

ALMOST THAT TIME OF THE YEAR NEWSLETTER 2023

I CHOOSE JOY by Annabelle, HJ participant.

Annabelle reached a point where she feared the most
In her abusive marriage, when the partner made a bad
Choices that led to her losing her son, and that's when she knew
It was time to get out and save herself and her other two kids, a
decision

She wanted to take way back before her marriage hit three years,
but

With no one or any support system, since she married early to a
man who was 11 years older, she always thought she was too
young, or it was her fault for not being mature enough and obedient, hence the abuse.

She always felt joy was not something that she deserves until two years ago when the older daughter
saw her crying and told her mother that she was not alone and its okay.

She is not alone on this journey, and that's when she chose to choose joy, which she felt was not for her
in 18 years of marriage.

Soon, she began to plan her way out, and after two years, she left, and a lady in the church told her
about ARMS Kenya. And went through her journey curriculum. " I remember doing I choose joy class
[shadows of death], and I could not believe that I had left something that I felt was a punishment that by
choosing to live and choosing my joy was not being selfish or being that I didn't love enough, I just cried
to know that I am valuable and that it was not my fault that he chose to be abusive me being young was
not a reason for him abusing and controlling me. ARMS class helped me breathe again after so many
years of resentment. Now I can show my daughter that what we went through was not our fault, and
she can never feel bad for loving herself ever".

**TO JOIN HER JOURNEY GROUP OR VOLUNTEER AS A LEADER, CALL THE ARMS KENYA OFFICE 0708
651832**

UPDATE ON THE 2023 ARMS WOMEN PROJECTS.

Let me start by saying a big thank you for the immense support that we have gotten from you, makers of
change. When we decided to start the vocational skill training, we did not know how, but with prayers
and your generous support, we have been able to help over 22 women to do different courses [sewing
and baking] that have helped not only regain their confidence but also began their journey of financial
independence.



Transforming Lives Through Healing and Intervention

"I am delighted that as I do her journey class that helps me heal, I can also get a skill that will help me feed my kids and move towards my destiny that I thought was lost after getting married into an abusive

marriage and later becoming a single parent, thank
you."

Lucy



victims/survivors /women like Lucy and Annabelle by making a monthly pledge this festive season or sponsoring a woman through her skills courses. Visit www.abuserecovery.org/give international.



SPONSOR A
JOURNEY OF
HEALING
THIS
CHRISTMAS
HOLIDAY.



Baking class with Her journey @250USD.

Matmarking with her journey @ 150 USD.
journey @350. USD.

Sewing classes with her

OUR PROGRAMS

1. HER JOURNEY. FREE 15 WEEK HER JOURNEY CLASS TO HELP WOMEN IN THEIR RECOVERY FROM DOMESTIC ABUSE.

2. COMMUNITY OUTREACH. Training and support the community/church/organizations around domestic abuse.

3.GROUNDWORK PROGRAM .To better understand the meaning of healthy relationships in our lives.

FROM ARMS KENYA CEO ANN

It has been amazing to see these women go through the healing journey and have genuine smiles on their faces; I thank you for your support and prayers. As the year comes to an end, I pray that all our donors, partners, volunteers, and her journey leaders have a wonderful Christmas and a happy New Year 2024.

