



....In The Meantime

With



24 hour confidential hotline: 1-800-537-6066 or 874-1973

Mini-Mag #48: April 26, 2021

This project was supported by Grant No. 2015-WEAX-0016 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions and recommendations expressed in this publication are those of the authors and do not necessarily reflect the views of the U.S. Department of Justice.

Hello,

A recent book group at the Maine Corrections Center's-Women's Center read Garth Stein's *"The Art of Racing in The Rain"* (2008). And if you are familiar with the book, you know that the narrator is Enzo, a lovable Golden Retriever, who conflates the rules of racing with sage 'life advice', which he then dispenses (to the reader) while watching over his beloved human family. If, on the other hand, you are unfamiliar with the book, you may have just rolled your eyes at this information thinking that a story told from the point of view of a dog must surely be trite, cliché, and/or the stuff of fairytales. However, if you are an avid reader of fiction, you'd be doing yourself a great disservice dismissing this novel because the protagonist is canine rather than human. In fact, Enzo is so wise and lovable, it's easy to forget that he isn't human. And the advice he doles-out is guidance that we, the reader, could greatly benefit from could we get past the fact that it comes from a dog.

For example, one of Enzo's many insightful maxims is: "Your car goes where your eyes go." Or, put another way: "That which you manifest is before you" (83). In terms of racing, Enzo goes on to explain that if a driver has lost control of the car and spinning, and can't tear his/her eyes away from the wall, said driver will surely crash into that wall. On the other hand, should the driver stay focused and keep his/her eyes on the track, he/she will regain control of the car and stay on course. The belief behind this maxim is that when something unpredictable happens, our impulse is to react quickly and with speed. However, when drivers react in this (panicked) manner, they are already too late to correct the unexpected problem/spin-out. But again, if the driver can stay calm and focused, and maintain possession of the car, he/she can drive out of the spin.

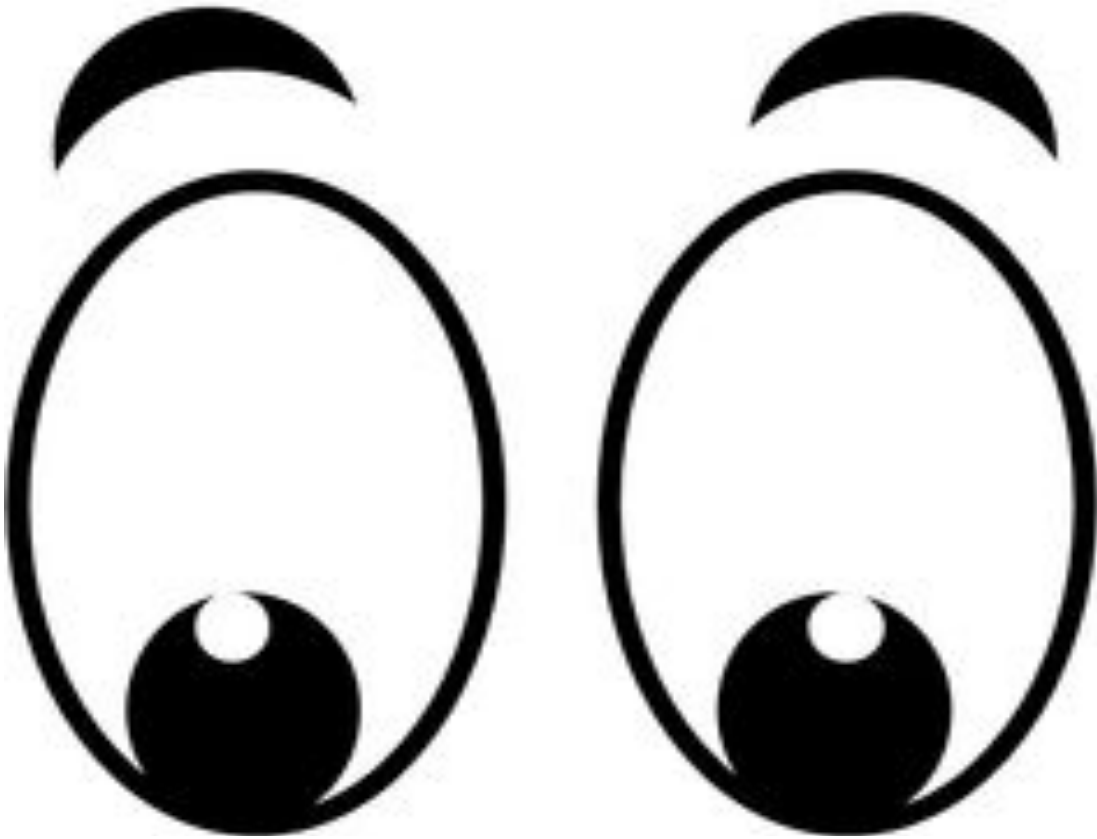
And what does this racing analogy have to do with real life? Well, one could argue that it is akin to the belief that we breathe life into whatever we focus on. If we are focused on the past and our missteps, we are likely to remain inert or keep repeating them in some variation, and veer off-track. If, on the other hand, we focus on, and work towards our goals, and dismiss or avoid anything or anyone who does not encourage our success, we will stay on course. Simply put:



Best,
Monique
&
Nicolle

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“Your car goes where your eyes go”. What are some goals you can focus on going forward? Write them in ‘your’ eyes to keep them within your view.



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THE STORY OF TWO WOLVES

An old Cherokee is teaching his grandson about life. “A fight is going on inside me,” he said to the boy. “It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.”

He continued, “The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too.”

The grandson thought about it for a minute and then asked his grandfather, “Which wolf will win?”

The old Cherokee simply replied, “The one you feed.”

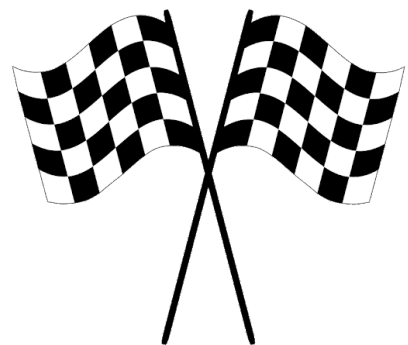


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WRITING PROMPT

What does the following statement mean to you and do you have a real-life example that proves its validity?

“Thoughts Become Things”



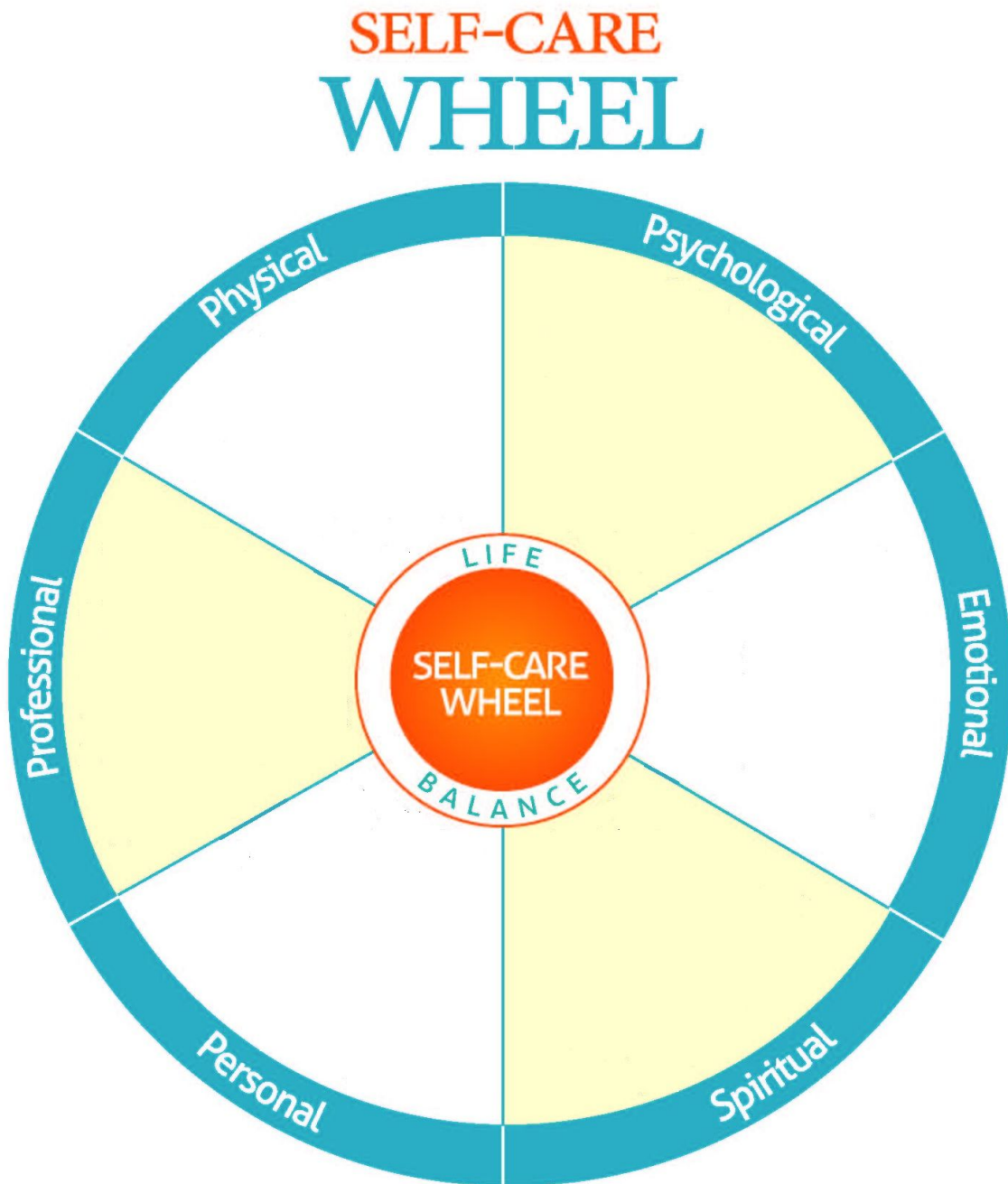
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The Art of Racing in the Rain

P W I J L L E W X A M S T N E R A P D N A R G D
K R Q G M S T K K T S N M I H E I F U P V J M R
Q N R I G R W L I P R W M W D L D N E S R H Q W
K O J Z L N D K O A X S T V N A M V Y J J C D K
J I C O K F Q P C V A I P R U E E Z K T G D H S
N T X U J U O E E Z I D T A Q R R B R H J N E Q
R A V R N Z C I N M B N P R L E J N A E G O L M
A N H O N A G J T L N Q G X I C A C C V S Z U H
F R E E R W C Q S U S G F U P S A B E F K O F P
U A I E P G K K B R M B A N M R H G T B X R T E
T C C B X I F L M R L O K R B R D P R M N R C A
W N W X S V R N V D C Y R E T E C S A J V T E N
A I C Z W I G U Q S R Q Z G N H C G C I E B P U
X E D O Y L I M A F X L H N R J S F K I Y B S T
Y R R T R C S T T R I O Y Q X Y O T L C S S E B
K W S Y N H K B Q V S S M M K R Q F E L A Y R U
R E C K H N F Z E C A G P R M K L J A I P V F T
K V S L D T A D L N N Y C U E V M Y L A N X X T
B G P G D D T I A I E I L I O G O E A O R R Q E
F L E M L Y P N R Z T A A Z Z L E V O A P I C R
P T E D B Z A A R R O T E R F G J Z C D Z L U W
F Y D H C B C F D N E G U G Q K N I Z Y V U H Z
E R E T L M K O E S I G X B W E N E H H K J P Y
G S S E K A C N A P I K U X F G T Z F X K Y C A

DEVIL ZEBRA	RACE CAR	RACE TRACK	RACING
FORMULA ONE	RAIN	TUMOR	REINCARNATION
SPEED	FAMILY	RESPECTFUL	CARING
LOVING	LOYAL	GRANDPARENTS	GARTH STEIN
TRISH	MAXWELL	DENNY	ZOE
ENZO	EVE	CEREAL	ENZO POPS
PANCAKES	BANANAS	PEANUT BUTTER	

What can you do to practice self-care/self-love in these specific realms?



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HEALTHY RELATIONSHIPS

CONTROLLING BEHAVIORS TO BE MINDFUL OF

Sana Powell, M.A., LPC @ curly_therapist

- They cut you off from friends and family because they're "all you need."
- They justify abuse with statements like, "But you know how much I love you, right?"
- They isolate you from members of your support system because they're "toxic" influences.
- They say things like, "If you really loved me, you would/wouldn't do/say/wear that."
- They try shaping you into the person they want you to be and ignore your unique qualities.
- They dictate how you spend your time and money because they "know what's best for you."
- They rely on you to meet all of their needs and be available for them at all times.

From: Instagram: unapologeticallysurviving

MOMS HELPING MOMS

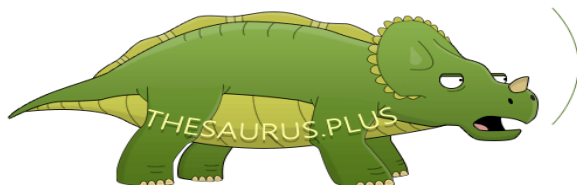
THE MELT DOWN

Things to remember when your child is in the midst of one:

- The powerful emotions belong to your child and may overwhelm your child at times.
- Your child is not doing this 'on purpose' to upset you.
- Depending on your child's age, you could speak to them, once they are calm, about other ways to express their emotions
- If these are happening out in public (ex. in the grocery store over a box of sugar cereal) don't give in every time as it sets a precedent: *tantrum = I get my way*. At the same time, a box of your child's favorite cereal can be a 'once in awhile treat'.
- Know your child's triggers so you won't be caught off-guard and can either avoid them if possible or mitigate them when not.
- Talk to you child afterwards about 'strong emotions'
- Your child's behavior does not define you as a parent.

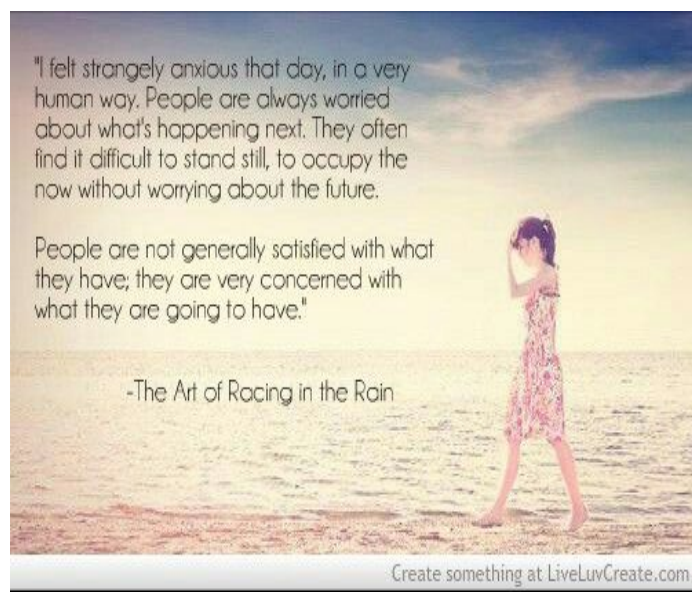
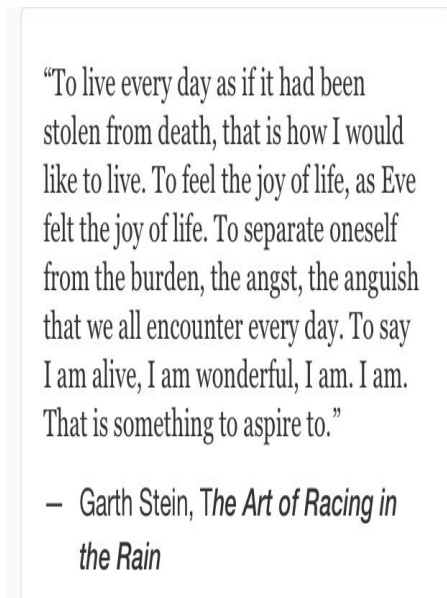
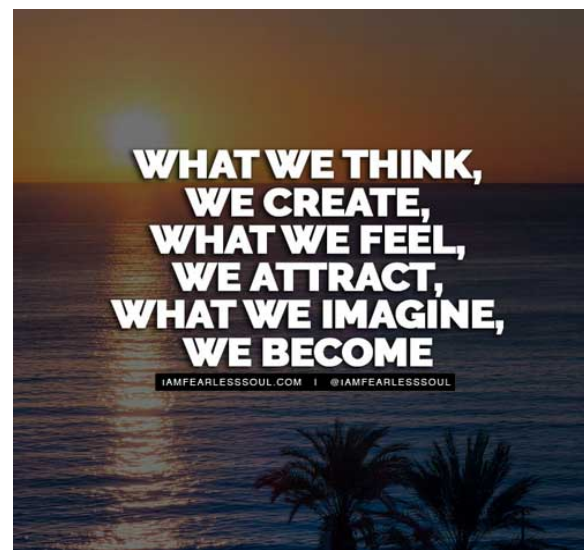
synonyms for meltdown:

crash, collapse, disaster, cataclysm, catastrophe,
calamity, debacle, tragedy, emergency, fiasco



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QUOTES



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MCEDV.

The Maine Coalition
to End Domestic Violence

Help is just a call away.

24 Hour • Toll Free • Confidential

1-866-834-HELP (4357)

Maine Telecommunications Relay Service:
1-800-437-1220

MCEDV MEMBERS:

AROOSTOOK

Hope and Justice Project

PENOBSCOT & PISCATAQUIS

Partners for Peace

KENNEBEC & SOMERSET

Family Violence Project

HANCOCK & WASHINGTON

Next Step Domestic Violence Project

ANDROSCOGGIN,

FRANKLIN & OXFORD

Safe Voices

KNOX, LINCOLN,

SAGadahoc & WALDO

New Hope for Women

CUMBERLAND

Through These Doors

YORK

Caring Unlimited

CULTURALLY SPECIFIC SERVICES

Immigrant Resource Center of Maine



mcedv.org

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MCEDV MEMBERS

Aroostook County
Hope and Justice Project
www.hopeandjusticeproject.org
P.O. Box 148, Presque Isle, ME 04769
Admin: 207-764-2977 Helpline: 1-800-439-2323

Penobscot & Piscataquis Counties
Partners for Peace
www.partnersforpeaceme.org
P.O. Box 653, Bangor, ME 04402
Admin: 207-945-5102 Helpline: 1-800-863-9909

Kennebec & Somerset Counties
Family Violence Project
www.familyviolenceproject.org
P.O. Box 304, Augusta, ME 04332
Admin: 207-623-8637 Helpline: 1-877-890-7788

Cumberland County
Through These Doors
www.familycrisis.org
P.O. Box 704, Portland, ME 04104
Admin: 207-767-4952 Helpline: 1-800-537-6066

Hancock & Washington Counties
Next Step Domestic Violence Project
www.nextstepdvproject.org
P.O. Box 1466, Ellsworth, ME 04605
Admin: 207-667-0176 Helpline: 1-800-315-5579

Androscoggin, Franklin & Oxford Counties
Safe Voices
www.safevoices.org
P.O. Box 713, Auburn, ME 04212
Admin: 207-795-6744 Helpline: 1-800-559-2927

Knox, Lincoln, Sagadahoc & Waldo Counties
New Hope for Women
www.newhopeforwomen.org
P.O. Box A, Rockland, ME 04841-0733
Admin: 207-594-2128 Helpline: 1-800-522-3304

York County
Caring Unlimited
www.caring-unlimited.org
P.O. Box 590, Sanford, ME 04073
Admin: 207-490-3227 Helpline: 1-800-239-7298

Serving Refugee and Immigrant Communities
Through Culturally and Linguistically Sensitive Services
Immigrant Resource Center of Maine
www.ircofmaine.org
PO Box 397 Lewiston, ME 04243
207-753-0061



Member Programs of the Wabanaki Women's Coalition

Tribal Domestic & Sexual Violence Coalition
www.wabanakiwomenscoalition.org

Aroostook Band of Micmacs
Domestic & Sexual Violence Advocacy Center
www.micmac-nsn.gov
7 Northern Rd., Presque Isle, ME 04769
Admin: 207-760-0570 Hotline: 207-551-3639

Houlton Band of Maliseets
Domestic & Sexual Violence Advocacy Center
www.maliseets.com
690 Foxcroft Rd., Houlton, ME 04730
Admin: 207-532-3000 Hotline: 207-532-6401

Pleasant Point Passamaquoddy
Peaceful Relations Domestic & Sexual Violence Advocacy Center
www.wabanaki.com
P.O. Box 343, Perry, ME 04467
Admin: 207-853-0092 Hotline: 1-877-853-2613

Penobscot Indian Nation
Domestic & Sexual Violence Advocacy Center
www.penobscotnation.org
2 Down St., Indian Island ME, 04468
Admin: 207-817-3164 x2 Hotline: 207-631-4886

Indian Township Passamaquoddy
Domestic & Sexual Violence Advocacy Center
P.O. Box 301, Princeton, ME 04668
Admin: 207-796-6106 Hotline: 207-214-1917



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Connecting people,
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