

February 2024



Serving people in 10 countries and 38 U.S. states



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

## “God has so much more for us- we only need to say yes and lean into Him.”



Cindy Dullum

About 20 years ago, I felt God calling me to a ministry for single moms, as I stepped into co-leading a support group for single moms. Throughout these years my passion and desire has grown to see all women receive healing and freedom and to grow in their walk with God. When a friend invited me to Hope Builders, a workshop dealing with trauma, I had to accept. This workshop opened my eyes to the effects of trauma and abuse on the brain. I learned of the 2 types of traumas; A (absence) and B (bad things). I learned how the brain functions and became aware of God’s amazing design. During this time, I decided to look into becoming a volunteer at Door of Hope.

I contacted Darlene at Door of Hope and she suggested joining an *Authentic Hope* support group. Although I planned to volunteer, I soon realized that God intended to heal another layer of my own wounded heart. The *Authentic Hope* workbook would bring me deeper into understanding the different types of traumas and how they manifest themselves within us. I leaned into the area of healing that the Lord was doing in my heart.

During this time, I made an appointment for an Immanuel Prayer session in which their staff prayed with me. These prayers brought a deeper healing into my soul. I am reminded that when we seek the Lord, He always shows up. He desires for us to walk in healing and to be free of anything that entangles our hearts.

The support group also provided a safe place for the Lord to do work in me. The women were amazing as we shared our hearts with one another. The study, and the homework, brought the truth to light so that it could be applied to the areas that the Lord wanted to heal.

Currently, I am attending a Living the Immanuel Lifestyle support group. This too, has been a blessing to me. I’m learning how to live with more purpose, and to focus on God and the work He is doing in my life and those around me. I am learning how to return to the place of joy when life happens and when I find myself depleted of energy, peace, and joy. I’m excited to continue this journey of healing for myself and seeing others healed through prayer, support, and the Holy Spirit! God has so much more for us-we only need to say yes and lean into Him.

*Isaiah 43:4 You are precious in my eyes and honored and I love you.*

## Recap: Hope Builders Conference

We were privileged to present our Hope Builders Conference last weekend at Land of Promise in Buffalo, MN. This conference was geared toward equipping leaders, and the body of Christ, to help others walk through their pain. It was an impactful day as our staff presented to a full house of eager participants.

We would love to do more of these conferences, as the need to educate and equip is so very great. If you know of a church that would be interested in hosting a future conference, please reach out to Darlene at: 763-767-2150



**Why are Support Groups Essential to the Healing Process?** We were designed by God to need healthy loving relationships and a place to belong. Support Groups provide a place to connect with others, to grow in intimacy with the Lord, and to process unresolved pain in our hearts.

**SPRING SUPPORT GROUPS ARE HERE!**



**Beginning April 1st**



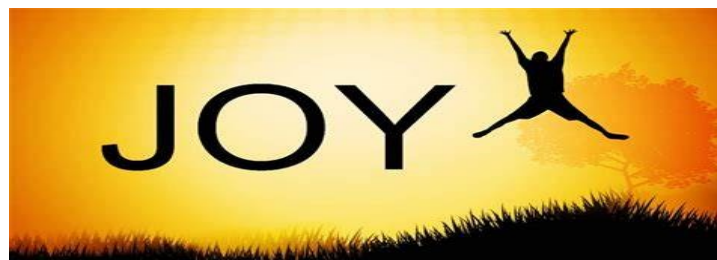
***Authentic Hope (women) & Getting Real (men)*** provides the foundation to all of our groups. Will you consider signing up for *Authentic Hope* or *Getting Real* this Spring? Or, if you haven't been in a group for a while, maybe it's time to get re-connected and join a new group? Check out the link below to see what we are offering in our Spring Session for men and women.

[www.doorofhopeministries.org/upcoming-support-groups](http://www.doorofhopeministries.org/upcoming-support-groups)

# SAVE THE DATE!

## You are invited to the Door of Hope Annual Fundraising Gala

Saturday, April 27, 2023, 6:00-8:30PM  
North Heights Church, Arden Hills, MN



In the busyness of life, we often do not make time for building joy. Our *Living the Immanuel Lifestyle* and *Finding Rest* support groups can help you on your journey to joy. Darlene Cook, U.S. Women's Program Director shares some 'joy basics' this month:

### What is joy?

Joy is the feeling you get when you know that "someone is glad to be with me." This can be a friend or a family member. But we also know that when we turn our attention to the Lord, He always delights to be with us. Joy grows in connection and relationship. This is why it is so important that we have regular times of connection with God and with healthy, loving people.

### How does joy compare with happiness?

Joy is an inner sense of well-being. Happiness is an outward expression based on circumstance. Joy endures hardships and connects to meaning, purpose, and identity. Happiness is fleeting.

### Moments of Joy will increase your Joy Capacity

- Spend time connecting with Jesus.
- Which activities help you to feel connected to Him the most? Make time for these things a priority. Think of things that refresh you and bring you new life and schedule these into your week.
- Get outside for a walk and notice the things around you. Try to focus on God as you enjoy His creation thank Him for this wonderful gift.
- It is also important to spend time in healthy, loving relationships where you feel safe to be yourself. Do fun things together, laugh, play games, and sometimes just enjoy being quiet.

### What happens when your joy capacity increases?

Increasing your joy capacity will help you to walk through the hard things in life. When we experience joy, shalom increases. This is more than peace. It is a feeling of contentment, completeness, wholeness, well-being, and harmony. Our ability to act like ourselves (our true identity) becomes our normal state of being, even in hard situations.

*The joy of the Lord is my strength. Nehemiah 8:10*



Door of Hope is so thankful to be celebrating our 10th Anniversary this year— and what a better way to bring our praise and thankfulness for all that God has done than to make the theme of our annual spring Gala: ***Come See What The Lord Has Done!***

We would love to have you join us in celebration! Please save the date now and think of who you would like to invite to this meaningful joy-filled evening.

We would like to thank our very special Gala Sponsors:

A Big THANK YOU to Our Bronze Sponsor!



**\*\*If you are interested in becoming a sponsor for this year's gala please contact : [heidi@doorofhopeministries.org](mailto:heidi@doorofhopeministries.org)**

### We never need to walk alone...



At Door of Hope, our heart is with you as you walk toward healing. We offer Support Groups, Safety Plans, Trauma Recovery Prayer and Professional Counseling. Please call us today.. There is no need to walk alone.

763-767-2150



**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

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