

October 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

God has used Authentic Hope mightily in my life.



Karen Jensen

I was raised in a Christian home, the eldest of 4 kiddos, by Christian parents who found Jesus around the time of my birth. Both of them were raised in dysfunctional homes, so they moved far from those homes to raise us. But they brought a lot of that dysfunction into my childhood even while they were learning to love God. I found Jesus when I was 7 years old and began to learn Scripture through church songs. I have always loved to sing. I also loved to go to church and listen to the teaching in the adult services. When I was 13, my dad's family trauma hit him like a steam train at full speed. He molested me in a moment of panic as he attempted to discipline me.

I forgot about the incident and went about the rest of my teen years in a daze, trying to figure out why I was so angry all the time. I was baptized when I was 15, hoping that Jesus would wash away my seething anger – I was becoming increasingly alienated from my family unit and it was only one more year before my mom encouraged me to stay in my hometown to finish high school, while the rest of the family moved two hours away. My friend was in boarding school at the time, so this seemed like an adventure. I agreed to do it, and I lived alone in a boarding house 5 days a week. I was between worlds. During the week it was homework till I dropped and on the weekends, I babysat my siblings and washed my family's dinner dishes since I had such a "life of leisure" during the week. I felt like hired help. I struggled to make friends.

After college, I moved to Minneapolis (from northern MN) for a complete change of scenery. I felt so free and grown up. I decided that I no longer wanted to be afraid of other people, so I pressed into the fear of judgment with the Lord by my side. "Fear not! For I am with you... I will strengthen you..." (Isaiah 41:10) was my life verse for the first year here. I prayed for strength every time I was in a situation that terrified me. God gave me strength and courage for whatever I needed to face.

Then I met my husband. We dated for two years and then moved in together for economic reasons. My dad disowned me. Suddenly, my memory of The Incident returned and I was faced with regular wakeful nights filled with grief and shame. **(continued on back)**

Did You Know... October is Domestic Violence Awareness Month?

At Door of Hope, we believe that through God's power, we are called to equip people all over the world to live free from abuse and trauma. The reality of domestic violence is much more than simply a statistic. As such, we have valued spreading awareness about the seriousness and prevalence of domestic violence. We see the effects that trauma from abuse and neglect has on individuals and families on a daily basis.

Maybe you have seen multiple posts on social media this month as we have spread the word to give resources, education and hope to those that are currently in a situation, or finding their way to healing. We would like to share some of them again, and ask that you keep these resources handy to pass along.

Services we provide for survivors of abuse and neglect:

- *Licensed Counseling
- *Support Groups
- *Inner Healing Prayer Ministry
- *Safety Plans

If you or someone you know is in need of help, please reach out. You do not need to walk through this alone.

Visit us at doorofhopeministries.org or call 763-767-2150

FOR EMERGENCIES PLEASE CALL 911

For 24/7 help CALL the domestic violence hotline: 1.800.787.3224 Or TEXT "START" to 88788

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- 20 people on average are physically abused by an intimate partner every minute. This totals more than 10 million victims annually.
- It is estimated that only 24% of incidents are reported to the police.
- In the USA, DV hotlines receive an average of 20,000 calls/day.
- 1 in 3 women and 1 in 4 men have been physically abused by an intimate partner.
- Perpetrators use other types of abuse in addition to acts of physical violence to attain more power and control over their partner.

(continued from page one) I would cry all night long, praying to the Lord and journaling what He gave me to work through. I walked nearly 20 years of my healing journey alone - "just me and the Lord". But I got stuck in the trauma work. I reached a point where I didn't know how to move forward, but we could not afford for me to go to counseling and I wasn't sure whether I was even "eligible" for services.

Because I was stuck, my husband lost hope in me. Our marriage was in danger. I needed help to maintain the boundaries I knew I needed to set with him. So in 2020, Door of Hope helped me to do that. The biggest difference Door of Hope has made, though, was in my earlier healing journey. I began to learn about Trauma A (lack of good things we should all receive, things that give us emotional stability) and all the hurt I had experienced finally had a place to go! This learning, coupled with knowing how to identify hurtful behavior, was a huge growth area for me. I had been taught to overlook or dismiss insulting and disrespectful behavior, but I was finally able to recognize that these things are hurtful because they are intended to be so. I am learning how to use my voice, rather than living in complacency. Door of Hope also gave me God's way of living out all the Christian buzzwords that my childhood had distorted – words like forgiveness, trust, love, peace, kindness, joy, and even anger.

Because of Door of Hope's Authentic Hope curriculum, which I now facilitate, I am moving forward in my own journey of healing. I am sharing my journey with my two daughters (17 and 10), which helps them grow into godly young women – women who will not be afraid to name injustice and who can do it in a way that invites growth and change, rather than demanding it. I am also encouraged to firmly stand in God's truth when interacting with my husband so that he can grow into the man that God created him to be. I am learning to rely only on God for what I need, to courageously trust that my family can hear from God too, and that my job is to love them well and to be honest with them about my experiences.

God has used each round of Authentic Hope mightily in my life. So much so, that my husband has recommended it to others as well. That speaks "hope" to me!



We are partnering with 98.5 KTIS **THIS THURSDAY** as they broadcast A Night of Hope, Help and Healing. Door of Hope Ministries, The Dwelling Place and Metro Hope Ministries will be on the call center to answer questions and pray.

During this event, you can call 651-631-5000 to share your story. Your story can help encourage others going through the same struggles.



Give to the Max 2023 – Early Giving Starts November 1st! – Our Biggest Fall Fundraiser and YOU are needed!

For women, men and children, Door of Hope offers life changing support. The need for our services continues to grow, yet over sixty percent of our participants need scholarship help. We continue to welcome everyone regardless of their ability to pay. As we step into our BIGGEST FALL FUNDRAISER we ask you to support Door of Hope by giving your best during Give to the Max 2023.

Donate on our Give to the Max page between now and November 16 and be a part of what God is doing through Door of Hope to Redeem Lives and Restore Families!

Did you know? Each time you make a gift during Give to the Max you could help Door of Hope win part of the \$100,000+ Prize Pool! In fact, there are 143 chances to win during Give to the Max Day and Early Giving, which begins November 1st.. So feel free to give often!

Here is some of what your support is doing for Door of Hope!

- Helping us reach over 1000 participants with support groups, counseling, prayer ministry, and workshops!
- Training up support group leaders locally and internationally –for groups that are at capacity and growing!
- Continue reaching those in West Virginia prisons with plans of reaching more prisons with our curriculum!
- An overflowing Men's Support Group that actually has a waiting list for the next session!

God is doing amazing things in the lives of those He sends our way and we have Him and YOU to thank! YOU are instrumental in giving HOPE to those who come to us as you give finances and prayer support.

Please consider giving a gift to Door of Hope during this year's Give to The Max on November 16. Our goal is to raise \$10,000 during Give To The Max. Only with your help can we reach this goal! Thank you so much for your gift. With your help we can continue the work God has given us.

Give Here: <https://www.givemn.org/organization/Door-Of-Hope-Ministries-Mn>



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

