

May 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

“After my salvation experience, I knew I needed to continue to work on healing.”



Mandy Emery

I heard about Door of Hope through a friend of mine in the summer of 2022. I had been in an emotionally abusive relationship for two years and I was desperate for help and hope.

I had grown up in a pretty dysfunctional environment. My dad was/is an alcoholic and was emotionally unavailable, and my mom was co-dependent. My two brothers were always in trouble at

school, so they required most of the attention at home. I spent a lot of time isolated in my bedroom, which led to severe depression and self-harming because I carried so much shame. Years later I still struggled as an adult with depression, cutting, lust, and several other things.

After my abusive relationship in 2022 I was done with doing life my way. Out of the blue, a past co-worker (now friend) reached out to me and asked if I was ok. (Such a God moment!) This is where my healing journey started, and I came to know Jesus. Since then, God has delivered me from severe depression, lust, shame, guilt, and many other things. Where I felt like there was a black hole in my heart, it was made whole and filled with His love and peace.

After my salvation experience, I knew I needed to continue to work on healing. I had heard about Door of Hope and signed up for an Authentic Hope support group. The information in the book, paired with scripture, drew me closer to God's heart for me, and the material in the book brought more understanding of how abuse and trauma affected me. Listening to other women and their stories encouraged me and let me know that I was not alone.

I would say to anyone struggling, there is hope and that is Jesus Christ! I also would say it's important to get connected to a group like Door of Hope because it's a very laid back, non-intimidating atmosphere, and it's a safe environment for women to share their stories and receive encouragement and hope. God delivers us in our obedience to Him. Thank you, Jesus!

But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint. Isaiah 40:31

Summer Support Groups Begin Mid-June

We all know that summer can be jammed packed with activity as we enjoy warmer and longer days. As you are thinking of what your summer schedule will look like, we encourage you to leave space for YOU! One way to do this is by setting aside time for community and joy. Our support groups provide a safe, focused, and joy-filled space for you to start or continue your healing journey.

Take a moment and check out our summer support group offerings. **Registration and More Info at :** doorofhopeministries.org/upcoming-support-groups

Register by June 12 and receive a 10% Discount by using the discount code: EarlyBird

Groups for Women

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

- Hybrid; In- Person Blaine + Zoom Tuesday Evenings, June 20–August 22
- Zoom Group; Wednesday Mornings, June 21–August 23
- Zoom Group for English-speaking women in India; Thursdays, June 15–August 17

Women's Groups with Prerequisites

Living the Immanuel Lifestyle Support Group

- Zoom Group; Tuesdays Evenings, June 20–August 22
- Zoom Group; Wednesday Mornings, June 21–August 23

Finding Rest: Learning to Pause and Appreciate

**purchase book separately*

- Zoom Group; Wednesday Mornings, June 21 –August 23

Trailblazers Support Group

**purchase book separately*

- Zoom: Tuesdays, June 20–August 22

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



"I would love to work Trauma Recovery Prayer or Professional Counseling into my summer plans.... How do I see what is available and how do I sign up?"

Have you thought of scheduling a trauma recovery prayer session, or professional counseling session but have been unsure what exactly they are or even how to sign up? Here is a step by step "how to" to walk you through. We're excited to have these services to offer as we partner with God in the healing journey!

How to 101:

- ⇒ On your browser, navigate to: doorofhopeministries.org/
- ⇒ Scroll down (mid-page) to "Trauma Recovery Prayer Ministry" –or– "Professional Trauma Recovery Counseling" **Here is where you may read more about each type of ministry and see which one might be best for you!**
- ⇒ From either the Trauma Recovery Prayer or Professional Counseling page, click on the orange "Schedule an online or in person" button which will take you to our availability calendar
- ⇒ For Trauma Recovery Prayer– look for "Prayer Appt" slots on the calendar and click on any available date/time that works for you.
- ⇒ For Professional Counseling– look for "Counseling" slots on the calendar and click on any available date/time that works for you.

Also feel free to call Ellen, at the office (763-767-2150), who would be happy to help walk you through the registration process if you need further assistance.



Door of Hope at Emmanuel Christian Center's "Sisterhood Night"

What a joy filled, powerful evening as a thousand plus women gathered at Emmanuel Christian Center for their latest Sisterhood Night on April 28. Door of Hope was honored to be the featured ministry at this event. We



believe that through the presence of our resource table and the testimonies shared throughout the evening we will see much interest in the services we provide. To top it off, Emmanuel Christian Center gave graciously to invest in our efforts by giving the evening's ENTIRE offering to Door of Hope... What a Blessing!

How can you share Door of Hope's heart with someone?

Diane Teaching on the Immanuel Approach Midwest Association of Christian Counselors (MACC) Workshop

Diane Stores, our Founder and Executive Director, recently paired up with Stephanie Rossing MA, LMFT to present part two of the Midwest Association of Christian Counselors (MACC) Workshop on the Immanuel Approach. What an impactful time of diving deeper into an Immanuel Lifestyle and expanding tools to re-wire traumatic memories in the Light of God's Presence. Pastors, therapists and church leaders came together for a powerful workshop that left them blessed and equipped to pursue living an Immanuel lifestyle and help others to do the same!



It isn't a tool...
It's a LIFE-STYLE!

Training, learning, tears, laughter, love, service & community!!!



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.

Door of Hope Ministries, PO Box 490565, Blaine, MN 55449
doorofhopeministries.org | facebook.com/dohministries | 763-767-2150 | info@doorofhopeministries.org

