

March 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

“My relationship with Jesus was forever changed. The deep healing had come.”



Dawn Suiter

When I came to Door of Hope, I was broken and depressed. I was filled with fear and hopeless despair with thoughts of suicide only detoured by the thoughts of what would happen to my young children. I was struggling with a traumatic and neglectful marriage with 2 young children and no place to turn. I had no idea the journey I would be on and how God had his hand on me.

I grew up in a traumatic and abusive home. Although from the outside everything looked good, on the inside it was broken, chaotic, and abusive. I learned to wear many masks to survive the painful and abusive things that went on in my family. We went to church and looked like the “perfect” family, serving in church, smiling, and doing all the right things but inside there was pain and unprocessed trauma. I came to Christ at a very young age; however, it seems all that I was taught kept me from a deep and personal relationship with Jesus. It was all about trying to be good and doing the right things to get God to love me.

As a young adult, I vowed to never let anyone know what happened to me in my home; instead, I packed it all up deep inside. I performed well, but there were leaks in my pretending. I had no boundaries and continued to experience abuse and trauma. I tried to be good and earn love from God, but I had no idea how to do that, especially with the weight of the trauma I had experienced. I often thought that if people knew what had happened to me as a child, they would turn away from me and reject me, so I never let anyone get close to me.

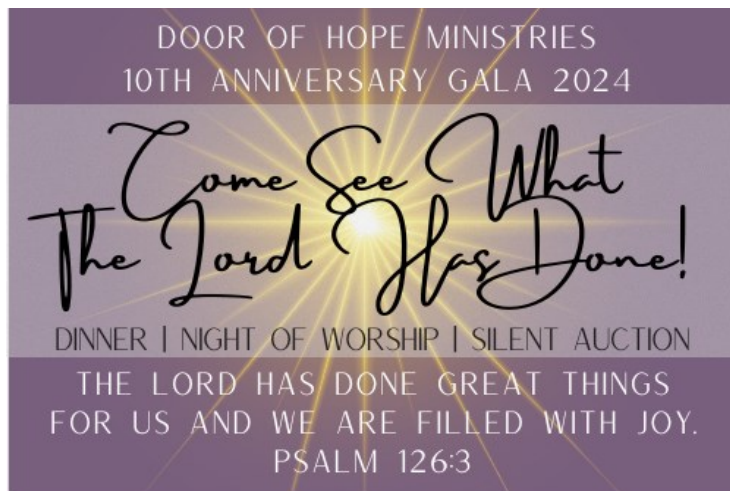
I ended up in a cold and unloving marriage that was filled with trauma. After having children, I realized that I could not live like this and that I didn’t want to bring my children up this way. Over time, I began to sink deeper and deeper into this despair. I struggled with trusting God and wondered how God could put me in an abusive family. I was angry with God.

I finally reached the end of myself and called my mom to say that I was done. I could no longer go on. She had a friend who went through what I was going through. She also happened to lead a small group at Door of Hope. I talked with this friend, and that very night I attended my first Door of Hope group. I was so scared and didn’t know what to expect. (cont. on next page)

You Are Cordially Invited to the Door of Hope

Annual Fundraising Gala

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



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! We will gather at North Heights Church in Arden Hills where we will enjoy an elegant dinner together followed by a program where we shower God with our praise for all He has done. Please think of who you would like to invite to this meaningful joy-filled evening and register soon!

We would like to thank our very special Gala Sponsors:



**If you are interested in becoming a sponsor for this year’s gala please contact : heidi@doorofhopeministries.org

Let all that I am praise the LORD; with my whole heart, I will praise his holy name. Psalm 103:1 NLT

(Dawn's testimony Cont.) I cried at every group because this was all so new to me, but for the first time felt real hope. It was all so amazing and the beginning of the journey of healing.

I still had trust issues with God. I prayed about that and told Jesus, 'I can't figure this out, I can't make myself trust you more, Jesus, you're going to have to lead the way here. I'm taking your hand.' I was told about Door of Hope's Immanuel Prayer and *Immanuel Lifestyle* group. This changed my life forever. At first, I didn't get it. It seemed odd and different, but then my eyes opened. I met Jesus in the most amazing and personal way. He was with me. He had always been with me even through the worst of the abuse. He never left my side and had always loved me just the way I am. My relationship with Jesus was forever changed. The deep healing had come. I began to live a life filled with the joy of the Lord, for real! The masks began to melt away through my relationship with Jesus Christ. I felt genuine joy in the Lord, even amid life's problems. I am forever changed by the power of Jesus Christ and his amazing healing power.

I began volunteering for support groups and prayer ministry because of all that Jesus has done for me. My heart is to give back to this ministry that has helped me. I want to share all Jesus has done for me and walk with others through this healing journey. I now look at things differently, I see how God has had his hand on my life all along and I see how much Jesus loves me! I have a real, alive relationship with Jesus and I'm so grateful for all God has done in my life.



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 more about 'Joy' in part 2 this month:

Last month we wrote about the definition of Joy and ways to build Joy capacity. This is important because increasing your joy capacity will help you to walk through the hard things in life. When we experience joy, shalom increases. Shalom is feeling 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.

When we face challenges in life we often feel other emotions like; fear, anger, grief, disgust, shame, and hopeless despair. God designed our brain with these emotions in order to process what is going on in life. These emotions aren't bad. The key is learning how to process them in a healthy way with help from Jesus, and to then return to JOY as quickly as possible.

What happens if we stay in these emotions too long? Fear can turn to chronic anxiety, anger can turn into rage or bitterness, grief can turn into serious depression, disgust can turn into judgement, healthy shame/conviction can turn into feeling toxic shame, and hopeless despair becomes overwhelming rather than leading us to seek out some help.

How do we turn to joy? We look for bridges from the hard emotions back to joy. Notice what has helped you in the past. Some steps you could take: 1) Notice what you are feeling and try to determine why you are feeling that emotion. 2) Ask Jesus, "What do I need to return to joy?" This might be seeking out relational connection with Jesus or healthy, safe people. Focusing on self-care and other fun activities that bring you joy like music, worship, getting outside, focusing on beauty, and more.

Maybe you can help be a bridge to help others return to joy? Try attuning to them: "I see you, I hear you, I care. I'm with you in this!" And remember;

The Joy of the Lord is your strength!

Nehemiah 8:10

Support Groups Start in Just One Week!

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.

Authentic Hope (women) & Getting Real (men) provides the foundation to all of our groups, and is the first group to participate in. Will you consider signing up this Spring? Or, if you haven't been in a group for a while, maybe it's time to get reconnected 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



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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