

# Culture and Spirituality



## DDVAM Newsletter 2

SHARE's second newsletter is focused on the intersectional relationship between religion, spirituality, culture, and dating/domestic violence. How can our spirituality and other aspects of our cultures and communities help or hinder our healing process? And what are some of the spiritual, wellness-based, and community-based resources on campus that could be helpful for victims of violence? This Newsletter serves as a resource to help us begin to tackle and consider some of these questions, and provides a few helpful resources and events on campus you can participate in to aid your own learning and healing process. We hope that you continue to consider these intersectional relationships in the context of the communities you are involved in and your own experiences.



# How do Religion and Domestic Violence Interact?

For survivors who are religious, questioning faith is a common experience. Survivors often try to make sense out of their experiences of violence in the context of their faith. Some [common thoughts](#) one might feel are:

"Why is this happening to me and my family?"

"Why did God let this happen?"

"What meaning does this have for my life?"

"I must have sinned for this to have happened to me."

## Religion as an Asset

Religious traditions and spiritual practices are full of [resources for personal healing](#). Survivors may find comfort in teachings that emphasize that a higher power is always with those who suffer. Survivors can also use faith to sustain their spirit during emotionally taxing experiences, such as court proceedings or navigating social services. Learn more about what faith institutions can do to support victims of sexual violence [here](#).

## Religion as a Roadblock

Misinterpretation and the weaponizing of religious texts and traditions often hinder healing, contributing to guilt, shame, victim blaming, and [rationalizing violence](#).

This weaponization is especially common when survivors of faith have intersectional identities that cause them to experience religious oppression, such as queerness or an oppressed gender identity. Religious forces may cause these survivors to feel guilt and shame surrounding the violence that they've experienced, or push survivors to believe that it is punishment for their identity.



# Spiritual / Wellness Based Resources on Campus

## **Talk with a Chaplin:** Office of Religious and Spiritual Life

Spiritual (Pastoral) care is a type of care and counseling provided by spiritual leaders. It involves nonjudgmental and compassionate listening that allows people to share. It can provide an opportunity for confidential conversation in the context of a holistic network of support. These services are inclusive and applicable for students of all religions and spiritualities. Sign Up [Here](#)

## **Yoga as Healing Event :** SHARE Education Team

On Tuesday, October 25th, SHARE (in partnership with both YogaX and Weiland) will be hosting a Yoga as Healing 2-Part Event outside of Kingscote Gardens from 3:15 pm to 5:00 pm. Part 1 is open to Anyone impacted by dating/domestic violence, Part 2 is specifically catered towards queer victims to intentionally center the ways queer communities may be impacted uniquely by dating/domestic violence. You can register for this event [here](#).

## Other Helpful Resources

### **Wellness Through Queerness:** WELLNESS 140 Course

Explore the intersection of queerness, sexuality and wellbeing. Learn skills and practices to associate queerness with thriving and flourishing. An interactive structure supports the reflection and development of your relationship with self, community, and queerness. [Learn more](#)

### **Support Group for DV Survivors:** YWCA at Stanford

Group sessions will focus on self esteem and providing survivors with the tools that they need to break out of certain patterns as well as become more independent. Survivors can look forward to finding tools that can be useful in everyday life and finding a community in which they can relate to. More information [here](#).



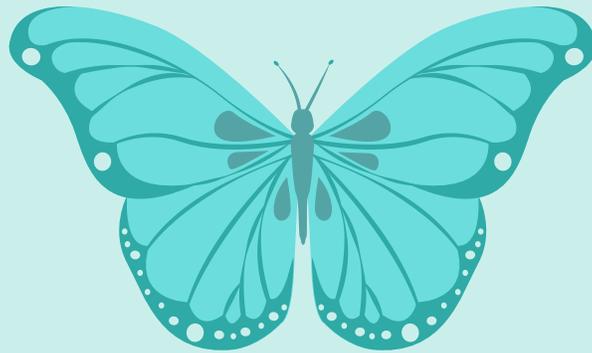
Sincerely,

SHARE: Education Team |

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*Grace, Nadia, Carley, Brianna, Georgia, Sofia, and  
Alexandra*

*See something you'd like added? Provide feedback  
for future newsletters [here](#).*



Want to learn more about how to build caring relationships,  
substance use, and mental health? Sign up for a PEERs  
workshop [here](#)

## Additional Resources

1. [Domestic Violence and Muslim Women FAQ](#)
2. [Domestic Violence and Jewish Women FAQ](#)
3. Howell et al., 2017. *Protective Factors Associated With Resilience in Women Exposed to Intimate Partner Violence*
4. Marie Fortune, Salma Abugideiri, and Mark Dratch, 2010, A Commentary on Religion and Domestic Violence, Seattle, WA: FaithTrust Institute. Retrieved June 1, 2021, from [LINK](#)
5. "Learn the Basics." FaithTrust Institute, [www.faithtrustinstitute.org/](http://www.faithtrustinstitute.org/). Retrieved June 1, 2021

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