options** is a non-profit organization that helps victims and survivors of domestic and sexual violence, stalking, human trafficking, and teen dating violence throughout northwest Kansas. SERVICES INCLUDE:

- **24-Hour Helpline, messaging, and crisis intervention.** Whether you are calling for yourself or a friend, **Options** helpline and messaging is answered 24 hours a day, 7 days a week by one of their advocates to help you with your needs. An advocate can help you navigate your journey to healing from domestic violence, sexual assault, stalking, dating violence, or sex trafficking. Call the 24-hour helpline **800-794-4624**, text **HOPE** to **847411**, or Live Chat with **Options** [HERE](#). Find guidance to help someone you know [HERE](#).
- **24-Hour Medical Advocacy.** An advocate can go with you to a domestic violence exam or sexual assault exam to provide comfort, to help you know what to expect, and what will happen next in the process.
- **24-Hour Safe Shelter.** If returning home is not a safe option for you, **Options** can provide an environment that is physically safe from people inside and outside the shelter for you and your family and pets, or if the shelter is not a good fit, they may be able to provide hotel accommodations for 1-2 nights including food and other basic needs.
- **Other services include:** law enforcement advocacy, court advocacy, supportive counseling, support groups, child and youth support services, emergency financial assistance, clothing and other goods, community awareness & education.

*\*No one can force you to press charges. Services from **Options** are NOT dependent upon pressing charges.*

Business Hours for the **Options** office in Hays: Monday to Friday 8 am to 5 pm. Phone 785-625-4202. **Options** also has a mobile outreach office in WaKeeney at the courthouse on the first and third Tuesdays of the month from 9 am to noon. Check with the main business office for other northwest Kansas outreach office locations. **Options** website: <https://help4abuse.org/>



A sincere thank you to all who attended and supported the Pancake Feed at Bethlehem on Sunday, September 24! Thank you, also, to those who planned the event, helped with publicity, contributed food, worked at the meal, or made financial contributions! The free-will donations received at the Pancake Feed have made it possible to begin a new community ministry--and anyone can make a financial contribution at any time to the **Community Comfort Meals Fund**. Thank you again! 😊



### A Liturgy for the Ritual of Morning Coffee

Meet me, O Christ, in the stillness of morning.  
Move me, O Spirit, to quiet my heart.  
Mend me, O Father, from yesterday's harms.

From the discords of yesterday, resurrect my peace.  
From the discouragements of yesterday, resurrect my hope.  
From the weariness of yesterday, resurrect my strength.  
From the doubts of yesterday, resurrect my faith.  
From the wounds of yesterday, resurrect my love.

Let me enter this new day, aware of my need,  
and awake to your grace, O Lord. Amen.

(Source: *Every Moment Holy* by Douglas McKelvey)



The parish nurse ministry serves the community, regardless of any church affiliation. Feel free to call or email to: schedule a confidential appointment to discuss your health/wellness questions, schedule transportation to a medical/dental/counseling appointment if you need a ride, request a prayer shawl for someone in the community going through a difficult time, locate community health resources, request other parish nurse work, discuss health ministry volunteer opportunities, or discuss your ideas for the health ministry! 😊

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785-743-2005 (leave a message, please)