

August 2023



Partnering with God to redeem lives and restore families affected by trauma and abuse

Serving people in 8 countries and 35 U.S. states



Testimonies From our Support Group Participants.. bring joy, hope of healing, and encouragement this month.

Enjoy and be encouraged by these testimonies from spring and summer support group participants. Now, we are full of expectation for ALL that God will do this fall through community, joy building, and deeper intimacy with God. He is writing our stories and they are amazing! Will you be joining us in September? We hope so! See the next column for details on how to sign up for a support group today!



"Each time I take a class, I am blessed with more knowledge and then comes the processing of information. Healing is taking place in steps... I grow stronger in the knowledge of who God made me to be and less insecure."

"This group gave me the strength and support to do the hardest things—sticking up for myself!"

"I now know that God sees me and is with me. I can still be who He has made me to be, even in my circumstances."

"I've learned how important community is; where I am seen, heard, and accepted. So healing."

"I really loved being met with smiling faces each week and hearing how others were hearing from God. It encouraged me to dig deeper in my own walk and to not isolate."

"I walked in to my first group anxious and afraid that I would not be able to share what was really going on. I thought it would be just another way people would judge or try to 'fix me'. That isn't what happened at all! As time went on, I began to realize I was surrounded by women on their own beautifully imperfect journeys. We didn't need to 'fix' each other, we simply listened, learned and leaned into what God was doing each week."

"The biggest take away I experienced was the ability to build my trust in God."

"Learning to use the tools I have picked up in support groups has had a positive effect on nearly all my relationships."

Fall Support Groups Begin Mid September

Groups meet for 2 hours and sessions run for 9 weeks

Groups for Women

Authentic Hope: Door of Hope's entry support group to understand trauma and abuse and God's hope and healing.

- Mondays, Starting Sept. 18; 6:30 pm - In person Blaine and White Bear Lake
- Tuesdays, Starting Sept. 19; 6:30 pm -In person Mankato and Zoom all areas
- Wednesdays, Starting Sept. 20; 10 am Zoom all areas
- Thursdays, Starting Sept. 21; Zoom Group for English-speaking women in India



Women's Groups with Prerequisites

Living the Immanuel Lifestyle Support Group

- Mondays, Starting Sept. 18; 6:30 pm –Hybrid class (In person Blaine and Zoom all areas)
- Wednesdays, Starting Sept. 20; 10 am Zoom all areas
- Mondays, Starting Sept. 18; Zoom Group for English-speaking women in India

Boundaries Part 1 Support Group

- Tuesdays, Starting Sept. 19; 6:30 pm -Zoom all areas

Changes That Heal Support Group

- Tuesdays, Starting Sept. 19; 6:30 pm -In person Mankato
- Wednesdays, Starting Sept. 20; 10 am - Zoom all areas

Trailblazers Support Group

Tuesdays, Starting Sept. 19; 4:00 pm –Zoom all areas

Finding Rest Support Group

- Tuesdays, Starting Sept. 19; 6:30 pm –Zoom all areas

Registration Fee:

\$95 per person for Authentic Hope

\$125 for all other support groups

Scholarships are available. If you need assistance, email

register@doorofhopeministries.org.

Pre-registration is required for all groups and space is limited.

Please register early!

Learn More and Register:

www.doorofhopeministries.org/upcoming-support-groups

Questions about these groups? Contact Darlene Cook at

darlene@doorofhopeministries.org or 763-767-2150 x103



Being Present in One's Body While with the Lord: ~ A Reflection By Jason Kell

I recently was very fortunate to engage in a Boundary Waters Canoe Area adventure with four other men, friends from college, who have stayed close throughout the years. The closeness in our relationship has been akin to that of brotherhood, a genuine familial connection. On trips like these, I'm always excited and encouraged by how the Spirit of Christ is moving and speaking even amid little moments of laughter and playfulness. Oftentimes (as was the case this trip) wisdom and insights are shared and meditated on together as friends, husbands, fathers, leaders, and workers.

My desire is to share with you a couple of particular bits of wisdom that stuck out to me over our excursions. Firstly, Hold a heavenly perspective. With this, two scriptures stick out: the Lord's Prayer and Jesus' time fasting in the wilderness. Both of which point to bringing heaven to earth and to the things God cares about. To truly know God and be known by God, without noise or frill, just knowing Him and being known by Him is what it means to truly live! And secondly, 'Haraka haraka haina baraka' (a Swahili saying) which roughly translates as: 'Don't move too fast, otherwise you will miss the blessing!' It's my goal to emphasize 'flipping the script' on hurry; to stay with the moment and find God and His kingdom perspective in all things. For me, it is often nature (like the wild outdoors) that will elicit this for the body! I personally and professionally hold strongly to knowing that God gave us our amazingly complex bodies to be present in them through creativity and curiosity.

When working with trauma (or anything not going the way it was intended) it's imperative that we each find those ways that help us (even for just a moment) to be present in our body while we connect to the joy, peace, and love of Jesus. Furthermore, when we discuss trauma, it's important to know that trauma is the opposite of embodiment. When our bodies don't feel safe or our nervous systems are not organized, we are unable to be present and often either find ourselves in moments frozen in time (past) or running too far forward anticipating the worst (in a state of hyper-vigilance). The ultimate goal then is to be present in each moment in the body while keeping our eyes fixed on Heaven. This is where the healing happens: in the space of both the body and the cross of Christ; both the body and the bond of the Holy Spirit; both the body and God's love. With all the chaos, confusion, pain, fear, and trauma that we are seeing, hearing, and experiencing around us, it is important to hold the reality that is held deeply within our God-given body. *(continued next column)*

Namely, that if we can only slow down and pause for just a moment, we may be able to listen to that still-small-voice inside that wants to create order out of chaos; love out of fear; reconciliation out of relational hurt; joy out of sorrow; and peace out of trauma.

My hope and prayer this month is for you to be able to stay with the good you find in and around you! To know God while being able to smell the sweetest scents of nature into your nostrils, to receive the goodness of sights into your eyes, and sounds from your ears surrounding you always, to connect to the felt sense of the positive growing goodness in your feet,... hands,... arms, ... legs,lungs, ... gut, ...head, ...shoulders, ...knees, ...toes, ... and everywhere in between. So, let's join Jesus in fixing our eyes on our heavenly Abba God as we 'slow down to receive His blessing' and for what we need to know and do on earth as it is in heaven.

We Walk With Them 2023 Family Fun Walk and 5k Trail Run -Sign-Up Today!

Grab your friends, family, and your sneakers and join us for **We Walk With Them 2023!!**

Be a part of supporting a great cause Sunday, October 8 during National Domestic Violence Awareness Month as we bring awareness to domestic violence and raise

funds for Door Of Hope to continue to help those affected by trauma resulting from abuse and neglect.

Please WALK with us, DONATE, VOLUNTEER, or SPONSOR to help others find freedom!

Walk/Run Event Details:

Sunday, October 8, 2023

3:00pm: Registration
3:30pm: 2.5k Walk/5k Trail Run
4:00pm: Family Celebration

Location: Locke County Park, Pavilion 1
840 71st Ave NE, Fridley MN 55432

Tickets:
Teens & Adults: 13 years old and up \$50 per person
Children: 12 years old and under \$15 per person

*Register by Sept 25th, and you will receive a t-shirt

For more information and to Register, volunteer or sponsor visit: doorofhopeministries.org/events

If you would like more Information, please reach out to Heidi Drummer, Event Coordinator:
Heidi@doorofhopeministries.org
763-767-2150 Ext. 108.



Mission: Through God's power, Door of Hope equips people all over the world to live free from abuse and trauma through safe housing, educational conferences, support groups, trauma recovery counseling and prayer ministry. Door of Hope is a 501(c)(3) nonprofit.

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